



WEIGHT CONTROL, HEALTH AND ENERGY SHAKE

Breakfast is the most important meal of the day. It is vitally important that your body have adequate supplies of protein and necessary minerals to get you started in a healthy, vibrant mode. Nothing is worse than to race your insulin production by eating doughnuts, sweet rolls, pancakes drenched in syrup, white toast with jelly, and coffee. This is the typical American breakfast that accounts for the fact that many people don't have energy by 10:00

or 11:00 in the morning, and they are also falling asleep after lunch due to sugar issues. In the process of this, a number of ailments, not the least of which is adult onset diabetes because of a diet that is filled with simple carbohydrates derived from white flour and sugar, and caffeine. This powerhouse shake is delicious, refreshing, and filled with energy-producing nutrients. Here's how to make it:

POWER HOUSE SHAKE:

8 - 12 ounces of Rice Beverage
(water, SoyMilk, Almond Drinks, other fruit juices, low-fat or skim milk can be substituted)
1 Scoop NOW Whey Protein
(High Quality and Great Tasting)
2 tablespoons (or more) soy lecithin
1 tablespoon of a Complex Fiber
(Nature's Three works best and taste great)

1 tablespoon Flaxseed Meal
(or, Flaxseed Oil)
1 teaspoon Brewers Yeast
(Nutritional Yeast)
4 - 5 ice cubes
(optional, use for a colder shake)

Combine the above ingredients in a shaker cub, shake or mix with a spoon. If using ice cubes, use a standard blender and blend until the shake is smooth and the ice cubes are crushed.

Optional ingredients you can add:

1 tablespoon of Ultimate GreenZone (Strong Phytonutrients and blood purifiers)
1 teaspoon Creatine (5 grams), Creatine is intended to be used by those individuals who are engaged in strenuous physical activity and training. Individuals under the age of 18 years should not use Creatine. (if you add Creatine, remember you need to drink at least 8 oz. Of water in addition to your shake).

Disclaimer: Consult with your physician before starting this or any new health regimen or supplement program, especially if you have allergies to any of the listed or related products, or are under the care of a physician or other medical professional, or have any other health problems. No specific health benefit is implied or promised from this recipe.

BENEFITS OF POWERHOUSE SHAKE:

Rice Beverage:

- Does not cause mucus like milk.
- Adds a creamer taste to the entire drink.

NOW Whey Protein:

- Great for building and maintaining muscles.
- Helps stabilize sugar levels.
- Suppresses hunger and encourages fat burning.
- Nothing artificial and it is the Best Tasting on Market, Bar-none.

Lecithin:

- Protect sheath around cells. Helps lower cholesterol.
- Rich in Choline, helps body to emulsify and burn fat.
- Suppresses hunger. Improves brain function.
- Contains the valuable fish-oil-like, omega-3 "linolenic acid."

Complex Fiber (Nature's Three):

- Fills you up and keeps hunger at bay.
- Soluble and Insoluble fibers. Helps control cholesterol.
- Helps keep bowels moving regularly.

Flaxseed Meal:

- Rich in Omega 3, 6, and 9's.
- High in Fiber to help keep hunger down.
- Great for skin, memory, joints, and hormone balancing.

Brewers Yeast:

- High in Chromium, a natural mineral sugar suppresser.
- High in all trace minerals and great source of B-Complex vitamins.
- Brewers Yeast is considered a "Nutritional Yeast."

Ultimate GreenZone:

- Helps clean the blood naturally.
- Helps your body balance pH levels for optimal health.
- Contains phytonutrients that support a healthy body.

Creatine:

- Enhances athletic performance. Great for muscles recovery time.
- Helps you to run faster, jump higher and lift more weight.
- Use only if you are working out.