

ALFALFA

A great alkalizer of the body

High in chlorophyll, helps rejuvenate the blood

Infection fighter and acts as a natural deodorant

High in minerals and trace minerals

Pulls mucus out of the tissues

Helps with addiction

BUCKWHEAT GROATS

Sprouted buckwheat is a standout ingredient for those looking to enhance their digestive wellness. Its rich fiber content plays a pivotal role in ensuring smooth digestion, acting as a bulwark against constipation and promoting regularity in bowel movements.

Studies indicate that people who regularly eat buckwheat products have lower cholesterol, triglycerides, and blood glucose levels. By helping to manage these risk factors, a diet rich in buckwheat helps to reduce your chances of developing cardiovascular disease

Sprouted buckwheat is an amazing food because it tastes like a grain but is actually gluten and wheat free and not a grain at all. It is one of the most complete sources of protein on the planet, containing all eight essential amino acids. This makes it perfect for diabetics and those who want to cut down on their sugary carbohydrates and to balance their blood sugar levels. It is also known to lower high blood pressure.

Sprouted buckwheat also cleanses the colon and alkalizes the body. Buckwheat is a wonderful super food for people who have varicose veins or

hardening of the arteries. One of the reasons is that it is full of rutin, which is a compound that is known as a powerful capillary wall strengthener. When veins become weak, blood and fluids accumulate and leak into nearby tissues, which may cause varicose veins or hemorrhoids.

Buckwheat is high in iron so it is a good blood builder. It also prevents osteoporosis because of its high boron and calcium levels. Sprouted buckwheat is high in bio-flavonoids and co-enzyme Q10. It contains all of the B vitamins, magnesium, manganese, and selenium, as well as many other health giving compounds

CHIA SEEDS

Despite their tiny size, chia seeds are highly nutritious. They're packed with fiber, protein, omega-3 fatty acids, and various micronutrients.

Chia seeds are high in antioxidants. These compounds help protect the seed's delicate fats while also offering health benefits to humans.

Chia seeds are high in several nutrients that are important for bone health, including: **Calcium, Phosphorous, and Magnesium**