



FOODMATTERS Now that you have seen the film, you may want to make some changes in your life. It is easy to get overwhelmed, so we've put together a list of 10 ideas that you could implement in your daily life. Don't feel that you have to do all 10 right away! Pick one and make it part of your routine, than pick a new one and master it too. Before you know it you'll be on your way to a healthy and sustainable life. The most important thing is to start now!

1) Eat more in-season local organic foods

Big supermarkets supply foods which have been picked unripened, shipped thousands of miles and have often been sprayed with pesticides. Say no to foods that hook us on oil dependence and are no good for our health. Find a local farmers' market or organic supermarket in your community and vote with your shopping dollars by supporting them. The added benefit of eating in season means that you'll also likely find that it's cheaper!

2) Enjoy a salad with every meal

Not everyone wants to be a 100% raw foodist and it's not always the best option for everybody. We do however, know that most of us are not eating enough raw foods and we must do something about it. The easiest way to start introducing more raw foods is to add a salad with every meal. And if you're convinced that the salads you make are tasteless and devoid of flavor then you should explore more raw food cooking techniques.

3) Pop fewer pills

Our body has the innate capacity to heal itself, if you only give it the chance. Pharmaceutical drugs are toxic and only target the symptoms over the short term, however natural medicine is recognisable by the body and targets the root cause. To assist you in healing visit your local Holistic Healthcare Practitioner or Integrative Doctor.

4) Drink more clean water

De-hydration is prolific in modern society causing headaches, weight gain and constipation. Start your day by drinking lots of clean water, at least 1 liter. You'll notice that you feel clearer, you'll have far fewer problems going to the toilet and this extra hydration will assist in flushing out the toxins of our modern westernized society.

5) Cut down on the 'white death'

Weston A. Price had it figured out in the 1930's. Processed and de-vitalized foods, in particular processed grain foods such as white bread and pastries, are detrimental to human health leading to weight gain, diabetes and other diseases of lifestyle. Make a commitment to cut down on these foods by eating more whole foods and sprouted grains. Start by replacing bread with wholegrain Gluten Free and Sprouted Bread options. The next step is moving towards raw flax crackers and other healthier options. Remember baby steps!

6) Get a juicer and get juicing!

Juicing is one of the most effective ways in getting the nutrients we need into the cells of our body as quickly and efficiently as possible. In essence our body is a giant juicer breaking down our foods into the smallest particle form and extracting the life giving juices from them and discarding the fiber. Vegetable juices are a fantastic way to start the morning after some water! We love straight carrot juice through our cold pressed juicer, however when we have the time we also love a turbo charged Juice.

7) Try new foods once a week

Make it your little experiment to try something new and exciting each week: from grabbing a handful of mung beans and sprouting them in a jar, to slicing a fennel bulb and adding in grapefruit and seeds for a salad. The point is that we often tend to eat the same things over and over again and hence get the same results over and over again. Step outside the box this year, get adventurous and surprise your taste buds! For healthy recipe ideas try our Detox & Rejuvenation Guide, available on our website.

8) Eliminate deep fried fast foods

Deep fried fast foods are bad, we all know it so just give it up and stop eating them. They are addictive and cause weight gain, skin outbreaks and pimples. Yuck...

9) Supplement your diet

With all of the temptations of modern life, it's understandable that every now and then we might sneak a slice of pizza in or even a handful of potato chips. Supplements are not to be seen as 'covering' you in these situations more that they are there as an insurance policy; Making sure that with a predominantly healthy diet you'll be ensuring adequate intake of a healthy array of vitamins, minerals, essential fats and enzymes to ensure optimal health and immunity.

10) Be grateful and bless your food

Being grateful to the wonderful abundance nature provides us through food is an important part of every meal. Blessing one's food and thanking those who helped nurture the fruits, nuts, seeds and vegetables from seed to plate is a way of acknowledging our interconnectedness with nature and the planet. A short pause and a silent 'Thank You' is a great place to start.

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