

## What Are Super Foods and Why Eat Them?

Foods which are very high in essential nutrients are called superfoods and they can help us reach optimum levels of health by providing us with the vitamins and minerals which are missing from our diet.

Superfoods are an excellent way to make up for dietary deficiencies. Even if you are eating a 100% organic diet you will still not be able to get all the nutrients you need from your food due to unsustainable, profit driven agricultural practices which have seriously depleted our soils and hybridised our food .

Many nutritionists claim that deficiency is worse than toxicity. Even though toxic build up needs to be dealt with, in some ways the body can cope with a certain amount of toxicity. However, mineral, vitamin, protein, fat or even enzyme deficiencies can have a serious and immediate impact on your health.

Recent research has shown that most Americans are protein deficient at a cellular level and that includes meat eaters. Somehow the protein isn't getting to our cells. As for minerals and vitamins most people fall way below the levels of what is required for optimum health.

Fruit which was once highly mineralised and low in sugar has now been so hybridized that it is nothing but a seedless sugar trap. For example; wild bananas, oranges and strawberries are highly mineralised and much lower in sugar than their commercially grown counterparts and that includes organic!

In one of his many experiments on mineralisation a brilliant research scientist called Maynard Murray found that hens who were fed food containing the full complement of organic minerals grew larger, laid larger eggs, exhibited perfect health, were free from disease and remained calm when approached by men. The control group of hens who were fed the same food with a depleted mineral content were nervous when approached by the flock tender, exhibited disease such as slipped tendons and worms and several died of unknown causes. None of the mineralised chickens died. These experiments were repeated with many other animals and crops with astounding results.



Maynard Murray's research is truly ground breaking and has been almost totally overlooked. (for fascinating reading check out his book "Sea Energy Agriculture")



## Total Nutrition Superfood Shake

This is very latest shake we developed for ourselves at Raw Power to ensure we were getting the full spectrum of nutrition needed for optimal health. It has an amazing range of vitamins, minerals, enzymes, omega 3, 6 and 9 fatty acids, protein, fats and carbohydrates. It also has strong antiviral, anti-fungal and antibacterial properties plus brain balancing nutrients, to name a few. We find it is an amazing appetite suppressant: Drinking one of these shakes in the mornings often keeps us going well into the afternoon!



**Tools:** A blender.

**Ingredients:**

- 1 or 2 teaspoons of macca powder
  - 1 tablespoon of spirulina powder or 1 teaspoon of AFA algae
  - 1 - 2 teaspoons of Wild or Organic Bee Pollen\*
  - 1 handful of soaked pepitas (pumpkin seeds)
  - 1 tablespoon of virgin coconut oil
  - 1 tablespoon of hempseed oil or
  - 2 tablespoons of hempseed meal (For pets only within Australia)
  - 4 medium bananas
  - 2-3 large handfuls of leafy greens
  - 1 handful of soaked Goji berries
  - 2-3 cups of fresh green organic juice (celery, lettuce, cucumber, parsley or other greens) If you don't have green juice available you can use filtered water.
- Or if you are feeling lazy just use a couple of tablespoons or Raw Powers superfood blend. Powermix with water and an apple and blend (For pets only!) For human consumption you must remove the hempseed from the mix. (Australian Government Law prohibits the consumption of hempseed by humans)

NB. Quantities are just suggestions will vary from person to person depending on your metabolism and current nutritional needs.

\*Some people are allergic to be pollen. (it can create hay fever type symptoms) If you aren't sure begin with smaller quantities and gradually increase.

## Superfoods For Radiant Health

### ORGANIC COCONUT PALM SUGAR

#### Origin - Indonesia

**Why are we offering a non-raw sweetener?** Coconut palm sugar is less processed than agave and contains much lower levels of fructose as well as being very high in minerals and low GI. In our opinion it is most likely a healthier option than agave, despite being heated. Like raw or brown sugar, only better! This sun-kissed sweetener is the crystallized nectar of the tropical coconut palm tree blossom, harvested high in the swaying canopy by traditional farmers, then evaporated and crushed into a unique, unbleached, not-too-sweet sugar alternative.

Boasting a naturally Low Glycemic Index (GI 35) that is nearly half the GI of cane sugar (GI 68) and lower than honey (GI 55) and even agave (GI 42), this super Polynesian food has the added bonus of a nutritional content richer than possibly all other commercially available sweeteners. Coconut Palm Sugar contains protein (12 amino acids) and comparatively high mineralization including potassium, magnesium, phosphorous, zinc and iron.



#### Suggested Uses

Replace 1:1 with cane sugar in your coffee/tea/chai/cocoa or homemade lemonade/iced tea. Alternatively, it's easily incorporated into all your favourite dessert recipes.

### ORGANIC SPIRULINA – The Protein, Vitamin and Mineral Powerhouse

#### Origin - India



Spirulina contains the most powerful combination of nutrients ever known in any grain, herb or food. It is an exceptionally good protein source, and contains most of the essential minerals and vitamins, particularly iron and B vitamins. Spirulina Beta Carotene is ten times more concentrated than carrots and one of the richest sources of protein containing all the essential amino

acids and yet extremely low in calories. Apart from mother's milk Spirulina is the only other whole food that contains Gamma-Linolenic Acid (GLA). A mineral powerhouse, Spirulina is rich in iron, magnesium and many trace minerals in a very absorbable form. Take 1 tsp to 2 Tbsp per day. Stir into smoothies, blend with orange juice or add into dehydrated crackers; Spirulina is fabulous in raw chocolates.

### ORGANIC MACA POWDER – Great for Energy, Libido, Strength and Stamina

#### Origin - Peru

Like all the best supplements, Maca is not concocted in a laboratory somewhere, but is a root vegetable that grows in the Andes Mountains of Peru. Maca is wonderful for increasing energy, strength and stamina. For a start, it is full of minerals, vitamins, and protein, containing many of the essential amino acids, and particularly rich in calcium and magnesium, so it can help to deal with any deficiencies in the diet. Due



to its high calcium levels, it's often used to treat osteoporosis and bone density problems. It is very popular among both men and women for its ability to balance hormones. So it is often taken by women suffering during menopause or with PMT, and it increases libido (it's sometimes known as Peruvian Viagra!). It also helps with fertility issues. Because it gives you such a boost, it is particularly helpful for people who suffer from chronic fatigue or depression. Add 1 Tbsp to smoothies. Add to dessert. Store in an airtight container in the cupboard.

## WILD EUCALYPTUS BEE POLLEN – The King of Foods

### Origin - Australia

Our bee pollen is wild Eucalyptus pollen from Western Australia; one of the cleanest environments in the world. Bee pollen is an alkaline food considered by nutritionists to be one of the most complete foods found in nature and is a rich source of high-quality protein since it contains all the essential amino acids. Bee pollen contains vitamins A, B, C, and E, and is extraordinarily rich in most of the B vitamins, including folic acid (folate). Some of the minerals included in bee pollen include: barium, boron, calcium, copper, iodine, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium, and zinc. Bee pollen contains over 5,000 enzymes and the phytonutrients (such as co-enzymes, bioflavonoids, phytosterols, and carotenoids) found in bee pollen number in the thousands. Bee pollen is 15% natural lecithin. Sprinkle onto smoothies, add to desserts and fruit salad. Take 1-3 Tbsp a day. Store in the fridge. **Warning: some people have an allergic reaction to bee pollen.**



## MSM (Methylsulfonylmethane) – The Natural Solution for Pain that Also Helps Reverse Aging

### Origin - China

Everyone is deficient in sulphur! MSM is a naturally-occurring form of dietary sulphur. It is the first safe, natural, side-effect-free remedy for many types of pain and inflammation. In the body, MSM reverses aging in the skin, hair, nails, tissues and joints. It softens leathery internal tissues by rebuilding connective tissue with elastic sulphur bonds. This is how MSM lives up to its reputation of building collagen and maintaining healthy joints. This is also why MSM increases flexibility (good for yoga), hastens recovery time from sore muscles, and is excellent for recovery from athletic injuries. Because of its collagen-building properties, MSM creates smooth skin, thick lustrous hair, and strong nails. MSM makes the tissues more permeable so that they may move nutrients in and toxins out with greater ease. MSM is volatile and destroyed by cooking; with juice or cold water it dissolves readily. MSM has a very bitter taste. Please don't add it to your smoothie! Dissolve it in water and add the juice of ½ lemon. You can add a pinch of salt to produce a sports drink flavour. MSM works optimally when taken with Vitamin C.



## IN-LIVEN - Organic Probiotic Super Food

### Product of Australia

In-Liven contains 13 strains of Lactobacillus bacteria produced from totally organic fruits and vegetables and provides significant enzymes, vital amino acids and a broad spectrum of essential nutrients. The 26 non-genetically engineered organic living whole foods are rich in phyto-nutrients. This product helps recolonize the intestinal flora and helps restore proper intestinal balance. It helps eliminate “unfriendly” bacteria and counteracts medical and food-chain antibiotic damage while supporting the body to enhance immune function. It also optimises nutrient absorption and assimilation while also helping guard against “nutrient starvation”. A wonderful source of enzymes – (without them nothing would happen).

All metabolic processes require mediation by specific enzymes. Vitamins, minerals, and hormones cannot do their work without the presence of enzymes. They are needed for every chemical reaction that occurs in our body. When it gets to the point that our body can no longer produce certain enzymes, our life ends. Enzymes are needed for effective digestion and nutrient absorption. Weight control, longevity, and overall health are some of the benefits of an enzyme-rich raw food diet. Cooked food is totally devoid of enzymes and over-burdens the pancreas. Enzyme powder or capsules are highly recommended, along with raw foods, to make up for the immense enzyme drain due to many years of eating cooked foods. It is estimated people could extend their lifespan by 20 years or more simply by maintaining proper enzyme levels. Take 1 tsp per day dissolved in a glass of water or juice.



## ORGANIC COCONUT OIL – Another Miracle of Nature Origin - Mexico

Great for your skin, one of the best anti-Candida foods and highly recommended for weight loss, coconut oil is another miracle of nature. Incredibly, even though it is a fat, coconut oil actually assists weight control by promoting the body's ability to burn unwanted fat and has even been shown to lower levels of bad cholesterol. Consuming it on a daily basis will do miracles for your skin. In addition it has remarkable anti-bacterial, anti-viral and anti-fungal properties and for this reason is a powerful ally in the fight against Candida. Coconut oil is also being used by thyroid sufferers to increase body metabolism.



It is the highest source of saturated medium chain triglycerides (MCT) of any naturally occurring vegan food source. Furthermore, around 50% of these MCT's are made up of [lauric acid](#), the most important essential fatty acid in building and maintaining the body's immune system. Apart from coconut oil, the only other source of lauric acid found in such high concentrations is in mother's milk. These medium chain fatty acids are more digestible and much more stable than any other fat. In fact unlike any other oil it can be left at room temperature for a year and doesn't go rancid! Coconut oil is a must for any vegan diet!!! Add 1 Tbsp to smoothies, soups & desserts. Rub on gums for assistance with gum conditions. Use as moisturiser. Store in a dark cupboard.

## Cacao - Nature's Anti-Depressant, Super Antioxidant and the Food of the Gods

### Origin - Peru



Cacao beans contain over 300 chemically identifiable compounds making it one of the most complex food substances on Earth! It contains: anandamide (bliss chemical), arginine (nature's Viagra), dopamine (neurotransmitter), epicatechins (antioxidants), histamine, magnesium, serotonin (anti-stress neurotransmitter), tryptophan (anti-depressant amino acid), phenylethylamine (PEA), polyphenols (antioxidants), tyramine, and salsolinol. It has high levels of magnesium and the highest level of antioxidants of any foods. It has nearly twice the antioxidants of red wine and up to three times what is found in green tea. Available in whole beans, nibs, powder and butter. Eat the beans and nibs whole or add them to a trail mix. Use cacao desserts, smoothies, hot/warm chocolate drinks and delicious healthy raw chocolates. Available in beans, nibs, powder and butter.

## GOJI BERRIES - A great tasting superfood for longevity and glowing health.

### Origin - China

Did you know that in some remote places in this world, a life expectancy of more than 100 years is not uncommon? Research has shown that many of the world's longest living people consume regular daily helpings of a tiny red fruit that may just be the world's most powerful food—the **goji berry**.

In Asia goji berries have long been regarded as a longevity, strength building and sexual potency food of the highest order. The berries may be one of the most nutritionally dense foods available; containing 19 kinds of amino acids (six times higher than bee pollen), all 8 essential amino acids as well as up to 21 trace minerals. They are also the richest source of carotenoids (more beta carotene than carrots) and 500 times the vitamin C by weight than oranges. In addition to a wide variety of these and other vitamins, goji berries also contain about 11 mg of iron per 100 grams and an array of powerful phytochemicals.

Some of the benefits include: Extends life by protecting bodies from premature aging through it's powerful antioxidant action; increases energy and strength, especially when fighting disease; maintains healthy blood pressure; reduces risk of cancer and promotes cell growth in cancer recovery; reduces cholesterol; promotes normal blood sugar; helps to lose weight and gain lean body mass; supports eye health and improves vision; detoxifies the liver; minimizes menopausal symptoms; enhances sexual function and offer a host of other benefits.

Soak Goji berries in water for 1 hour, and add into smoothies. Add to desserts and trail mix.



## ACAI BERRY POWDER

### Origin - Brazil

Pronounced 'ah-sigh-ee', this **royal purple fruit** with the **rich cocoa-berry taste** is consistently named as one of the planet's **Top Ten Antioxidant Superfruits!** This super healthy superfood from a wild and vigorous Brazillian tropical palm growing abundantly over 2.5 million acres of Amazon River floodplains is harvested by local tribes then freeze-dried immediately to preserve its amazing nutritional properties including:

- Essential Fatty Acids (Omegas 6 & 9)
- 19 Amino Acids (proteins)
- Vitamins A, B1, B2, C, E, & P (flavonoids)
- Fibre (30+%)
- Minerals (potassium, iron, phosphorous, calcium)
- Trace elements (chromium, cobalt, molybdenum)
- Phytosterols (cholesterol-busting)
- Polyphenols (free-radical-scavenging)



The secret weapon of many famous athletes who love the **very low sugar content** and **Low Glycemic Index** (GI), & 2x more antioxidants than blueberries, 10x more than red grapes, 30x more than red wine, and ORAC values higher than pomegranate, cranberries and even Goji, what's not to love? Serving suggestion: Add 1 or more teaspoons to smoothies, juice, or water. **BEST KEPT REFRIDGERATED.**



**WILD CRAFTED MESQUITE MEAL** is a traditional Native American food produced by gathering ripened seed-pods from the mesquite tree and grinding them into a fine powder. Used as a staple food for centuries by desert dwellers, this high protein meal contains good quantities of calcium, magnesium, potassium, iron and zinc, and is rich in the amino acid lysine as well. It has a sweet, rich, molasses-like flavor with a hint of caramel which blends well into smoothies or other drinks, especially those made with cacao and maca.

**ORIGIN - MEXICO**

**About mesquite and diabetes:**

Researchers report that mesquite is highly effective in balancing blood sugar. The natural sweetness in the pods comes from fructose. Fructose doesn't require insulin to be metabolised -- making it safe for diabetics. The high rate of dietary fibre, pods are 25% fibre, causes the nutrients in mesquite to be absorbed slowly preventing the spikes and valleys in blood sugar. With a low glycemic index of 25, mesquite requires a longer time to digest than many grains. The digestive time for mesquite is to 4 to 6 hours unlike wheat that digests in 1 to 2 hours. These factors result in a food that maintains a constant blood sugar for a sustained time and as a result prevents hunger. Here is a food that supports the diabetic's diet and helps maintain a healthy insulin system in those not affected with blood sugar problem. Add 1 Tbsp to smoothies or desserts.



**AGAVE NECTAR ORIGIN - MEXICO** Our Organic Wild Agave Syrup is a delicious, low glycemic index (GI) sweetener that tastes somewhere in between honey and maple syrup. The agave is grown by an organic indigenous grower association, consisting of descendants of the Aztecs in the region of Ixmiquilpan in Mexico. The wild agave plant is central to their culture and they have planted it for thousands of years. Similar to how a bee creates honey, it is through enzymatic action that the complex sugars in fresh agave juice are converted into simple sugars, producing agave nectar. This minimal processing and minimal heat provides vitamins, minerals and enzymes in agave nectar that are not found in other processed sweeteners. This dark agave syrup is not filtered and has the maximum amount of minerals and other phytonutrients. It has a rich vanilla-like aroma with a deep wild flavour. The main form of carbohydrate in agave syrup is a complex form of fructose called inulin or fructosan. This is absorbed slowly into the bloodstream giving it a low glycemic index and is therefore diabetic friendly. It is also the perfect sweetener for children as it does not significantly raise blood sugar levels, preventing the highs and lows associated with sugar intake and instead provides a sustained, steady source of energy. Use in place of sugar or honey. Replace 1 tsp of sugar with ½ tsp of agave nectar.

**REALLY RAW CASHEWS- ORGANIC FAIR TRADE ORIGIN -- INDONESIA**

In case you didn't know nearly all "raw" cashews are not really raw as they have been boiled in the shell removing process. Our cashews have been hand peeled and you can really taste the difference: they have a sweetness and creaminess not present in conventional cashews and of course their enzymes and phyto nutrients are still intact. Really raw cashews are an excellent source of protein and fibre. They are rich in mono-unsaturated fat which can help protect the heart and are a good source of potassium, B vitamins and folate. They contain useful amounts of magnesium, phosphorous, selenium, copper and zinc.



**VANILLA BEANS - RAW ORGANIC FAIR TRADE ORIGIN - MADAGASCA**

From the exquisite blooms of the vanilla orchid come the pods that yield one of the world's greatest flavours. Vanilla beans (pods) are the cured dried fruit of the only fruit-bearing orchid. Vanilla beans are native to Mexico. In old medicinal literature, vanilla is described as an aphrodisiac and a remedy for fevers. These purported uses have never been scientifically proven.

Vanilla is used for its flavour and aroma.



### CAMU CAMU POWDER - NATURE'S VITAMIN C - RAW ORGANIC FAIR TRADE ORIGIN - PERU

Camu camu (*Mycaria dubia*) is a bush that grows in black water rivers, especially in those abandoned courses called "cochas", ecosystems of great social and economic importance for the Amazonian jungle of Peru. The camu-camu fruit is approximately 2 centimeters in diameter and has a purplish red skin with a yellow pulp. The fruit contains powerful phytochemicals with health benefits, including the amino acids serine, valine, and leucine, and more Vitamin C than any other known plant in the world. The dehydrated camu camu fruit powder contains 8 - 9% Vitamin C, which is 30 to 60 times more Vitamin C than an orange and 3 times more than acerola. Traditionally, native medicine practitioners and herbalists have recommended camu-camu for: strengthening the immune system, improving symptoms of herpes infections, including mouth blisters, genital blisters, shingles blisters and other viral infections, promoting energy and vitality of people with chronic immune dysfunction, strengthening the nervous system, supporting healthy levels of white blood cell formation, detoxifying the body, especially the liver, promoting health of upper respiratory organs, including lungs, sinuses, nasal passages, and promoting a healthy heart and circulatory system.



Many people have stopped using large dosages of synthetic Vitamin C because they find that just 1 to 2 grams (1 tspn) of camu camu powder is energizing, mood-lifting and highly effective in strengthening the immune system. It has the additional benefit of being non-irritating to sensitive stomachs and bladders.

### LUCUMA POWDER - RAW ORGANIC FAIR TRADE ORIGIN - PERU

Lúcuma is a nutrient dense fruit from Peru. The tree is a long lived, evergreen, and belongs to the Sapotacea family being similar to the canistel and sapote. It smells divine and tastes like maple syrup flavoured ice-cream! Lucuma 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 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 known as the "Gold of the Incas", and is considered 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 honored both spiritually and culinary since ancient times. Today, this fruit is still prominent in contemporary Peruvian celebrations.



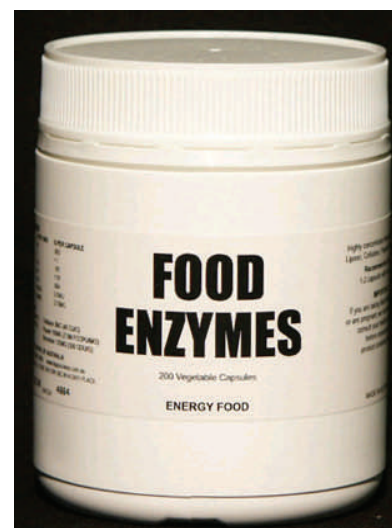
### HIPPOCRATES FOOD ENZYMES

#### PRODUCT OF AUSTRALIA

Digestive enzymes have only three main jobs: digesting protein, carbohydrate and fat. Proteases are enzymes that digest protein, amylases digest carbohydrate, and lipases digest fat. Nature's plan calls for food enzymes – present only in raw foods – to help with digestion, instead of forcing the body's digestive enzymes to carry the whole load. If food enzymes do some of the work, the enzyme potential can allot less activity to digestive enzymes, and have much more to give to the hundreds of metabolic enzymes that manage the entire body. If food enzymes did some of the work, the enzyme potential would not be facing impending bankruptcy, as it is now in the bodies of millions of people on the minus diet. Our enzyme potential is similar to a bank account, which could become dangerously low if not continually replenished.

Each Hippocrates Food Enzyme vegetable capsule contains ONLY:

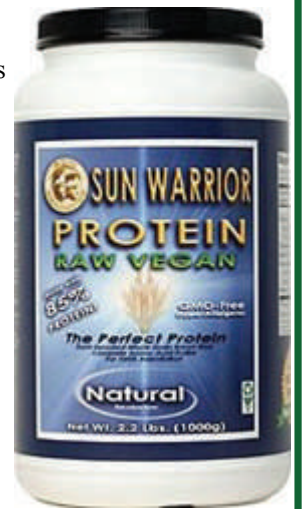
Amylase 48 mg  
 Protease 25 mg  
 Lipase 1 mg  
 Cellulase 2 mg  
 Papain 150 mg  
 Bromelain 150 mg  
 NOTHING ELSE.



## SUN WARRIOR RAW VEGAN RICE PROTIEN POWDER

### PRODUCT OF USA

- Available in natural, vanilla and chocolate flavours.
- Made with 85% protein, Sun warrior has the Highest (non soy) raw (Not Heated over 90°F) whole grain sprouted vegan protein on the market.
- By using a third generation process, we have created the best tasting vegetable protein on the market that has a silky smooth texture that blends well and tastes great compared with other chalky & grainy vegetable proteins.
- We use old world process of combining the sprouted endosperm and the bran from Raw Sprouted Whole Grain Brown Rice. This unique process creates the first complete hypoallergenic Protein which is made up of all 9 essential amino acids and other non-essential amino acids in a perfectly balanced amino acid profile.
- Naturally Rich in Vitamins and Minerals. Sun Warrior Protein contains high amounts of antioxidants Tocopherols, and Tocotrienols and other essential nutrients — such as thiamin, riboflavin, niacin, phosphorous, iron and potassium.
- Increases efficacy and absorption of vitamin, minerals. There has been a direct correlation between the use of Sun Warrior Protein and the absorption of vitamins.
- Weight Loss-Clinical studies in Japan have showed that by providing Rice Protein as a staple in a diet, that it can be used as a weight control vehicle. Especially, because of the superior absorption rates.
- Unlike the extraction processes of other proteins, our method of extraction uses neither chemicals nor acid hydrolysis, We only use Organic Enzymes during the process and our process is 100% Organic Compliant.



# THE RAW FOOD KITCHEN

## The Excalibur Dehydrator



Gourmet chefs, health experts and families demanding the best recommend Excalibur food dehydrators. Gourmet raw food chefs Charlie Trotter and Roxanne, health educators Nomi Shannon, Alissa Cohen, Shazzie and Cherrie Soria all recommend Excalibur as the world's leading food dehydrator.

A dehydrator adds significantly to your ability to create a large repertoire of raw food recipes. With a dehydrator you can warm foods on a cold day, make your own raw cookies, pizzas, bread, crackers and burgers, prepare seasoned nuts and seeds for snacks, make energy bars and dried fruit leathers and eliminate

preservatives and additives from baby food. Dehydration also concentrates the food's natural flavour, sweetness and aroma. A dehydrator is a wonderful addition to your kitchen if you have your own garden as you can preserve and savour every fruit and garden vegetable you grow. It makes buying and drying bulk foods in-season inexpensive.

The Excalibur's patented drying system dries trays evenly. The electronics are back-mounted so that spills won't dry on. The adjustable thermostat dries with precision and ensures enzymes are preserved. The removable dishwasher-safe trays are easy to load. Trays can be removed to allow big items to be dehydrated. It costs 4-6c per hour to run. The timer model allows you to be able to sleep or leave the house while your machine is running, knowing it will shut itself off. The chassis is made from lightweight-indestructible polycarbonate that is cool to the touch.



## The Alphon Alkalisng Water Filter



The human body should be naturally balanced acid/alkaline. However today's lifestyle—acidic foods, fizzy drinks, pollution and stress, is now causing our bodies to accumulate too much acid.

Excess acid causes our natural waste disposal system to be completely overloaded. In response our body's homeostasis stores the acid waste in fatty tissues and joints which creates a potential breeding ground for all kinds to modern day disease.

The Alphon is the only water ionizer/alkalizer to automatically control pH output. Water is filtered then passed through platinum coated titanium plates which produce positive (acid) and negative (alkaline) ions. The water produced is alive, donating electrons to your body which equals more energy.

The Alphon filter blocks chlorine and bacteria, retains essential minerals and adds calcium and magnesium. The water is oxygen saturated— double the content of tap water. Micro-clustered tiny molecules groups, around 5 times smaller than tap water, support maximum hydration. 90 day full money back guarantee. 2 year parts and labour warranty.



# THE RAW FOOD KITCHEN

## The Oscar Vital Max Juicer



The Oscar Vital Max Juicer is a living juicer which means it maintains active nutrients and enzymes in the juice. Heat, static electricity and the enormous amount of air drawn into high speed juicers destroys these nutrients and causes oxidation to occur more rapidly.

The Oscar Vital Max 900 features a patented 3 step auger crushing system and silicon seal around the juicing cone which provides the maximum amount of pulp-free juice. The Oscar comes complete with everything you need to make nut butters, frozen fruit ice-cream, baby foods, pasta, and much more. With the Oscar, the pulp is expelled from the front of the juicer so there's no need to stop and start. Low noise, easy cleaning and continuous juicing makes for a whole new juicing experience.

## The Power Mill Blender



Using a super powered 2 horse power motor and high speed blades (281kpm), the Power Mill Blender will make smoothies, purees, whole fruit and vegetable juices, grind beans and cereals, cook soups and much more.

The Power Mill Blender features a two liter non-leaching polycarbonate container with a square base which helps to propel food back into the centre. The blender also features:

- a five point digital timer - 30 secs, 1 min, 3 mins, 6 mins & 10 mins
- a large, central variable speed controller plus hi-speed pulse button
- a thermostatic shut-off with audio-visual alarm

Unlike other blenders you can make ice-cream, nut butters and soups in seconds.

## The Magimix Food Processor



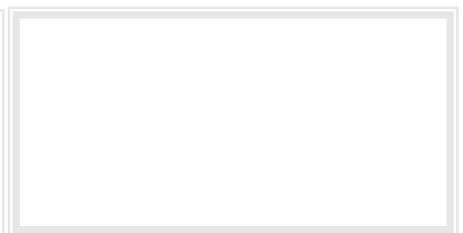
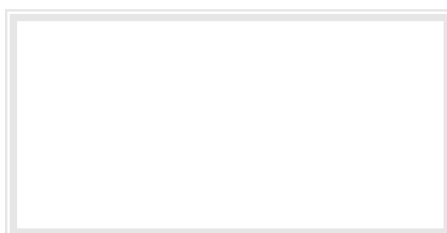
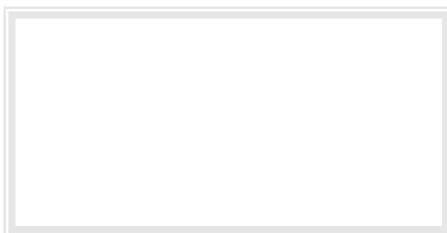
The big capacity Magimix 5200 XL food processor features a powerful yet quiet, commercial-grade induction motor that automatically adjusts its speed for the job in hand.

It's also guaranteed for 12 years. The main bowl is made of Lexan, a tough, polycarbonate material that's used for aeroplane windows, and strong enough to take a person's weight!

Inside there's a Sabatier knife that can chop anything in seconds - even tiny quantities.

It's supplied with a host of accessories for slicing, shredding, chopping, whisking, juicing, grating, blending and mixing.

- 3.6 L, Wattage 1100 W
- Motor 12 year, parts 1 year guarantee



# THE RAW FOOD KITCHEN

## Easy Green Sprouter



The Easy Green sprouter automatically soaks, rinses, mists, oxygenates and drains the sprouts ready for you to eat in about 7 - 10 days. This sprouter has 5 trays so you can sprout an abundant mix of organic sprouting seeds at the one time such as alfalfa, broccoli, lentil, mung, sunflower and wheatgrass. The trays can be placed directly into the fridge. This is the only domestic unit which can easily be turned into a commercial application as the units can be stacked up to five or 6 high. The automatic sprouter by Easy Green takes the mess out of sprouting. If you love consuming fresh

sprouts but have had difficulty with the continuing process required to grow them such as pre-soaking and rinsing (between 3 and 6 times a day), then this sprouter is the perfect compliment to your living food kitchen.

Sprouts have the greatest nutrient activity of all raw foods. This is because sprouts are actually still in the process of growing. They are at the peak of their life force. The body readily absorbs these nutrients from sprouts, and they are easily digested. This saves your body energy. Because sprouts, or germinated seeds, are pre-digested food, they have what's called a "higher biological efficiency value" than whole seeds, whether raw or cooked. Sprouts also have a regenerating effect on the human body. Why? It's due to the high concentration of RNA, DNA, protein and essential minerals that's found only in living cells.

Seeds that are sprouting generate heat during germination and need to be cooled to avoid mould and rotting. This seed sprouter is so successful because water is misted onto the seed using a timer set to 96 activations. This is critical to controlling the humidity which affects the sturdiness of your sprouts. Sprouts require little water but abundant amounts of oxygen. Other automated sprouters and conventional sprouting

## Spirooli 3 in 1 Slicer



The World Cuisine Spirooli Spiral Slicer is a great tool for making unique noodles with vegetables.

It has suction cups feet to hold it in place while you work. The 3 blades are a slicer, a large noodle, a medium noodle.

It has 3 interchangeable blades. It is easy to use. Prepare gourmet foods quickly like veggie noodles or apple rings. The Spirooli makes thick noodle cuts and is perfect for zucchini.

If you want the thin and small angel hair pasta noodles you can use the Spiral Slicer Saladacco. I use both the Saladacco and World Cuisine

Spirooli because they make different sized cuts.

The brand name of this slicer is "World Cuisine". It was called "Spirooli" in the past, and the company simply changed the name to "World Cuisine". It is the exact same machine and the name "Spirooli" is no longer being used on the box