

Food for Thought – Our Top Tips!

How you think and feel is directly affected by what you eat and drink!

You can improve your mood, emotional stability, energy levels and your memory by:

- Drinking at least 2 litres of water (ideally filtered) every day – regular sipping is best for hydration although remember not to drink from plastic bottles which have been in the sun.
- Balancing your blood sugar levels ideally with protein first thing and eating fruit separately from a meal, overall ensuring a good source of vitamins and minerals by having a varied and colourful diet.
- Juicing fresh raw vegetables and fruit is an excellent source of a potent cocktail of nutrients – fantastic for boosting the immune system to help fight viruses and infections.
- Avoiding brain pollutants i.e. fuel fumes (lead), household chemicals, aluminium in deodorants and cookware, aspartame (sweetener) etc.
- Eating essential fats from linseeds and oily fish including good protein sources essential for amino acids; eggs are great, nuts, seeds and quinoa too.
Short grain brown rice and lecithin granules are great for helping the body to hold on to water.

Yummy “Juicy Juice” Recipe

4 – 6 Apples (depending on how sweet you like it)

1 small Beetroot

1 large Banana

½ Pineapple (cut away outer skin)

1 large Carrot

3 Oranges (peeled, yet leave as much of the pith on as possible)

½ Lemon (peeled as per oranges)

¼ Lime (peeled as above)

and depending on the time of the year...

1 carton of Strawberries or Blueberries or Raspberries

Large handful of ice

Small carton of Natural Yogurt (optional)

Wash all fruit and vegetables, cut into manageable cube sizes. Place Apples, Beetroot, Pineapple, Carrot, Lemon and Lime into a Juicer Machine, then put the juice into a blender along with the Banana, Strawberries or Blueberries or Raspberries, ice and Yogurt. Blend and serve in glasses or try it on your cereals, or even over some ice cream!

UMMHH... YUMMY!

For a delicious Smoothie:-

Use only the fleshy fruit i.e. Banana, Strawberries, Blueberries, Raspberries plus you could add other fruit such as Kiwi, Apricots, Nectarines, Peaches etc. Place chopped fruit into Blender along with ice and Yogurt for a really creamy blend. Blend and serve as above and you could even try freezing some in an ice cube tray or even as lollypops... children love it this way!