



7

DRINKS TO
GUARANTEE YOU

**LOOK
FEEL &
PERFORM**

YOUR BEST

This eBook contains foods to improve blood flow, which can aid your body's natural ability to keep circulation where it is critically needed (heart, brain, skin, nerves). These 7 recipes include the richest bioactives present in superfoods that your skin and heart need to feel and look their best. Please take your time to enjoy this new experience. There are combos of juices which contain:

FRUITS | VEGETABLES | LEGUMES | NUTS/SEEDS | SPICES/HERBS | OILS - WHICH ARE HIGH IN POLYPHENOLS: KORONEIKI, PICUAL, AND MORAIOLO, FLAX AND SESAME SEEDS ARE HIGH IN LIGNANS.

Table of Contents

Preferred Foods List	4-6
RESYNC COLLAGEN	7
Bedicchio Juice	8-9
Yummy Greens Juice	10-11
Care Choy Juice	12-13
Clean Mix Juice	14-15
Spicy Girl Juice	16-17
Ta-Ma-Tu-Gi Smoothie	18-19
Flax Milk	20-21
Beauty Nut Smoothie	22-23
Brazil Nut Milk	24-25
Walnut Butter	26-27

PREFERRED FOODS TO IMPROVE BLOOD FLOW WITH HIGH LEVEL ANTIOXIDANTS

“High level” = greater than 10% RDA per 100g

*The content of this nutrient is almost 10% of the RDA, but slightly lower

“V.” = vitamin

Data compiled via USDA Food Composition Databases on 11/06/19: <https://ndb.nal.usda.gov/ndb/>

[See table here for reference ranges used.](#)

FOOD	GROUP	Sugar, Fiber (g / 100g)	50+ nutrients (/ 100 g)	Antioxidant system nutrients (/ 100g)	NOTES
<u>Apples</u>	fruit	10.39, 2.4	4.6mg V.C	4.6mg V.C	Contain fiber and quercetin Not very nutrient dense
<u>Aronia berry</u> (black chokeberry)	fruit	14.22, 17	40mg Ca 21mg Mg 10µg Folate, DFE .193mg V.B6 .75mg V.E 29.3µg V.K	21mg Mg .75mg V.E	Powerful antioxidant supporting N-O production and protects stem cells against stress
<u>Arugula</u>	veg	2.05, 1.6	160mg Ca 1.46mg Fe 47mg Mg 15mg V.C 97µg Folate, DFE 108.6µg V.K	1.46mg Fe 47mg Mg 15mg V.C 119µg V.A, RAE	Myrosinase
<u>Basil</u>	veg	.3, 1.6	177mg Ca 3.17mg Fe 64mg Mg .81mg Zn 18mg V.C 68µg Folate, DFE .8mg V.E 414.8µg V.K	3.17mg Fe 64mg Mg .81mg Zn 18mg V.C 264µg V.A, RAE .8mg V.E	
<u>Barley / b- glucan - cooked</u>	grain	.28, 3.8	1.33mg Fe 22mg Mg .82mg Zn	1.33mg Fe 22mg Mg .82mg Zn 2.06mg Niacin	High in fiber and has shown to lower blood cholesterol. The bioactive in barley is beta- D- glucan, which grows new blood vessels in oxygen-deprived organs [Agostini et al., 2014]
<u>Beet</u>	veg	6.76, 2.8	23mg Mg 109µg Folate, DFE	23mg Mg	
<u>Beet greens</u>	veg	.5, 3.7	117mg Ca 2.57mg Fe 70mg Mg 30mg V.C 1.5mg V.E 400µg V.K	2.57mg Fe 70mg Mg 30mg V.C 316µg V.A, RAE 1.5mg V.E	
<u>Bok choy</u>	veg	1.18, 1	105mg Ca .8mg Fe 19mg Mg 45mg V.C 66µg Folate, DFE 45.5µg V.K	19mg Mg .8mg Fe 45mg V.C 223µg V.A, RAE	
<u>(Wild) blueberries - dried</u>	fruit	67.5, 7.5	.9mg Fe .49mg Zn* 59.4µg V.K	.9mg Fe .49mg Zn* 1.15mg Niacin	Data used is for dried, sweetened, “wild” is preferred

<u>Brazil nuts</u>	nut	2.33, 7.5	160mg Ca 2.43mg Fe 376mg Mg 4.06mg Zn 22µg Folate, DFE 5.65mg V.E	376mg Mg 4.06mg Zn 5.65mg V.E 1917µg Se	PUFAS
<u>Capers</u>	veg/spice	.41, 3.2	1.67mg Fe 33mg Mg 23µg Folate, DFE 24.6µg V.K	1.67mg Fe 33mg Mg	Quercetin
<u>Carrots</u>	veg	4.74, 2.8	.66mg V.E*	835µg V.A, RAE .66mg V.E*	
<u>Celery</u>	veg	1.34, 1.6	29.3µg V.K		
<u>Cauliflower</u>	veg	1.91, 2	57µg Folate, DFE 15.5µg V.K		Contains glucosinolates
<u>Cherries (acerola)</u>	fruit	not listed, 1.1	1677.6mg V.C	1677.6mg V.C	
<u>Chia seeds</u>	seed	not listed, 34.4	631mg Ca 7.72mg Fe 335mg Mg 4.58mg Zn	7.72mg Fe 335mg Mg 4.58mg Zn 8.83mg Niacin	Contain lignans and are high on fiber which can lower cholesterol Must be ground to absorb PUFAs
<u>Chile peppers - red, raw</u>	veg/spice	5.3, 1.5	1.03mg Fe 23mg Mg 143.7mg V.C 14µg V.K	1.03mg Fe 23mg Mg 143.7mg V.C 1.24mg Niacin	Contain quercetin
<u>Cilantro</u>	veg/spice	.87, 2.8	67mg Ca* 1.77mg Fe .5mg Zn* 26mg Mg 27mg V.C 62µg Folate, DFE 310µg V.K	1.77mg Fe .5mg Zn* 26mg Mg 27mg V.C .16mg Ribofl 1.11mg Niacin 337µg V.A, RAE	
<u>Chinese cabbage</u>	veg	1.41, 1.2	77mg Ca 27mg V.C 79µg Folate, DFE 42.9µg V.K	27mg V.C	Contains glucosinolates
<u>Cranberries</u>	fruit	4.27, 3.6	1.32mg V.E	1.32mg V.E	Contains quercetin
<u>Flaxseeds</u>	seed	1.55, 27.3	255mg Ca 5.73mg Fe 392mg Mg 4.34mg Zn 87µg Folate, DFE	5.73mg Fe 392mg Mg 4.34mg Zn .16mg Ribofl 3.08mg Niacin	Contains lignans Contains omega-3s
<u>Ginseng</u>	spice	not listed, not listed	not listed	not listed	Contains ursolic acid Contains ginsenosides
<u>Mango</u>	fruit	13.66, 1.6	36.4mg V.C 43µg Folate, DFE 54µg V.A, RAE*	36.4mg V.C 54µg V.A, RAE*	Contains proteolytics
<u>Onions - raw</u>	veg	4.24, 1.7	7.4mg V.C 19µg Folate, DFE	7.4mg V.C	Contain sulfur
<u>Peppermint</u>	veg/spice	not listed, 8	243mg Ca 5.08mg Fe 80mg Mg 1.11mg Zn 114µg Folate, DFE 212µg V.A, RAE	5.08mg Fe 80mg Mg 1.11mg Zn .27mg Ribofl 1.71mg Niacin 212µg V.A, RAE	Contains ursolic acid

<u>(Black) plums</u>	fruit	9.92, 1.4	9.5mg V.C	9.5mg V.C	Contain quercetin
<u>Pomegranate</u>	fruit	13.67, 4	.35mg Zn* 10.2mg V.C 16.4µg V.K	.35mg Zn* 10.2mg V.C	Contains puniceic acid
<u>Pumpkin seeds - dried</u>	seed	1.4, 6	8.82mg Fe 592mg Mg 7.81mg Zn 58µg Folate, DFE 2.18mg V.E	8.82mg Fe 592mg Mg 7.81mg Zn .15mg Ribofl 4.99mg Niacin 2.18mg V.E	Contain lignans
<u>Radicchio</u>	veg	.6, .9	60µg Folate, DFE 2.26mg V.E 255.2µg V.K	2.26mg V.E	
<u>Raisins – dried</u>	fruit	65.18, 4.5	1.79mg Fe 36mg Mg	1.79mg Fe 36mg Mg .13mg Ribofl .77mg Niacin	Contain ursolic acid They are dried with the fruit skin or peel intact
<u>Red-leaf lettuce</u>	veg	.48, .9	1.2mg Fe 140.3µg V.K	1.2mg Fe 375µg V.A, RAE	
<u>Red spinach extract - amaranth leaf, raw</u>	veg	not listed, not listed	215mg Ca 2.32mg Fe 55mg Mg 43.3mg V.C 1140µg V.K	2.32mg Fe 55mg Mg 43.3mg V.C .16mg Ribofl 146µg V.A, RAE	(Available in Resync)
<u>Rosemary, fresh</u>	spice	not listed, 14.1	317mg Ca 6.65mg Fe 91mg Mg .93mg Zn 21.8mg V.C 109µg Folate, DFE	6.65mg Fe 91mg Mg .93mg Zn 21.8mg V.C .15mg Ribofl .91mg Niacin 146µg V.A, RAE	Contains ursolic acid
<u>Sesame seeds</u>	seed	.3, 11.8	975mg Ca 14.55mg Fe 7.75mg Zn 97µg Folate, DFE	14.55mg Fe 7.75mg Zn .25mg Ribofl 4.52mg Niacin	Contain lignans
<u>Sunflower seeds</u>	seed	2.62, 8.6	78mg Ca 5.25mg Fe 325mg Mg 5mg Zn 227µg Folate, DFE	5.25mg Fe 325mg Mg 5mg Zn .36mg Ribofl 8.34mg Niacin	Contain lignans
<u>Turmeric – dried, ground</u>	spice	3.21, 22.7	168mg Ca 55mg Fe 208mg Mg 4.5mg Zn 20µg Folate, DFE 4.43mg V.E 13.4µg V.K	55mg Fe 208mg Mg 4.5mg Zn .15mg Ribofl 1.35mg Niacin 4.43mg V.E	Contains curcuminoids Contains ginsenosides
<u>Walnuts - English</u>	nut	2.61, 6.7	98mg Ca 2.91mg Fe 158mg Mg 3.09mg Zn 98µg Folate, DFE .7mg V.E	2.91mg Fe 158mg Mg 3.09mg Zn .15mg Ribofl 1.13mg Niacin .7mg V.E	Contain omega-3s

Other recommendations: hemp hearts, blackberries (anthocyanins), raspberries, black and red currants, cucumber, chocolate, carob



ADD A SCOOP OF **RESYNC COLLAGEN** TO EACH RECIPE FOR AN EXTRA BOOST OF BEAUTY & ENERGY

RESYNC
YOUR JOINTS

PATENT PENDING
NITRIC OXIDE BLEND
+
COLLAGEN PEPTIDES

PASSION FRUIT
RED SPINACH
ARONIA BERRY
RED BEETROOT
DIETARY SUPPLEMENT

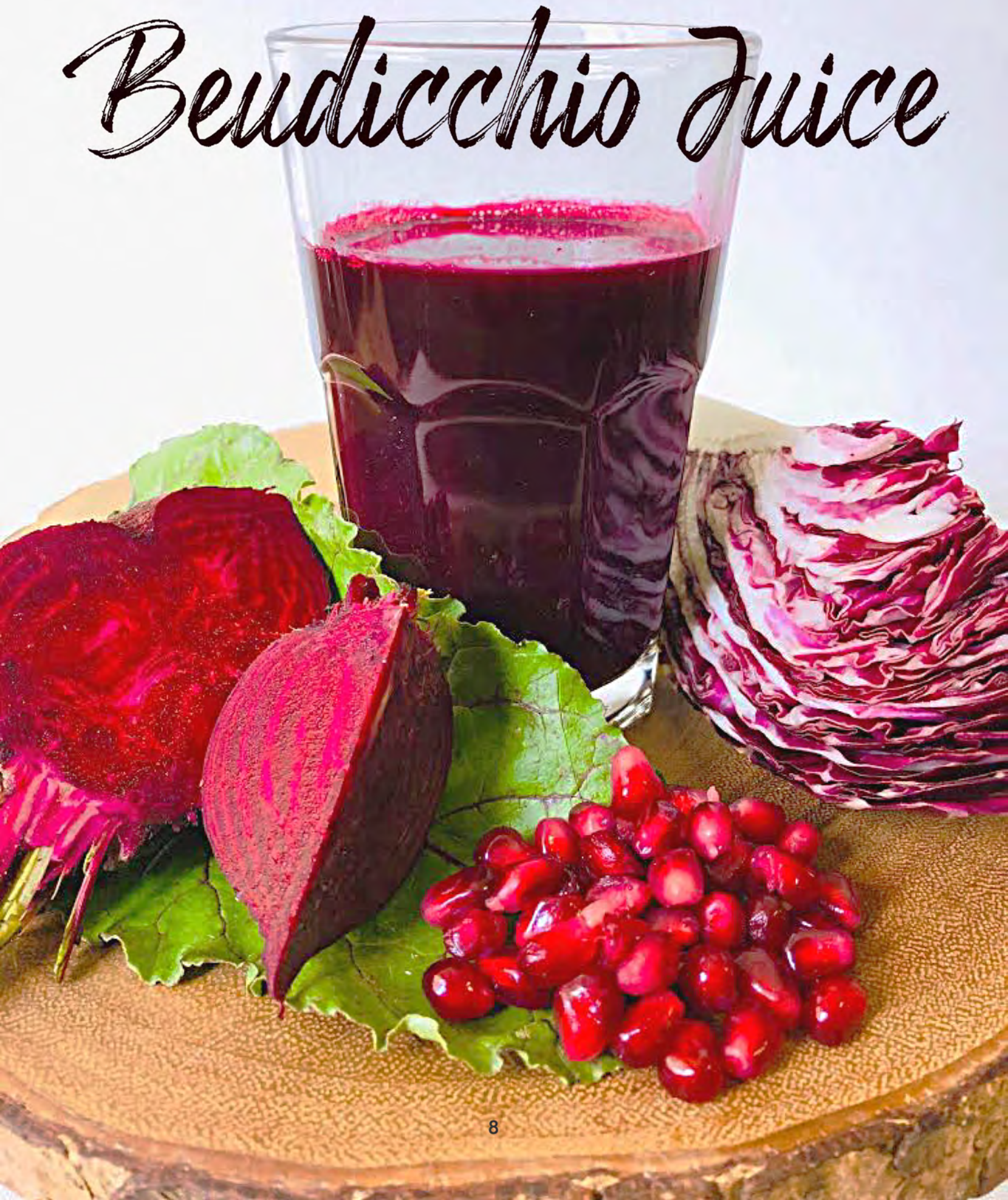
RESYNC
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RED BEETROOT

RESYNC

Beudicchio Juice



Beudicchio Juice



PREP: 5 mins



YIELD: One 8 oz juice

INGREDIENTS

- 1/3 cup pomegranate seeds
- 2 medium beets
- 1/2 head of radicchio (roughly 2 heaping cups chopped)

DIRECTIONS

1. Prepare produce: rinse/wipe outside of beets and remove outermost leaves of radicchio.
2. Add each item to juicer one at a time.
3. Enjoy fresh or cover and chill in fridge. If chilled for later, juice will naturally separate; stir to reincorporate, and enjoy within 1-2 days.

Yummy Greens Juice



Yummy Greens Juice



PREP: 5 mins



YIELD: One 8 oz juice

INGREDIENTS

- ½ cup basil, leaves and smaller stems
- 5 stalks celery
- 3 cups arugula, packed
- 1 small (“lunchbox size”) green apple, like Granny Smith

DIRECTIONS

1. Prepare produce: wash apple and celery, then wash and thoroughly dry arugula and basil.
2. Add each item to juicer one at a time.
3. Enjoy fresh or cover and chill in fridge. If chilled for later juice, will naturally separate; stir to reincorporate, and enjoy within 1-2 days.

Care Choy Juice



Care Choy Juice



PREP: 5 mins



YIELD: One 8 oz juice

INGREDIENTS

- 1 head baby bok choy (about 7" long)
- 1 large cauliflower floret (roughly $\frac{1}{4}$ cup)
- 2 large carrots
- $\frac{1}{2}$ small ("lunchbox size") red apple, like fuji, pink lady, or honeycrisp

DIRECTIONS

1. Prepare produce: wash cauliflower, carrot, and apple, then wash and thoroughly dry bok choy.
2. Add each item to juicer one at a time.
3. Enjoy fresh or cover and chill in fridge. If chilled for later, juice will naturally separate; stir to reincorporate, and enjoy within 1-2 days.

Clean Mix Juice



Clean Mix Juice



PREP: 5 mins



YIELD: One 8 oz juice

INGREDIENTS

- 1 small (“lunchbox size”) red apple, like fuji, pink lady, or honeycrisp
- 1 bunch cilantro (stems and leaves)
- 1 head red leaf lettuce (roughly 5 cups chopped)
- 1 stalk celery

DIRECTIONS

1. Prepare produce: wash apple and celery, then wash and thoroughly dry lettuce and cilantro.
2. Add each item to juicer one at a time.
3. Enjoy fresh or cover and chill in fridge. If chilled for later, juice will naturally separate; stir to reincorporate, and enjoy within 1-2 days.

Spicy Girl Juice



Spicy Girl Juice



PREP: 5 mins



YIELD: One 8 oz juice

INGREDIENTS

- 1 medium mango (roughly $\frac{3}{4}$ cup; may also use frozen mango that has been thawed)
- 2 red chilies (roughly 2-2.5" each) (2 chilies will create a mild to moderately spiced juice; for a spicier version, increase to 3-4 chilies total)
- 2 stalks celery
- $\frac{1}{2}$ small Chinese cabbage (roughly 2 cups chopped)

DIRECTIONS

1. Prepare produce: wash apple and celery, then wash and thoroughly dry lettuce and cilantro.
2. Add each item to juicer one at a time.
3. Enjoy fresh or cover and chill in fridge. If chilled for later, juice will naturally separate; stir to reincorporate, and enjoy within 1-2 days.

Ta - ma - tu - gi Smoothie



Ta - ma - tu - gi Smoothie



PREP: 5 mins



YIELD: One 10 oz juice

INGREDIENTS

- 1 tablespoon tahini paste (100% sesame seeds, no added oils)
- ½ cup frozen mango
- ½ cup flax milk *see recipe below
- Juice of 1 large carrot (roughly ¾ cup)
- ¼ teaspoon ground turmeric
- ¼ teaspoon ginseng powder
- ¼ cup ice

DIRECTIONS

1. Place tahini paste, frozen mango, flax milk, carrot juice, and ice in a high powdered blender and mix on high for 1 minute.
2. Add turmeric and ginseng. Blend on high for an additional 30 seconds, or until mixture is smooth and powders are well incorporated.

Flax Milk



Flax Milk



PREP: 5 mins



YIELD: 3 Cups

INGREDIENTS

- ¼ cup raw, whole brown flaxseeds
- 4 cups filtered water

DIRECTIONS

1. Place flaxseeds and water in a high-powered blender. Blend on high for 1 minute until all seeds have broken down.
2. Allow mixture to rest in blender for 3 minutes.
3. Blend again on high for 1 additional minute.
4. Strain mixture through a nut milk bag or a mesh strainer lined with cheesecloth.
5. Skim off top layer of froth with a spoon or small mesh strainer.
6. Milk will keep in a jar or airtight container in the fridge for 3-4 days. Natural separation will occur – shake or stir before using.

Beauty Nut Smoothie



Beauty Nut Smoothie



PREP: 5 mins



YIELD: One, 10 oz. Smoothie

INGREDIENTS

- ½ cup brazil nut milk *see recipe below
- 2 tablespoons walnut butter *see recipe below
- Juice of 1 medium beet (roughly ¼ cup)
- 3 tablespoons tart cherry juice concentrate (unsweetened, 100% acerola cherry juice)
- ½ cup ice

DIRECTIONS

1. Place all ingredients in high powered blender and mix on high for 1 minute, or until ice is broken down and all ingredients are well incorporated.



Brazil Nut Milk

Brazil Nut Milk



PREP: 5 mins + 8-12 hours inactive time



YIELD: 2 Cups

INGREDIENTS

- ½ cup raw brazil nuts, roughly chopped
- 2 cups filtered water

DIRECTIONS

1. Place nuts in a bowl and cover over with water. Allow to soak in the fridge overnight (or approximately 8-12 hours).
2. Thoroughly rinse soaked nuts, then add nuts and the 2 cups filtered water to a high-powered blender. Blend on high for 1-2 minutes, or until smooth.
3. Strain mixture through a nut milk bag or a mesh strainer lined with cheesecloth.
4. Skim off top layer of froth with a spoon or small mesh strainer.
5. Milk will keep in a jar or airtight container in the fridge for 3-4 days. Natural separation will occur – shake or stir before using.



Walnut Butter

Walnut Butter



PREP: 10 Minutes



YIELD: 1/2 Cups

INGREDIENTS

- 1 cup walnuts

DIRECTIONS

1. Place walnuts in a food processor and process for 2-3 minutes at a time, stopping to scrape down sides and bottom of processor as needed. Continue until walnuts are broken down into a smooth paste (8-10 minutes total). If processor motor gets too warm, allow to rest for a few minutes to prevent overheating.



We Hope You Enjoyed

