

What is Shakeology, anyways?

How do you feel about disease prevention, a natural “face-lift”, skin rejuvenation, memory enhancement, improved sense of well being, aid for diabetes control, an endurance aid and tool to fight cancer? It’s all in there! I encourage you to research the Shakeology ingredients for yourself but, for your convenience, here is an introduction to them.

Acerola powder (fruit) -Acerola can be found throughout northeastern Brazil and is rich in Vitamin C and carotenoids, and one of the richest known natural sources of vitamin C.



Camu-Camu powder (fruit) – Coming from the rainforest, this is one of the most nutrient-dense foods, offering considerable disease-prevention and the highest amount of vitamin C of any plant in the world. For a free in-depth report on this fruit, please go here. http://www.naturalnews.com/Report_Camu_Camu_0.html



Pomegranate powder (fruit) -The anti-oxidant properties of this fruit benefits the heart, can be helpful in treating diabetes, dementia, cancer and menopausal problems, and perhaps even prevents sunburn.



Bilberry powder (fruit) -An antibacterial, anti-inflammatory, antioxidant and antiseptic agent, this fruit has shown to improve vision and symptoms associated with diabetes.



Blueberry powder (fruit) – Blueberries are very high in fiber and nutrients and have been proven to lower blood pressure, protect against oxidative stress and maybe even help you lose that hard to get rid of abdominal fat, according to a study published in Experimental Biology 2009.



Lycium (Goji) powder (berry) – These berries contain around eighteen amino acids, are plentiful in iron, with more beta carotene than carrots. Dubbed as a natural anti-aging food, goji is used to treat hepatitis B (because of the physalin produced by the berries), heart and blood pressure conditions, as a memory enhancer, a treatment for breast and cervical cancer, an anti-inflammatory, and an antifungal, antibacterial.



Açaí powder (berry) – A powerful anti-oxident that is being studied for it's beneficial properties on blood pressure, cholesterol levels, heart health and cancer prevention.



Cordyceps – A type of Asian fungus (mushroom) that may have beneficial properties for bone marrow and kidneys, while it increases stamina, protects against free radicals and restores energy



Maitake powder - A mushroom that has been used in traditional Chinese and Japanese medicine to enhance the immune system, regulate blood pressure, glucose, insulin, and both serum and liver lipids, and may also be useful for weight loss.



Reishi powder - Reishi is a mushroom used in traditional Chinese medicine, protecting the liver, as an analgesic, antiinflammatory, and anti-cancer treatments.



Citrus bioflavonoids - Extracted from fruits, bioflavonoids are widely used in Europe to treat diseases of the blood vessels and lymph system.

Rose Hip powder – Rich in vitamin C, rosehips are commonly used for reduction in asthma symptoms and allergies.



Schisandra powder (berry) - An Asian vine believed to be beneficial to those suffering from hepatitis, and seems to work well as a stimulator for the central nervous system, increasing brain efficiency, improved reflexes, and an accelerated rate of endurance.



Suma powder (root) – An indigenous plant to South America, the root has been studied for its ability to increase stamina and endurance and reduce fatigue. Suma is said to support hormonal balance, reduce inflammation, inhibit cancer, and leukemia cells, enhance immunity, increase libido, and to provide a number of normalizing and rejuvenating effects.

Ginkgo powder (leaf) - The oldest living species of plant on earth, ginkgo has been used in Chinese medicine to stimulate the blood circulation and have a tonic effect on the brain, reducing lethargy, improving memory and giving an improved sense of well-being.

Maca powder (root) – A nutrition-packed root vegetable from the mountain plateaus of the Peruvian Andes that is rich in amino acids, phytonutrients, vitamins, and minerals – known to increase energy, stamina and endurance, support the immune system and adrenal function, reduce chronic fatigue, regulate and support the endocrine system, and even treat menopausal symptoms (it is now being prescribed by many health practitioners as a safe, effective alternative to Hormone Replacement Therapy).



Sacha inchi (*Plukenetia volubilis*) meal – With an average of 48 to 49 percent omega-3s, Sacha Inchi is an excellent vegetarian source of fatty acids, contains high amounts of protein and can assist the body's formation of nerve tissues, eye tissues and cell membranes. It may also help maintain healthy cholesterol levels and help regulate blood pressure and support normal function of the immune system.



Yacon (*Smallanthus sonchifolius*) powder – Grown in the Andes of Peru, Yacon helps to regulate sugar blood levels.



Flax (seed) meal - Flax is high in B vitamins, magnesium, manganese, omega 3, fiber, and our best source of lignans which may promote fertility, reduce peri-menopausal symptoms, and possibly help prevent breast cancer. In addition, lignans may help prevent Type 2 diabetes.



Chia (seed) meal - Not just a cute gift in the shape of a famous mouse, chia is a muscle and tissue builder and a good source of amino acid and Omega 3's. However, what is amazing is researchers believe a gel-forming phenomenon takes place in the stomach (when food containing these gummy fibers, known as mucilages, are eaten) which creates a physical barrier between carbohydrates and the digestive enzymes that break them down, thus slowing the conversion of carbohydrates into sugar. "In addition to the obvious benefits for diabetics, this slowing in the conversion of carbohydrates into sugar aids in physical endurance. Carbohydrates are the fuel for energy in our bodies. Prolonging their conversion into sugar stabilizes metabolic changes, diminishing the surges of highs and lows creating a longer duration in their fueling effects." (living-foods.com) read Magic of Chia : Revival of an Ancient Wonder Food by James F. Scheer.



Spirulina and chlorella have been hailed in many studies for some miraculous health benefits! PLEASE download and read this free e-book! If you know anyone struggling with cancer, please send this book to them.

<http://www.naturalnews.com/SpecialReports/Superfoods.pdf>

Here is a small sample of what the book will explain:

“...did you know that, ounce per ounce, spirulina contains twelve times the digestible protein of beef? It’s a far better protein than beef, and it contains a much healthier mineral balance (such as magnesium) that just isn’t found in beef.

Did you know that a phytochemical found in chlorella can actually rebuild nerve damage in the brain and nervous system? That’s why chlorella is being used in the recovery of patients with Alzheimer’s and Parkinson’s disease.

Were you aware that both chlorella and spirulina can actually reverse cancer in the human body? Both of these superfoods have been clinically shown to demonstrate stunning preventive and curative properties when it comes to all sorts of cancers.

And finally, did you know that these superfoods also contain a high content of essential fatty acids such as GLA that are routinely missing from the diets of most Americans and yet are critical for healthy brain function? ” (Mike Adams)

Hydrilla – This plant from Asia, Europe and Africa is hailed for providing increased energy levels, improved immunity, improved digestion, reduced body fat, increased mental clarity, decreased appetite, improved joint, hair, skin and nail health, and an overall increased sense of well-being.



Apple pectin powder - Apple pectin is a water-soluble fiber, helpful in removing cholesterol out of the intestines and delaying glucose absorption.



Astragalus powder (root) – Used in traditional Chinese medicine, it is believed to strengthen debilitated patients and increase resistance to disease in general and boost immunity.



Spinach powder – Spinach has been used for years to help relieve anemic problems due to its high iron and chlorophyll content.



MSM (methylsulfonylmethane) – Supports healthy connective tissues like tendons, ligaments, and muscle. Thus, it is important in conditions such as arthritis, muscle pains, bursitis, etc.

Pea fiber – May help to improve cardiovascular health by reducing cholesterol. Fiber is credited with helping to lower bad cholesterol levels in the blood and may thus help to reduce the risk of heart disease.



Quinoa (sprouted) - Quinoa is a complete protein, containing all the eight essential amino acids and an excellent source of potassium, calcium, zinc, magnesium (Nature's medicine for people suffering from Migraines), iron and B vitamins. Excellent for the heart and since they are an insoluble fiber, it helps in gallstone prevention.



Ashwagandha powder (root) – Is becoming a favorite adaptogen by many Western Herbalists because of its unique properties. Translated it means “the sweat of a horse”, which clinically implies “the strength of a horse”, but unlike ephedra or ginseng, ashwagandha is not a stimulant. In the long run, a stimulant will leave the body depleted. Ashwagandha helps the body adapt to stress, but it also rebuilds the nervous system without stimulating it. The proof that ashwagandha is not a stimulant is that it is a wonderful sleep tonic. It helps give the body the energy it needs at night to put itself to sleep. In the daytime, it helps build the immune system and musculoskeletal systems, both of which are negatively impacted by stress. I think you can tell that this is my favorite Ayurvedic Herbs...I always love to tell people all about it and I think seeing it in Shakeology says a lot about this amazing meal replacement.



Barley grass - Barley grass is hailed as “the” healthiest of the healthy green grasses, acting as a free radical scavenger and known to reduce inflammation and pain. Although nutritionally, they are close cousins to dark green leafy vegetables, the “nutrient density” is much higher (more of the beneficial phytonutrients).

Kamut grass – Ancient Egyptian wheat known for its low gluten levels and contain more protein and minerals than common wheat or other cereal grass.

Oat grass - Contains beta-carotene, vitamins K and C, folic acid, calcium, iron, protein, fiber and B vitamins.



Wheat grass – Wheat grass by itself is not very palatable, however, it contains P4D1, a “gluco-protein” that acts like an antioxidant, reducing inflammation. It is also thought to be able to help the body attack cancer cells. This grass has high levels of vitamins, minerals, amino acids, protein, enzymes, chlorophyll and mucopolysaccharides, and is known to be highly alkalizing to the body, aiding detoxification.



Amaranth (sprouted) (*Amaranthus hypochondriacus*) – This ancient grain (used by the pre Columbian Aztecs and also in India) is very high in iron and protein. Additionally, Amaranth has three times the calcium of milk.



Grape seed extract (seed, 95% proanthocyanins) -Surprisingly, grape seed extract may be better for you than the grapes from which it is derived. A vast array of health-giving ingredients are in these tiny seeds. Protein, lipids, carbohydrates and polyphenols help the body fight viruses, allergens, and carcinogens. A phenol you might be particularly interested in is procyanidin. Procyanidins bond with collagen. Collagen is a key component of skin, gums, bones, teeth, hair and body tissues. The bonding promotes more youthful looking skin – what has been dubbed a natural facelift!



In addition, procyanidins can improve your vision, the health of your arteries and body tissues (such as the heart), joint flexibility and strengthen capillaries and veins to improve your circulatory system, act as an anti-inflammatory, and scavenges oxygen free radicals. If that was not enough, grapes contain resveratrol, which has proven to contain neuroprotective capabilities.

Green tea decaffeinated extract (leaf, 50% polyphenols) – Green tea has important antioxidants and compounds. Studies reveal an impact on heart disease and cancer, which are promising. The antioxidants, called catechins, scavenge for free radicals that can damage DNA.



Holy basil powder - Holy basil powder contains vitamin C, carpteme, calcium and phosphorus, which helps the skin stay healthy and supple by protecting it from environmental toxins. It contributes to the health of the throat chest and lungs and protects the respiratory tract and has been used as an anti-inflammatory.



Sweetened with Stevia - Native to subtropical/tropical South America and Central America, Stevia sweetens whatever it is added to without adding calories. Research shows a regulating effect on the pancreas and has been used to help stabilize blood sugar levels, therefore useful to people with diabetes and hypoglycemia. It may lower elevated blood pressure, aids in digestion, reduces gas and stomach acidity. It has been shown to inhibit the growth and reproduction of bacteria that cause gum disease and tooth decay.



PROBIOTIC BLEND:

Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus acidophilus DDS-1, Lactobacillus bulgaricus, Lactobacillus casei, Streptococcus thermophilus - Since most degenerative disease conditions can be linked to intestinal toxemia and our inability to properly eliminate it from the body, this blend is useful for a healthy intestinal tract. If you have a colon you have to be supplementing with Probiotics. The health and balance of your GUT is tied to how healthy you are and is tied to weight issues. IT'S IMPORTANT TO KEEP OUR GUT BALANCED!

PROPRIETARY ENZYME BLEND:

Amylase, Papain, Cellulase, Lactase, Lipase, Protease, Bromelain – These enzymes aid in digestion, reduce heartburn problems, gas and bloating, may also diminish allergies.