

Regardless of when you last cleansed you will remember that the last day often ends with a series of mixed emotions. They will come and go in the days/months following. Go with it. Keep it simple. Don't make too many mental resolutions of changing your diet forever. They often become a distant memory the minute a solid meal becomes available. Food favourites fill our mind space. That's OK. As you become more alkaline internally, acidic foods often don't taste that great anymore. This is your body redirecting itself back to where it needs to be...green. This can take any length of time, but is faster if you work at it. Don't force the choice, it will come. This is what we mean by "learn into it" and "slow, sustainable change". Your program was not just for 5 days; it IS to incorporate for a lifetime.

We now offer a 4 juice/day program to compliment your already healthy or unhealthy :) diet. Each 5 day program is \$230 + \$25 delivery. It includes an elixir, a green smoothie (pre-digested greens), a green juice, a coconut water and a cashew nut mylk. This protocol is taken in the following way. The green smoothie is breakfast. Then, if required, you have whatever else you had planned, fruit, etc. The green juice can either be used to REPLACE a meal OR broken into 2 serves and taken before 2 meals. Fresh vegetable juice is an excellent way to consume LOTS of greens and help with the digestive process of your raw foods. Enzymes...real enzymes. Coconut water is "living" water. It heals and repairs. If you don't love the taste...learn to on behalf of your health. The cashew nut mylk can be taken in the evening or many have sips throughout the day when feeling hunger. Please EMAIL to book for this program.

As a reminder, digestion takes a LOT of energy. We juice to offer our systems digestive rest so that "extra" energy can be used to repair things that are breaking down. We also juice to burn up and eliminate built up waste.

Our bodies are elastic. We are the sum total of the food we have eaten all of our lives. We can often tolerate poor food and drink choices until we are about 40. Or after around 40,000 meals (if you eat 3/day). Following on from these choices that are often destructive to our bodies, but appealing to our appetites we experience health breakdown and changes begin to occur. They often show up first as lack lustre skin, poor energy, sinus issues, digestive problems, poor immunity and so on. From here things often progress to more serious health concerns. People often call this the "aging" process. We aim to turn the tables on this and get

back to baseline. However, you can't regenerate live cells with dead matter. To sum it up, live replenishment is the sequel to healthy cells and good nutrition. The result...you'll see and once you do – you will NEVER turn back.

A lifestyle change can be celebrated when we begin to look at the average person's diet as RADICAL and nature's way (fresh veg and fruit) as NATURAL. It is then you have made the mental commitment to the acid/alkaline balance. The physical falls in place shortly after. We grasp for this balance and when we achieve it, we NEVER let it go. You don't have to give up what you love, just balance it out with more alkaline.

Your mantra going forward.
Keep the faith in green...
Value just being...
It's all good...

Our boutique will open in early May.

Thanks Heidi

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