

- * **Best NUTRITIOUS FOOD** is **fresh fruit and green vegetables**, (just ask a rabbit) which is getting less in most people's lives. We need **REAL NUTRIENTS** for 3 reasons.
 - 1). Every cell in our body needs nutrients to work properly.
 - 2). We are buying more supermarket food and prepared meals - and so getting more synthetic chemicals and less nutrients.
 - 3). A major cause of increasing health conditions - such as asthma, diabetes, allergies, coeliac - just to mention a few - are because of a lack of fibre in our diet. This then compromises the gut bionome and the Immune System.
- * Don't blame your medical practitioner - they are trained to try and repair the physical damage with medication or operation, not be your nanny and cook.
- * Personal discipline is challenging, in remembering **WHY** we should be including fresh fruit and veges in our diet - when we are bombarded daily with advertising, to be lazy and buy ready made meals.
- * Doctors are predicting that the main cause of ill health in the next generation will be lack of fresh green vegetables and fruit.
- * Our **Immune System** can get compromised by **TOXINS** and lack of **REAL NUTRIENTS** - which can then create allergies, mainly because of lack of fibre.
- * Even frozen packets of vegetables are not healthy, because of loads of preservatives, to give a longer shelf life.
- * Eating just mashed potato and carrots, while healthy, is still **low** in **REAL NUTRIENTS**.
- * **SUPERFOOD**, made from cabbage, celery and baby spinach - is very high in nutrients. Just make some up in a bowl and keep in the fridge, to add to meals.
- * Man made figures of how much dairy, veges and grains to have each day are erroneous, and most people don't follow - the only part that is relevant is the fibre, and any veges is still too **low** in **REAL NUTRIENTS**.
- * You don't have to be a vegetarian - just include **SUPERFOOD**.
- * I once knew a lady who just fed her border collie dog on vegetables, and no meat. It was the healthiest dog ever.

3. Nutrients 1

- * **Nutrients** are what our body needs to keep all the trillions of cells healthy.
- * What we think is nutrient rich, is not everything we put in our mouth. In fact, unless it is **fresh green vegetables**, the nutrient density is likely to be anywhere between 0 and maybe 50%.
- * E.G. a snack health bar, tested and shown recently on tv - came up as only containing **5%** of the fruit illustrated on the pretty wrapper - so 95% was synthetic chemicals.
- * Clearly the presentation, taste and marketing are going to influence people's choice of eating what they perceive as being healthy.
- * Doctors are already predicting that the one single factor that will be the cause of disease in the next generation - is lack of **fresh green vegetables** in people's diet.
- * Some people may be convinced that eating loads of carrots, potatoes and garlic - will provide sufficient nutrients in their diet. Certainly a lot more nutrients than popcorn and jelly beans, but just not **nutrient dense** as fresh green vegetables.
- * Single item fad superfoods are frequently promoted as magic health food, such as avocado or quinoa.
- * The **best SUPERFOOD** I have used for some time now - is a blend of chopped **cabbage** and baby **spinach**, and grated **celery** - very nutrient dense. I also now add a little chopped **capsicum**, or bell pepper - because it is very high in **Vitamin C**, and so I don't need to panic if I have days with no fruit. These 3 fresh green vegetables are also **very low in calories**, so ideal to include this SUPERFOOD for **weight loss**. I originally used this SUPERFOOD to lose my pot belly in 3 weeks.



practical tip 1 - even a tablespoon of this 3 Vege SUPERFOOD could have more real nutrients than in everything else you eat in one day.

- * You can make this SUPERFOOD blend as the main part of a **vegetable soup**, or include some as a **salad**, with any meal.
- * **Deciding** which food items in the supermarket, or takeaway food outlets - have enough nutrients compared to amount of synthetic chemicals is **challenging**. Tin of Baked beans may have up to 30% nutrients, but the rest is synthetic chemicals and filler ingredients. Apricot Jam may be as low as 10% REAL APRICOT, and the rest filler ingredients such as apple and synthetic chemicals. Tinned soup possibly as low as 10% real nutrients - you can actually smell and taste all the synthetic chemicals. Packet soup, maybe as high as 5% real nutrients. I can't believe that I used to eat these daily - because I couldn't cook and was too lazy at the time to learn after I got home from work.