



PURETRIM SHAKES

I personally endorse and use these shakes regularly as part of my daily nutrition program. Never a great breakfast eater, I find that these really delicious shakes are great for insuring adequate nutrition in those who do not feel like a big breakfast.

While these wonderful shakes are to be used as part of a good weight loss program, I am particularly impressed with the lovely quality of the vegetable and mineral ingredients. (no dairy, no soy, no whey). Studies have shown that soy and whey may not be healthy for everyone. I love the fact that the shakes include stress relieving natural extracts of plants, digestive aids such as prebiotics, trace minerals blends, fatty acid blends, vegetable greens and skin improving blends. I do not think I have yet seen such a well thought out combination of ingredients in either a weight loss shake or other nutritional product. **There are many uses for these nutritional shakes and I mention these at the end of this article.** For chronic benefits, do as I do and incorporate one shake daily with added fruit into your eating plan. I also add one teaspoon of Udo's Oil to the blend for added help to keep my hair and nails in good shape.

The shakes are so versatile that there are many ways to get benefits from this product. (See below for Other Healthy Uses & Suggestions for these shakes)

HOW TO USE PURETRIM SHAKES FOR WEIGHT LOSS

1. For the **Weight Loss Program**, take two shakes daily (breakfast & lunch) diluted and blended with pure water (10 ounces for a thick shake, 12 ounces for thinner) and to which may be added ½ banana, or ½ cup of blueberries, strawberries etc. Add several ice cubes to blend and add a chill.
2. The main meal of the day should include protein such as fish, chicken or lean beef (or a good vegetable protein such as lentils and beans for vegetarians) plus ½ a large plate of mixed salad and ¼ of the plate consisting of your favorite frozen or fresh vegetables. You may have two other fruits daily as snacks.
3. Drink fresh pure water (to which may be added lemon or lime juice). Our tastes for water vary so if you can drink 6-8 glasses daily do so, but if not, do the best you can.
4. Exercise in some form daily from a vigorous daily walk for ½ to one hour to begin working up to 5 times weekly of one hours daily of aerobic activity alternating with one hour of weights the next day, such as any exercise club would provide. The other two days should be spent resting or doing some non-aerobic form of exercise such as yoga, meditation, pilates, tai chi etc.

NUTRITIONAL INFORMATION

(Listed in the Canadian Compendium of Pharmaceuticals and Specialties.)

CALORIES: 225 PER SHAKE

TOTAL FAT: 8 GRAMS

TOTAL CARBOHYDRATE: 20.5 GRAMS (SUGARS 1.5 GR., FIBER 7 GR.)

PROTEIN : 21 GRAMS

VITAMINS: A,C,D,E, THIAMIN, RIBOFLAVIN, NIACIN, B6, FOLATE, B12, BIOTIN, PANTOTHENIC ACID, CALCIUM (FROM GREENPLANTS, SESAME SEEDS, KALE LEAF, SPINACH LEAF), PHOSPHORUS, IODINE, MAGNESIUM, ZINC, SELENIUM, COPPER, MANGANESE, CHROMIUM BOLYBEDENUM, SODIUM (250 MG), POTASSIUM 375 MG.

INGREDIENTS

PROTEIN COMPLEX (Non GMO Vegetable Pea & Brown Rice Protein)

MEDITERANEAN ESSENTIAL FATTY ACID BLEND Omega 3/6, Safflower oil, almond oil, flaxseed oil grape seed oil, olive oil, sesame seed oil.

PREBIOTIC & ENZYME BLEND Fibersol II (soluble fiber glucose polymer complex), bromelain, guar gum, gum acacia, inulin, lipase, protease.

MEDITERANEAN SKIN & DIGESTION BLEND: Olive leaf extract, artichoke leaf extract, grape leaf extract, pomegranate fruit extract.

IONIC PLANT TRACE MINERAL BLEND: from ocean plants

ANTI-STRESS & ENERGY BLEND: Green tea leaf extract, passionflower, cinnamon twig extract, greater galangal root extract, American ginseng root extract, apple pectin, cayenne fruit, chamomile flower, citrus pectin, jujube fruit, lemon balm leaf, licorice root extract, Asian ginseng root extract, peppermint leaf, rhodiola root extract.

SKIN & DIGESTION BLEND: olive leaf extract, artichoke leaf extract, grape leaf, pomegranate fruit extract.

SUPER GREENS BLEND: Alfalfa leaf, asparagus spear extract, barley grass, bitter melon, broccoli floret, cabbage leaf, cauliflower floret, mate leaf, chlorella, mustard seed, nettle leaf, spirulina, gum blend, sea salt, silica, stevia leaf extract, sodium phosphate.

OTHER HEALTHY USES FOR PURE TRIM SHAKES

FOR TEMPORARY ASSISTANCE WITH A VARIETY OF HEALTH CONDITIONS

1. **RECOVERY:** When recovering from any illness to improve digestion, provide nutrients and give an energy boost. (I recommend one to two shakes per day plus one healthy main meal until feeling stronger).
2. **SKIN CARE:** To improve skin conditions (acne,eczema, psoriasis etc) by the addition of fatty acids, and skin nutrients such as Silica as well as by improving elimination.

3. **ELDERLY:** For elderly patients who do not seem to have the same appetite and are going without meals. These shakes are chock full of nutrients and are very easy to digest due the inclusion of vegetable proteins such as brown rice and peas which are gentler to digest than animal meats.
4. **FASTING:** When contemplating a change in eating to healthier foods while feeling the need to do a form of fast which is not just juice based. The shakes are so easy to digest and encourage regularity in bowel function. (Two shakes per day plus vegetable soups for dinner & snacks for one week to 10 days.)
5. **DETOXIFICATION:** The chronically congested state of our bowels necessitates our taking a break from our usual eating habits especially at the change of seasons and just doing a cleanse. (I recommend one PureTrim shake daily along with a Homeopathic Liver and Kidney cleanse for one month.)
6. **CHRONIC CONSTIPATION:** This **PureTrim** blend of digestive enzymes & fiber encourages proper elimination. Combine the use of **one Pure Trim shake daily** with one to two capsules of **EXPERIENCE** (read more in the Products section of my Health Shoppe) at bedtime for one week. The other two meals should be light such as mixed salads with one palm size serving of protein such as fish or chicken. If you are a vegetarian, please pay close attention to correct uses and balances of vegetable proteins, (lentils, tofu, beans etc.) and carbohydrates. Separate the intake of protein and carbs (such as pasta) to improve digestion. Take proteins with vegetables and salads and carbs & salads or vegetables not carbs and proteins. Increase your daily intake of water to aid the body's elimination and to soften the stool.

TO PURCHASE, VISIT MY **HEALTH SHOPPE** AT
WWW.OMEGA.AWARENESSLIFE.COM.

CAUTION:

Please do not use these products if you are pregnant, nursing, or on high blood pressure/heart medications as some herbal ingredients in these preparations may be contraindicated. Follow the advice of your healthcare professional if using conventional medications.