

# **Welcome to the “Why-Eat-Just-Food- When-You-Can-Eat-SUPER-Food Co-Op!”**

*Hello fellow people who want to feel good ALL the time.! Hello my friends who love clean living and health and endless energy and vitality! Greetings passionate people who want to be here on earth to share and celebrate life for as LOOOOOOONG as they possibly can be!*

My life purpose and quest for all of the things above has lead in many directions on all planes of existence at various times. For several years now, I've been working on using nutrition and the forces of nature in food to fit another piece of the vibrant health and incredible energy picture. I've discovered SUPERfoods! Whole, organic, unprocessed, raw and untouched by man, food that has the potential to take our health and energy to the next level...

**I've been looking into this for a while now and the bottom line is, it's REALLY expensive to eat superfoods every day. I no longer want to pay through the nose for the privilege of eating the best food on earth and so want to get a some of you fellow passionate folk together to form a co-op where we can pool resources and buy in bulk wholesale.**

This document outlines prices I've sourced from wholesale outlets and the minimum orders we need to make to be eligible for the discount. I've also included a 10% postage and handling charge and anticipate taking care of delivery for each of you as I see you all on a regular basis. Most health food retailers work on a mark up o 60% - 80% and it is this that we can avoid by forming a co-op.

I've also included a bit of info about the Superfoods we use almost every day and some online resources for more information. Superfoods mix well together or are great by themselves and like everything, there uses are only limited by our imaginations. There are many, many more superfoods available and the ones you decide to integrate into your diet is your choice entirely. You could use just one superfood or all of them! Whatever makes your body and tastebuds dance I reckon!

# How to Use Superfoods

Superfoods are foods so there is no recommended dosage or minimum requirement that you must get into you every day - it entirely depends on what you enjoy and what makes you feel the best. Superfoods are also just like regular food in that you can eat too much of them - just like you can eat too many bananas or prunes or too much curry. How much you can eat of the superfoods depends on your individual body. As a general guideline, start with smaller amounts and work your way up.

*Superfoods are so packed with nutrition that they may go straight through you at first causing a few loose bowel movements. This should pass relatively quickly but if it doesn't, stop for a couple of days and halve the amount you are using. So, if you're having 4 big tablespoons of maca in your smoothies (YUM! I could SO do this coz I LOVE maca!) cut it down to 2 tablespoons and see how your body responds. Like any new thing you add to your diet or take away - you will experience changes on many levels. Some folk go through a few detox symptoms for a couple of days while others don't notice anything apart from more energy. Your body will always take what it needs from what you give and this is about providing the BEST food possible for it to do so.*

I use superfoods for their density of nutrition and general yumminess. I've found that using whole foods like superfoods entirely replaces the need for *any* kind of supplementation from synthetic vitamins, minerals and oils. Superfoods, being direct from nature are superior in every way to manmade and processed nutrients. You may still choose to use a few supplements but I encourage experimentation - you may not need them with regular superfoods in your diet.

As a general rule, it's always best to give our bodies a bit of a break from nutrient dense foods and supplements and herbs we may be taking - we tend to get a bit lazy otherwise and bit too used these substances. So look at having superfoods every day for 4 - 6 weeks then take one week off all superfoods / supplements entirely. You can also use another time schedule that fits your life based on the time on / time off model.

# Pricing & Ordering

Superfood	Health Food Store price / kg	Wholesale price / kg	Minimum wholesale order
*Cacao	\$39 - \$49	\$20	1 kg
*Cacao Beans	\$39 - \$49	\$25	1 kg
*Goji Berries	\$35 - \$40	\$31.20	1 kg
*Maca	\$95	\$25	1 kg
Bee Pollen	\$70	\$25	1 kg
Agave	\$10 - \$15	\$4.30 per bottle	250 mL x 6 bottles
Cacao Butter	\$147.40	\$20 (!!!!)	1 kg
**Supergreens	\$60 - \$65 / 500g	\$38 / 500g	500g x 6
	\$30 - \$40 / 200g	\$16.80 / 200g	200g

\* the minimum order from the company that supplies all of these superfoods is \$200. You don't have to buy large amounts. However, if you buy small amounts like 250g or 500g - the price per kg is MUCH more expensive. Buying by the kilo is definitely the most economical way. **For example, 1 kg of cacao powder is \$20 but 250g of cacao powder works out to \$32.20 / kg.**

\*\*500g x 6 is the minimum order amount from this company in South Australia and my preferred way of buying as it's significantly cheaper. However, we can get 220g Supergreens from a supplier on the Gold Coast with no minimum. Timing just depends on when I can pick them up directly.

***All products are 100% Certified Organic - and fair trade wherever possible.  
These are the best quality superfood products I've come across.  
If there's another superfood or product you are interested in buying wholesale,  
let me know as the companies I have accounts with may carry  
those products and we can place an order for them at the same time.***

**Please note:**

**There is an additional 10% postage and handling fee with each order.**

To make an order simply call me on 5533 5930 or email me at [susan@susanliving.com](mailto:susan@susanliving.com). I will then invoice you via email with the final amount and organise pick up/delivery details. At this stage, I'm picturing making an order every month or so and will send out an email to you to receive your order when the time arrives.

Payment to be finalised prior to each order by direct debit to:

**BSB: 112 879  
Account: 002 698 895**

# The Superfoods

Below is a bit about each one of the superfoods in the table. I've attempted to give an overall picture of what makes the food so incredible in our body and a little about how we can use them.

I've also attached separately, a document detailing the acai berry - one of the most powerful antioxidants in the world. I didn't include it in our list (although I can get it wholesale) simply because it's like gold at \$115 per kg wholesale!!! The minimum order is 5 kg so I can get it if enough of us want to pool resources. A serving of acai powder is about 3 g or one teaspoon. 2 teaspoons a day is recommended so 1 kg or even 500g would last quite a while. If you are particular interested in this superfood, let me know!

The only recommended storage info I've come across is to store in a cool, dry place. Goji berries do need to be stored in glass or an airtight container as they absorb moisture from the air around them (this isn't necessarily a bad thing, it just changes the texture of the berries). If you're concerned about ants and other insects, you can certainly store your superfoods and nuts in the fridge. I store everything in glass jars in my pantry.

## Cacao - the food of the gods!

The stuff all chocolate is made from! I love chocolate - ALL chocolate and one of the most amazing things to me since I have started eating cacao regularly is how little I want the other stuff - it's seems pale in comparison and there is simply no desire to eat the processed, refined, sugared stuff at all! It doesn't taste anywhere NEAR as good as cacao! Use it like cocoa - make hot chocolate, roll it up in balls with dates and nuts, and of course, chocolate smoothies - yum! Sweeten it with honey or agave or maple syrup or stevia - whatever your taste buds prefer. I really like munching on the whole beans too with a raisin or dried apricot too.



### **Cacao is good for:**

increasing brain blood flow and enhancing brain function and well, everything really...

### **Cacao is the best natural food source for:**

- antioxidants (contains more than acai, goji berries, pomegranates, blueberries and red wine combined!)
- magnesium
- iron
- chromium

- manganese
- zinc
- copper
- vitamin C
- omega 6
- phenylethylamine
- anandamide (a cannabinoid endorphin - the bliss chemical! Probably why most of us like chocolate so much!)
- tryptophan
- serotonin
- fibre
- theobromine (this is very similar to caffeine chemically and what really gives you the lift in chocolate - much better for us)
- caffeine (a tiny amount)
- cardiovascular cleansing compounds

## Goji Berries - the fountain of youth!

Some people really dig just munching down on these - a handful a day is a good amount. Others, like me don't actually like the taste of them all that much that's why I just love em in smoothies! They also improve digestion when added to other foods so if you're cooking for example you could pop them in with rice or soups. You can also make a tea just by pouring boiling water of a spoonful in a mug. When soaked in water overnight, goji berries release some of their good stuff into the water so you can use this water in your smoothies along with the soaked berries or even just drink the water.



Goji berries act as an adaptogen in the human body meaning it does lots of therapeutic things and is known as the leading longevity food in the world! (The Chinese have been really into longevity for a long, long time and they've been using goji berries for millennia!)

### Goji berries:

- strengthen the immune system
- support the adrenal glands
- help the body deal more easily with stress
- increase strength, stamina, sexual energy and longevity
- increase alkalinity and vitality
- protect the liver
- improve eyesight
- improve the quality of our blood
- deliver anti-aging compounds - this is because it stimulates the production of human growth hormone which tends to decline as we age

- have tons of antioxidants and iron too
- support brain and neurological health and cardiovascular health too

## **Maca - the aphrodisiac of the Andes!**

Maca is a root vegetable, similar to sweet potato. It comes dried and powdered and ready to be added to smoothies by the handful or mixed with other superfoods or dried fruit. It's a powerful adaptogen and so helps our bodies and minds deal with stress better (and as you know, stress is impossible to avoid so it makes sense to strengthen our ability to deal with it). When you think of maca, think hormonal balance in both sexes and in people of all ages. Because of this hormonal effect, maca also benefits and supports out thyroid gland and the prostate gland in men. Maca increases blood oxygen (it is the highest growing crop on earth!) and is an incredible energy enhancer too.



### **Maca is known to improve the following conditions:**

- anemia
- chronic fatigue
- depression
- stress and tension
- infertility and sterility (in humans and animals)
- lack of libido
- malnutrition
- menopausal symptoms
- all menstrual disorders and discomfort including PMS
- poor memory
- stomach cancer
- tuberculosis
- Maca increases blood oxygen so creates more energy!

## **Bee Pollen - the athletes best friend!**

Honey and all bee related food has oodles of medicinal history and folk lore about their magical healing properties over thousands of years! I use raw honey every day and LOVE it - it's a very gentle sweetener in the body and is packed full of nutrition. Of all the bee foods - honey, propolis and royal jelly, bee pollen is the most complete and beneficial food - in fact, bee pollen is the most complete superfood found in nature as it has all 22 essential amino acids- it's a complete protein and for those of us who don't eat meat or eat only a little meat, this is really important (although it may not work for vegans).

Did you know, bees produce the ONLY food that will never spoil? That's gotta mean something good for our longevity! Bees are also the only insect that produces food for us humans - how cool is that!



Bee pollen is the pollen that bees collect when they fly out and about doing their thing on different flowers mixed with their own digestive juices. Basically, the bees arrive at a flower with pollen they've been busily collecting, spew up on it, collect it in their built-in pollen baskets and take it home to their hive to feed their kids. Beekeepers collect the bee pollen in a basket placed at the entrance of the bee hive. On returning to their hives, bees enter the hive through the 'pollen trap' placed by the beekeepers. The bee pollen is knocked from the bees' legs into the basket and is collected regularly by the beekeepers.

You can use bee pollen similar to all the other superfoods by adding spoonfuls to smoothies - it's FAR, FAR superior to any man-made protein supplement and much better for you! Gram for gram, it contains 5 - 7 times more protein than meat, eggs or cheese. Because the bees did all the hard work for us by pre-digesting it (bee spew), it's really, really easy for our bodies to put to use immediately.

**Bee pollen is best known to increase strength, energy, stamina, speed and endurance and allows one to recover much quicker from exercise.** Apparently, the British Royal Society has also reported adults who take it grow taller!!! The Swedish and Russian Olympic teams have been taking it for ages with great results too.

**Bee pollen is also good for:**

- antioxidants to neutralise damaging free radicals in the body
- improves fertility and libido
- reduces the production of histamine in the body so is excellent for anyone who experiences allergies
- awesome for the skin
- helps relieve (reverse?) type 2 diabetes
- sinus issues
- anemia
- asthma and bronchitis
- constipation and colitis

## **Supergreens - blood builder extraordinaire!**

I'm fascinated by all things green. I think green stuff does something incredible for our energy and body that nothing else we eat can do. Despite knowing this - I sometimes struggle to eat greens every day (which is one of the reasons why I love green smoothies! A very easy way to drink your greens!)

Supergreens are green. VERY green. Over the years I've taken at different times spirulina, chlorella, barley grass and wheat grass. I've tried em all! I'm not sure which one is the best - they most likely all are and I've chosen this Supergreen blend because it's a combination of all four of the very best vibrant young grasses and algae from our seas and lakes!

No doubt about it, I cannot lie - Supergreens don't taste all that good. Nonetheless, the health benefits are worth the minor discomfort I reckon. I'm also convinced that Supergreens can be combined in such a way in smoothies so that they can hardly be tasted or that it actually tastes good. Some people also make really good salad dressings from them too. Supergreens are so rich in nutrition that it's believed you could live on them alone for quite some time!



**Supergreens are a most excellent source of:**

- protein and the raw material our blood is made from - this balances brain chemistry as well as builds muscle and aids in strength and endurance.
- iron - as much as red meat
- chlorophyll - good for bouncy red blood cells and stem cells in our bone marrow too
- antioxidants - specifically the ones that increase life span, improve eye sight and purifies the blood
- immune system boosters - a powerful tonic that improves immune function in loads of studies on animals and humans
- Gamma-Linolenic Acid - found primarily in mother's breast milk and is the reason why breast-fed babies are so much healthier than bottle fed bubs. Spirulina is the richest plant source of this magical substance
- sulphur - assists in detoxification and in aiding our liver to do it's job. Spirulina can actually drag heavy metals out of our systems to be eliminated along with other chemicals from our modern way of living
- B12 - you non-meat eaters know how vital this is!

## Making a Superfood Smoothie

There are many superfood smoothie recipes available from raw food forums and websites. Have a trawl - you're guaranteed to find plenty of yummy, quick and easy recipes that contain superfoods.

The beauty of smoothies and superfoods is that you really can chuck anything you like in them - any fruit, any superfood or combination of superfoods, any milk or yoghurt if you like and my particular heart-throb, drinking coconuts (which are a superfood in an of themselves too.). There's no rules. Have fun and explore. Don't be afraid to experiment - use what your tastebuds like and enjoy - your smoothies HAVE to taste good to you.

My favourite smoothie is below. Chuck in a blender the following ingredients:

- 2 tbsp cacao
- 2 tbsp maca
- 1 tbsp of soaked gojis
- 1 cup of goji berry soaking water
- 1 tbsp acai (another superfood crammed full of antioxidants)
- 1 young coconut with water and flesh
- 2 big handfuls of baby spinach

Press blend and drink up! YUM!

This is a great source of ideas and recipes too...

[Living Food](#)

If you want more - I can email you a couple of ebooks too which have some awesome smoothies in them too - let me know!

## More Resources

Here's heaps of good info below if you're keen to learn more too! There's a lot more available on the net of course but the resources below are the best I could find online (many of the info sites are really sales pages).

[Chocolate](#)

[Maca](#)

[Goji Berries](#)

[Bee Pollen](#)

[Acai](#)

[Spirulina](#)

[Green Smoothie Challenge](#)

[Coconuts](#)