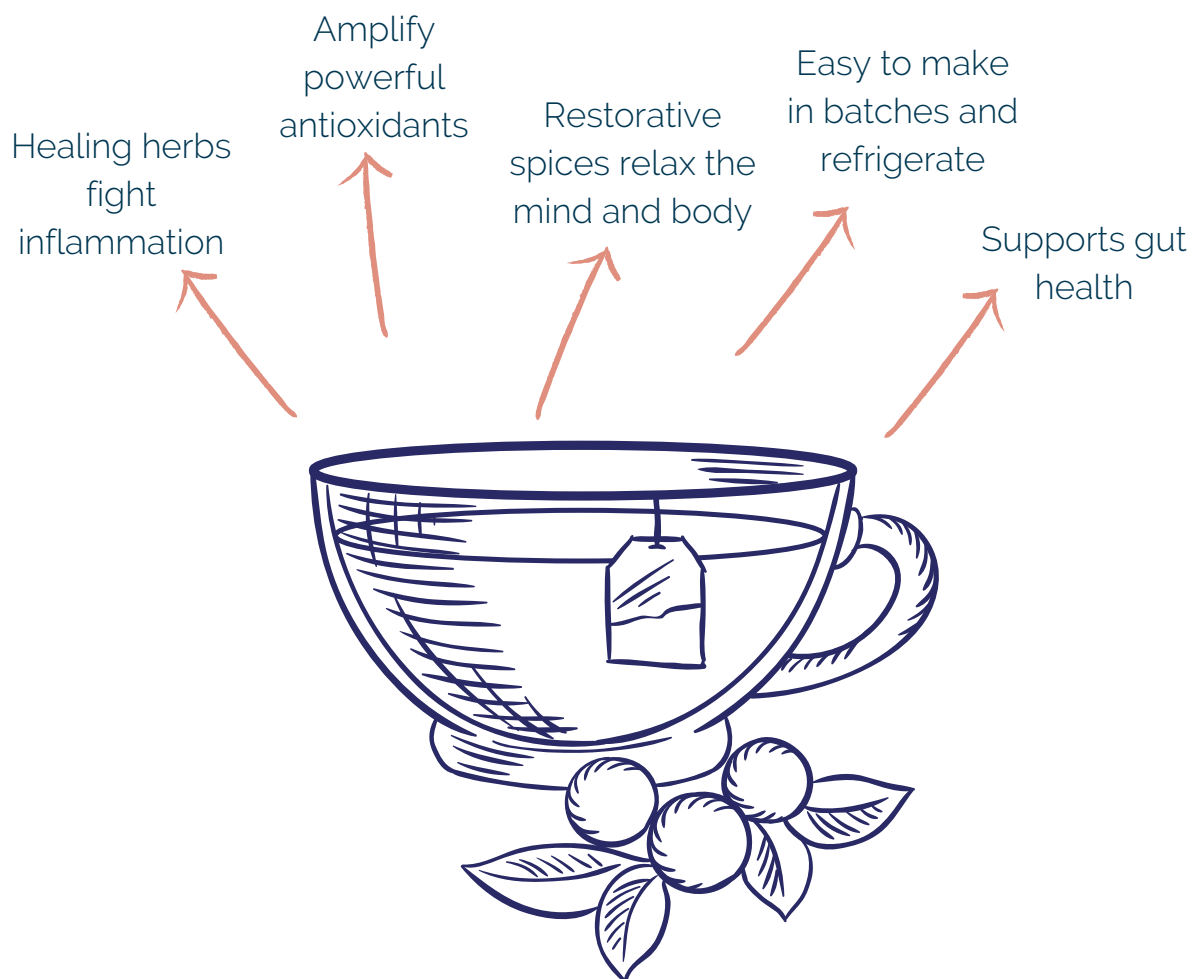


Power Beverage Blueprint + Starter Kit

My signature Power Beverages help you to maximize your anti-inflammatory and cancer fighting potential sip by sip, while bringing a little mixology fun.

I've provided my Top 3 Essential Power Beverages that will really help get you going. Aim to drink a minimum of 2 daily to boost your overall results.





Rachel's Anti-Cancer De-Bloat Tonic

Here is my signature AM riser power beverage – drink it first thing (or anytime, really!) to jumpstart your system. This refreshing beverage features fennel (with its 87 different phytochemicals), parsley, and dandelion leaves, all of which help flush excess water from your system for a quick debloat fix.

Turmeric, ginger, and spices also power up the anti-inflammatory and antioxidant power in this invigorating AM (or anytime) beverage. Make a big batch and drink it hot or chilled for an instant wake-me-up!

Ingredients:

- 2-inch Turmeric Root (peeled and sliced into rounds)
- 2-inch Ginger Root (peeled and sliced into rounds)
- 1 tsp Morning Boost Spice Blend
- Lemon (sliced)
- Parsley or Dandelion Leaves (handful)
- 2 bags Fennel Tea (or 2 teaspoons fennel seeds)
- 8 cups Water

Method:

In a medium saucepan over low heat, combine the turmeric, ginger, spice blend, lemon slices, herbs, fennel tea bag (or seeds, if using), and 8 cups of water. Bring to a boil and then simmer for 8 to 10 minutes until the spices are fragrant.

Strain, if desired, and pour into mugs. The tea can also be stored in airtight containers in the fridge for up to 3 days. You can enjoy chilled or reheated.

Quick Fix Anti-Cancer De-Bloat Tonic

When you don't have time to make the original 'Anti-Cancer De-Bloat Tonic' -- steep this for a quick alternative! The fennel and dandelion do wonders to debloat your belly, and the turmeric-ginger combo is a nice anti-inflammatory enhancement.

Ingredients:

- 1 Dandelion and/or Fennel Tea Bag
- 1 Turmeric-Ginger Tea Bag
- 1/8 tsp Morning Boost Nutrition Blend

Method:

Steep tea bags for 5 minutes

Stir in morning boost power spicing blend and enjoy.





Golden Matcha Latte

If you're looking for a delicious spin on cancer risk reduction, you'll love my SIMPLE yet powerful Golden Matcha Latte! It's a soothing upgrade to your morning beverage routine, loaded with anti-cancer properties, and brings in some amazing spice synergy.

Some fun facts on the nutritional power of the spice combos:

Matcha + cacao = Together these may have increased cancer-fighting properties, possibly because cacao helps the body absorb the major antioxidant EGCG found in matcha.

Turmeric + cacao = Cacao contains the antioxidant quercetin, which increases the absorption of turmeric's potent anti-inflammatory and anti-cancer compound called curcumin.

What better way to pick up your day!

Ingredients:

- 1 tsp Golden Breakfast Blend
- ½ tsp Matcha
- 1 cup plant milk
- 1 tsp date syrup (optional)

Method:

Stir ingredients into warm plant-based milk with a spoon or a hand frother for a smoother blended feel.

Bedtime Recovery Tea

My patients love this comforting brew and I'm positive you will too. This soothing tonic features tart cherry juice, which some research suggests is able to reduce joint/muscle pain and decrease inflammation.

Anti-inflammatory and immune-enhancing superstars turmeric, ginger, and cinnamon add a soothing fragrance and flavor that will warm up your entire home. Get ready for a comforting way to a recovery-filled rest!

Ingredients:

- 2 bags chamomile tea
- 1/4 tsp ground turmeric
- 1/4 tsp ground ginger
- 1 tsp Ceylon cinnamon
- 1/2 cup tart cherry juice
- 1 tsp raw honey (optional, to taste)

Power tip: Double recipe and keep in refrigerator for 2-3 days.

Method:

In a small saucepan, bring cherry juice and 2 cups of water to a boil over medium heat.

Remove from heat and stir in spices. Add tea bags, cover, and steep for 3-5 minutes.

Remove tea bags, pour into mugs, and serve with honey if desired.





Green Power Smoothie

Anyone in the mood for some greens? This green power smoothie is essentially a classic Beller basic smoothie but the difference-maker is in the watercress/broccoli sprouts.

The CDC has ranked watercress the #1 nutrient-dense vegetable and is rich in indole-3-carbinol, a phytochemical that may help fight breast cancer.

If you're thinking of adding broccoli sprouts, adding 1 tablespoon contains as much sulforaphane (a cancer-fighting phytochemical) as 1 pound of mature broccoli! It's a powerful thing to think about, how so little can go such a long way.

Ingredients:

- 1.5 cups plant based milk
- 1 banana, frozen (greenish = more resistant starch)
- 1-2 tbsp watercress or broccoli sprouts
- 1 tablespoon chia seeds (fiber/ omega 3's)

Method:

Blend all the ingredients in a blender until smooth.

Pomegranate Mocktail

If pomegranate seeds were people, they'd be the life of any party. That said, they definitely have a place in this mocktail. Pomegranate seeds are rich in puniic acid which emerging research suggests may have cancer-protective properties. Even better, pomegranates pack powerful antioxidant and anti-inflammatory properties. So party hearty, pomegranate! You've earned it!

Ingredients:

- 2 oz pomegranate juice
- ¼ lime wedge (plus extra for garnish)
- 6-8 mint leaves
- 1 cup soda water

Method:

Fill an 8-10 ounce glass halfway full with ice. Add pomegranate and lime juice. Stir well.

Rub mint leaves together in your hands to release the scent and add to the glass.

Pour soda water over the juice mixture.

Garnish with additional mint and lime wedges.



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YOU'RE INVITED

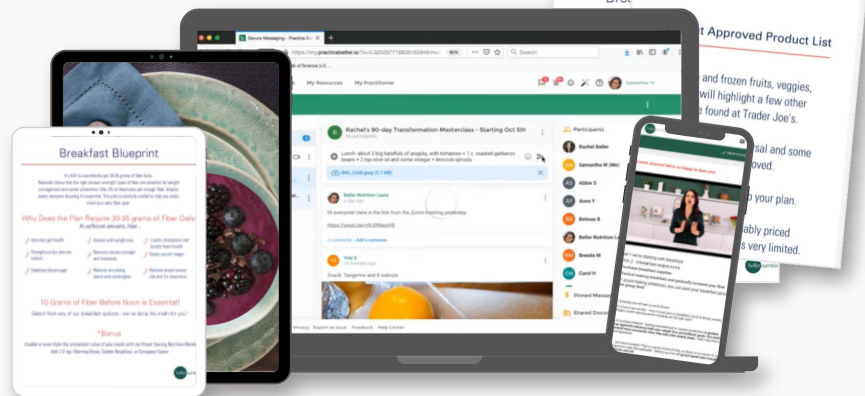
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