



Eat Plants - Soak Up The Sun

“High energy plant diet for increased health and well-being”

It is essential to become aware of the kinds of food we eat. For optimum wellness and harmony, it is important to eat mindfully and soulfully and eat foods rich in nutrients and naturally available energy.

Plant food captures the energy of the sun to slow down deterioration. They are steeped in sunlight, and infused with wind, earth and water. They are synthesis of life-energy that allows your body to absorb the rays of the sun.

The law of conservation of energy declares that energy can be neither created nor destroyed. Eating is alchemy, the conversion of food into life and enjoyment. In this way it becomes possible to eat very well, to lose excess fat and to maintain a healthy weight forever.

Gratitude and appreciation help change food into energy and joy.

At least put your cares aside for a time and eat while you are feeling calm. Pause to reflect that your food enables you to see, hear, speak, sing, touch, walk, love and breathe. Surely this merits a movement of wonder and amazement! This also helps you eat less because you recognise when you have eaten enough.

It is worth learning to eat with awareness, after all, what and when and how you eat inspires the environment for the birth of all your thoughts, feelings, actions and ideas.

So, go on, INDULGE in healthy, sun kissed food, full of energy and life. Your body will thank you for it!

11 Steps to a Healthier You!

1. Drink water - Drink pure, clean mineralised water if you can, if not, then you can add $\frac{1}{4}$ teaspoon of Himalayan salt to 1 litre of water which will mineralise it! Remember, you are made mostly of water and if you cannot clean your exterior without water, then how can you clean your interior without it?
2. Eat less sugar! Sugar makes your body acidic.
3. Eat more fresh foods, eat more raw foods! These foods make your body alkaline and an alkaline body is full of oxygen. OXYGEN = LIFE
4. Live a well- balanced life! Less screen time and more talking/laughing/connecting/ walking/ exercise. Don't forget to get sunshine on your skin, the earth under your feet and fresh air into your lungs.
5. Eliminate as many chemicals, colourants, flavourings and poisons (herbicides and pesticides) as possible. Check food labels!
6. Take time for yourself, whether it's to party, have fun with friends or merely be silent! Take care of YOU!
7. Be aware of the seeds you sow and heal your inner wounds so that you can be of service not only to yourself but to others too! Give to yourself but give what you can to the people around you too!
8. Supplement with nutrients of good quality, your body needs fuel, do not let it run on empty.
9. Support healing with herbs as medicine! This medicine grows from the earth and is a gift from God, make use of it.
- 10. Get good rest! Cut on screen time an hour before bed and give your brain a chance to shut down naturally! Your body needs deep sleep!
11. Forgive and let go of negative emotions like anger, fear, guilt and jealousy. Emotions attach to organs and can make you sick. Fill your mind with positive information. Guard your heart. Be grateful.



Please Note:

This pamphlet only provides information and is not for diagnosis or treatment of specific illnesses. Pregnant woman, those sensitive to specific herbs, on prescription drugs/medication should first consult their practitioners before taking any herbal remedies. Tell your doctor if you are using herbs and natural supplements before going for surgery as they prevent blood from clotting. You are responsible for your own actions and decisions. Do as much of your own research as



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