


Energize!

Presented by
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Handouts are available at www.cobblestonehealth.com
<teachers convention 2012>





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Grandma of 4
1/2 marathon age-group placer,
Olympic-distance triathlon age-group placer



Cobblestone Health Ltd
403.850.5503
www.cobblestonehealth.com

For Health-promoting information and supplements:

www.cobblestonehealth.com

Recipes
Research/informational articles
Link to product website


How is your Energy?



Why do you feel like that?



What are you willing to invest?



How are you Feeling in every way
- not just energy

You are what you eat, what you circulate,
assimilate, and don't eliminate.



Nutrition & Lifestyle create
your Energy & Wellbeing

Breakfast



Foods
Veggies

One fist-sized
serving for every
25 lbs of body
weight

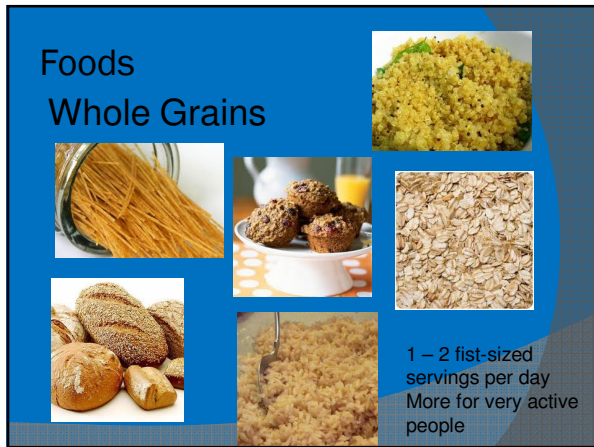


Foods Protein



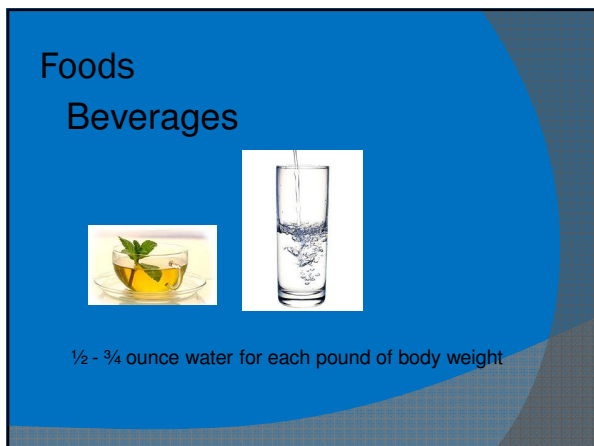
6 x ½ palm-sized serving per day

Foods Whole Grains



1 – 2 fist-sized servings per day
More for very active people

Foods Beverages



½ - ¾ ounce water for each pound of body weight

Foods
fruits



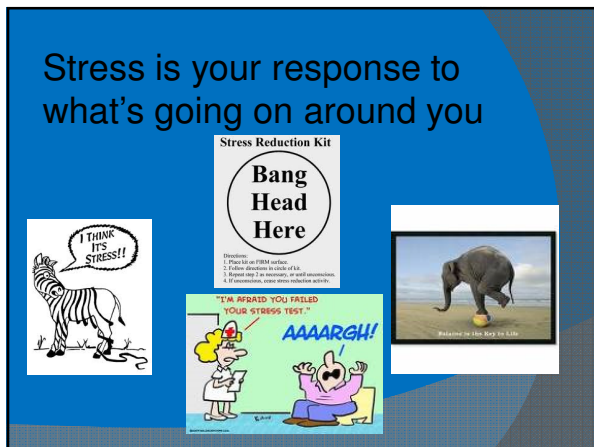
Foods
Fats & oils

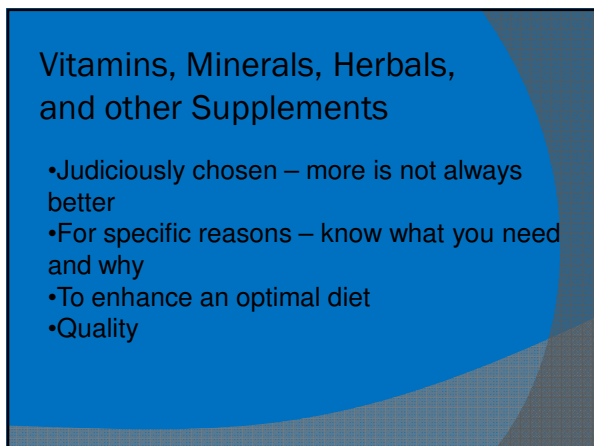


Sleep









Super Vitamins & Minerals

- Broad spectrum multi-vitamin & mineral
- Herbal/vegetable base (not inactive base)
- Provides 13 vitamins, 11 minerals including selenium
- Low to moderate dose – take 2 – 3 per day
- Fills in gaps in general nutrition to help with metabolism, organ function, tissue repair, energy



Stress Formula

- B + C
- In a base of herbs to support the nervous system and the adrenal glands
- Enhances ability to cope with stress
- Enhances ability to relax



Super Omega 3

- Omega 3 includes ALA, EPA, DHA
- Dietary ALA and EPA are converted in DHA
- Reduces inflammation, helps prevent heart disease, arthritis
- Important in brain function
- Developing fetuses need omega 3 for vision and nerve development; adolescents need it for nerve and brain function
- Can help relieve menstrual cramps and menopausal symptoms



Garden Essence Enzymes

- Contains plant-sourced enzymes to aid in digestion of proteins, fats, carbohydrates
- In a herbal base that supports the liver (bile secretion = fat digestion) and stomach
- Helps correct stomach gas, burping, belching, bloating
- Helps reduce intestinal gas
- May help reduce heart burn



Cal Mag Plus D

- Calcium is first used to neutralize acid in the blood and tissues
- Calcium needs magnesium and vitamin D for optimal assimilation
- Calcium should be taken on an empty stomach
 - Often relieves leg and muscle cramps, menstrual cramps
 - Often promotes sleep
 - Can help relieve anxiety and tension



Probiotic 11

- Helps relieve occasional gastrointestinal distress. Promotes proper digestion and elimination.
- Fights and helps reduce the risk of developing diarrhoea.
- Helps production of the B-complex vitamins and vitamins D and K in the intestinal tract.
- Improves immune system function.
- *L. plantarum*, *L. salivarius*, *S. thermophilus* and *L. acidophilus* have demonstrated the ability to break down lactose, the milk sugar responsible for lactose intolerance.
- *L. salivarius* has demonstrated marked digestive support for the stomach.
- *L. bulgaricus* and *L. plantarum* are associated with immune activities.



Zambroza

- High antioxidant
- Mangosteen, raspberry, blueberry, sea buckthorn berry, wolf berry (goji berry) and more
- Supports immune system
- Clinical studies show mangosteen is effective against breast cancer, leukemia, tuberculosis, liver cancer, and has antihistamine and anti-biotic actions
- Wolfberry combined with blueberry or raspberry were synergistic



Improved Energy is Simple Math

Healthy nutrition – anti-nutrients (junk food) + adequate sleep + regular exercise + stress coping + appropriate supplements = improved energy

To order product online:
www.FixItWithHerbs.com

To order product locally or to book an appointment:
403.850.5503



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Other workshop topics include:
Power up for Sport (nutrition)
Enhance your Immune System
Better Sleep Starts Here
Winter Blues, Winter Blahs
Stressed out? Who me?