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Five top super nutrients

Everyone knows the word Superfoods. And everyone is aware of some of the more popular items such as acai, spirulina, cacao, chlorella and other well known products. Those are all valid and important superfoods, yet there are many others that have just as many amazing health benefits that are not talked about in magazines or mainstream media that I feel are just as important to our health.

These are my top 5 health 'powerhouses' that I love to use in my clinic. I use them with men, women, children and even animals. Having lived on a 2,000 acre farm in a rural setting, I've helped all kinds of animals in the area: dogs, cats, horses, cows, even alpacas.

Bee Pollen

Bee pollen is the most complete superfood found in nature. It contains all 22 essential amino acids.

One little known fact about bee pollen is that it has high antioxidant levels that help increase longevity by neutralising free radicals.

For women who are looking to either increase their fertility or optimise their hormones would benefit from consuming bee pollen.

Bee pollen is amazing at building up the stress defence shield and increasing longevity in humans and animals. The most famous record of bee pollen use in animals demonstrating enhanced longevity is with Bluey the cattle dog who lived to 29 years of age. This was reportedly due to the fact that Bluey regularly consumed wild harvested organic honey and bee pollen. If it works in our animals friends, it certainly works for us humans.

Bee pollen is a source of 18 vitamins, including nearly all the B vitamins (except B12), C, D, E, rutin, carotene, beta carotene, lecithin/choline, the 22 essential amino acids, 14 fatty acids, 11 carbohydrates, RNA & DNA, a plant hormone similar to the human pituitary called gonadotropin and there is still more being discovered!

Pollen contains up to 11 major enzymes such as diastase, phosphatase and transferase, high amounts of catalase, amylase and pectase – all of which aid in digestion. Just 130mg of bee pollen can assist in the digestion of 1.5kg of food.

According to research by doctors in France, Italy and USSR, pollen is one of the richest sources of bio-available protein in nature being approximately 25% protein.

Always start off slowly with the smallest amount of bee pollen and build up your use.

Warning: on first trying pollen, some people and animals may occasionally experience minor gastro-intestinal irritation and a laxative effect due to the richness of the product. Please cut back use of the pollen, and if need be, cease for a few days and then try again. IF symptoms persist, it may indicate an allergy to bee pollen.

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Another potential yet RARE allergic reaction can involve swelling, heart palpitations, and minor to moderate difficulty in breathing. For those who are new to using bee pollen, it is wise to start out with a SMALL dosage – about 1/8 of a teaspoon and work up from there.

Lucuma

Lucuma is an under-used superfood. It is especially abundant in beta-carotene, niacin and iron with significant amounts of calcium and phosphorus.

The beauty of lucuma is its versatility. I love to use it in combination with mesquite to create a divine maple like caramel flavouring in my smoothies, raw 'ice creams' and raw chia puddings. It is naturally sweet, often used as a sweetener.

The State University of New Jersey reported a study that evaluated the anti-inflammatory effect of lucuma extract on wound healing and skin aging. Results of the trial determined that lucuma significantly increased wound closure and promoted tissue regeneration. The report of the study concluded that lucuma may have anti-inflammatory, anti-aging and skin-repair effects on human skin.

Mesquite

Mesquite has been used safely by diabetics as it has a low glycemic index of 25. Because its sugar is in the form of fructose, which does not require insulin for metabolism, mesquite helps maintain a constant blood sugar level for a sustained period of time.

Some of my clients have used mesquite in breads, biscuits, pie crusts, and other raw or baked goods. I've even had some report using it in coffee and tea to provide a delicious molasses caramel like flavour.

Mesquite is rich in Lysine, Calcium, Magnesium, Potassium, Iron, Zinc

Maqui Berry

Maqui berry (pronounced mock-ee) is a relatively new superfood to the Western World though it has been consumed by the Chileans for thousands of years.

There is limited but continued research showing enormous potential in many areas of health such as an anti oxidant, in cancer prevention, diabetes, as an anti inflammatory, anti bacterial, in heart health and even in weight loss.

Maqui berry has been reported to increase metabolism. To keep you energized and going, you will need something to keep you up with all your activities. Maqui berry can help in boosting the energy levels of a person to help them become physically active.

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Barley Grass

Most people are familiar with Wheat Grass powder, chlorella or chlorophyll and often overlook barely grass powder. Barley grass is an intensely enzyme rich live food with naturally occurring co-factors and synergistic compounds. It's a life giving whole food containing hundreds of nutrients with more being discovered constantly.

Nutrients such as potassium, calcium, magnesium, iron, copper, manganese, beta carotene, phosphorus, vitamins B1, B2, B5 and B6, Vitamin C, folic acid.

Barely grass is very high in organic sodium which dissolves calcium deposits on the joints. It also replenishes organic sodium in the lining of the stomach. This is valuable because it aids digestion by improving the production of hydrochloric acid in the stomach. When you have the correct ratio of hydrochloric acid, heart burn disappears.

Barley grass contains 18 amino acids, of which it contains the 8 essential amino acids. It is also extremely alkaline. A body that is alkaline has a greater resistance to disease.

by Michelle Ovens, Naturopath

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