

THE GREEN WARD

HEALTH & WELLBEING



CLEANSING & BALANCING YOUR
MIND, BODY AND SOUL

CLEANSING & BALANCING

The Green Ward

Eating clean means nourishing your body from the inside out. We have therefore selected some simple ingredients that you can easily include into your daily diet to make all the difference to your health and wellbeing

Fine Grade Pink Himalayan Salt:

Himalayan Salt contains 84 trace minerals and elements identical to those found in the human body!



Himalayan salt creates an electrolyte balance in the body, prevents muscle cramping, improves metabolism, helps our gut to absorb nutrients efficiently and removes toxins and heavy metals from our bodies. It is even said to support libido, reduce the signs of aging.

Flaxseed (also called linseed):

An unbalanced diet can create up to 15lbs of waste to build up in your colon. The best way to rid your colon of this waste is to maintain a high-fiber diet. Adding flaxseed to your diet can jump start your colon cleanse as they naturally detoxify it.

They are anti-inflammatory and reduce cholesterol levels, promote digestive health, decrease risk of developing breast cancer, support weight loss.



Start your morning by sprinkling flaxseed over cold cereal, stirring it into porridge or adding 1 tablespoon to your morning smoothie for an extra 2 grams of protein.

Super Powered Foods

These four super powered ingredients will balance your health. You can add them individually or all together to reap their benefits.

Spirulina:

A rich source of health-giving phytonutrients. 2800% more beta-carotene than carrots and 3900% more iron than spinach. It is Immune boosting and efficiently detoxifies our bodies especially from heavy metals. Add 1 teaspoon to a smoothie.



Maca:

A great anti-oxidant rich in vitamins, minerals and amino acids. This super food improves memory, energy and even libido! Add 1 teaspoon to a smoothie.



Hemp Protein:

Plant based protein, and antioxidant. It provides the essential fatty acids omega-3 and omega-6 in a healthy 3:1 ratio. It is especially good for cleansing the colon, and boosting the immune system. Add 1 heaped tablespoon to a smoothie.



Cinnamon:

Great source of antioxidants and anti-inflammatory properties. This spice can protect heart health and brain function, fights infections, and freshens breath naturally whilst supporting dental health. Add ½ teaspoon to a smoothie.



Anti-inflammatory Spices

Many of our body's imbalances are due to inflammation, and when left unattended can cause chronic diseases including cancer. Here are 3 anti-inflammatory spices that work on inflammation in a holistic and balanced way.

Use daily in your cooking for a supportive and nourishing way to tip the scales in favour of great health!

Turmeric:

A potent antioxidant that dramatically reduces inflammation and prevents the growth of tumor cells in many cancers. Also contains many anti-inflammatory compounds. Bioavailability is dramatically increased when taken with black pepper.



Ground Black Pepper:

An excellent anti-inflammatory and antibacterial agent, helping your stomach's ability to digest foods and improving intestinal health. It helps prevent intestinal gas from forming, and aids in the breakdown of fat cells.



Smoked Paprika:

A rich source of vitamins and minerals that help to stimulate the circulation and help reduce inflammation in the body.



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The most profound influences on your health and wellbeing are the cumulative effects of the decisions you make about your diet and lifestyle. Therefore, we have carefully produced supplement mixes of the ingredients above to restore and rebalance your mind, body and soul.

The Green Ward Organic Natural Supplement Mix



One tablespoon is perfect for adding to smoothies.

Ingredients: Spirulina, Maca, Hemp, Protein, Cinnamon

50g	£4.99
100g	£8.99
250g	£19.99

The Green Ward Anti-inflammatory Spice Mix



Ingredients: Turmeric, Black pepper, Smoked paprika

50g	£4.99
100g	£8.99
250g	£19.99

To purchase our specially formulated mixes please contact us at contact@thegreenward.com or call (+44) 0207 537 1286

www.thegreenward.com