

RESET &

# Radiate



One of my all-time favorite green smoothies, this packs a powerful punch, pushing out the punch. It bursts with complex lipids that clear on the way, is a stirrer, and it does justice to every bite of even the best pineapple salsa.

## pineapple salsa

SERVES 2

- 1 cup (240ml) coconut water
- 2½ cups (420g) diced pineapple, fresh or frozen
- 1 cup (240g) finely sliced baby spinach
- 2½ tablespoons finely chopped red onion, plus more to taste

- 2 tablespoons chopped cucumber
- ½ cup (120g) finely chopped cilantro
- 1 tablespoon finely chopped jalapeño, plus more to taste
- 2 tablespoons freshly squeezed lime juice, plus more to taste

Pinch of sea salt or ½ teaspoon kosher salt- 1 cup (100g) pineapples, using the inner rings
- Natural sweetener (optional, see page 31)

Put all of the ingredients into your blender in the order listed and blend for about 1 minute until smooth and creamy. Transfer to taste (you may want more onion, lime, or jalapeño). Add to your smoothie, depending on the ripeness of your pineapple. I used 1 teaspoon.

HOLISTIC SKIN & GUT HEALING GUIDE



# WELCOME BEAUTIFUL

Congratulations on joining the Edible Earth 12 Week Skin and Gut Healing Transformation!

As the past year has taught us, there is no better time than now to empower yourself with the knowledge and tools you need to balance, reset and nourish your body. Protecting your health and your immune system is one of the greatest gifts you can give yourself, and the benefits extend far beyond internal.

Join us on a 12 Week Skin and Gut Healing Transformation, to uncover the secrets of natural anti-ageing that actually works! A holistic protocol that focuses on prevention and treatment from within. Our nutritional guide heals the gut, reduces inflammation, improves digestion, and overall health and wellness.

## EVERYTHING YOU NEED

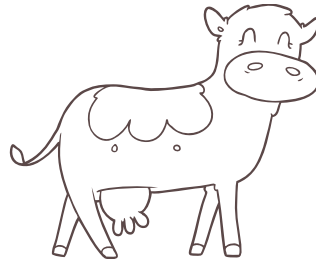
- A 3 month supply of any GLOW series Elixir: Youth, Beauty or Gut.
- This nutritional guide so you can enhance and maintain the health benefits of your new wholefood anti-ageing supplements.
  - A 1 month supply of DETOX Life Elixir
  - Online support

If you have any questions or concerns we are here for you every step of the way.

Real ingredients that give real results, for real women!



NO GLUTEN



NO DAIRY



NO SUGAR

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# EDIBLE EARTH BASICS

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MORE  
FRUIT & VEG



INCREASE  
GOOD FATS



BOOST  
SUPERFOODS



## THE EDIBLE EARTH DIFFERENCE

We have simplified and revolutionised a new way to prevent disease and slow down aging, with our beauty infused formulations curated by nature, with premium natural ingredients that are backed by science. Simply stir into your everyday food and drinks to supercharge your health and your life!

Edible Earths offering consists of 5 bespoke eco-luxe elixirs to get you up and glowing every day.

- 1. YOUTH Beauty Elixir Beauty Collagen + Vitamin C**
- 2. GUT Beauty Elixir Repair Collagen + L-Glutamine**
- 3. GLOW Beauty Elixir Anti-Aging Collagen + Hyaluronic Acid**
- 4. LIFE Elixir Wellness raw multivitamin, multi-mineral, all-in-one**
- 5. CALM Defence Elixir Adaptogen medicinal mushroom blend**

**Marine Collagen** is tasteless, odourless and heat resistant, meaning heat will not denature the therapeutic qualities of your collagen. Add to any hot or cold food or drink and enjoy peace of mind that you're nourishing your body with the highest quality collagen in the world.

**Medicinal mushrooms** are bitter, best added to coffee, tea, hot chocolate with honey or natural sweetener.

**Life Elixir** is sweet and floral, best added to cold juices yoghurts, cereals, fruit salads, raw desserts, acai bowls etc. Heat will destroy their beneficial nutrients.

# STEP 1: DETOX YOUR DIGESTIVE SYSTEM

## 1. Prepare with a fast

Just like you, your gut needs a period of rest and rejuvenation to function optimally. Giving your gut a break can reduce inflammation, shed water weight, and reduce bloating. Studies are constantly supporting the benefits of intermittent fasting, which aims to give the body a break for a set number of hours so that your gut and digestive system can repair, reset, and rest. The night before you start your cleanse, plan to fast for 12 to 16 hours. This is easier than it sounds!

A 12-hour fast simply means ending your consumption at 7pm in the evening and not eating breakfast the next day until 7 a.m to 11am.

## 2. Start your morning with lemon and/or apple cider vinegar and marine collagen

Drinking water, especially warm water on an empty stomach, is one of the best things you can do for digestion, the lemon and apple cider stimulates digestive enzymes, detoxes the liver and alkalises an acidic, inflamed body, whilst the collagen feeds gut microbiome and stimulates your body's own collagen production, whilst repairing gut lining. Warm water takes less energy to digest and stimulates digestion while detoxing the system and aiding sluggish old digested food through the digestive tract. Start your day with at least one full glass of this detox room-temperature water before you consume any food, and use it to wash down a high quality, multi-strain probiotic (minimum 10-12 strains). For a great colon cleanse follow this with a quarter cup of water and a tablespoon of LSA, this also boosts brain and joint loving omega 3 levels and is a good source of protein and fibre.

## 3. Get juicy

One small change to your daily routine can have a powerful impact to your entire being! Drinking one green juice daily is one of the absolute best things you can do for your health, and beauty goals. This is because green vegetables are the optimal food for regenerating, purifying, and healing your body! Rich in antioxidants, including vitamins C and E, green juices are essential for a healthy skin glow. These antioxidants help to rid your skin of harmful toxins which may lead to acne or sun damage. Vitamin A, on the other hand, is crucial for cell growth and regeneration. Giving your body the nutrition that it needs to convert your food to energy, such as vitamin B12 (which is also naturally found in our DETOX Life Elixir), allows you to shake that sluggish feeling without reaching for caffeinated beverages. Aim to juice for 3 days to dramatically detox, replenish and re-balance your bodies systems.

A wonderful side effect of the Reset and Radiate guide is excess weight loss. As toxins are eliminated from the body and nutritional needs are met, it comes as no surprise that having a green juice everyday also allows you to drop a few kilos! This is also due to the potent anti-inflammatory effect green vegetables, and our elixirs, have on the body. Leafy green juices packed with a variety of green vegetables and detoxifying herbs such as coriander and parsley, which protect the body from disease due to their potent antioxidant, anti-bacterial, anti-fungal and anti-viral properties.

# STEP 1: DETOX YOUR DIGESTIVE SYSTEM

CALM Defence Elixir Adaptogen Medicinal Mushrooms boast these properties too, whilst supporting brain, heart, blood and skin health! When you add Edible Earth's GLOW marine collagen formulas and DETOX Life Elixir Immunity to your daily juice, you're boosting the amino acid and other essential micro-nutrients that are highly bio-available, to nourish and support skin, muscles, hair, nails, joints, ligaments etc. This satiates hunger and aids digestion, whilst assisting with alleviating the following symptoms of amino acid deficiency: *fatigue, hormonal imbalances, difficulty losing weight, thin, lacklustre hair, brittle nails, dark circles under eyes, insomnia and frequent colds.*

## 4. Boost your morning cuppa

Instead of reaching for a caffeine packed beverage mid-morning, opt for a cup of chai, green tea, turmeric latte, kombucha, coconut kefir milk or coconut yoghurt. Add in a spoonful of MCT oil to nourish skin, brain and joints. This helps to reduce any cravings, and maintain steady metabolism, blood sugar and hormones, and will squash those mid-morning and mid-afternoon sugar slumps. Don't feel like hot drinks? Try refreshing kombucha or taking a big gulp of organic coconut kefir, packed full of gut loving probiotics.

## 5. Embrace the broth

Have a broth-based meal with probiotics for lunch or a fresh salad high in good fats. Not only is broth mentally soothing, but it aids in the production of gastric juices and strength of intestinal lining, soothes the gut, and aids liver and kidney function. Choose organic bone broth from high-quality local animals or an organic vegetable broth, and add some vegetables to it for a filling, gut-friendly meal. Adding 1 tablespoon of miso, kimchee, sauerkraut, or some pickles to your meals is another easy way to add gut-friendly bacteria into your lifestyle. Salads or keto friendly meals full of good fats such as avocado and coconut cream are also a healthy way to fuel your body and mind for the afternoon, without causing fatigue or a spike and subsequent drop in blood sugar levels.

## 6. Avoid snacking

If you're feeling peckish, have another Superfood Latte (with organic almond or coconut milk) instead. If you must snack, stock up on almonds or pistachios, or cut up veggie sticks such as celery and carrot dipped in avocado smash for a filling and tasty treat!

## 7. Add prebiotics to your dinner

There is a whole new area of mental health treatment called *psychobiotics* - the process of positively affecting the brain through triggering gut bacteria. This is a concept we believe in wholeheartedly at Edible Earth! Hunter-gatherer societies ate 200 grams of fibre daily, while we get 15 grams with a typical modern day diet. Pre and probiotic deficiencies are epidemic and it's no wonder the rates of modern day diseases are on the rise.

# STEP 1: DETOX YOUR DIGESTIVE SYSTEM

The best source of fibre is from complex carbohydrates, from fermentable plant fibres, known as "prebiotics," which are likely to encourage the growth of good bacteria already present in the gut. Endeavour to eat more cellulose fibres, present in the tough parts of veggies and fruit, such as broccoli stalks, the bottom of asparagus, kale stems and orange pulp. We have created a list of the best prebiotics for you to try on the following page, try to ensure these are present in as many meals as possible each day. Try to include at least one serving (bonus points for two or three!) of prebiotic food in your dinner. This could include sweet potato mash, a lentil soup or dahl, or beetroot and asparagus salad. Yum!

## 8. Minimize stress

Stress, as you can imagine, has a negative effect on the gut. When you're stressed, you release peptides that lead to increased inflammation, gut permeability (leaky gut), visceral hypersensitivity, perception to pain, and gut motility. Exercise is a fantastic way to boost happy endorphins and as we all know, reduce stress. Try joining your local yoga studio, gym, HIIT class, pool, to de-stress and stay fit and healthy.

There are some fantastic exercise options online if you'd prefer to stay home too!

## 9. Tuck up into bed early

Getting adequate sleep (more than eight hours a night) helps overall physical and neurological health and has a significant impact on stress levels, which will give your body the rest it needs to heal and reset your gut. Meditating before you sleep, or falling asleep to a guided meditation or music therapy has been shown to be one of the most powerful natural tools to reduce stress, anxiety and depression by activating new pathways in the brain, and helping to get rid of the unhelpful pathways that don't serve you. Take some time to read up on the science around this, we recommend Jason Stephenson, Progressive Hypnosis, Michael Sealey, Trigram Healing, Deepak Chopra.

## 10. Repeat

Repeat the above steps for Day 2 and 3, then check in with how you are feeling.

If you can take away just a few of these changes, you'll be setting yourself up for long-term gut success!

### Carbon Neutral

The ocean is the biggest carbon sink on the planet, 93% of all carbon is stored in the ocean. Marine plants store 20 times more carbon than land based forests.



# TOP 10 PREBIOTIC FOODS

- Jerusalem artichokes
- Asparagus
- Garlic, onion, spring onion
- Beetroot (not canned)
- Fennel bulb
- Green peas
- Sauerkraut
- Chickpeas, lentils, red kidney beans
- Nectarines, peach, pomegranate
- Figs, dates, watermelon

#### Did you know?

Humans evolved to have trichromatic vision, meaning we can see a wide spectrum of colours. This was to help us find fresh and ripe fruit and vegetables to survive.



# STEP 2: ELIMINATE INFLAMMATION

Over the last 100 years, with the industrialization of our food supply, our diet has changed dramatically. This highly processed, high-sugar, high-fat, low-fibre diet has substantially altered our gut bacteria, contributing to the epidemics of obesity, diabetes, anxiety, depression and many cancers.

## WHY DO WE NEED TO ELIMINATE GLUTEN, DAIRY, SUGAR & ALCOHOL?

Most of the foods we have eliminated as part of our 12 Week Skin and Gut Healing Transformation have been removed from your diet because they trigger inflammatory responses in our body and wreak havoc on our immune systems, which are always reflected in the skin. It's well documented that inflammation triggers cells to clog pores, leading to acne and skin flare-ups. Sugar, fried foods, refined carbohydrates, dairy (for some), and saturated fats can all cause inflammation. Where there is inflammation there is disease and ageing! Therefore cutting out specific foods will help you to slowly clear up your skin, especially if your previous diet was high in processed foods, sugar, and saturated fats.

## PROTEIN

We recommend eating grass fed, organic free range meats in moderation (1 - 3 times per week) because conventional mass produced meats are high in exogenous [external] hormones, such as those found in extra-large, non-organic chicken breasts and other animal proteins that have been treated with hormones on the farm. They have been linked to higher overall cortisol levels which can mean higher testosterone and oestrogen or progesterone levels, which potentially lead to acne and other inflammatory skin issues. If you choose to eliminate meat completely, you are also eliminating toxic inflammatory markers that effect the whole body, especially lethal for heart disease: TMAO, Endotoxins, Heterocyclic Amines, Heme Iron, NEV5GC.

**SUBSTITUTES:** Lots of local caught seafood (3 times a week at least), Mushrooms (a fantastic plant protein) and Organic Tofu.

## SALT

Good salt such as Himalayan Pink Salt are jam packed full of supercharged minerals, however again salt needs moderating because it can lead to increased puffiness, such under-eye bags that make you look like you've had a late night out! Minimise it for a week and see how your body reacts.

**SUBSTITUTES:** Himalayan Pink Salt, Organic, Organic Tamari Sauce (a gluten free soy sauce alternative)

### Did you know?

The reason we have longer digestive systems is because we are a plant eating species. Meat eaters require short digestive tracts.

# STEP 2: ELIMINATE INFLAMMATION

## DAIRY

It's estimated that 75% of the world population is sensitive to lactose and our bodies can't digest casein (milk protein). For this reason and others milk and other dairy products are classified as a pro-inflammatory food. They are rich in endogenous (or inherent) hormones and have been linked to breakouts, accelerated ageing and puffy skin. Eliminating dairy may be beneficial for controlling hormone-related skin conditions such as acne and other cystic disorders. If you suffer from cystic acne this programme is a godsend! Also, it's important to note that skim milk ain't as healthy as you may think, it has a relatively higher concentration of sugar to fat, which plays a role in causing acne and inflammation. Always better to go for the full fat, low sugar option with anything.

**SUBSTITUTES:** This doesn't mean missing out on your cuppa or favourite granola for brekky. Use an organic coconut or almond milk alternative. We love Nutty Bruce Coconut and Almond Milks for a creamy, less watery taste. Replace animal yoghurts with probiotic rich, gut and skin friendly kefir and coconut yoghurts. Babushka's Coconut Kefir Yoghurt is delish! These days you are spoilt for choice with healthy low sugar, dairy alternatives, there are even some fantastic coconut ice-creams that are 100% natural with no fillers or thickeners.

## SUGAR, GLUTEN + REFINED CARBOHYDRATES

If your skin has one nemesis, it's refined carbohydrates. Refined carbohydrate refers to processed sugar and processed flour, which break down into sugar. These carbohydrates feed the bad bacteria in your gut, which gives it a chance to feast, flourish, and crowd out the good bacteria.

When you eat refined carbohydrates, your body releases the hormone insulin, which regulates your blood sugar by transporting sugar into your cells. Because refined sugar digests rapidly, your body must release large amounts of insulin to "keep up" with bringing sugar into your cells just as quickly as its being digested. Research shows these rapid insulin spikes can trigger production of sebum (oil) which leads to blocked pores, pimples, whiteheads, blackheads. No thank you!

Scariest of all is the fact that processed carbs age your skin—literally—by creating molecules called "AGEs" (advanced glycation end products). This process is known as glycation, a major factor in premature aging. When you digest refined carbohydrates, the sugar molecules become "co-dependent" and attach themselves to proteins such as collagen. When sugar molecules latch onto collagen molecules, together, they form brand new molecules: advanced glycation endproducts, or AGEs. Unfortunately, your body can't break this bond, and those collagen proteins that form smooth, youthful skin become lost forever. Lucky you have YOUTH Elixir Marine Beauty Collagen to repair a lifetime of damage!

# STEP 2: ELIMINATE INFLAMMATION

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If you have coeliac disease and dermatitis herpetiformis, then eliminating gluten is essential for preventing the extremely itchy, blistering rash associated with the diseases. But for the rest of us, ditching gluten (mainly refined grains) will lead to a decrease in acne, wrinkles, and sagging skin as many foods that contain gluten also have a high glycemic index, which has been linked to inflammation in the body.

Eliminating processed grains will help reduce blood sugar spikes, which can decrease sagging skin and collagen breakdown. However don't get caught up in a false sense of security and clever gluten free food marketing. Anyone going gluten-free should be wary of replacing gluten-containing foods with processed gluten-free products, as they can still spike your blood sugar, potentially leading to breakouts. When it comes to refined carbohydrates (which is also sugar), simply cutting table sugar out of your diet isn't enough: it's also important to read food labels because refined sugar goes by many names, including high fructose corn syrup, table sugar, cane sugar, and glucose-fructose.

Refined carbohydrates include white flour— so we're talking muffins, pastries, pasta, pizza crust, and white bread as well. Processed sugar and flour hide in the majority of boxed, packaged and store bought foods, including “healthy” versions of processed foods, such as organic ketchup. This is why it's crucial to read food labels when it comes to maintaining your skin health. Better yet, consider avoiding processed foods altogether. The only real beneficial nutrients you're missing by cutting out gluten are B vitamins and selenium, which can help fight off inflammation related to skin. However, you can easily obtain these essential nutrients from raw organic wholefoods such as bee pollen and other fruits and vegetables. We recommend our DETOX Life Elixir Raw Certified Organic WA Bee Pollen.

**SUBSTITUTES:** A great alternative to refined carbohydrates are starchy vegetables such as potatoes, sweet potatoes and zucchinis that are fantastic for soaking up stews, bakes and sauces and giving you that comfort feeling we crave sometimes. We love Pulse Pasta, quinoa, buckwheat pasta and quinoa pasta, just make sure they're gluten free as it is best to avoid grains as much as possible, with exception of quinoa as it is not actually a grain. Sugar substitutes we recommend are: raw, organic honey, coconut sugar, organic stevia. However we recommend only adding 1-2 teaspoons of substitute sugar into your daily diet. You will receive enough sugar from fruit and vegetables.

# STEP 3: HEAL YOUR GUT

As with any natural treatments and long-term lifestyle changes, there are no quick fixes. But these 4 steps will work wonders at helping you on your gut healing journey.

## 1. Remove foods and behaviours that damage gut bacteria

Reduce or remove wheat, rice, spelt and soy as they are all high in lectins. Lectins stop the absorption of essential vitamins and minerals in the body, leading to malnutrition and disease as the body can't absorb all the essentials it requires. Gluten has been proven time and time again to be good for no one. It is a pro-inflammatory food that acts like a glue in your digestive tract which prevents the absorption of essential nutrients. Remove cows milk (particularly the protein A1 casein) as our bodies can't digest casein. Also look to remove sugar, as it feeds the growth of yeast, candida and bad bacteria as well as artificial colours and sweeteners as they kill of good bacteria in the gut.

## 2. Replace with gut healing foods that alkalise and reduce inflammation

**Raw cultured non-dairy products** contain probiotics and short chain fatty acids that are essential for helping to heal the gut. Some of our favourites include pastured kefir, butter and raw cheese. **Fermented vegetables** are a great addition to your diet too, they contain organic acids to balance intestinal pH and probiotics that support the gut. We love sauerkraut, kimchi and kvass! **Coconut products** are particularly good for your gut, as they contain medium chain fatty acids which are easier for the body to digest than other fats. These work particularly well for those with leaky gut - look to add coconut kefir, coconut milk and coconut water where possible. **Sprouted seeds** are a great source of fibre that help support the growth of beneficial bacteria. Chia seeds, hemp seeds and flaxseeds that have been sprouted can be easily added to your diet and will work wonders on the gut. If you suffer from severe leaky gut, getting your fibre from steamed vegetables and fruit is a good start too! Consuming **healthy fats** like avocado, ghee, coconut oil and egg yolks are easy on your gut and promote healing. Omega-3 fats, found in wild caught fish such as salmon, have an anti-inflammatory effect and are easier on the digestive system than red meats. Aim to consume at least 2 servings of **whole fruit** is a great way to increase your fibre intake. For those with a leaky gut, try to consume in the mornings on an empty stomach. Finally, make **green veggies** your new best friend! They are one of the best ways to reduce inflammation in the body and work to heal the gut.

# STEP 3: HEAL YOUR GUT

## 3. Repair with wholefood supplements

A high potency and premium 100% natural Marine Collagen peptide supplement will supercharge the healing process by helping to repair and strengthen the collagen fibres that break down in the gut lining. Marine Collagen is absolutely essential when healing the gut because gut lining is made of 80% collagen. When this collagen breaks down, your gut lining is weakened and compromised, increasing your risk of leaky gut, or exacerbating an already leaky gut. Some nutritionists and naturopaths believe that adding collagen to your diet can attribute to 50% of the healing process of leaky gut. We recommend Australian Owned best-selling GLOW Youth Elixir Marine Beauty Collagen with added Vitamin C to enhance absorption and fight free radicals, creating the ultimate gut healing supplement.

## 4. Rebalance with pre and probiotics, herbs and raw vitamins

Supplement your diet with a good multi-strain probiotic. These will help replenish good bacteria and crowd out bad bacteria. Probiotics in the GI tract help to reinforce the barrier function of the intestinal lining, lowering the chance of bad bacteria in the intestines entering into the blood stream. It is ideal to get your probiotic intake from both natural food sources and in high potency capsules.

DETOX Life ELixir Immunity is another fantastic wholefood supplement as it is jam packed with digestive enzymes, vitamins, minerals, good bacteria and essential fatty acids, all essential to promote a healthy functioning gut. It is also the only plant source of Vitamin B12! These micro nutrients will ensure effective breakdown and digestion of food, minimising the risk of partially digested food particles passing through intestinal walls.

Herbal teas such as: Artichoke, Dandelion, Ginger, Slippery Elm Bark, Milk Thistle, Peppermint, also stimulate digestive enzymes for the efficient breakdown of food.

**No meat, no stress!**

By replacing meat with veg, studies show that cortisol levels drop by 28%

**Did you know?**

If the USA was to adopt a plant based lifestyle it would reduce agricultural emissions by 70%, save 1 million litres of water each year, and free up agricultural land the size of Africa, taking pressure of endangered species and essential eco-systems.



# GLOW YOUTH ELIXIR

Our pioneering formula is safe for any age and stage of life, including pregnant and breastfeeding women. Made by nature and backed by science, it is known as a super collagen because of its superior bioavailability and low molecular weight of 3000 Daltons. Marine Collagen and antioxidants work synergistically at a cellular level to synthesise collagen, boost hydration and elasticity for healthier, younger looking skin from within.

Some of the amazing benefits include: hydrating and firming skin to reduce wrinkles, sagging and pigmentation. Lubricating joints and ligaments, alleviates degenerative conditions and pain. The formula fortifies skin, hair, nails and bones whilst stimulating keratin production for beautiful, strong hair and nails. Repairs and regenerates gut lining and microbiome and improves digestion and absorption whilst reducing bloating. For new and expecting mamas, the formula promotes healthy breast milk production. Prevents stretch marks and supports post pregnancy recovery. Strengthens bones by stimulating osteoblast formation

Great news for beauty lovers, Glow YOUTH Elixir doubles as a face mask too! We love it because it is child, pregnancy and breastfeeding safe as well as being odourless and tasteless. Our blend is pure, potent, keto, paleo and FODMAP friendly and contains only natural ingredients. It is also chemical, GMO, heavy metal, filler and antibiotic free. Each serve contains 95g of hydrolysed marine collagen peptides and 5,000mg Vitamin C.

To use, simply dissolve approximately 2 tablespoons (10g) into hot or cold liquids or food and enjoy!



# GLOW GUT ELIXIR

Our GUT Elixir is formulated with healing and repair in mind as it contains the body's most essential amino acid, L-Glutamine. It is known as a super collagen because of its superior bioavailability and low molecular weight of 3000 Daltons. Marine Collagen and L-Glutamine work synergistically at a cellular level to synthesise collagen, boost hydration and elasticity for healthier, younger looking skin from within.

Some of the amazing benefits include: hydrating and firming skin to reduce wrinkles, sagging and pigmentation. Lubricating joints and ligaments, alleviates degenerative conditions and pain as well as preventing injury and accelerating healing and recovery. L-Glutamine is an essential pre-cursor for brain friendly neurotransmitters and is essential during treatments such as chemotherapy which depletes the body's natural L-Glutamine levels. Repairs and regenerates gut lining and microbiome and improves digestion and absorption whilst reducing bloating. Glow GUT Elixir also acts as an immune booster by increasing viral and bacterial antibodies whilst reducing inflammatory cytokines. Strengthens bones by stimulating osteoblast formation.

Great news for beauty lovers, Glow GUT Elixir doubles as a face mask too! We love it because it is child, pregnancy and breastfeeding safe as well as being odourless and tasteless. Our blend is pure, potent, keto, paleo and FODMAP friendly and contains only natural ingredients. It is also chemical, GMO, heavy metal, filler and antibiotic free. Each serve contains 95g of hydrolysed marine collagen peptides and 5,000mg L-Glutamine.

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# GLOW BEAUTY ELIXIR

Our best selling Beauty Elixir features Hyaluronic Acid and is the ultimate anti-aging duo and the only formula of its kind in Australia. Known as a super collagen because of its superior bioavailability and low molecular weight of 3000 Daltons, both ingredients work synergistically at a cellular level to synthesise collagen, boost hydration and elasticity for healthier, younger looking skin.

Some of the amazing benefits include: hydrating and firming skin to reduce wrinkles, sagging and pigmentation. Lubricating joints and ligaments, alleviates degenerative conditions and pain. The formula fortifies skin, hair, nails and bones whilst stimulating keratin production for beautiful, strong hair and nails. Repairs and regenerates gut lining and microbiome and improves digestion and absorption whilst reducing bloating. Strengthens bones by stimulating osteoblast formation The Hyaluronic Acid moisturises skin cells by retaining 100x its weight in H<sub>2</sub>O

Great news for beauty lovers, GLOW Beauty Elixir doubles as a face mask too! Our blend is odourless, tasteless, pure, potent, keto, paleo and FODMAP friendly and contains only natural ingredients. It is also chemical, GMO, heavy metal, filler and antibiotic free. Each serve contains 95g of hydrolysed marine collagen peptides and 1,000mg Hyaluronic Acid

To use, simply dissolve approximately 2 tablespoons (10g) into hot or cold liquids or food and enjoy!



# DETOX LIFE ELIXIR

Also known as "Food of the Gods", bee pollen has been used as a medicine throughout ancient history. Our Detox Life Elixir contains the highest known natural source of vitamins, flavanoids, minerals, antioxidants, free amino acids, anti-histamines, essential fatty acids and digestive enzymes in nature.

A daily essential that targets poor gut health, chronic inflammation and nutritional imbalances to prevent physical and mental disease and premature aging.

Our Detox LIFE Elixir contains unique gut enzymes to improve digestion, absorption and microbiome health. It is rich in Vitamin B complex for energy and mental health, works to inhibit allergic responses and contains anti-histamine quercetin. Contains 35% bio-available plant protein and 11 of our 12 essential amino acids. Edible Earth's Detox LIFE Elixir contains the only plant source of Vitamin B12 which is essential for red blood cell formation and beneficial for vegans and vegetarians. This essential vitamin, Vitamin B12, synthesises and metabolises serotonin which supports mental health. It also contains antibiotic and anti-viral properties which are key to a strong immune system. It's anti-fungal and anti-microbial properties help alleviate and prevent candida overgrowth while 15% lecithin helps to dissolve and flush fat and stimulate metabolic processes. If that wasn't enough, Detox LIFE Elixir is rich in antioxidants A, C, E, flavanols, lycopene and resveratrol!

This certified organic raw superfood is keto, paleo and vegetarian friendly as well as chemical, GMO, heavy metal, filler and antibiotic free!

To enjoy, simply approximately one to two teaspoons into cold liquids or food, or sprinkle over yoghurt or your smoothie bowl.



# DEFENCE ELIXIR MUSHROOMS

Health benefits of mushrooms date back to ancient Chinese medicine where they have been hailed to fight oxidative stress and support full body wellness. They have since been embraced by medicine as the ideal supplement when it comes to supporting stress management, cognitive health, immunity and energy.

When properly sourced and crafted, such as the ones found in Edible Earth's Defence Elixir which are 100% certified organic, these nutrient rich beauties retain the vital bioenergetic vitamins, enzymes, minerals, antioxidants, adaptogens and phytonutrients that the body needs to function optimally.

Our bodies are exposed to a huge amount of free radical damage every day. Stress can wreak havoc on our internal systems, and if too many free radicals accumulate in the body, oxidative stress can rear its head. Oxidative stress can cause terrible damage to the body's cells, weaken the immune system and cause various health conditions. Medicinal mushrooms, specifically the ones found in our Defence Elixir contain a powerful blend of 5 of the most researched ancient mushrooms on the planet. Our blend contains equal amounts of Chaga, Lions Mane, Maitake, Corydceps and Reishi. These mushrooms contain a huge variety of vitamins, minerals and nutrients including: B-complex vitamins, Vitamin D, Potassium, Rubidium, Cesium, Amino acids, Fibre, Copper, Selenium, Zinc, Iron, Manganese, Magnesium, Calcium and Choline. Phew - that's quite a list! All of these amazing vitamins, minerals and nutrients work to repair damage, support cognitive health and heal the body when it really needs it.

It is so easy to incorporate this stress buster and immune booster into your daily routine. Simply add a  $\frac{1}{4}$  or  $\frac{1}{2}$  a teaspoon to your coffee, tea or nightcap before bed and say hello to your best health and sleep yet.

*"You've always been beautiful.  
You're just deciding to be  
healthier, fitter and stronger"*

# STEP 4: SKIN FRIENDLY FOOD

It's true what they say about eating the rainbow! Aim for at least five portions per day of colourful fruit and vegetables to help nourish and feed your skin the essential minerals and nutrients it needs. Betacarotene, found in carrots, sweet potatoes and pumpkin, is converted to Vitamin A which is an essential nutrient for skin health. Lutein, found in kale, papaya and spinach is a potent antioxidant and very important for normal skin cell development and healthy skin tone.

Aim to increase your intake of skin-strengthening Omega-3 fatty acids (think sardines, chia seeds, flaxseed, MCT oil, hemp oil), collagen-boosting vitamin C (camu camu, kiwi fruit, strawberries, citrus fruits, kale and broccoli) and antioxidant rich vitamins A and E, found in almond butter, english spinach, wheat germ, pumpkin and carrots.

## **More skin friendly foods to load up on everyday that we love are:**

Fatty fish (Salmon, mackerel and herring)

Avocado

Walnuts

Sunflower Seeds

Sweet Potatoes

Red or Yellow Capsicum

Broccoli

Tomatoes

Mushrooms

Organic Bee Pollen

### **Did you know?**

It's not sugar that causes diabetes, it is also an overload of toxic saturated animal fats that block specific cell receptors that releases insulin when sugar is digested.



# LENTIL MUSHROOM STEW

Recipe by The Minimalist Baker

## INGREDIENTS

- 454 g yellow potatoes, peeled and quartered
- Sea salt + black pepper to taste
- 15-30 ml olive oil
- 30-60 ml unsweetened almond milk or vegetable broth
- 15 ml water (or avocado or olive oil)
- 80 g chopped shallot
- 140 g sliced cremini (or button) mushrooms
- 15-30 ml coconut aminos
- 1 Pinch each salt and pepper
- 5 g chopped fresh thyme
- 128 g dry green lentils (rinsed + drained // optional: soak overnight in cool water to improve digestibility)
- 480-720 ml vegetable broth
- 16 g tomato paste (optional)
- 6 tsp mashed potatoes
- Fresh chopped parsley
- Vegan Parmesan Cheese
- Edible Earth DEFENCE Life Elixir mushrooms

## METHOD

- Heat a large rimmed pan over medium heat. Once hot, add oil or water and shallot and sauté for 2 minutes, stirring occasionally.
- Add mushrooms and coconut aminos and increase heat to medium-high. Sauté for 5 minutes, stirring frequently. Add a pinch of salt and pepper.
- Add thyme, lentils, and 2 cups (480 ml // or the smaller end of the range if adjusting recipe size) vegetable broth. Bring to a low boil over medium-high heat. Once boiling, reduce heat to a simmer and cook on low for about 20 minutes, adding more broth as needed if the mixture looks dry.
- In the meantime, add potatoes to a large pot and cover with water so they are just submerged. Bring to a boil on high heat and cook for 12-15 minutes or until they slide off easily when pierced with a knife.
- Once tender, drain potatoes and add back to pot or a mixing bowl. Season with salt, pepper, and a bit of olive oil and mash until tender and fluffy. For added moisture in place of oil, add unsweetened plain almond milk or vegetable broth.
- Once lentils are tender, taste sauce and adjust flavor as needed, adding more salt or coconut aminos for saltiness, pepper for spice, or tomato paste for more depth of flavor (optional - we didn't find it necessary). Turn off heat and let the mixture rest so flavors can deepen. Add the 2 Tbsp (30 g // or more as needed) mashed potatoes to the lentil mushroom stew and stir in to thicken.
- To serve, divide mashed potatoes between serving plates or bowls and top with desired amount of lentil and mushroom gravy. Garnish with fresh parsley, vegan parmesan cheese, or more thyme, if desired.
- Store leftovers separately, covered, up to 4 days in the refrigerator or in the freezer up to 1 month. Reheat on the stovetop or in a 350 degree F (176 C) oven until hot.



# ONE POT VEGAN MINESTRONE (GF)

Recipe by The Minimalist Baker

## INGREDIENTS

- 30 ml water (or sub oil)
- 55 g white or yellow onion (diced)
- 9 g garlic\* (minced)
- 120 g carrots (peeled and sliced into thin rounds)
- 150 g green beans (trimmed // roughly chopped)
- 1/4 tsp each sea salt & black pepper (plus more to taste)
- 196 g zucchini (sliced into 1/4-inch rounds)
- 425 g can diced fire-roasted tomatoes
- 1440 ml vegetable broth (DIY or store-bought)
- 2 tsp dried basil (or sub 1 Tbsp fresh per 2 tsp dried)
- 2 tsp dried oregano (or sub 1 Tbsp fresh per 2 tsp dried)
- 3 g nutritional yeast
- 1 pinch red chili pepper flake (optional)
- 12 g coconut sugar (or other sweetener to taste)
- 425 g can white beans or chickpeas (rinsed + drained)
- 224 g gluten-free pasta noodles\* (I like Trader Joe's Gluten-Free Fusilli)
- 25 g kale or spinach (or other green // roughly chopped)
- 2 tablespoons of your favourite Edible Earth Marine Collagen

## METHOD

- Heat a large pot or dutch oven over medium heat. Once hot, add water, onion, and garlic and stir. Cook for 3 minutes, stirring occasionally.
- Add carrots and green beans and season with salt and pepper. Stir and cook for 3-4 minutes, stirring occasionally, until vegetables have softened slightly and have some color.
- Add zucchini, fire-roasted tomatoes, vegetable broth, basil, oregano, nutritional yeast, red pepper flake (optional), coconut sugar, beans and collagen powder. Stir to coat.
- Increase heat to medium-high and bring soup to a strong simmer. Then reduce heat slightly to medium-low until the soup is simmering but not boiling. Add pasta and stir. Cook for 10 minutes, stirring occasionally, reducing heat if needed to keep the soup at a simmer.
- Reduce heat to low and simmer for 4-5 minutes, stirring occasionally. Taste soup and adjust seasonings as needed, adding coconut sugar to balance the flavors (optional). I added more dried basil, oregano, and salt.
- Add kale or spinach (or other green) and stir. Cook for another 3-4 minutes to wilt the kale and allow the flavors to meld together. Turn off heat and let rest for a few minutes before serving.
- To serve, divide soup between serving bowls and garnish with fresh herbs and vegan parmesan cheese (optional).
- Store leftovers in the refrigerator up to 3-4 days or the freezer up to 1 month. Be careful not to overheat the soup when warming leftovers, as the pasta is tender once cooked and will get mushy if overcooked.



# VEGAN THAI GREEN CURRY

Recipe by Edible Earth

## INGREDIENTS

- Thai green curry paste (any Thai green curry paste will do, Valcom is our favourite brand!)
- Coconut milk
- 1x brown onion
- Any chicken, vegetable or beef stock
- Mushrooms
- Green beans
- 1x zucchini
- Red and green capsicum
- Spinach leaves
- Cauliflower (optional)
- Edible Earth Collagen powder

## METHOD

- Use any plant oil and fry onion until soft
- Add vegetables and stock and cook for 5 minutes or until soft
- Add green curry paste and cook for another 5-10 minutes.
- Reduce to simmer, once vegetables are cooked add can of coconut milk or cream
- Add your favourite Edible Earth Collagen powder
- Serve with rice, quinoa or mashed potato





# VEGAN BOLOGNESE

Recipe by Edible Earth

## INGREDIENTS

- 4 cloves of garlic
- 1 small onion
- 400g black beans
- 1 can tomato paste
- 2 cans diced tomatoes (400ml each)
- 1 jar of tomato passata
- 1 cup double strength beef, vegetable or chicken stock
- Mushrooms
- 1 carrot
- 1 small celery stalk
- Basil and parsley (optional)
- Parmesan cheese (optional)
- Add 2 tablespoons of Edible Earth collagen once cooked
- Salt and pepper

## METHOD

- Soften onion first, then garlic for 1 minute
- Add carrot, celery and mushrooms cook until soft, then add beans and tomato paste stir and cook for a few minutes.
- Add stock, basil, parsley and parmesan, cook for a few minutes.
- Add can tomatoes, passata and generous sprinkle of salt and pepper.
- Bring to boil then simmer for 30 minutes (the longer simmer the better it tastes).
- Add your favourite collagen and serve on mash potato, rice or gluten free pasta.



# VEGAN THAI LAKSA

Recipe by Edible Earth

## INGREDIENTS

- Valcom Laksa paste
- Bean shoots
- Mushrooms
- Capsicum
- Zucchini
- Snow peas
- Baby spinach
- Coconut milk or cream
- Stock
- Edible Earth Marine Collagen

## METHOD

- Fry onion until soft,
- Add vegetables and fry until soft
- Add in the stock and laksa paste and cook until all vegetables are cooked
- Simmer and add coconut milk or cream
- Simmer for 5 minutes
- Once cooked, add your favourite Edible Earth collagen and enjoy!



# ADAPTOGEN HOT CHOCOLATE

Recipe by Edible Earth

## INGREDIENTS

- 2 tbsp cashews
- 1 tbsp dates, pitted
- 1-2 tbsp organic cacao
- ½ cup coconut milk
- 1 cup hot water, just boiled
- 1 tbsp CALM Defence Elixir
- 1 tbsp GLOW any formula - Youth, Beauty or Gut Elixir

## METHOD

- Blend together everything apart from the hot water in a small blending jug.
- When smooth, pour into your serving glass. Pour over boiled water and enjoy!

## OPTION 2

- Pour boiling water into cup of CALM Defence Elixir - stir until dissolved
- Add teaspoon honey
- Add coconut milk
- Add GLOW collagen formula. Stir until dissolved and enjoy!

### THE MILK MYTH

Yes, cow milk is bad, for everyone! The human digestive system can't process casein, the protein in cows milk, causing inflammation and cellular damage. It is also contributing to the global hormonal imbalance epidemic that is being mistaken for other diseases. Drinking just 1 glass of milk can INCREASE your estrogen levels by 26% in 1 hour!

# THE EDIBLE EARTH EDIT

To support your skin and gut healing journey, we recommend the following blogs to help arm you with the knowledge and information you need to make this your best transformation yet!



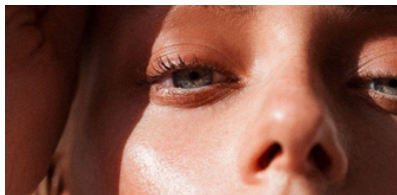
## 8 SIGNS YOU NEED TO DETOX



## CLEANSING TAKES GUTS: SARAH'S TOP 6 CLEANSING HACKS



## BOOST YOUR IMMUNITY THE EDIBLE EARTH WAY



## THE TOP BENEFITS OF MARINE COLLAGEN



## WHY A HOLISTIC APPROACH IS THE ONLY WAY TO SLOW DOWN AGING LONG TERM



# Enjoy the journey

Give yourself a big pat on the back for committing to a healthier, happier more vibrant you. It takes commitment and dedication to undergo any kind of physical or emotional transformation, we need to feel a bit yucky before we can feel amazing again!

It is important to remember that each body is unique. When you make the decision to prevent and heal with holistic medicine you are choosing to work towards long term results, as opposed to quick fixes that dont last the distance.

You are repairing and rejuvenating your complex body that has a lifetime of damage, so be consistent and have faith in the process. Know that your body is being supported by the absolute best holistic anti-aging ingredients on the planet, that it needs to heal and regenerate from within. Remember to be kind to yourself , if you deviate that is ok, progress is never linear, just get back up and start from where you left off. It will get easier each time.

This knowledge is priceless and empowers you to take control of your health and life again. How exciting to be part of the worldwide organic revolution and the future of holistic health and wellbeing.

Goodluck beautiful, you've got this!

Sarah  
xox

*Thank You!*

For supporting Australian small business. Every time someone joins our journey we are achieving our dream of changing the world through natural medicine, one person at a time.

To show our gratitude please enjoy discount code **'THANKYOU'** for **20% OFF** your next purchase and **FREE express delivery**. Free express on orders over \$100 within Australia.

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