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SURA DETOX
DETOX SUPERFOODS
INFORMATION
PACK 2010

About Hemp Seeds

Hemp seed has been consumed by mankind (and animals) for centuries. Indeed, whole populations have survived off hemp seed in times of famine. Hemp has 3 unique nutritional factors. It has an ideal balance of Omega 3 and 6 for sustainable human health, it has a full amino acid spectrum meaning it provides complete protein, and it has a massive trace mineral content - truly one of nature's superfoods. Consumption of hemp oil and hemp seed is ideal for people with low essential fatty acid intake, and also perfect for athletes. It is of course particularly valuable to the veggie/vegan population, and even more so for veggie/vegan athletes, who are always looking for complete protein sources.

One of the easiest ways of consuming hemp is in smoothies. Just mix a handful of organic hemp seed (whole or de-hulled) with fruit and juice of your choice in a blender.

Other benefits of hemp seed oil include its effect on the skin and the hair, nourishing both on a cellular level. Hemp oil is easily absorbed by the skin and those EFA's go straight to work! There are over 3 million edible plants on our planet, and no other single plant source can compare with the nutritional value of hemp seeds. Both the complete protein and the essential oils contained in hemp seeds are in ideal ratios for human nutrition. 65% of the protein content is in the form of globulin edestin, so that it can actually be used by the body in its raw state, unlike that in soya beans, which have to be cooked or sprouted. The word edestin comes from the Greek "edestos," meaning edible.

Seeds of the plant *cannabis sativa*, hemp seed, contain all the essential amino acids and essential fatty acids necessary to maintain healthy human life. No other single plant source has the essential amino acids in such an easily digestible form, nor has the essential fatty acids in as perfect a ratio to meet human nutritional needs.

Hemp is one of the purest, most complete plants on Earth. Its uses are many and varied; of particular value to humans are the nutritional and healing properties of Hemp seed and its oil.

It tastes wonderful!

Hemp seeds are very delicious. If you've never had hemp seed nuts before, you're in for a real treat. They combine the best qualities of pine nuts and cashews at a fraction of the price. Hemp seeds contain no THC, the psychoactive substance in marijuana, so you won't get high on them, and your granny can't disapprove.

Ancient foods Hemp seed oil contains 54.4% linolenic acid (Omega-3), 18.3% linoleic acid (Omega-6), 2-5% gamma-linolenic acid (GLA) and 1-2% stearidonic acid; and is one of only four oils to do so, it's the cheapest of the four, too. Hemp's ratio of Omega 6 to Omega 3 fatty acids is about 4:1 which mirrors the primitive diet the human race evolved on for 2.5 million years. This ratio of fatty acids has been shown to be beneficial for the prevention of heart disease and cancer, especially omega 3 fatty acids.

It is the nutrition aspect that is particularly interesting to humans, as recent research has found that hemp seed provides a perfect balance of Omega 3's and 6's required for sustainable human health, as well as being rich in other nutrients.

Here are a few key points: Complete amino acid spectrum makes hemp a protein rich seed. Hemp seed protein is easily digested by humans. Full trace mineral spectrum. High vitamin content as well as calcium, phosphorous, iron, magnesium, zinc, copper, manganese and other minerals. Perfect ratio of Omega 3's and 6's (19% alpha-linolenic acid, 57% linoleic acid, 1.7% gamma-linolenic acid).

"Natures most perfectly balanced oil" - Udo Erasmus. Vegan, Gluten free, GM free, Organic, Raw.

About Goji Berries

Goji Berries are reported to contain 18 Amino acids (six times higher than bee pollen), more Beta Carotene than carrots, more Iron than spinach, and 21 Trace Minerals.

Goji Berries also contain Vitamin B1, B2, B6, and Vitamin E (rarely found in fruits). The Goji Berry contains more Vitamin C by weight than oranges!

Goji berries are 13% protein!

This bright red berry also contains many complex compounds, and phytonutrients, which explains in part, the incredible health benefits being experienced by people today. The Goji Berry also contains extremely high levels of antioxidants. It is quite possibly the highest antioxidant food on earth.

Goji Berries have been used in Tibet for at least 1,700 years. Tibetan Medicine includes these berries in the treatment of kidney and liver problems. They are also used in Tibet to lower cholesterol, lower blood pressure, and cleanse the blood.

Goji Berries have a long history of use in the treatment of eye problems, skin rashes, psoriasis, allergies, insomnia, chronic liver disease, diabetes and tuberculosis. Goji Berries are also used by the people of Tibet to increase longevity and as a general health strengthening tonic.

Modern science has shown that this bright red berry not only contains extremely high levels of antioxidants, vitamins, and minerals, but also contains many unique phytochemicals, polysaccharides, and complex compounds that scientists are just beginning to understand.

Betaine is used by the liver to produce choline, a compound that calms nervousness, enhances memory, promotes muscle growth, and protects against fatty liver disease.

Physalin is active against all major types of leukemia. It has also been used as a treatment for hepatitis B.

Solavetivone is a powerful anti-fungal and anti-bacterial compound.

Beta-Sitosterol is an anti-inflammatory agent. It has been used to treat sexual impotence and prostate enlargement. It also lowers cholesterol.

Cyperone is a sesquiterpene that benefits the heart and blood pressure. It has also been used in the treatment of cervical cancer.

The Goji Berry is also being called the world's most powerful anti-aging food. It is rated #1 on the ORAC scale (Oxygen Radical Absorbance Capacity), which measures the antioxidant level in foods. It is a test developed by USDA researchers out of Tufts University in Boston.

Our bodies are constantly being bombarded by these free radicals because of the air we breathe, the water we drink, the pesticides on our fruits and vegetables, the chemicals we clean with, the preservatives in our processed food, etc...

Eating foods high in antioxidants is one way we can help our bodies combat these free radicals

About Maca

Maca is a root from Peru and is known as Peruvian ginseng, Brazilian ginseng or Amazon ginseng, but isn't related to ginseng at all. It is so full of wonderful nutrition, that once you start eating it, you'll wonder why you didn't do it sooner! Maca contains high amounts of vitamins, minerals, enzymes and all the essential amino acids. In fact, it has about 10% bio available calcium and about 12-14% bio available protein. It contains nearly 60 phytochemicals. It's an adaptogen so it "adapts" to your body's metabolism, working with your body on to repairs. This little unsuspecting root can help you achieve your optimal level of health and energy.

- Athletes use Maca to boost energy, stamina & performance, instead of resorting to dangerous steroids.
- Men use Maca to increase erectile tissue response -- it's even being called Nature's Viagra by many!
- You can use Maca to elevate your mood and improve mental ability and concentration
- Beautify yourself naturally with Maca! It increases blood circulation in your skin, giving it a youthful appearance.
- The natural sterols in Maca help build muscle especially when you exercise.
- Maca makes you feel well nourished.
- Maca can lift you out of depression.
- Maca enlivens sexual function in both genders.
- Maca can help regulate women's hormonal irregularities.
- Maca will help you overcome fatigue
- Maca will help stimulate your immune system.
- Maca can remineralise you

If you think you need remineralising, then Maca will help you do this naturally. The vast majority of people today eat food that is lower in minerals than our wild foods of yesteryear. This makes us susceptible to disease amongst other things. Maca's high-mineral content can help you become stronger very quickly.

Maca rebalances your hormones

Maca doesn't contain hormones, but it naturally stimulates the pituitary into producing the precursor hormones which ultimately end up raising oestrogen, progesterone and testosterone levels. It also helps to balance the adrenal glands, the thyroid and the pancreas. It's claimed by doctors that Maca "regulates" the ovarian function. It's also effective for women who have undergone complete hysterectomies. One patient who had a very low serum oestradiol level of 15 increased it to 75 after just two months on Maca. Over 60 is an adequate postmenopausal level. Using Maca when menopausal can help the adrenals produce enough hormones to avoid symptoms! It seems to help the endocrine system to stay in balance.

How much should I take?

It depends on what you want to achieve. Try taking enough until it doesn't taste good any more for the first few days -- this will ensure you give your body a kick-start.

To boost your libido

1500-3000 milligrams per day (though you can start off with a smaller amount, such as a teaspoon, and work up as you become used to it).

To boost your health generally

1-8 teaspoons per day. You will quickly "feel" how much you want, and can have more than this amount if you feel you need it.

About Raw Cacao

Cacao is known as the 'Food of the Gods' in South America. It is an incredibly nutritious superfood, high in anti oxidants and minerals. It has been attributed with increasing mental focus and awareness and is said to help keep you happy because of the Anandamide and Phenylethylamine it contains.

The Cacao bean or seed comes from pods produced by the Cacao tree, which grows in South America. Cacao nibs are the beans which have been peeled and broken into smaller fragments. Raw Cacao nibs can be eaten by themselves.

Sulphur and Magnesium:

Cacao is remarkably rich in sulphur and magnesium. Cacao seems to be the number one source of magnesium of any food. This is probably the primary reason women crave chocolate during their period. Magnesium balances the brain's chemistry, builds strong bones, and is associated with more happiness. Magnesium is the most deficient major mineral on the Standard UK Diet (SUKD); over 80% of us are chronically deficient in Magnesium!

“Every study on chocolate is pointing to the same conclusion: there is something in chocolate that is really good for us. That something is the raw cacao bean, the nut that all chocolate is made from. The cacao bean has always been and will always be Nature's #1 weight loss and high-energy food. Cacao beans are probably the best kept secret in the entire history of food.” — David Wolfe, co-author of *Naked Chocolate: The Astonishing Truth About The World's Greatest Food*.

Cacao is high in the beauty mineral sulphur. Sulphur builds strong nails, hair, shiny skin, detoxifies the liver, and supports healthy pancreas functioning. Anecdotal reports indicate that cacao detoxifies mercury because it is so high sulphur.

Nutritional Breakdown:

Made up of water, protein, fat, carbohydrate, fibre, iron, calcium, magnesium, B vitamins, vitamin C and E and at least 300 other identifiable chemical compounds and possibly up to 1,200 chemical constituents, Cacao is the most complex food substance on earth and cannot be synthesised by man.

Cacao contains Serotonin, Tryptophan, Anandamide, Dopamine, PEA and MAO inhibitors which all have a positive effect on brain chemistry.

Cacao beans have the highest anti-oxidant concentration of any food are 500 times richer in anti-oxidants than blueberries with a flavonol anti-oxidant count of a whopping 10%!

Research has also shown that the anti-oxidants in Cacao are highly stable and easily available to the human body. Studies done by Holt R.R., Lazarus S.A., Sullard M.C., et al show the anti-oxidants in Cacao can reach target cells within 30 minutes of it being consumed as a beverage.

What to do with cacao nibs?

Try eating them straight, one at a time. Chew it thoroughly and experience the taste extravaganza of raw chocolate. Add to coconut-based or fruit-based smoothies to enhance the flavour. Add a drip of agave nectar or honey or another sweetening agent to the raw cacao bean and chew! Freeze cacao beans with sweeteners (agave nectar or honey are fantastic). Eat cold. Blend cacao nibs into herbal teas with the Peruvian superfood Maca. Crush cacao nibs with a mortar and pestle and add to raw ice creams for the best chocolate chips in the world. Create a raw chocolate bar! Blend the following raw ingredients together: cacao nibs, agave nectar, carob powder, Maca, coconut oil, angstrom calcium, and cashews. Pour into a mold and freeze. Eat cold and experience the truth about the food of the gods!

Cacao is great for everyone — especially kids!

Delicious and nutritious. One of nature's' greatest sources of vitamins, minerals, enzymes and anti-oxidants.

About Chlorella

Chlorella - User-friendly Information

Chlorella is fresh water, one-celled green algae that contain nutrients (amino acids, vitamins and minerals) and high levels of plant chlorophyll. Taken as a supplement, chlorella helps remove dioxin, lead, mercury and other toxins from the body. The membrane qualities of chlorella can absorb large amounts of these toxins, while at the same time help to build red blood cells in the body, say scientists. Chlorella has been found to contain about 50 percent protein and 12 percent lipids (fats broken down into fatty acids) along with beta carotene, vitamins and antioxidants.

Nutritionists say that chlorella may help strengthen the immune and nervous system; chlorella may help regulate the intestines; and chlorella may help the liver and kidneys rid the body of waste products 1.

Because chlorella is so rich in vitamins and minerals, protein and fiber, chlorella has become a popular ingredient in green powder nutritional supplements.

Chlorella research

An Oklahoma State University chlorella study showed that chlorella may have the capacity to reduce the body's inflammatory response.

One study regarding chlorella and its effects on humans published in the fall 2002 Journal of Medicinal Food showed that chlorella supplementation may improve blood pressure.

A Japanese report on chlorella published in Phytotherapy Research indicated that chlorella may reduce serum total cholesterol and suppress weight gain.

A Virginia Commonwealth University School of Medicine chlorella study showed that a combination of liquid and tablet chlorella supplements may help reduce the tenderness experienced by fibromyalgia patients 2.

Q: What is chlorella?

Chlorella is blue-green algae.

Q: What's in chlorella that's good for me?

Chlorella contains a wide range of amino acids, vitamins, minerals and high levels of chlorophyll.

Q: What is chlorella growth factor?

It's a compound in chlorella that some say may repair cell tissue.

Q: What are the benefits of taking a chlorella?

Among chlorella claims are that chlorella strengthens the immune system and chlorella is a strong detoxifying agent. Chlorella is also said to contribute to digestive support.

Q: Is chlorella safe?

Research indicates that because chlorella is a detoxifying agent, it's nearly impossible to eat too much chlorella. And as far as chlorella side effects, no clinical evidence supports that there are any.

Q: Is chlorella safe for children?

According to the literature, chlorella is safe for children. Chlorella may promote rapid growth in children, as well as build strong immune systems.

About Lucuma Powder

Lúcuma (Loo-Ku-Mah) whole fruit powder is Amida's favourite addition to his breakfast smoothie. . . . It's got a rich, creamy texture and will turn your raw food creations into gourmet heavenly delights. Lúcuma powder is really versatile and tasty, blending easily and well with ice-creams, baby food, yogurts, pies, cakes, cookies, smoothies, chocolate bars and desserts of all kinds.

Lúcuma is a nutrient dense fruit from Peru. It smells divine, and tastes like maple syrup flavoured ice-cream! In Peru, the yellowy-orange fruit pulp is added to ice-cream and is Peru's favourite flavour.

Lúcuma fruit is an excellent source of carbohydrates, fibre, vitamins and minerals. It has lots of beta-carotene, niacin (B3) and iron.

This exotic Peruvian fruit is also known as the "Gold of the Incas", and is also one of the lost crops of the Incas. Peruvian culture is steeped in traditions rich in fine foods and cultural culinary delights. The Lúcuma name has been honoured both spiritually and culinary since ancient times. Today, this fruit is still prominent in contemporary celebrations.

How to use

Just add a spoonful to your favourite raw desserts, bars or smoothies. Make a caulis from lúcuma and raw agave nectar

Nutritional information

Components Powder per 100g

Water	9.3g
Calories	329kcal
Proteins	1.4g
Fibre	2.3g
Lipids	2.4g
Ash	2.3g
Calcium	92mg
Phosphorus	186mg
Carotene	0mg
Thiamine	0.2mg
Niacin	0mg
Ascorbic Acid	11mg
Riboflavin	0.3mg

In addition Lucuma has various types of sugar:

in 100g of dry pulp you find

8.4g of glucose, fructose 4.7g, sucrose 1.7g and inostol 0.06g

About Mesquite Powder

This high protein powder contains high quantities of calcium, magnesium, potassium, iron and zinc, and is rich in the amino acid lysine as well. In addition to its great taste, the major benefits of Mesquite Powder include high dietary fibre content and high protein. The result is a food with the ability to stabilize your blood sugar levels. This is very good news for diabetics, weight watchers and for those who want to eat healthier. For anyone who drinks smoothies or uses a meal replacement drink and finds they are hungry long before lunch time will love Mesquite Powder.

Why is Mesquite Powder an Ancient Superfood?

Algorroba is a leguminous plant found in South America that was spread to arid zones around the world, including the southwestern U.S, where it is known as Mesquite. Algorroba trees growing wild in desert areas of northern Peru are extremely well adapted to adverse weather and soil conditions and indigenous populations in the Americas have long used the seed pods of Prosopis (Mesquite) as a dietary product.

Used as a staple food for centuries by Native American desert dwellers, the Mesquite Pods have traditionally been dried and ground into flours or processed into a sweetener or sweet beverage. Desert dwellers have used Mesquite Pods as a staple food for centuries and bartered with them to neighbouring tribes.

Why Mesquite Powder works for Diabetics?

The sweetness of Mesquite Powder comes from fructose, which the body can process without insulin. In addition, soluble fibres, such as galactomannin gum, in the seeds and pods slow absorption of nutrients, resulting in a flattened blood sugar curve, unlike the peaks that follow consumption of wheat flour, corn meal and other 'common cooked staples'. The gel-forming fibre allows foods to be slowly digested and absorbed over a four to six hour period, rather than in one or two hours, which produces a rapid rise in blood sugar.

Scientific studies have shown that many of these desert plants eaten for food have fibres that are mucilaginous or like gel, a characteristic that allows them to keep some water in their dry environment. Other studies have shown that when such fibres were consumed the digestion was further slowed because it took more energy to break them down. Sugars would then enter the bloodstream at a steady rate for about four to six hours. During this time the pancreas of a person who has diabetes may be able to make sufficient insulin to handle the sugar. The gel from the plants turns into a barrier between carbohydrates and the enzymes that disintegrate them. In a symbiotic relationship, these slow acting carbohydrates and soluble fibres work together to keep the body sensitive to insulin. This therefore keeps blood sugars from greatly rising after one has eaten.

How to enjoy Mesquite Powder?

Mesquite Powder has a sweet, rich, molasses-like flavour with a hint of caramel which blends well into smoothies or other drinks, especially those made with Raw Cacao and Maca. Our powder is finely ground, which means that it blends easily.

Mesquite Powder adds texture to raw recipes and staves off hunger! Use in fruit smoothies, raw cakes, salad dressings as a natural sweetener.

How much should I eat?

Just add 2 dessertspoons of Mesquite Powder to your drink. It will help you stave off hunger for about 4 to 6 hours!

You cannot 'overdose' as such on this food, so use as much as you feel is needed.

About Bee Pollen

Bee Pollen is one of the most unique, powerful and complete superfoods. It is the most nutritious natural substance to be found on the face of our planet. Bee Pollen is a treasure trove of vitamins, minerals, enzymes, amino acids and other nutrients, the widest range to be found anywhere in nature. Bee Pollen is the flower pollen that is collected by honeybees when they land on flowers to collect nectar. Bees instinctively search for the best quality pollen. They bind it with enzymes in their pollen sacks and bring it back to the bee hive in tiny pouches on the back of their legs. These fine golden pellets are collected from the bees' legs using a small mesh placed by beekeepers at the entrance to the hive. Beebread is flower pollen that has been mixed with flower nectar and bee secretions. Bee Pollen granules consist of a mixture of natural flower pollen mixed with beebread. The resulting nutrient-rich pollen mixture is granular, but is softened by natural processes making the nutrients up to seven times easier to assimilate. Raw Bee Pollen is superior to processed pollen, that you may find in capsules, as processing can break down the 'goodness'.

Bee Pollen contains:

All the essential amino acids A full spectrum of vitamins especially vitamins B12 and E; and significant amounts of B1, B2, B3, B5, C, and vitamin D Various minerals including calcium, manganese, phosphorous, iron, sodium, potassium, aluminium, magnesium and copper Trace elements and enzymes (including antioxidants), and co-enzymes, pigments, xanthophylls, carotenes, and sterols, phytosterols, lignans (dibenzyl butanes) isoflavones and flavonoids Hormone precursors (which stimulate hormone production and help anti-ageing) Carbohydrates and fatty acids

Bee Pollen is made up of 5-25% amino acids, up to 40% carbohydrates, 5% fatty oils and up to 35% protein. Beebread is also very rich in flavonoids and phytoestrogens, containing more essential amino acids than meat, eggs or cheese. This is why bee pollen is such a valuable supplement to the diet, because it supplies many of the dietary antioxidants, bioflavonoids and polyphenols that we are missing by not eating our recommended amounts of fruits and vegetables. Bee Pollen is a low-calorie food. It contains approximately ninety calories per 25g (about two heaped tablespoons). Bee Pollen contains 15% lecithin by volume. Lecithin helps dissolve and flush fat from the body. So Bee Pollen can lower low-density lipoproteins (LDL) while helping to increase the helpful high-density lipoproteins (HDL), which science says protect against cholesterol and heart disease.

Bee Pollen is especially excellent for anti-ageing. As we age, cell renewal is hindered and vitamins and minerals are needed to replace cells. Bee Pollen provides all the nutrients our bodies need to keep skin young, smooth and free of wrinkles, slowing down the aging process. Bee Pollen is also an excellent energy source and is used by many athletes as a dietary supplement to improve performance naturally without any side effects. As Bee Pollen has the full-spectrum of blood building and rejuvenating properties it is also particularly beneficial for people recuperating from illness and is generally recommended for strengthening the immune system.

Bee Pollen can be eaten raw simply as it is, as a nutritious and healthy snack, or you can try sprinkling it on cereal, muesli, porridge, cereal or yoghurt, stirring it into warm drinks or blending it into smoothies and desserts. There are no set dosages with superfoods but we find that 5-10g a day works well (a heaped tablespoon).

Please Note: Some people may be allergic to Bee Pollen, and it can cause allergic reactions in people who are sensitive to it.

About Stevia

A shrub native to Paraguay, used for over 1500 years by the native Guarani Indians. A herb with an abundance of positive effects. The whole leaf contains numerous phytonutrients and trace minerals and is much sweeter than sugar without negative effects. It can sweeten any drink with no calories, no carbohydrates, no tooth decay and is diabetic safe. Stevia nourishes the pancreas and does not raise blood glucose levels, making it not only safe for diabetics but also beneficial. Since there are no calories or carbohydrates, stevia is an excellent weight loss aid. It does not contain the negative side effects reported with the use of artificial sweeteners including aspartame. Adding stevia to your diet on a regular basis, it has also been reported that it can help minimize hunger sensations, cravings for sweets or fatty foods, aid in digestion, decrease hypertension without effecting normal blood pressure, stabilize blood glucose levels, shorten recovery time from cold and flu and aid in addictions to tobacco and alcohol.

Originally found growing wild in the highlands of Paraguay, is the sweetest substance on earth. Known to the natives as Khaa Jee but more commonly referred to as stevia (*Stevia rebaudiana*).

Since pre-Columbian times the indigenous natives have collected stevia from the rainforests to use as a sweetener, to treat diabetes, hypertension, and to keep skin looking young. In the 16th century the Spaniards noted this mysterious plant, but it wasn't until 1889 that the first studies were done by Botanist Moises Santiago Bertoni. He "discovered" stevia after seeing its use by Guarani natives, and his studies showed that Stevia is 200-400 times sweeter than sugar without the effects.

In the early 1900's stevia was being widely used throughout Paraguay, and had earned the attention of other countries. By 1941 it was being grown in Britain as a sweetener to combat the shortages brought on by the Second World War. In the mid 1950's Japan started growing stevia and by the 1970's , after extensive studies, they began marketing it as an alternative to aspartame. Today, health conscious Japan is one of the worlds largest users of stevia. It is used in gum, diet soda and in a large multitude of other products.

Studies now show that stevias benefits include: pancreas nourishment, blood sugar regulation, stabilization of high blood pressure, digestive aid, prevention of tooth and gum decay, suppression of cravings, safe for diabetics and as a great weight loss aid.

After extensive research, stevia has been safely used for over 30 years in Japan, where aspartame has been banned. Japanese manufacturers use stevia in cola, pickling, gum, ice cream and a wide variety of other foods. Other countries around the world have also been using stevia as a sugar substitute in food manufacturing. Stevia may be used in cooking and baking as a natural sweetener, children may enjoy dessert recipes without risk of weight gain, tooth decay or hyperactivity.

Benefits of Stevia

Benefits of stevia: Stevia (*Stevia rebaudiana*) is a wonderful dietary supplement used for over 1500 years as a sweetener and for medicinal purposes. Since the 1970's, stevia has been used in Japan as the main alternative to sugar, used instead of the banned aspartame in diet soda, gum and other food and beverages. Stevia is also being used as a sweetener in other countries after extensive studies proved it's safety. Stevia has been used with success to treat many ailments including diabetes, high blood pressure, gingivitis, digestion ailments, addictions, topically for acne and other skin ailments and also as a wonderful weight loss aid. Safe for diabetics as it does not raise blood sugar!

About MSM Powder

MSM stands for Methyl-sulphonyl-methane. MSM is a nutritional form of sulphur, which is an essential component in the formation of collagen, elastin, cartilage and keratin. It gives flexibility, tone and strength to muscles, bones, joints, internal membranes and especially the skin, hair and nails.

Adequate levels of sulphur in the body help to promote a radiant complexion, glowing skin and mineralised hair. Therefore sulphur is often referred to as “The beauty mineral”. However, research has found that most people are deficient in sulphur and that deficiency increases with age.

Therefore it is recommended to take MSM as a nutritional supplement. **Many people who take MSM on a regular basis report that their skin looks and feels better** and also, that their overall health has improved.

MSM is formed naturally as a by-product of algae growing in the oceans and then is evaporated into the clouds. With rain, it falls to the Earth and becomes food and nutrition for all living organisms. MSM is highly concentrated in plants watered by rain, such as pine bark, wild grasses, aloe vera, etc. MSM is extracted from these plants and is available in supplemental crystal powder form.

- MSM helps to promote elasticity, healing and repair. It makes cell walls more permeable, allowing nutrients and water to flow freely into cells. It also helps wastes and toxins to flow out. As a result, the benefits of MSM include:
- MSM helps our bodies are able to absorb more nutrients – Vitamins and minerals “lock” with MSM, allowing the body to fully use them.
- Oxygen availability is increased – MSM helps to get oxygen into the blood more efficiently.
- People tend to feel more energetic – The intake of MSM increases cell permeability, therefore the absorption of nutrients and oxygen is improved while toxins are released, thereby helping to increase energy levels.
- MSM helps to reduce inflammation and swelling – One of the most important benefits of MSM is that, by equalizing the pressure on both sides of a cell wall, it helps to take out inflammation out of soft tissue and therefore it helps to reduce pain from arthritis and rheumatism.
- Help with skin conditions - studies have shown that MSM helps with eczema, psoriasis, rosacea, acne, dermatitis, scaly skin and dandruff. Topical application of MSM has been shown to help wounds heal quickly, without scarring.
- MSM helps to maintain a proper pH balance – Sulphur is an essential component of insulin, which plays a crucial role in carbohydrate metabolism. Sulphur also helps to main an overall body balance between alkalinity and acidity.
- MSM appears to be completely safe, even in large doses. There are no known toxic effects from MSM.

How much should I take?

It is best to start taking MSM in small quantities initially (1/2 tablespoon in a pint size glass of water) and increase the dose gradually to 1 to 2 tablespoons each day.

About Bentonite

The Bentonite Cure - Cleanse Yourself Internally With Liquid Clay

Bentonite, a medicinal powdered clay which derives from deposits of weathered volcanic ash. It is one of the most effective natural intestinal detoxifying agents available and has been recognized as such for centuries by native peoples around the world. The liquid clay contains minerals that, once inside the gastrointestinal tract, are able to absorb toxins and deliver mineral nutrients to an impressive degree. The liquid clay is inert which means it passes through the body undigested.

Technically, the clay first adsorbs toxins (heavy metals, free radicals, pesticides), attracting them to its extensive surface area where they adhere like flies to sticky paper; then it absorbs the toxins, taking them in the way a sponge mops up a kitchen counter mess.

There is an electrical aspect to bentonite's ability to bind and absorb toxins, the clay's minerals are negatively charged while toxins tend to be positively charged; hence the clay's attraction works like a magnet drawing metal shavings. Once hydrated (combined with water), bentonite has an enormous surface area. Bentonite is made of a great number of tiny platelets, with negative electrical charges on their flat surfaces and positive charges on their edges and the clay is eventually eliminated from the body with the toxins bound to its multiple surfaces.

Benefits Reported

By people using liquid clay for a period of two to four weeks include:

- Improved intestinal regularity;
- Relief from chronic constipation, diarrhoea, indigestion, and ulcers;
- A surge in physical energy;
- Clearer complexion;
- Brighter, whiter eyes;
- Enhanced alertness;
- Emotional uplift;
- Improved tissue and gum repair;
- Increased resistance to infections.

“Clay works on the entire organism. No part of the body is left untouched by its healing”

Research suggests that the regular intake of liquid clay (typically one to three tablespoons daily, in divided doses) can produce other benefits including parasite removal from the intestines, allergy and hay fever relief, and elimination of anemia and acne. For example, clay helps anemia because it contains both types of dietary iron (ferrous and ferric) in an easily assimilated form; it reduces discomfort from allergies by quickly neutralizing allergens that would otherwise produce allergic reactions; and it reduces heartburn and indigestion by absorbing excess stomach acids.

Generally, it is advisable to start with one tablespoon daily, mixed with a small amount of juice; observe the results for a week, then gradually increase the dosage to no more than four tablespoons daily, in divided doses. Drinking clay can be an annual spring cleaning of your gastrointestinal tract or it can be a symptom-focused, self-care method.

About Psyllium

Psyllium Husk Benefits

Psyllium is quickly becoming one of the top recommendations for people using low-carb Atkins-style diets. It is very difficult to get enough fibre in a diet when you eliminate the carbohydrates in cereals, whole grains and fruits. Psyllium capsules are an easy way to take care of this problem. It fills you with fibre, reducing appetite without over stimulating the nervous system; a much healthier approach than formulas containing ephedra such as Herbalife or Metabolife.

Properties: antidiarrheal, demulcent, emollient, laxative

Indicated for:

Constipation, Diarrhoea, High cholesterol, Inflammatory Bowel Disease, Colon Cancer, Heart Disease, High Blood Pressure, Hemorrhoids, Diabetes, Hypercholesterolemia and Obesity. Treatment of dysentery, catarrhal conditions of the genito-urinary tract, inflamed membranes of the intestinal canal etc. The oil in the seed embryo contains 50% linoleic acid and has been used as a preventative of atherosclerosis.

Psyllium is the husk of the seed of the Plantain and is a top herb used in weight control and for general intestinal health. It contains a spongy fiber that reduces appetite, improves digestion and cleanses the system, making it an excellent choice for healthy dieting. Psyllium can provide the fiber that is missing on low carbohydrate diets. Every 100 grams of psyllium provides 71 grams of soluble fiber; a similar amount of oat bran would contain only 5 grams of soluble fiber.

Psyllium is one of the simplest, healthiest and most effective herbs for weight control.

Psyllium has also been used for irritable bowel syndrome (a stress-related disorder with alternating bouts of diarrhoea and constipation). Because it will produce easy bowel movements with a loose stool, Psyllium is used by patients with anal fissures (cracks in the skin near the anus) and haemorrhoids and is often recommended following anal or rectal surgery, during pregnancy and as a secondary treatment in certain types of diarrhoea.

Psyllium soaks up a significant amount of water in the digestive tract, thereby making stool firmer and, under these circumstances, slower to pass. Psyllium also has the additional advantages over other sources of fiber of reducing flatulence and bloating. It may be recommended by a physician to help soften stool and reduce the pain associated with haemorrhoids.

In a study of people with ulcerative colitis (a type of inflammatory bowel disorder), psyllium seeds were as shown to be as effective as the prescription drug mesalamine in decreasing recurrences of the disease. In addition, a physician may recommend the use of psyllium as a bulking agent for mild to moderate cases of diarrhoea from either ulcerative colitis or Crohn's disease (another type of inflammatory bowel disorder).

About Barley Grass

Barley grass, (*Hordeum vulgare*) is one of the well-known green grasses that are considered to be the most nutritious. The true nutritional benefits are found in the young grass leaves. These leaves are harvested and processed into the final product. The leaves contain many of the vitamins, minerals, and proteins necessary for the human diet. Barley grass is considered a whole food concentrate that is close to its natural state supplying the nutrients we require in a natural proportion. The colour reflects the abundance of chlorophyll and the similarity to other dark leafy vegetables.

Constituents of Barley Grass

Eighteen amino acids are found in barley grass including Alanine, Arginine, Aspartic acid, Glutamic acid, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Serine, Threonine, Tyrosine and Valine. All 8 of the essential amino acids are found in Barley grass. Amino acids are the building blocks of proteins, which are the major constituents of our body and are necessary for the continual cell building, cell regeneration and energy production that are necessary for life. There are high amounts of vitamins and minerals in barley grass leaves. The vitamins found in Barley grass include beta-carotene, folic acid, pantothenic acid, vitamin B1, vitamin B2, vitamin B6 and vitamin C. The minerals include potassium, calcium, magnesium, iron, copper, phosphorus, manganese and zinc. There are many important enzymes found in Barley grass including the antioxidant enzyme, superoxide dismutase (SOD) and the new antioxidant 2''-O-glucosylisovitexin (2''-O-GiV). 2''O-GiV has been isolated and reported to have antioxidant activity equal to or superior to vitamin B. Barley grass is also rich in chlorophyll content.

Uses of Barley Grass

Barley grass is a whole food providing many essential nutrients that act synergistically together optimising bodily functions. Chlorophyll and other essential nutrients act synergistically in barley grass to detoxify the body from destructive toxins such as heavy metals and pollutants that we digest every day. Chlorophyll also has anti-inflammatory properties. Barley grass can be easily absorbed throughout the digestive tract, giving our body access to vital nutrients. Many of the vitamins, minerals and enzymes present in Barley grass act as powerful antioxidants protecting our body from free radical damage, supporting our immune system and cardiovascular health. Barley grass is a rich source of dietary fibre which is good for colon health and regularity. Sports people and others who need more energy have used barley grass; it provides them with a nutrient rich food that is also packed with energy. Barley grass is naturally alkaline and it helps to neutralise excess acidity in the body when consumed.

Benefits of Barley Grass.

Research in Japan and other countries suggests that barley grass powder can be beneficial as nutrient support for many conditions.

Suggested Dosage

Mix 1-2 teaspoons of Barley Grass Powder into juice, smoothie, salad dressing or other food; build up to twice daily over the first month. Best taken on an empty stomach and ensure six glasses of water daily. Children 1/2 to 1 teaspoon daily.

About Spirulina

The World's Healthiest Superfood

More than 25,000 species of algae live everywhere - in water, in soils, on rocks, on plants. They range in size from a single cell to giant kelp over 150 feet long. Macroalgae are large like seaweeds. Microalgae are microscopic. Ocean microalgae, called phytoplankton, are the base of the ocean food web.

There are family species of microalgae such as blue-green algae spirulina and aphanizomenon, and green algae chlorella and dunaliella. Spirulina's scientific name is arthrospira platensis. This edible algae has a long history of safe human consumption and over 30 years of safety testing. Special farms where spirulina is cultivated under controlled conditions do not allow the growth of other contaminant blue-green algae, as in lakes and waterways.

Rich in Beta Carotene and Phytonutrients

This tiny aquatic plant offers 60% all-vegetable protein, essential vitamins and phytonutrients such as the antioxidant beta carotene, the rare essential fatty acid GLA, sulfolipids, glycolipids and polysaccharides. Its deep green colour comes from its rainbow of natural pigments - chlorophyll (green), phycocyanin (blue) and carotenoids (orange) - that harvest the sun's energy. Easy-to-digest so nutrients are absorbed quickly.

The healthiest food is your best defense

The foods we eat are the first line of defence from the negative effects of lifestyle stress, pollution, radiation and toxic chemicals. Yet so many processed foods are nutritionally empty. They leave us vulnerable to poor health and low energy.

The good news is many essential nutrients recommended by experts to help protect our bodies are concentrated in Spirulina. It contains the most powerful combination of nutrients ever known in any grain, herb or food.

World's highest beta carotene food reduces long term health risks.

Spirulina beta carotene is ten times more concentrated than carrots. So even if you don't eat the recommended 4 to 9 servings of fruits and vegetables every day (most people eat only 1-2, including french fries), get your natural beta carotene insurance from spirulina to help support your body's defenses.

60% easy-to-digest vegetable protein without the fat & cholesterol of meat.

People are eating less meat and dairy protein because they want to lower fat, cholesterol, and chemicals in their diet. Spirulina is the highest protein food with all the essential amino acids and has only a few calories to keep your waistline where you want it.

A rare essential fatty acid is a key to health.

Gamma-linolenic acid (GLA) in mother's milk helps develop healthy babies. Studies show nutritional deficiencies can block GLA production in your body, so a good dietary source of GLA can be important. Spirulina is the only other whole food with GLA.

Iron for women and children's health.

Iron is essential to build a strong system, yet is the most common mineral deficiency. Spirulina is rich in iron, magnesium and trace minerals, and is easier to absorb than iron supplements.

High in Vitamin B-12 and B Complex.

Spirulina is the highest source of B-12, essential for healthy nerves and tissue, especially for vegetarians.

Unusual phytonutrients for health and cleansing.

Scientists are discovering the benefits of polysaccharides, sulfolipids & glycolipids, and the rainbow of natural pigments that give spirulina a deep green colour. Green (chlorophyll), blue (phycocyanin) and orange (carotenoids) colours collect the sun's energy and power growth. Chlorophyll is a natural cleanser and is often referred to as nature's green magic.

Use spirulina's longevity to benefit your health.

This superfood of the 1990s is not a synthetic laboratory brew. This immortal life form has been renewing itself for over 3.5 billion years. Through history, this remarkable aquatic plant has nourished people in Africa and America. Today, spirulina is consumed by health conscious people all over the world. If you are moving away from empty processed food and chemical vitamins to natural foods, start using spirulina, nature's longest living food.

Clean green energy is good for everyone.

Spirulina is the most extensively researched food microalgae, well documented in numerous books, journal articles, and periodicals. Many people use Spirulina in their own self-care strategy for more energy, nutritional insurance, weight control and cleansing. Perfect in between or before meals for good nutrition without the heaviness of bulky food. Athletes discover more endurance and strength. Seniors find better nutrient absorption. Ideal and safe for children, pregnant and nursing mothers.

Easy to take anytime for more vitality

The experience of long time consumers and the scientific evidence suggest that 3 to 10 grams a day will provide significant health benefits. Daily use is most beneficial. Tablets are convenient anytime, between, before, or with meals. Many enjoy mixing Spirulina powder in a green fruit juice smoothie as an instant breakfast, or a vegetable juice smoothie in the afternoon.

Feel the power of Spirulina in your life

Feel good inside and look good outside. Add it to your daily diet to supplement the power of the good foods you eat. Lean on it when you can't eat, or don't eat, the foods you should. Do it soon and start feeling wonderful right away.

About Acai

Acai is an all natural energy fruit from Amazon palm-berries. Wild Harvested in the rainforests of Brazil,

Acai tastes like a vibrant blend of berries and chocolate.

Hidden within its royal purple pigment is the magic that makes it nature's perfect energy fruit.

Acai is packed full of antioxidants (up to 33 times the antioxidant content as red wine grapes), amino acids and essential fatty acids.

Analysis reveals that Acai pulp contains:

A remarkable concentration of antioxidants, to help combat premature aging, with 10-30 times the anthocyanins (purple colored antioxidants) of red wine.

A synergy of monounsaturated (healthy) fats, dietary fiber and phytosterols, to help promote cardiovascular system and digestive tract health.

An almost perfect essential amino acid complex in conjunction with valuable trace minerals, vital to proper muscle contraction and regeneration.

ADDITIONAL INFORMATION:

Brazilian Sensation Acai is a dense source of particular class of flavonoids called anthocyanins (red-blue phenols with potent antioxidant properties).

The fatty acid ratio of Acai resembles that of olive oil, which is thought to be a contributing factor to the low incidence of heart disease in Mediterranean populations.

- 60 percent Oleic (Omega 9) a monounsaturated, essential fatty acid, helps lower LDL (harmful cholesterol) while maintaining HDL (beneficial cholesterol) levels.
- 12 percent Linoleic (Omega 6) a polyunsaturated, essential fatty acid, has been found to lower both LDL and HDL levels.
- Fatty acids aid in the transport and absorption of fat-soluble vitamins i.e. Vitamins A, E, D, and K.
- Acai contains valuable phytosterols. Sterols are components of plant cell membranes providing numerous benefits to the human body, namely the reduction of blood plasma cholesterol.
- Sterols are currently being used to treat symptoms associated with BPH (benign prostate hyperplasia).
- Preliminary evidence suggests that beta-sitosterol (the predominant sterol in Acai) may help prevent immune weakness resulting from severe physical stress.

Historically, while Brazilians have used Acai berries to treat digestive disorders and many other conditions for hundreds of years, Acai was virtually unknown in the rest of the world until the mid 1990's.

Ingredients: Freeze Dried Organic Acai

About Hemp Protein Powder

The organic hemp protein powder has all of the goodness of the whole hemp seeds with most of the fat from the oil taken out, leaving you with a great source of usable protein that blends wonderfully well with any smoothie concoction. Hemp is a lot more digestible than soy and very pure as a natural protein source. Furthermore, hemp's natural nuttiness adds a uniquely pleasant flavor to any drink you whip up.

Nutritional info for Organic Hemp Protein Powder per 100 grams:

Protein	50.00
Fats	12.00
Saturated	1.20
Polyunsaturated	
Omega 3	2.40
Omega 6	6.60
Monosaturated	
Omega 9	1.80
Carbohydrates	26.00
Fibre	21.00
Sugars	5.00
Cholesterol	0.00
Minerals	
Calcium	81.00mg
Iron	9.00mg
Phosphorous	2,110.00mg
Sodium	21.00mg
Vitamin E	0.80mg
THC	0.10mg
Nutrient	Quantity per 100g
Protein	50
Fats	12
Carbohydrates	26

Lamberts Eliminex (Fructo-Oligosaccharides)

Product Description: Lamberts Eliminex (Fructo-Oligosaccharides). Eliminex consists of a special kind of pure soluble fibre called fructo-oligosaccharide (FOS) which helps carry moisture through the digestive system. This helps to keep waste soft and bulky, thereby encouraging waste matter to move through the system faster and helping to ensure more regular movements.

FOS also encourages the growth of beneficial or 'friendly' bacteria in the large bowel (colon). Indeed a recent study has shown that just 8g of FOS daily for 2 weeks leads to a 10-fold increase in beneficial bacteria in the gut. This is termed a pre-biotic effect and it can offer health benefits to people who have unbalanced diets or disrupted bowel patterns. As the beneficial bacteria are encouraged, the harmful pathogenic bacteria and yeasts are suppressed, so fewer toxins are produced.

- Transform the bowel flora in favour of the friendly bacteria.
- Help to ensure bowel regularity and alleviate bloating.
- Works with the body, and so can be relied on for long term use.
- Been safely taken by people of all ages, including pregnant women, diabetics, those on yeast free diets, and those on medication.
- Eliminex® is made from Chicory root.

Digestive problems such as bloating, flatulence and tummy upsets are often the result of an imbalance between the friendly bacteria that live in our large bowel (colon). Researchers in digestive health have identified a special carbohydrate called fructo-oligosaccharide (FOS) that can help restore this balance in a little as two weeks by encouraging the growth of friendly bacteria. This can make a substantial difference to bowel health, helping to ensure a better bowel tone, more regular movements and a reduction in digestive upsets by preventing the overgrowth of harmful pathogenic bacteria and yeasts.

The active ingredients of Eliminex are derived from chicory root and unlike many other bowel health products on the market, it is suitable for long-term use.

INGREDIENTS FOR Lamberts Eliminex (Fructo-Oligosaccharides):

100gr of Lamberts Eliminex (Fructo-Oligosaccharides) provides:

- Energy 646KJ/152kcal
- Carbohydrate 95g (Fructo-oligosaccharides F.O.S)

DIRECTIONS FOR USE OF Lamberts Eliminex (Fructo-Oligosaccharides):

- (1 heaped teaspoon = 5g). Adults: To help maintain general bowel health and as a prebiotic: 5 to 10g daily. To help maintain regularity: 10 to 30g daily

Apricot Kernels (Vitamin B17)

Vitamin B-17 - Laetrile - Anti-Cancer Properties?

Apricot Kernels are one of the healthiest foods on earth. Grown in the China, these bitter kernels are similar in taste to almonds and marzipan.

Apricot Kernels are one of the richest sources of Amygdalin also referred to as Laetrile or as Vitamin B17, although it is not in fact a vitamin!

Tribes such as the Hunzas, Hopi Indians and the Karakorum live on a traditional diet rich in B17 and do not suffer from the most common western diseases.

Recommended Dosage

Based on 30 years of documented research and use, up to 5 Apricot Kernels per day. However the Food Standards Agency (FSA) recommends no more than 2 Kernels per day.

Apricot kernels should not be swallowed whole. They should be chewed, or ground and sprinkled on food or in fruit juice.

Apricot Kernels that contain a high level of B17 are very bitter. Apple juice masks the bitterness and peach juice holds the ground kernels in suspension better. You can also sprinkle them over your muesli or blend them into a smoothie.

Important: As with other food supplements, consult a physician before using this product if you are being treated for any medical condition.

Nutritional information

Quantity per kg

Protein 225 mg

Fat 454g

Carbohydrate 239g

Fibre 80g

Nicotinic acid 6.7mg

Riboflavin 5.6mg

Calcium 970mg

Iron 22mg

Thiamine 0.8mg

Potassium 270mg

Vitamin C 260mg

Vitamin E 185mg

KELP - Organic

Scientific Name: Laminaria digitata

Information

Digitata is a very common kelp of the low water margins around the Irish as well as the north European and eastern north American coast. It can extend down to a depth of 10 meters. It is a brown-golden seaweed (algae) resembling large hands with long flowing fingers (digits). Common names for digitata include oarweed, tangleweed, sea girdle, sea tangle and kombu.

There are many species of kelp which form dense beds at and below the low water mark in temperatures below 68°F (20°C). It is attached to the ocean floor by a holdfast with the rest of the body consisting of stipes and blades. It has air bladders which bring the leaf-like blades to the surface of the water. The kelp lies prostrate on the flat or hanging from rocks when exposed during low water.

PROCESSING

The kelp is harvested by hand then dried.

HEALTH BENEFITS

The digitata variety contains a natural sugar molecule called (polysaccharide) called mannitol which gives it a mild sweet taste. It is high in iodine and calcium.

Benefits attributed to kelp include the following:-

Alleviate arthritis pain, increase energy levels, boost immunity, improve liver function, fight disease and cancer, suppress AIDS, help with weight loss, treat thyroid problems, strengthen the digestive system, help kill herpes virus, help lower cholesterol, maintain health of mucous membranes, increase the strength of nails and hair and reduce hair loss.

Kelp is high in mucilaginous compounds which may help with elimination of heavy metals and other toxins from the body.

USES

Kelp can be eaten in salads or in raw sushi rolls. It can be used as a flavouring, garnish, vegetable or snack food. It can be re-hydrated and added to soups and stews or ground up with doughs for crackers etc.