



EDIBLE

*Earth*

"Sustainable skincare & wellness supplements that won't cost the Earth"

# LET THE TRANSFORMATION, BEGIN

Congratulations on joining the Edible Earth skin and gut healing challenge. There is no better time than now to empower yourself with the knowledge and tools you need to unlock your inner beauty and wellness, so you can rediscover what it truly feels like to thrive and feel confident in your own skin.

This is a holistic protocol that focuses on prevention & treatment from within, with a focus on simple, sustainable daily changes and the healing powers of nutrition and nature, to heal the gut, repair microbiome, reduce inflammation, improve digestion, boost immunity, memory, cognition and focus, in order to prevent chronic disease and premature aging!.

## WHAT YOU'LL NEED

- 3 month supply of any GLOW series elixir, Youth, Anti-aging or Gut.
- 3 month supply of CALM & DETOX
- Email [hello@edibleearth.com.au](mailto:hello@edibleearth.com.au) for any online support. If you have any questions or concerns we are here for you every step of the way.
- You can still begin with just 1 of our elixirs, however it is best to have one of each series to encourage maximum results, faster. This also guarantees a holistic approach as it covers every one of your bodies systems, as they are designed to work synergistically.
- CONSISTENCY - and lots of it. You're adopting a new, healthier lifestyle, it takes time and lots of consistency. It is never a linear process, so expect set backs, know that we all have bad days, and thats ok. Just jump back on track the next day and you'll find the bad days become fewer, and further apart.



EDIBLE

Earth



# OUR STORY

Welcome to Edible Earth, the future of holistic wellness and inner beauty. Born out of adversity and backed by science, our eco-luxe elixirs are scientifically formulated to support and heal the body, mind and soul, from within. Focusing on the links between microbiome/gut/brain/bowel/hormone health & their impact on mental & physical disease prevention, & premature aging.

Following the diagnoses & heartbreaking loss of her partner to brain cancer, Edible Earth Founder and mother of 2 children, Indi and Olli, Sarah set out on a mission. She promised to use the years of extensive nutritional medicine research to wholeheartedly embrace holistic health and create a range of inner-beauty products that support the body's natural healing process, to prevent other people having to go through the suffering her loved ones have endured unnecessarily.

Filling the gap in the market with natural supplements that actually work, is her family's way to honour the memory of a great man, son, brother, friend and father, Lee Henderson, who valiantly fought and lost his 3-year battle, with a smile on his face and unconditional love in his heart. We will do our bit to change the world, and one another!

Edible Earth's five bespoke formulas are so pure you can eat, drink or wear them.

Providing superior bio-activity, our bespoke range contain a potent blend of unique, essential nutrients that harness the regenerative powers of nature, allowing the body to detox, alkalise, repair, strengthen and re-energise. Targeting every one of the bodies systems, Edible Earths formulas are designed to heal and dedicated to helping you glow from the inside out, so you can rediscover wellness, inner beauty and live your best life, everyday!



Reconnecting body, mind and soul holistically, through the power of ancient wisdom, nutritional medicine & compelling science.

## pineapple salsa

10/10/11

A fresh, zesty salsa made with pineapple, red onion, jalapeño, and cilantro. Perfect for dipping or as a topping for grilled meats.

1. Peel and dice the pineapple into small cubes.

2. Finely chop the red onion, jalapeño, and cilantro.

3. In a bowl, combine the pineapple, onion, jalapeño, and cilantro. Add salt and pepper to taste.

4. Refrigerate for at least 30 minutes before serving.

5. Enjoy your fresh pineapple salsa!

6. This recipe serves 4 people.

7. For more recipes, visit our website.

8. We hope you enjoy this recipe!

9. Thank you for reading!

10. Have a great day!

**Eat it.  
Drink it.  
Wear it...**



# EDIBLE EARTH

- Sustainable skincare you can eat, drink or wear
  - 5 holistic, science backed, bio-active formulas
  - Founded 2018
  - Over 100 AU stockists
  - Helped thousands of Australian women transform
- 
- Scientifically proven ingredients
  - Australian made & owned
  - Eco-friendly, sustainable & recyclable
  - Allergen free- gluten free, dairy free, sugar free, filler free
  - Bio-active, clean, pure, natural, no colours or preservatives
  - Vegan and vegetarian options
  - Certified organic where possible
- 
- The only inner beauty elixirs you can eat, drink or wear!
  - The only holistic inner beauty transformation gift box
  - The 1st & only Western Australian Collagen Company
  - The 1st company to launch ingestible Hyaluronic Acid to the Australian market
  - Superior bio-availability
  - Supporting cancer research and care, homelessness, and children's mental and developmental health services



## 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.



*"If we heal ourselves,  
we heal the Earth"*



EDIBLE *Earth*

"Beauty that doesn't  
cost the Earth"

# 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, Silica, B3**
- 4. LIFE Elixir Wellness raw multivitamin, multi-mineral, probiotic**
- 5. CALM Defence Elixir Adaptogen medicinal mushroom blend**
- 6. 4 WEEK ULTIMATE BODY TRANSFORMATION BOX**

**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. Dissolves with no lumpy bits.

**Medicinal mushrooms** reishi, chaga, cordyceps, lions mane are bitter, best added to coffee, tea, hot chocolate with honey or natural sweetener, or drink on their own. Can also be added to sauces, soups or stews.

**Life Elixir** is sweet and floral, best added to cold juices yoghurts, cereals, fruit salads, raw desserts, acai bowls etc because heat will destroy their bio-active compounds.



# reset & radiate

All of our elixirs come with a free holistic skin & gut healing guide to reduce inflammation, simplify health & slow down cellular aging.







# #1 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.

Youth Elixir 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!



EDIBLE *Earth*

## # 2 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.

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

## #3 GLOW ANTI-AGING ELIXIR

Our best selling GLOW Beauty Elixir features Hyaluronic Acid, marine collagen, silica, B3 and antioxidants and was the first anti-aging formula of its kind in Australia, launched to the market in 2018 before ingestible Hyaluronic Acid was "a thing".

Known as a super collagen because of its superior bioavailability and low molecular weight of 3000 Daltons, all ingredients work synergistically at a cellular level to synthesise collagen, boost hydration and elasticity for healthier, younger looking skin., hair & nails.

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.

Hyaluronic Acid moisturises skin cells by retaining 200x its weight in H2O and it's a useful way to reduce inflammation & boost protein intake.

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 (7g) into hot or cold liquids or food and enjoy!



# #4 DETOX IMMUNITY ELIXIR

Also known as "Food of the Gods", bee pollen has been used as a therapeutic medicine throughout ancient history. Officially recognised as a medicine in Germany today, and used in British hospitals in the 1950's.

Detox Immunity 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.





## #5 CALM ADAPTOGEN ELIXIR

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 beta-glucan rich, wild-crafted Chaga, Lions Mane, 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 ¼ or ½ a teaspoon to your coffee, tea or nightcap before bed and say hello to your best health and sleep yet.

Or stir into soups, stews, sauces or enjoy alone with honey.



## STEP 1: DETOX DIGESTIVE SYSTEM

### 1. Before you begin, do an intermittent 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 excess 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/ digestive system can repair, reset, and rest.

The night before you start your cleanse, I want you to 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 anywhere between 7 a.m to 11am.

Your body is designed to naturally cleanse, however it loses its ability after a lifetime of chemicals, pharmaceuticals, alcohol, processed foods & pollution. A cleanse is necessary so you gain the most out of your supplements!

2. Start your morning with lemon and/or apple cider vinegar. or any herbal tonics from your naturopath. then enjoy a cup of CALM with GLOW or a green smoothie combining all 3 elixirs. Its essential to not use any pre-made juices as they contain high sugar & no fibre.

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 alkalis an acidic, inflamed body, whilst the collagen feeds gut microbiome and stimulates your bodies 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.

For an effective heavy metal and colon cleanse, make a quarter cup of water and add a tablespoon of LSA, this also boosts omega 3 levels and is a good source of protein and fibre. If you own omega 3 oil, now is the time to ingest this to.





## STEP 2: JUICING / SMOOTHIES

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 contain optimal compounds for regenerating, purifying, and healing your body! It repairs gut lining and helps to take a load off the liver, which is often sluggish, and presents as hormonal imbalances, fatigue, anxiety and depression, premature aging and brain fog.

Rich in antioxidants, including vitamins C and E, green juices are essential for a healthy skin glow. These antioxidants help to rid your skin and body of harmful toxins which can accumulate in fat cells and the bloodstream, and can lead to acne and skin 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 Elixir Immunity - the only plant source on Earth), it allows you to shake that sluggish feeling without reaching for caffeinated beverages. CALM elixir is an adaptogen so is also the perfect way to get your espresso hit without the caffeine and 2pm crash!

Aim to juice for at least 3 days to dramatically detox, replenish and re-balance your bodies systems.

A wonderful side effect of this nutritional guide is excess weight loss. As toxins are eliminated from the body and nutritional needs are met, it comes as no surprise that you'll drop a few kilos, this is also due to the potent anti-inflammatory effect green vegetables and DETOX, GLOW and CALM Elixir have on the body.

This powerful combination of nutrition and wholefood supplements is actively protecting you from disease due to their potent antioxidant, anti-bacterial, anti-fungal and anti-viral properties. Whilst slowing down aging, in a healthy, sustainable way!



## STEP 3: SIMPLE MEAL IDEAS

### INCLUDE PRE AND PROBIOTICS INTO YOUR DAY

Have a broth-based meal or drink, and probiotics with lots of healthy fats is a killer combo to repair microbiome and nourish neurons in the brain. Considering your brain is mostly made up of fat, it absolutely needs this to thrive!

Current peer reviewed science has shown just how important fats, and probiotic rich foods are in preventing and treating mental illness, neural diseases and digestive illnesses.

Aiming for 2 big tablespoons of probiotic rich foods at least twice a day is actually the most effective way to increase the diversity of your microbiome and the health of your digestive system.

Sauerkraut, kimchi, miso, etc are all incredible sources.

Drinking or including a broth into meals like stews, soups, sauces, is mentally soothing, and aids in the production of gastric juices, strengthens intestinal lining, soothes the gut, and aids liver and kidney function (also what GLOW marine collagen does).

Choose organic bone broth from high-quality organic animals or an organic vegetable broth, and add some vegetables and protein (like eggs), for a filling, gut-friendly, energising meal. Salads and keto friendly meals full of good fats such as avocado, coconut cream, are also a healthy way to fuel your body and mind for the afternoon, without causing fatigue or a spike and drop in blood sugar levels. Great for diabetics.

### 6. Snack between meals.

If you're feeling peckish, stock up on almonds or pistachios, or cut up veggie sticks - celery and carrot dipped in avocado smash is a real filling and super tasty treat! Whole fruit is fine too! Never follow the GI, as it doesn't take into account fibre, fat and protein levels which affect how your body processes the sugar, instead follow the GL guide.



## STEP 4: FIBRE

Hunter-gatherer societies ate 200 grams of fiber daily, while we get 15 grams with a typical modern-day diet. Serious pre and probiotic deficiencies are epidemic and it's no wonder the rates of modern day diseases are on the rise.

For women, it's essential to have fibre to cleanse excess hormones from the liver. The best source of fibre is from complex carbohydrates, from ferment-able plant fibres, known as "prebiotics," which are likely to encourage the growth of good bacteria already present in the gut. Wholegrains are a big no no, they contain phytic acid, and are highly inflammatory.

Always stick to gluten free! GF pasta and rice in moderation, 1 to 3 times per week.

Endeavour to eat more cellulose fibres, present in the tough parts of veggies and fruit (think of broccoli stalks, the bottom of asparagus, kale stems, and orange pulp - all the valuable parts that we usually throw away) - easiest consumed in smoothies.

The following foods are especially rich in prebiotics so try to ensure they are present in as many meals as possible each day:

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

Try to include at least one serving (extra credit for two or three!) of prebiotic food in your dinner. Try sweet potato mash, a lentil soup or dahl, or a beetroot and asparagus salad. so many ideas out at your fingertips thanks to google!



## STEP 5: MOVE, MEDITATE & BREATHE

### MINIMISE STRESS & MOVE

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. You can do all the right things, but if you don't get a handle on stress levels, it's all in vain and wont work.

Exercise is a fantastic way to boost happy endorphins and as we all know reduce stress. It is essential for all areas of health. Try joining your local yoga studio, gym, hiit, pool, what ever kind of physical activity YOU enjoy and need to de-stress and stay fit and healthy. it is also essential for treating and preventing mental illness & eliminate toxins via sweat.

### 9. MEDITATE EVERY NIGHT, READ & SLEEP WELL

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.

Shutting off screens, reading and/or meditating before you sleep, or falling asleep to a guided meditation or sound therapy, has been shown to be one of the most powerful natural tools to reduce stress, anxiety and depression.

It activates new pathways in the brain, helping to eliminate old unhelpful pathways that don't serve you anymore. Read up on the science. We recommend Jason Stephenson, Progressive Hypnosis, Michael Sealey, 432 hertz frequency, Trigram Healing, Headspace/CALM app, Deepak Chopra, Abraham Hicks and much more.

At the end of each day heck in with how you are feeling. writing this down in a journal also helps to heal old traumas that may be causing cold unhealthy patterns to repeat subconsciously .



## STEP 6: INFLAMMATION ELIMINATION

Over the last 100 years, with the industrialization of our food supply, our diet has changed dramatically. This highly processed, chemical ridden, high-sugar, high-trans 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 are because they trigger inflammatory responses in our body and create havoc on our immune system, which shows in our skin.

It's well documented that inflammation triggers cells to clog pores, leading to acne and skin flare-ups.

Sugar, fried foods, refined carbohydrates (gluten), dairy, and trans 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, and body, especially if your previous diet was high in processed foods, sugar, and saturated fats.

### PROTEIN

We recommend eating grass fed, organic or regeneratively farmed, free range meats, (already softened in stews, soups or sauces to aid digestion) 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 and antibiotics. They have been linked to higher overall cortisol levels and higher cortisol levels can mean higher testosterone and oestrogen or progesterone levels, which potentially lead to acne, and skin inflammation.

SUBSTITUTES: If you're not a meat eater, try sustainably sourced fish, organic tofu, beans and mushrooms - DETOX Elixir is also essential as it contains more protein than red meat!



## PROCESSED CARBS & AGING

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, like pasta, cakes or bread, the sugar molecules become “co-dependent” and attach themselves to proteins such as collagen.

When sugar molecules latch onto collagen molecules, 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 GLOW collagen formulas to begin repairing a lifetime of damage!

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 (carbs)—will lead to a decrease in acne, wrinkles, fat, 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, this is why reading labels is so important - always look out for words like high fructose corn syrup, table sugar, cane sugar, and glucose-fructose (just to name a few).

**SUBSTITUTES:** For sugar, use stevia or raw honey. For breads use gluten free sourdough, for pasta, try pulse or gf pastas. Zucchini pasta and eggplant lasagnes are a hit too.

Replace cow dairy with organic coconut milk.



## SUMMARY

As with any natural treatments and long-term lifestyle changes, there are no quick fixes. But use these steps towards healing your gut now, to prevent disease in the future.

Give it time, and have a little faith. Nature always works.

- Reduce or remove wheat, rice, spelt and soy as they are all high in lectins
- NO GMO. GMO foods tend to be high in lectins, since they have been modified to fight off bugs. Lectins stop the absorption of essential vitamins and minerals in the body.
- NO grains containing gluten - 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.
- Cows milk, particularly the protein A1 casein - our bodies can't digest casein, full stop.
  - NO sugar, as it feeds the growth of yeast, candida and bad bacteria.
  - NO Artificial colours and sweeteners as they kill off good bacteria in the gut

REPLACE with gut healing foods that alkalise and reduce inflammation

- Raw cultured non-dairy dairy; these contain probiotics and short chain fatty acids that help heal your gut. Some of the best suggestions are pastured kefir, coconut yoghurt butter and raw cheese.
- Fermented vegetables; these contain organic acids to balance intestinal pH and probiotics that support the gut, eg: sauerkraut, kimchi and kvass.
- Coconut products: all coconut products are especially good for your gut. The medium chain fatty acids in coconut are easier to digest than other fats so they work well for leaky gut. Some suggestions include coconut kefir, coconut milk and coconut water.
- Sprouted seeds: these are a great source of fibre to support the growth of beneficial bacteria. EG: chia seeds, hemp seeds and flaxseeds. If you suffer from severe leaky gut getting your fibre from steamed vegetables and fruit would be a good start.
- Healthy fats; like avocado, ghee, coconut oil and egg yolks are easy on your gut and promote healing.
- Omega-3 fats; consuming foods rich in omega 3 like wild caught fish, such as salmon, have an anti-inflammatory effect and are easier on the digestive system than red meats.

# IMMUNE BOOST, LENTIL MUSHROOM STEW

## INGREDIENTS

- 454g 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) OR 300g diced organic grass fed meat
- 480-720 ml vegetable broth
- 16 g tomato paste (optional)
- 6 tsp mashed potatoes
- Fresh chopped parsley
- Vegan Parmesan Cheese
- Edible Earth CALM 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 meat and brown.
- 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.





# ANTI-AGING, VEGAN MINISTRONE

## INGREDIENTS

- 30ml water (or butter / oil)
- 1 small white or yellow onion (diced)
- 2 cloves garlic\* (minced)
- 120g carrots (peeled and sliced into thin rounds or diced)
- 150g green beans (trimmed and roughly chopped)
- 1/4 tsp each sea salt & black pepper (plus more to taste)
- 196g zucchini sliced or cubed
- 425g can diced or whole tomatoes
- 1440 ml vegetable broth ([DIY](#) or store-bought)
- 5 leaves basil
- 2 sprigs oregano
- 3g [nutritional yeast](#)
- 1 pinch red chilli pepper flake (optional)
- 425 g can white beans or chickpeas (rinsed + drained)
- 224 g gluten-free pasta spirals\* (I like San Remo 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 colour.
- 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. I added more 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 flavours 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 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.



# ANTI-AGING, KETO THAI GREEN CURRY

## INGREDIENTS

- Thai green curry paste (any Thai green curry paste will do, Valcom is our favourite brand!)
- 400g coconut milk or cream
- 1x brown onion, diced
- Any chicken, vegetable or beef stock - 1 or 2 cubes
- 250g Mushrooms
- 200g Green beans
- 1x zucchini
- Red or green capsicum
- Handful Spinach leaves
- Cauliflower (optional) OR 300g chicken breast
- Edible Earth GLOW Collagen powder

## METHOD

- Use any plant oil, or butter and fry onion until soft
- Add onion, soften
- add chicken, brown
- Add green curry paste and cook for another 5-10 minutes.
- add vegetables and stock and cook for 5 minutes, until soft
- Reduce to simmer, once vegetables are cooked add can of coconut milk or cream, ensure not boiling or it will curdle.
- Add your favourite Edible Earth GLOW Collagen powder
- Serve with rice, quinoa or mashed potato



# NONNAS ANTI-AGING GF SPAG BOG

## INGREDIENTS

- 4-5 cloves of garlic, minced or finely diced
- 1 small onion, diced
- 400g diced meat or mince - regenerative farmed or grass fed organic
- 1 can tomato paste
- 2 cans whole tomatoes (400ml each)
- 1 jar of tomato passatta, I love mutti or leggos rustic passatta
- 1 cup double strength beef, vegetable or chicken stock
- 200g sliced Mushrooms
- 1 carrot, finely diced
- 1 small celery stalk, finely diced
- Basil and parsley (optional and fresh)
- Parmesan cheese (optional)
- Add 2 tablespoons of GLOW 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 meat, brown
- Add tomato paste stir and cook for a few minutes.
- Add stock, basil, parsley, cook for a few minutes.
- Add can tomatoes, squash and cook for a few minutes
- Add passatta and generous sprinkle of salt and pepper.
- Bring to boil then simmer for 30 minutes (the longer simmer the better it tastes).
- Add parmesan and collagen
- Cook gf pasta (or serve on zucchini, eggplant or mash potato)
- Stir sauce into pasta, add extra on top
- Sprinkle more parmesan if required

Buon appetito!



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



# 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!



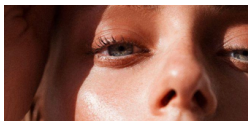
## THE HEALTHY WEIGHT LOSS BIBLE



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



## BOOST YOUR IMMUNITY THE EDIBLE EARTH WAY



## TREATING DEPRESSION & ANXIETY HOLISTICALLY



## CLINICALLY PROVEN WAYS TO PREVENT & REPAIR CELLULITE



## Enjoy the journey!

Give yourself a big pat on the back for committing to a healthier, happier more vibrant you. You're now 1 of over 40,000 Australians who have downloaded our FREE nutritional e-book! And over 17,000 Glow Girls, who enjoy our GLOW Elixirs daily!

It takes commitment and dedication to undergo any kind of physical or emotional transformation, so remember we need to feel a bit yucky before we can feel amazing again!

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 don't go the distance.

You are repairing and rejuvenating your complex body that has a lifetime of damage, so be consistent, patient, and have faith in nature's healing process. Know that your body is being supported by the absolute best bio-active, premium ingredients on the planet, and that it needs to heal and regenerate from within.

Above all, please 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, and we are here for YOU!

This knowledge is priceless and empowers you to take control of your health and life again, so you can pay it forward to loved ones to break unhealthy generational cycles. How exciting to be part of the sustainable wellness revolution and the future of holistic health and beauty.

Goodluck beautiful, you've got this! ❤️

Love 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.

Each order helps us support charities who invest in cancer research, reforestation, regenerative farming and mental health community events.

"If we heal ourselves, we heal the world"

See whats happening behind the scenes

Instagram: @\_\_edible\_earth

Facebook: @edibleEARTHau

Tik Tok: @edibleearthAustralia

[www.edibleearth.com.au](http://www.edibleearth.com.au)

AS SEEN IN:

AUSTRALIAN  
**Women's Health**

**Woman's Day**

**WellBeing**

**Be-YOU-t  
AWARDS**

**Prevention**

**NOMADE**  
BUSINESS & TRAVEL FOR BODY, MIND & SOUL MAGAZINE



EDIBLE

Earth



*"every woman deserves to feel beautiful"*

