



fit from within
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PILATES RETREATS TEACHER TRAINING

Super Foods Mix

Benefits

Cacao

Antioxidants protect us from age related conditions and free radical damage.

This means we stay younger for longer!

Magnesium which supports the heart, increases brain power, helps with menstrual cramping, relaxes muscles and increases flexibility. Also increases alkalinity.

Iron keeping your blood healthy and fights anaemia.

Chromium helps to balance blood sugar .

Manganese helps with oxygenation of blood.

Zinc is critical in the role of the immune system.

Copper helps with healthy blood and strong immunity.

Vitamin C the super medicine and potentiator of other compounds

Phenylethylamine (PEA) the chemical that is produced when we fall in love, also plays a role in focus and alertness.

Anandamide is known as the bliss chemical.

Tryptophan mood enhancing amino acid.

Serotonin - mood enhancing, helping to build a stress defense shield.

Theobromine good for the heart.

Maca

Good for stresses, powerful adaptogen (balance and stabilise the bodies glandular and nervous system, cardio vascular system and musculature)

Increases energy, endurance, oxygen in the blood, physical strength, neurotransmitter production (and best of all the libido!)

Endocrine system, adrenals, thyroid, improves mood and helps to support helpful hormone production

Spirulina

Complete protein source.

Chlorophyll blood builder and purifier.

Zeaxanthin antioxidant to improve vision.

Chorella

Accelerates healing process

Improves digestion and elimination

Helps regeneration

Detoxes the body

Protects against radiation

Helps with inflammation