

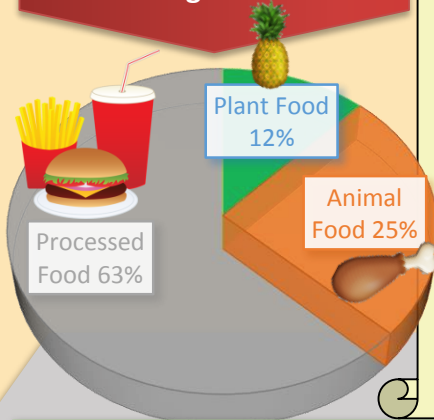


Tropical Smoothie Nutrition Guide



"68% of all diseases in the U.S. are diet related." – U.S. Surgeon General Report.

Processing The Problem



US Food Consumption as a % of Calorie Intake

Did You Know?

Processed foods destroy your *endocrine system*. Your *endocrine system* consists of hormone regulating glands that stimulate your **metabolism, reproduction, blood pressure, and appetite.**

How many servings of Veggies & Fruits have you eaten in the last week?

The Tropical Smoothie Solution



Top 3 Benefits of Plant Based Protein

1 Burns Fat

Go Sugar-free: All natural and zero calorie stevia is one of the best alternatives to artificial or processed sugars. Processed sugars jack up your blood sugar then leaves you low in energy (love 'em and leave 'em mentality). Any excess calories from sugar are stored as fat and not burned.

Go Soy-free: Soy is one of the biggest endocrine disrupters which messes with the hormones that regulate your metabolism and appetite.

2 Builds Lean Muscle

Easy Digestion: Cold-milled and minimally processed ground pea and hemp proteins are very easily digested since the cell walls are broken down which allows for better absorption into your muscle tissues.

Go Dairy-free: Overly processed animal ingredients like whey protein can be harmful to your endocrine system and comes from cow's milk. Cow's milk contains caso-morphine (addictive bonding hormone with calf) and can contain steroids (side effects), antibiotics (resistance to antibiotics), and sanitized puss (from mother cow utters being infected then milk being pasteurized).

Go Non-GMO: Genetically modified plants like soy and corn could have unknown side effects and complications for your endocrine system.

3 Have More Energy

Go Organic: Pesticides, herbicides, artificial flavors and preservatives, steroids, and antibiotics are toxic chemicals that may be in non-organic foods. These toxic chemicals are stored in your fat cells and can affect your mind, mood, sleep significantly.



Go Raw: Raw plant foods keep the enzymes alive for better digestion and absorption. Foods that have been heated above 116 degrees kills/deactivates all the enzymes. Our bodies ability to produce enzymes on its own decreases with age so getting them from raw plant foods is critical.

Go Rice-free: A lot of rice in protein supplements are sourced from China and increases your radiation exposure (toxicity) due to the Fukushima disaster and Japanese trade winds. Going rice-free and choosing dark greens, peas, and hemp instead are better options.

The Whole Foods Philosophy



Greens (Raw)	Vegetables (Mostly Raw)	Fruits (Raw)	Legumes	Whole Grains	Nuts & Seeds	Unprocessed Oils & Natural Sweeteners
1	2	3	4	5	6	7
6+	3-4	2-3	1-2	1-2	1-2	0-1

Recommended Servings Per Day In **Green** Above

Learn more at www.TropicalSmoothieGuy.com

How Can I Serve You Better?
Check out my other Guides on...

- Omegas
- Superfood Drinks
- Trace Minerals
- Smoothie Supplements
- My Crazy Story (2)