

paradisenutrients

Morning Cleanse



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Morning Cleanse

- Orange Powder
- Lemon Powder
- Pineapple Powder
- Beetroot Powder
- Kakadu Plum Powder
- Ginger Powder
- Pomegranate Powder
- L-Glutamine Powder
- Mineral Powder
- Apple Cider Vinegar Powder
- Mixed Berry Powder



Cleaning Our Bodies

Why do we need to cleanse our bodies?

We live in a very different world from 50 years ago. In our modern world, we eat a lot more processed foods, our work involves a lot less exercise and movement.

There are millions of machines emitting a lot more finer pollution in the air we breathe resulting in more pollution in our bodies. This in turn, means we should be thinking about cleansing our bodies on a daily basis.

Our bodies are normally well equipped to cleanse themselves however, our modern world development has meant we have become sort of lazy. A lazy body means a clogged body. More meaningful exercise and supplements can assist our body in the cleaning process.

Morning Cleanse has a banquet of ingredients that can assist with energy and the body cleansing process.

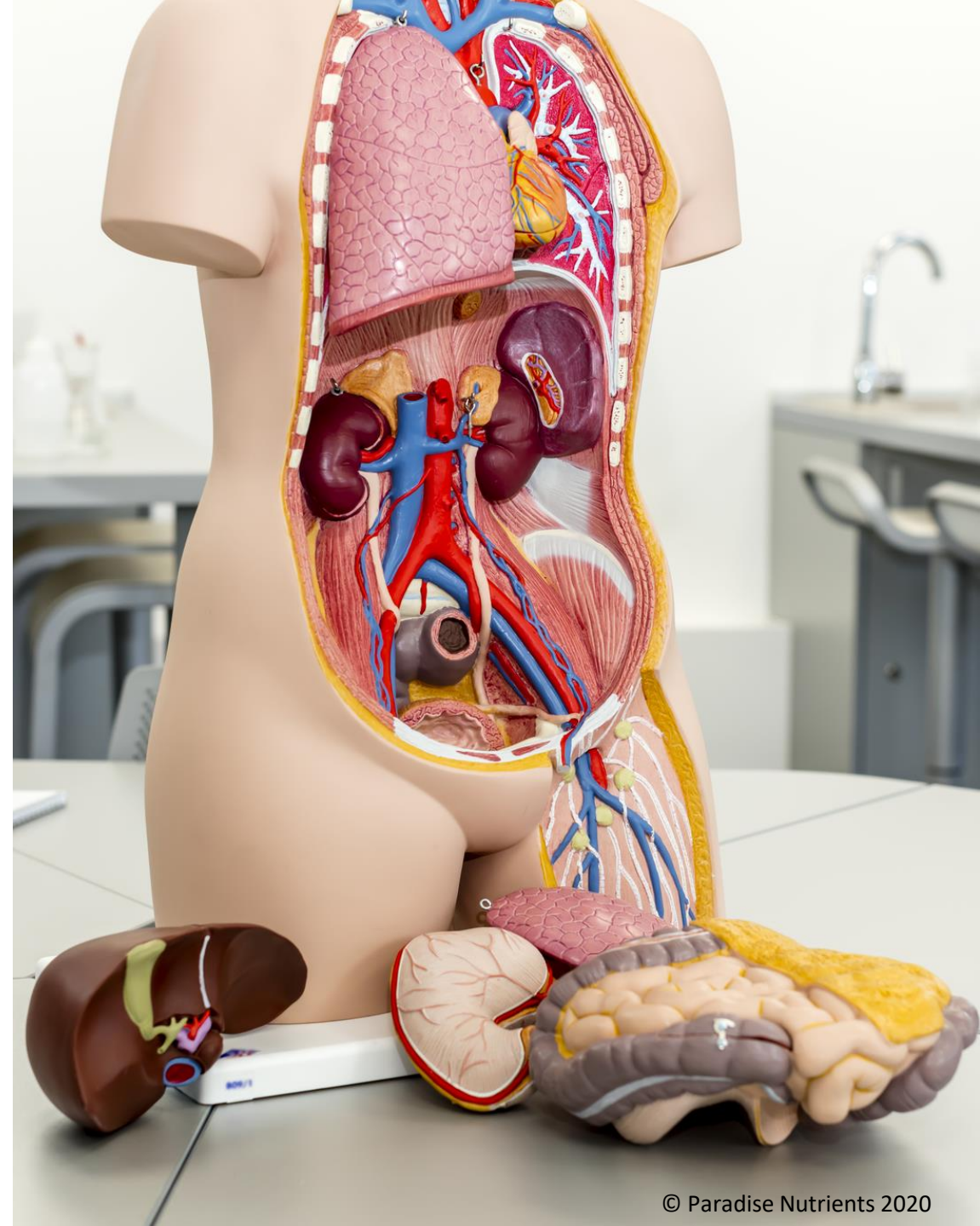


Cleansing The Body

There are many filters in the body. The colon, liver, kidneys, lymphatic system, lungs, and even the skin.

Two of the most overlooked organs when it comes to cleansing are the liver and kidneys. When the liver is overworked the kidneys try to pick up the slack. Therefore, it is vitally important to prevent an out-of-balance condition in the body. When approaching a liver cleansing program, it is important that the kidneys be supported as well.

Certain herbs and fruit extracts naturally and effectively promote liver and kidney cleansing. Resulting in blood and tissue cleansing by naturally stimulating the cleansing capacity of these organs. Detoxify can help in the elimination of cellular metabolic waste, dietary toxemia, environmental toxins, and general toxic inundation. It can also help eliminate the toxemia from drug usage. Cleaning supplements can be used as both an integral part of a preventative detox regime, or as a targeted cleansing program.



Oranges

An orange has over 170 different phytochemicals and more than 60 flavonoids. Many of these have been shown to have anti-inflammatory properties and strong antioxidant effects. One orange provides 130 percent of your Vitamin C needs for the day, 2 percent of Vitamin A needs, 6 percent of Calcium.

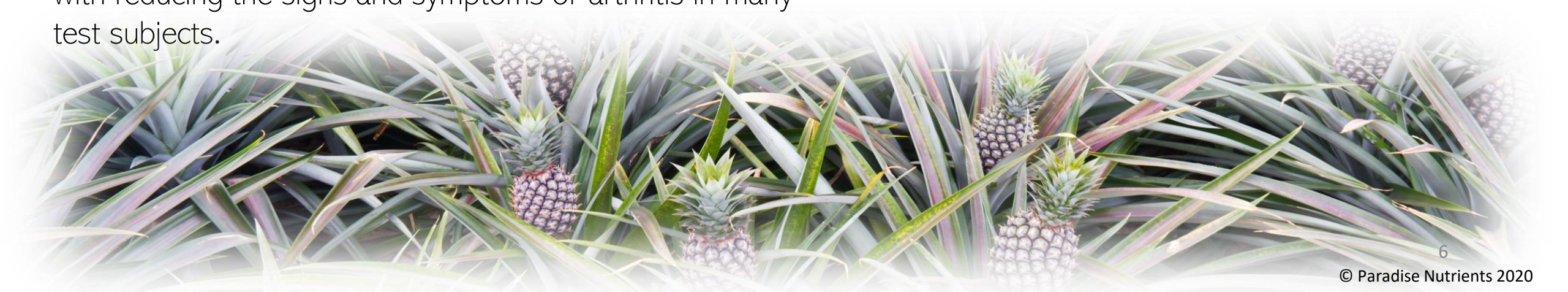
Oranges also contain thiamine, riboflavin, niacin, Vitamin B-6, folate, pantothenic acid as well as phosphorus, magnesium, manganese, selenium and copper. Because of their high Vitamin C content (over twice the daily need) oranges are associated with boosting the immune system.



Pineapples

One of the most celebrated uses of pineapple in terms of health is its ability to reduce the inflammation of joints and muscles. Particularly those associated with arthritis, a truly debilitating disease that affects millions of people around the world.

Pineapples contain a relatively rare proteolytic enzyme called bromelain, which is primarily associated with breaking down complex proteins. It also has serious anti-inflammatory effects and has been positively correlated with reducing the signs and symptoms of arthritis in many test subjects.



Pineapple Powder Concentrate

A single serving of pineapple has more than 130% of the daily requirement of Vitamin C for human beings, making it one of the richest and most delicious sources of ascorbic acid.

Vitamin C is mainly associated with reducing illness and boosting the immune system by stimulating the activity of white blood cells and acting as an antioxidant to defend against the harmful effects of free radicals.

Free radicals are dangerous by product of cellular metabolism that can damage various organ systems and disrupt function, as well as cause healthy cells to mutate into cancerous ones. The Vitamin C content of pineapples defends against this.





Tissue and Cellular Health:

One of the commonly overlooked benefits of Vitamin C is its essential role in creating collagen. This is partly the reason why it is seen as a healing vitamin, because collagen is the essential protein base of blood vessel walls, skin, organs and bones. High Vitamin C content helps you heal wounds and injuries to the body quickly, along with defending against infections and illness.

Cancer Prevention:

In addition to the antioxidant potential of Vitamin C in the battle against cancer, pineapples are also rich in various other antioxidants, including Vitamin A, beta carotene, bromelain, various flavonoid compounds and high levels of manganese. Manganese is an important co-factor of superoxide dismutase, an extremely potent free radical scavenger that has been associated with a number of different cancers. Pineapple has directly been related to preventing cancers of the mouth, throat and breast.



Bone Health:

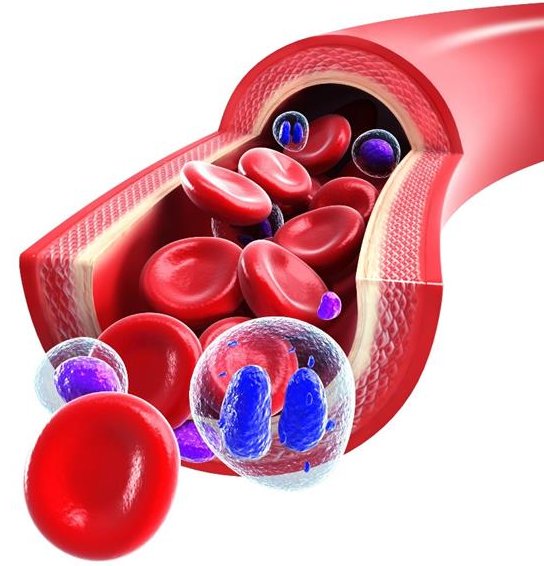
Although pineapples are not famous for having a strong calcium content, which most people immediately associate with bone health, it does have an impressive amount of manganese. Manganese is another trace mineral that is essential in the strengthening of bones, as well as growth and repair. Manganese is the most prominent mineral in pineapple, a single serving can deliver more than 70% of your daily requirement of this essential mineral.

Blood Pressure:

Pineapples are a valuable source of many minerals, potassium is among them. Potassium is one of the most important minerals in our body. Potassium deficiency can result in a wide array of health hazards. One of the most important functions of potassium is as a vasodilator, meaning that it eases the tension and stress of the blood vessels and promotes blood circulation to various parts of the body. When your blood vessels relax, blood pressure is reduced and the flow of blood is less restricted. This can prevent clots from blocking the flow of blood, reducing the accumulation of plaque in the arteries and vessels. This helps people prevent conditions like atherosclerosis, heart attacks and strokes. So eat your pineapples for a healthy heart!

Blood Circulation:

Related benefits of pineapples to the vasodilating potential of potassium is that pineapples also provide the body with copper. Copper is another essential mineral that functions in a number of enzymatic reactions and compounds in the body. Most notably, copper is a necessary element for the formation of healthy red blood cells. High red blood cell count increases oxygenation to the various organ systems and makes them function at optimal levels. It also increases cognitive abilities and can maintain neural pathways to prevent neural disorders like dementia and Alzheimer's disease.



Beetroot

Beetroot improves the functions of the liver by stimulating the regeneration of liver tissue, and by stimulating the metabolism of dietary fats within the liver.

Beetroot is helpful for inflammatory bowel disease and both in the treatment and prevention of heart disease and rheumatoid arthritis. Beetroot contains a high amount nitrogenous compound betaine. In the diet, betaine rich foods are pharmacologically active and promote the synthesis of the mood enhancing chemical serotonin, which relaxes the mind. Betaine also helps in the cleansing of the stomach and intestine.

The minerals and phytochemicals in beetroot help to resist infection, boost cellular intake of oxygen and treat blood, liver and immune system disorders.

Beetroot stimulates the immune system by improving cell respiration and tissue oxygenation, by encouraging the production of new blood cells. This keeps the heart, muscles and nerves in good condition.



Kakadu Plum

The Kakadu Plum, also called the Gubinge, Billy Goat Plum or Murunga, growing natively across the Top End of Northern Australia. The fruit has been a traditional source of bush tucker, antiseptic and a healing remedy for the Indigenous people across Arnhem Land for thousands of years.

Kakadu Plum has been identified worldwide as the single natural food source with the highest Vitamin C content on the planet. It contains 3000mg of Vitamin C per 100g of fruit - over 50 times the concentration found in oranges.

The Kakadu Plum contains phytochemicals such as gallic and ellagic acids. Gallic acid has antibacterial, antiviral and antifungal activities and shows anti-inflammatory, antitumor activities.



L-Glutamine

L-Glutamine is an ingredients included when we consider leptin resistance and muscle maintenance.

L-Glutamine is an amino acid which is probably most well known for its ability to help improve your gut health by improving intestinal barrier function. It's most often used to treat conditions like leaky gut and to help manage and curb sugar cravings.

L Glutamine is the most common amino acid found in your muscles and can assist with muscle repair and immune recovery due to having a positive effect on the body's nitrogen levels. During exercise **glutamine** levels become depleted which causes a decrease in strength, stamina and recovery.

L Glutamine also supports the immune system.

L-Glutamine in Morning Cleanse comes from fermented pawpaw and is added to our ingredients as an odourless and tasteless powder providing all the benefits without the taste.



Probiotics

Morning Cleanse contain Probiotics.

Probiotics are foods or products containing a defined single or mixed culture of live microbes that exert beneficial effects on health by altering the intestinal “microflora” the type of bacteria you have in your digestive system. Probiotics have also been called “friendly bacteria” or “good bacteria” and have been consumed for hundreds of years in the belief they exert health benefits.

Probiotics have been linked with successful rebuilding of friendly gut flora and which are available in supplement form

The probiotic in Morning Cleanse contains 3 types of probiotic bacteria:-

- ✓ Lactobacillus acidophilus
- ✓ Lactobacillus rhamnoses
- ✓ Bifidobacteriumlactis



Benefits of Taking Probiotics

Probiotics are organisms similar to bacteria or yeast that improve your health. They are available as foods and supplements. Unlike harmful bacteria that our body fights against.

Probiotics may also assist with anxiety. The digestive system's health also affects the brain, imbalances in the bacteria in the intestine can cause inflammation in the gut causing inflammatory cytokines to be released into the blood. When the cytokines cross the blood brain barrier and cause inflammation in the brain it causes symptoms of depression.

Our digestive systems have over 500 different types of bacteria, and having the wrong balance of friendly bacteria can cause digestive problems. This normally happens after taking antibiotics or having an infection.

Paradise Nutrients Morning Cleanse Probiotics is formulated from fermented Papaya which is rich in antioxidants, amino acids, and Vitamins. Paradise Nutrients Olive Leaf Extract contains Papaya and Pomegranate. This product can also help reduce gut inflammation, which will subsequently help reduce brain inflammation and symptoms of depression.

Maintaining a strong immune system.

In today's society, people have good hygiene resulting in an increase in allergic and autoimmune diseases. This is because our bodies do not get challenged by pathogenic organisms. By introducing friendly bacteria in the form of a probiotic, this will challenge the immune system in a healthy way.

Pomegranate

Pomegranate juice is high in antioxidants called polyphenols, which are plant compounds that help your body fight diseases and cell damage. More and larger research studies are necessary to determine the full extent of pomegranate juice's health benefits, but so far, it appears that pomegranate juice helps prevent plaque build-up in your arteries and aids in healthy blood flow.

Pomegranates are packed with many important nutrients like dietary fibre, antioxidants, key vitamins and minerals, which play a critical role in weight management.

Pomegranates have an abundance of polyphenols, which are known to be natural fat burners.

According to a study, consuming a diet rich in the compounds found in pomegranates, they can contribute to weight loss and also prevent fat accumulation in the body.



Ginger

Ginger has been found to decrease inflammation, stimulate digestion, and suppressed your appetite. These properties lead some people to believe that ginger may promote weight loss.

Ginger's spicy taste is indicative of its thermogenic properties, which improve blood circulation and the delivery of oxygen, minerals and vitamins to all cells in the body. In addition, ginger root naturally has a high antioxidant content, which reduces cellular damage.

Ginger can target the main reasons that belly fat accumulates, such as overeating, hormonal change and low energy leading to lack of exercise.



Parsley

Few plants are as cleansing as parsley. A familiar herb, fresh or dried that has proven to have many benefits for your health. This herb has long been considered an all-natural free radical scavenger and cleanser, heart protector, brain protector, antidiabetic, antibacterial, and digestive aid. As a digestive soother, it is best known for its ability to help regulate bowel movements and decrease bloating.

Parsley is a powerful antioxidant: It helps regenerate cells and boosts kidney function, rich in minerals that help your kidneys stay healthy, along with removing toxins and fats from them. It contains beta-carotene, chlorophyll, and vitamin C, all ideal for fighting off infections and strengthening your immune system.

Parsley is a great diuretic: it helps your body eliminate fluids naturally. It reduces high blood pressure, which also improves kidney health.



Lemon Juice

Pure lemon juice is a powerful cleanser, natural antibiotic that improves liver function, relieves constipation, and can help dissolve kidney and gall stones.

High levels of Vitamin C helps to boost immunity and alleviate symptoms of osteoarthritis and rheumatoid arthritis, as well as combat heart disease.

Lemons provide calcium and magnesium for strong bones and teeth, along with unique compounds that have powerful antioxidant properties. The flavonoids in lemons have even been shown to halt abnormal cell division.

Lemons contain Citric Acid. Citric Acid has antioxidant properties, but it's not a vitamin or an essential nutrient like ascorbic acid. Instead, it acts as an acid buffer and can help to regulate acidity in the body.

Studies have shown that drinking lemon water may boost metabolism and keep you hydrated.



Apple Cider Vinegar

Apple Cider Vinegar contains a significant amount of polyphenolic compounds that protect the body's cells from oxidative stress.

The flavonoids present in ACV also play a role in reducing lipid peroxidation, which is what causes the damage to cells.

Apple Cider Vinegar is a vinegar made from fermented apples. It has been used for centuries to treat various ailments, be it an upset stomach or high blood glucose. ACV is also quite popular as a weight loss aid.

Apple Cider Vinegar may help in reducing stress and assist you in sleeping well. It breaks down proteins into amino acids such as tryptophan.

Tryptophan is a precursor for niacin essential for the creation of serotonin, a neurotransmitter. Serotonin plays a major role in reducing depression or regulating our anxiety.

Apple Cider Vinegar also may assist with cleansing the liver and other vital organs on a daily basis.



Mixed Berries

Berries included in Morning Cleanse has a dual purpose. Berries can have the ability to both assist in cleansing at the cellular level, and protecting the cells from harmful free radicals.

The bioactive components in berries have been shown to exert anti-cancer effects through a variety of mechanisms. This includes inducing metabolizing enzymes, modulating gene expression, repairing DNA oxidative damage, modulating nuclear receptors, affecting cell proliferation, inducing apoptosis, and modulating subcellular signalling pathways.

Ellagic acid found in strawberries, raspberries, blackberries, and cranberries has been shown to exhibit antiviral and antioxidant activity, potentially protecting against lung cancer, colon cancer, and oesophageal cancer.

Gallic acid, also found in berries, inhibits cell proliferation in prostate cancer and has significant antioxidant activity (three times greater than vitamin E or C).



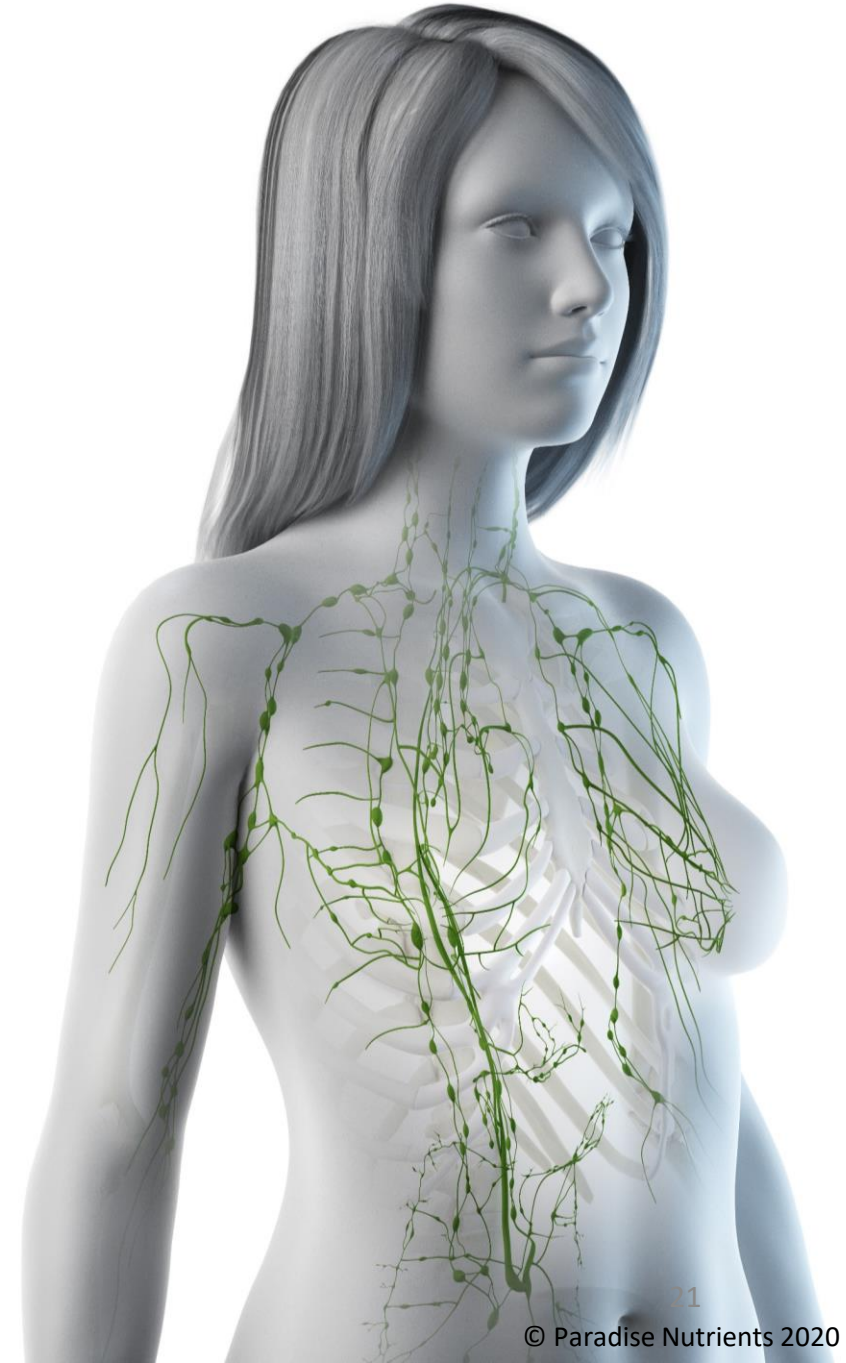
Lymphatic system

When you are thinking about cleansing a congested lymph system, exercise and herbal remedies are the front runners. Your upper chest region becomes key for the final drainage of toxins and ultimate cleansing. Stress reduction techniques can encourage the contraction and relaxation of the muscles to help push toxins out of your body and to decrease the chance of debris building up. Deep breathing can promote intrathoracic pressure to improve the oxygen supply to your cells.

Your rib cage is a major lymphatic pump that is necessary for healthy lymphatic flow. Healthy posture and exercise are also essential to facilitate the supply of oxygen to your cells and to support lymphatic flow.

Water is absolutely essential to hydrate and rehydrate your body. Adding lemon to your water can expedite the process of hydration and achieving a healthy lymph flow. Lemon water is fantastic for hydration and detoxification. Lemon also encourages an alkaline environment and helps to mineralize your lymph and body.

Lemon Rind Extract and Parsley are both excellent for stimulation of the lymphatic system that leads to cleansing.



The Spleen

The spleen is a blood-filtering organ that removes microbes and destroys old or damaged red blood cells. It also makes disease-fighting components of the immune system (including antibodies and lymphocytes).

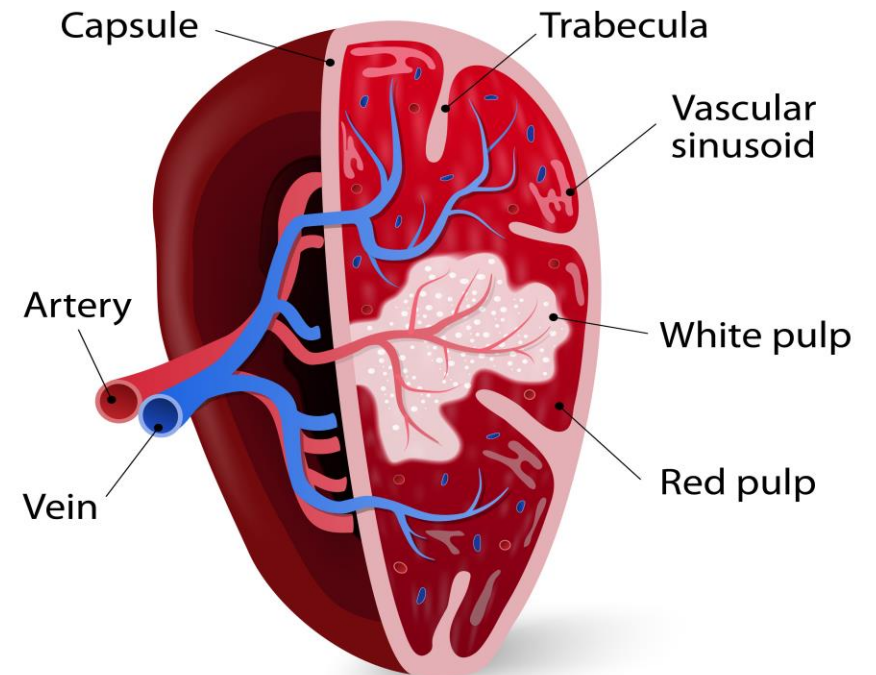
The spleen is the largest organ of the lymphatic system. The spleen acts primarily as a blood filter to remove old and damaged red blood cells, cellular debris, and pathogens such as Bacteria and viruses playing an important role in regard to the immune system. It removes old red blood cells and holds a reserve of blood—which can be valuable in case of haemorrhagic shock—and also recycles iron.

The spleen also houses and aids in the maturation of immune system cells called Lymphocytes. Lymphocytes are white blood cells that protect against foreign organisms that have managed to infect body cells.

Lymphocytes also protect the body from itself by controlling cancerous cells. The spleen is valuable to the immune response against antigens and pathogens in the blood.



SPLEEN ANATOMY

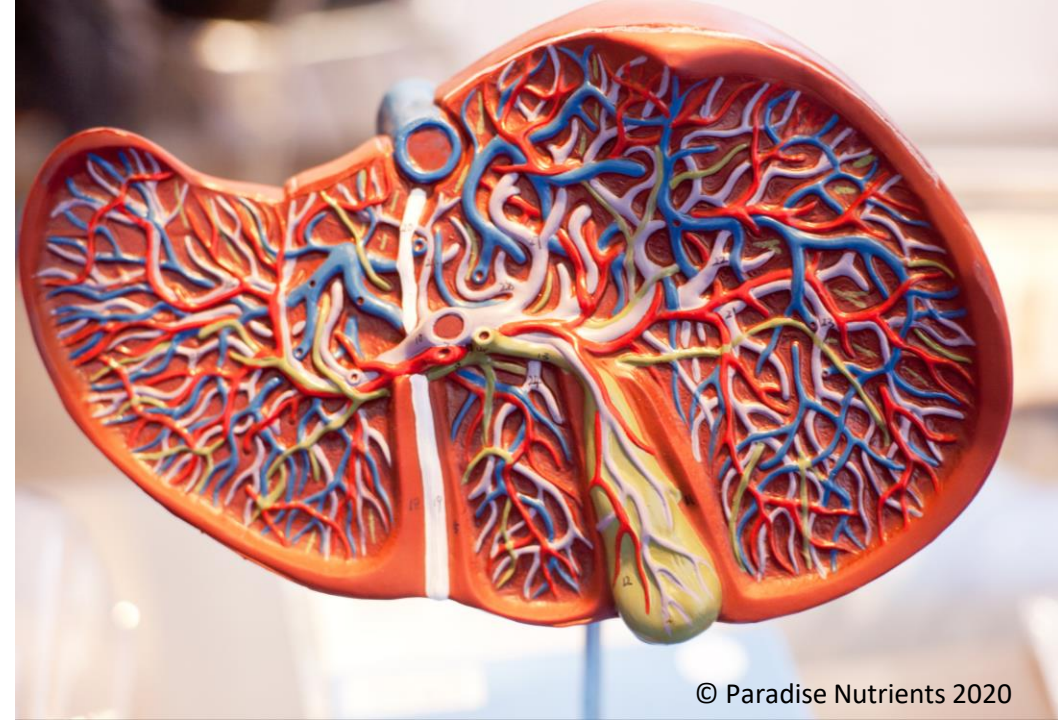
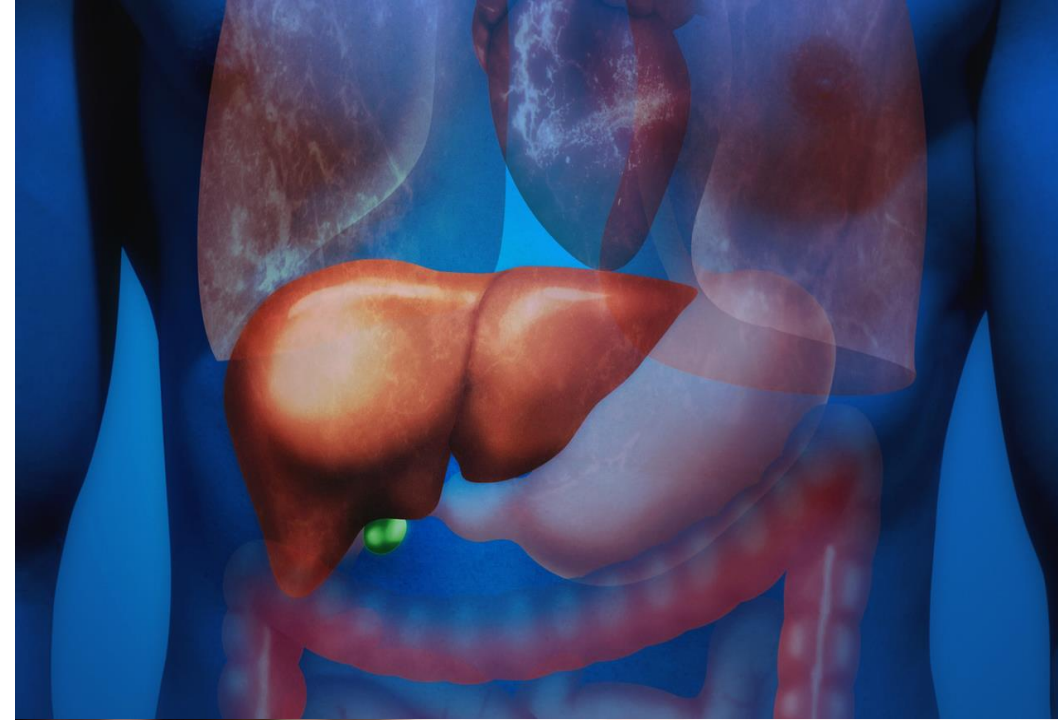


Cleaning The Liver

Most people do not realize how vital the liver, our largest internal organ, really is. It is the chief organ involved in cleansing your body and is often overlooked when considering a cleansing program. When the liver is over-stressed other organs start to become dysfunctional. Your liver is constantly working to break down not only the environmental and external toxins that invade our body through breathing and eating but also those produced during normal metabolic processes in the body (internal toxins).

Many common symptoms such as headaches, mental confusion, muscle pain, fatigue, poor coordination, nerve problems, skin irritations, and emotional imbalances can be a result of overexposure to toxins. If the liver function can be improved the entire body will benefit.

The liver stores fat-soluble vitamins as well as minerals such as copper and iron, releasing them if the body needs them. It also helps to break down fats in a person's diet. It either metabolizes fats or releases them as energy. Paradise Nutrients believe that a daily cleanse is more beneficial than a massive detox program.



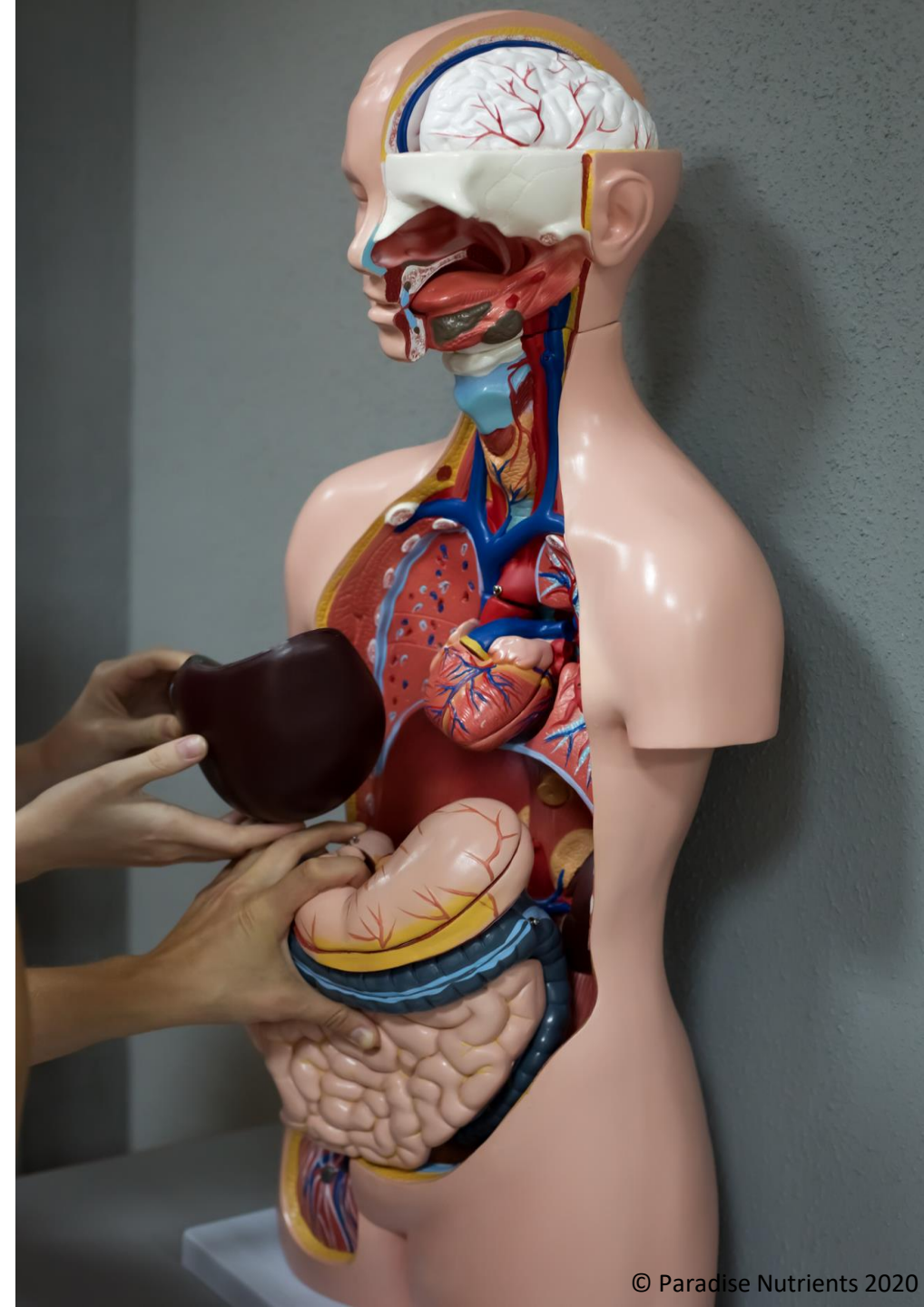
The Liver

Every vein from the digestive tract empties into the liver for filtering out toxins and waste.

The skin and lungs are the body's first line of defence against toxins; the bowel is next, then the liver and kidneys.

When the colon is overburdened with poor dietary consumption and accumulated toxicity, the liver must work overtime in the attempts to purge the toxins and pollutants from the body. If the liver is unable to perform to its full function, it will become even more toxic, and all other organs are challenged in a domino effect.

Many doctors and physicians report that prior to the first sign of many diseases, the effectiveness of the liver has already been reduced and functionally overwhelmed because of toxicity and disease. Reducing the livers' ability to perform the task of keeping the body healthy.



Kidney Cleanse

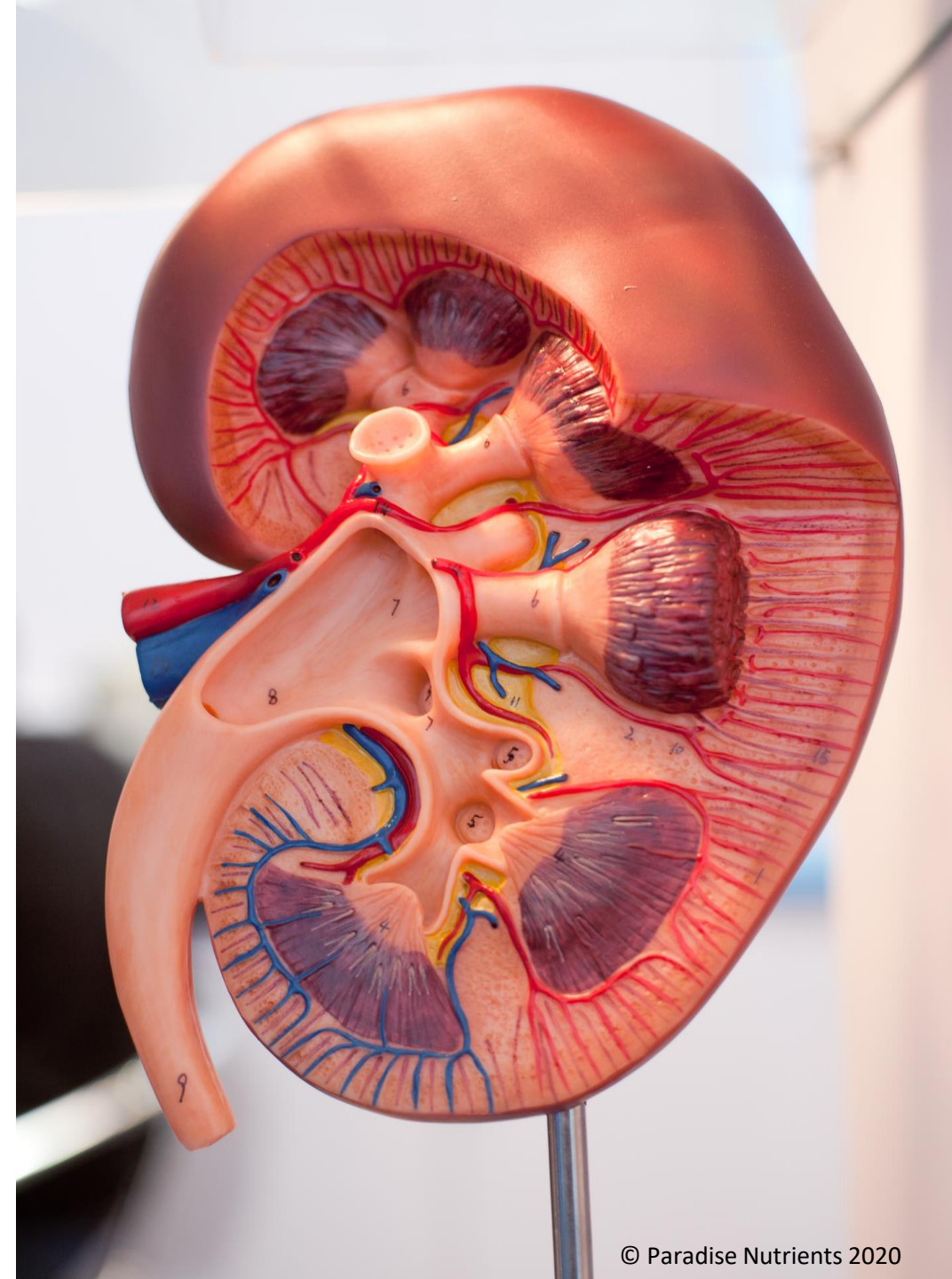
The kidneys are extremely important for our health, as their role is to cleanse our body of excess salt, toxins, and waste.

These toxins and salts may accumulate in the kidneys with time, leading to the formation of stones and sand, so a daily treatment is a must in order to prevent kidney damage.

The pancreas is primarily responsible for the production of enzymes and bicarbonate necessary to neutralize acids produced during the normal digestion of food. This bicarbonate is also produced by the kidneys to protect themselves from acid damage.

Kidneys monitor and control the acidity or “acid-base” (pH) balance of the blood. Excess acid, or acidosis, causes inflammation and is considered to contribute to many diseases and the ageing process.

Therefore, if the blood is too acidic, the kidney makes bicarbonate to restore the bloods pH balance. If the blood is too alkaline, then the kidney excretes bicarbonate into the urine to restore the balance.



Bone Marrow

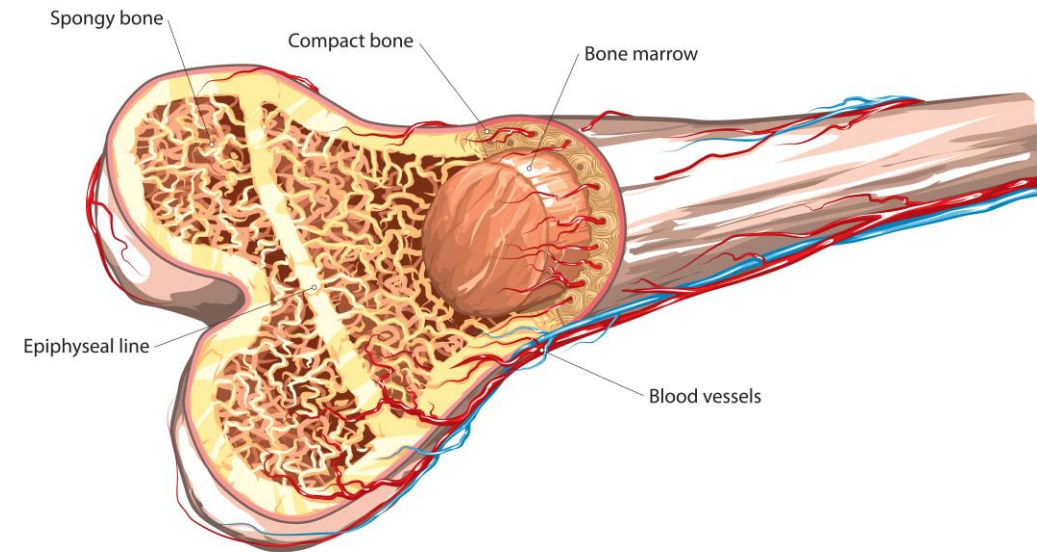
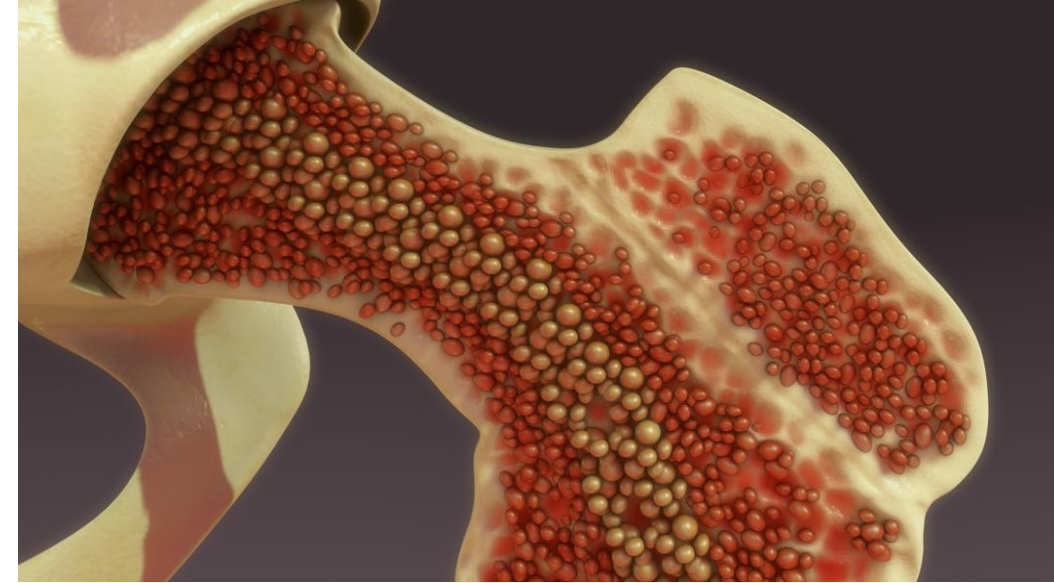
Bone marrow is the spongy tissue found inside your bones. It produces the red blood cells our bodies need to carry oxygen, the white blood cells we use to fight infection, and the platelets we need to help our blood clot.

Inside the bone marrow, blood cells establish as young, immature cells called stem cells. When they produce, blood cells do not live in our bodies for a long time. That's why it keeps producing all three types of blood cells to keep us healthy.

Oxygen and carbon dioxide attach to the iron in haemoglobin, allowing the blood cells to transport oxygen to the body. Red blood cells get rid of the carbon dioxide that leaves your body through the lungs when you exhale.

White blood cells help the body fight infection. Many different types of white blood cells include: lymphocytes, neutrophils, and monocytes. These white blood cells fight against attackers with bacteria, viruses or fungi to help destroy infection.

Platelets are blood cells that assist to clot blood (stick together) to terminate bleeding in areas of the body that have been cut or wounded.



Exercise

Regular exercise has many health benefits, including clearing lymph congestions. It is one of the easiest and most effective ways to boost your healthy lymph flow.

Regular exercise can increase the oxygen supply to your tissues, stimulate blood circulation, helping the transportation of oxygen to your tissues and cells reducing toxic build-up.

As a result, exercise not only facilitates a healthy immune response but may prevent cancer by reducing the risk of a low oxygenated environment in the body. This where cancer may grow.

Exercise does not have to be strenuous, a regular, gentle exercise pattern that your body can cope with. So long as it creates a deeper breathing pattern which is essential. If you are walking, at the end of your walk, up the pace to make you breathe heavier.

Move your arms while walking as this stimulates the upper body area as well.



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