

Food FOR Thought



Inspired by Cell Tech Distributors

Sharing a Passion for Your Health

Volume 6, Issue 7

Delicious Summer Green Treats Are Easy to Make

Our fast-paced lifestyle sometimes causes us to sacrifice nutrition for convenience. But our family's need for a healthy diet takes no vacation! Happily, we can easily add more value to our diet with whole-food concentrates and liquid drink mixes.

Using one of Cell Tech's liquid supplements, featuring Omega Sun® algae, is an easy way to fortify favorite family beverages with immune-boosting whole-food nutrients.* Especially valuable for children and others who prefer liquids instead of capsules or tablets, the liquid concentrates have no refined sugar or artificial ingredients. Simply add a tablespoon or two to any liquid. Natural apple-flavored Reality® offers a boost for energy and mental focus and clarity.* Natural lemon-flavored Vision® is enhanced with FloraGlo® lutein, and natural cinnamon-flavored Resistance® is fortified with WGP™ Beta Glucan for extra immune system support.*

These two recipes will make refreshing treats for your special occasions this summer.

Realitini

- 2 Tbsp Reality
(or use Resistance to make a "Resistini")
 - 4 oz chilled organic apple juice
 - 4 oz chilled sparkling mineral water
- Mix and pour into martini glasses.

Green Ice Pops

- 2 Tbsp Reality, Resistance, or Vision
 - 8 oz fruit juice (apple or pineapple works well)
- ~~ OR ~~
- 1 tsp Our Green Drink
 - 4 oz water
 - 4 oz unsweetened pink grapefruit juice
- Mix either combination of ingredients together and pour into popsicle forms or ice cube trays. Freeze until solid.

Professional Formula Lotions Help Gardeners' Skin

During the summer months, I'm exposed to a lot of sun and wind while I'm gardening and landscaping on the coast of Maine. I've found that the three Professional Formula lotions are very soothing and cooling. If I apply them to my face, hands, and any exposed skin before going out, this effect is enhanced, and my skin feels and looks better when I come in.

—Hannah Ineson



As a Master Gardener, my hands get very dry and rough during the gardening season. My secret for keeping them soft? I scrub them with the Golden Lily™ Coconut Jojoba Facial Scrub and finish with the Professional Formula Grape Synergy™ Lotion, which is highly absorbent without any greasy feel. I've found this lotion, with its powerful antioxidant action, will soothe any areas of skin that are exposed to the elements.

—Jean Kerbel



Wild Blue-Green Algae Comes to the Dinner Table

Super Blue Green® Algae is one of nature's finest superfoods. According to internationally known author and clinical nutritionist, Gillian McKeith, "Wild blue-green algae nutritionally contains virtually every nutrient known to man in a most absorbable and balanced form." Although most frequently consumed in capsules and tablets, it may also be added to raw dips, salsa, and sauces, such as this delicious recipe invented by Dr. McKeith herself:

Algae Avocado Cream Sauce

- 4 Tbsp pure water
- 2 very ripe avocados
- 2 finely chopped fresh raw scallions
- 1 tsp coriander powder
- 1 tsp salt
- 1 tsp olive oil
- 1 tsp algae (contents of approximately five capsules)

Place all ingredients in a blender or food processor and blend until it has a fluffy, creamy consistency. Use as a delicious raw topping for salmon or vegetables.

New Improved Super Sun Smoothie Gets an Antioxidant Boost

Super Sun Smoothie contains no preservatives, yeast, artificial flavors or colors, and provides the benefits of 500 mg each of Super Blue Green® Alpha Sun® and Omega Sun® (the total equivalent of four capsules of algae) in each serving. Plus, this all-vegetable powder is now fortified with another powerful antioxidant: the same grape seed extract that is such an effective ingredient in the Grape Synergy™ supplement.

Soy protein, the primary ingredient in Super Sun Smoothie powder, is a source of vegetarian protein that, unlike animal protein, helps to promote proper cholesterol levels and cardiovascular health. Soy is an excellent source of genistein, a particular type of phytoestrogen that helps to support women's health.

The new super-charged Super Sun Smoothie is perfect with breakfast or as a fast pick-me-up anytime. Refreshing shakes and nutritious snacks are quick and

easy to make and offer more value than sugar-laden commercial drinks and bars.

Classic Smoothie Zoom Balls

- 1/2 c chunky peanut butter
- 1/2 c honey OR 1/4 c maple syrup
- 1/2 c chopped nuts
- 1 tsp vanilla
- 1/2 tsp cinnamon
- 1/4 c Super Sun Smoothie
- 2 c crispy brown rice cereal

Mix peanut butter, honey, nuts, smoothie powder, vanilla, and cinnamon. Add cereal and stir gently until cereal is well coated. Using wet hands, form mixture into walnut-sized balls, place on lightly oiled pan or waxed paper, and chill for two hours before serving. Variations: try rolling balls in coconut or chopped nuts or adding your favorite dried fruit to the mixture.



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