



Taoist Tonic Superfood Blend

Supergreens

Ingredients: Kelp, Oatstraw, Green Barley Grass, Chlorella, Passion Flower, Horsetail, Astragalus, Pau D'Arco, Ashwaganda, Rosehips, Cat's Claw, Maca, Artichoke, Milk Thistle, Sacha Jergon, Burdock Root, Suma, Tribulus, Noni, Chanca Piedra, Chaga, Rhodiola, Chuchuhuasi, Jatoba, Shitake, Lysine.

Instructions: Start by consuming one teaspoon a day, working up to a maximum of 4-6 tablespoons a day, depending on your size. You can add *Lion Heart Supergreens* to anything that doesn't require heating, but adding to a liquid meal such as a Green Smoothie or Soup is ideal for ease of digestion. *Supergreens* is an incredibly concentrated food source.

Caution: Increase the amount you have per day slowly, or else detoxification symptoms can occur. They are not usually a sign that anything is wrong, but they can be a sign that your body is releasing and expelling toxins at a rate that your eliminative organs are finding hard to keep up with. If you are at all concerned, discontinue use immediately and seek the advice of a healthcare practitioner. Often discomfort can occur if the large intestine becomes blocked, in which case seeing a colonic hydrotherapy practitioner brings immense relief. Detoxification symptoms are rare as long as you increase dosage slowly, and can happen any time you improve your diet or increase your level of exercise.

Example Recipe: Savoury Green Smoothie

Ingredients: 1 litre Spring Water, 1 small bunch of Coriander, half an avocado (peeled), Juice of 1 lemon, ½ teaspoon of raw salt, 1 teaspoon to 3 Tablespoons of Supergreens (depending on how much you've built up to, see above)

Directions: 1 Place all the ingredients in a Blender, preferably a powerful blender such as a Vitamix. 2 Blend thoroughly 3 Drink slowly, preferably immediately 4 Can be stored in the fridge, in an airtight container, for one day 5 Enjoy the feelings of being truly nourished and energised!

For more, guidelines, a demonstration video and descriptions of the various ingredients and their benefits visit lionheartherbs.com, or contact questions@lionheartherbs.com