



## Video 2

### Best Juicers and Blenders and Essential Super foods and Best Brands.

#### 1. Best Juicers

##### Breville Brand:

- a. Juice Fountain Crush \$299.95  
Reviews: effortlessly crushed all fruits and vegetables  
This slow juicer does an awesome job on juicing.  
The taste is so much better than my other juicer, and clean up is very easy. It hardly takes up any space on my counter where it stays all the time. I am constantly using it and because of all the videos I had watched I was already familiar with how to use it and how to clean and take apart. I love this juicer and you will love it too.
- b. Breville Fountain Elite \$299.95  
Reviews: Not a fully cold pressed juicer like the juice fountain crush, however it effectively juices all fruits and hard veggies, cleans easily, large chute for large pieces of produce, slightly loud...but not too loud.
- c. Breville Juice Fountain Cold Electric 202.40  
Review:  
I had bought another juicer that was very affordable at first to see if I liked juicing so when I was ready I upgraded and hit the mother load! It works like a champ, quick, doesn't heat the juice, waaaaay easier to clean and the measured jug has a tuber seal to keep the liquid fresh all day! It even comes with a tuber spot so you can use another container of a different size. I'm living it. I didn't know what I was missing with my old juicer until I bought this one
- d. Breville Juice Fountain Plus 230  
Review:  
I read multiple reviews on many products from Consumer Reports to Amazon. Seems you can't please everyone. I replaced a juicer from 14 years ago that was still working well but too much of a nightmare to clean



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and use. This one has brought me into modern day world. Very easy to clean, allows you to use large size veggies and fruits, and the finished product is great. Great unit for a reasonable price. On sale often, pick your time

>Omega J8006 popular but not my favorite (cold pressed juices but not easy to use or clean)

Omega VRT350 \$329

## 2. Blender

>Vitamix Turbo Blend 4500

Pulverizes everything including flax seeds, chia seeds, sprouted grains and the toughest to blends seeds or grains or legumes. Can heat up your food, you can blend till warm, but make sure not to pass onto hot or boiling hot because it will no longer be raw food.

>Blend Tec \$349, \$249

Similar qualities as the Vitamix Blender. Both brands are great.

## 3. Measuring Spoons and Cup (16oz)

Great for measuring your supplements and super foods when making your soups and smoothies, very important. You need to measure the juice amount when juicing. No more than 2 cups per meal. 1-1.5 cups (16oz) is the typical.

## 4. Super food

### a. Mushroom for Immunity

#### **-Brands:**

>Mycro –Immunity by [www.healthforce.net](http://www.healthforce.net) (or found at other site too if they don't have it available, just Google them)

>David's 24 mushroom blend at [www.longevitywarehouse.com](http://www.longevitywarehouse.com)

>Mushroom immunity at [www.longevitypower.com](http://www.longevitypower.com)

>Google Raw mushroom immunity



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### **Mushrooms:**

#### Chaga

-King mushroom of the east, immune function, cholesterol and high blood pressure, antimicrobial activity, anti viral, DNA damage protection, antioxidant

#### Reishi

-Queen mushroom of the east, immunity, lifespan support, anticancer support, liver regeneration, improves neurological function

#### Shiitake

- Are high in B vitamins, and they serve as a food source of vitamin D. Some **shiitake** health **benefits** include its ability to aid weight loss, support cardiovascular health, fight cancer cells, improve energy levels and brain function, reduce inflammation, and support the immune system

#### Maitaki

- Diabetes. Early research suggests that taking maitake mushroom polysaccharides (MMP) by mouth may lower blood sugar in people with diabetes. An ovary disorder known as polycystic ovary syndrome (PCOS). ...
- Cancer
- HIV
- Chronic fatigue syndrome
- Hepatitis
- Hay fever
- High blood pressure

#### Turkey Tail

-Prevents common colds and flue, supports breast cancer, HIV, aids digestion

#### Cordyceps

- - 6 Benefits of Cordyceps. Increase Immune Function and Have Anti-Aging Effects. ...
- Increase Immune Function and Have Anti-Aging Effects. ...
- Improve Stamina and Athletic Performance. ...
- Act Like a Natural Aphrodisiac. ...
- Fight Diabetes. ...
- Improve Liver Function and Detoxification. ...
- Fight Respiratory Infections.



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Lions Mane

-Memory and brain function, antidepressant, ulcers, immunity, lowers high cholesterol,

b. Top Immunity foods

Ginseng (juicable)

Cayenne: detox, metabolism, supports weight loss, aids digestions

Onion: (juicable) heals infections, vitamin c/immunity, reduce inflammation

Garlic (bendable)

Hot Peppers (juicable)

Mustard powder

Oregano oil

Alkaline Water

Maca powder

c. Green Super food Powders

>Brands:

-Health Force: Vitamineral Green,

-Pure synergy green powder,

-Garden of life (Perfect Food Raw Green Super food),

-Hum Raw Beauty Green Super food Powder,

-AMAZING GRASS: Raw Reserve Green Super food,

- AXE (Green Super food)

>Explore your local health food store for new RAW GREEN SUPERFOOD POWDERS: look out for spirulina, wheatgrass, chlorella, seaweeds, and moringa in their ingredients.

>POPULAR, NOT HIGHLY RECOMMENDED:

-Vega Protein Blend with greens \*NOT RAW not all greens, it has hemp, peas, brown rice along with spinach broccoli, doesn't have seaweed greens and super food greens listed like wheat grass and spirulina, chlorella, seaweeds etc.

d. MSM – “The Miracle of MSM”



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Improves skin health and complexion, improves flexibility, detoxifies the body, and strengthens the hair and nails, accelerates healing, naturally increases energy, anti-inflammatory,

- e. Sea Weeds: popular ones (nutrient dense fibers, replaces non nutrient dense juicable fibers such as kale, collard greens, broccoli etc)

Kelp

Arame

Alaria

Kombu

Sea Lettuce

Nori

Wakame

Dulse

- f. Bee Products:  
Honey (RAW)

Royal Jelly (RAW)

Royal jelly is used for lengthening lifespan, asthma, hay fever, liver disease, pancreatitis, sleep troubles (insomnia), premenstrual syndrome (PMS), stomach ulcers, kidney disease, bone fractures, menopausal symptoms, skin disorders, and high cholesterol.

Bee Pollen 40 % protein

High nutrient content, Nature most complete food, and complete protein

- 30 percent digestible carbohydrates
- 26 percent sugars (mainly fructose and glucose)
- 23 percent protein (including 10 percent of essential amino acids)
- 5 percent lipids (including essential fatty acids)
- 2 percent phenolic compounds (including flavonoids)
- 1.6 percent minerals (including calcium, phosphorus, magnesium, sodium, potassium, iron, copper, zinc, manganese, silicon and selenium)
- 0.6 percent water-soluble vitamins and acids (including B1, B2, B6 and C)
- 0.1 percent fat-soluble vitamins (including vitamins A, E and D)



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g. Supplements

>Enzymes: break down the food. Even raw food has enzyme deficiency so you must supplement. They start to die at 118 degrees.

>Antioxidants

Antioxidant Extreme by health force

> Turmeric: antioxidant and anti-inflammatory

>CoQ10: cardiovascular function, boosts energy and stamina, cognitive function, fights free radicals, healthy vision, oral health

>Lecithin

Brain function-improve memory and concentration

Soy lecithin has many health benefits. It adds creaminess to recipes and is a source of **choline**, which helps dissolve fat and cholesterol and can help regulate your kidney, liver and gallbladder function. Lecithin is an essential nutrient that is required by your body, but not made in adequate amounts

>Milk Thistle extract

Liver detox

➤ Tocotrienol

10 times more effective than vitamin e in antioxidant qualities.

Protects against toxins and pollution, menstrual syndrome, diabetes, cataracts, neurological disorders such as Alzheimer's.

>Maca Powder

Include increased fertility in men and women, [hormone balance](#), booster for the immune system, and increased energy, stamina, improved sexual function, memory, and focus