

XYNERGY PRESS INFORMATION

The Benefits of Green Superfoods and the GSI-GSO Diet

Remember the old saying about computer data – Garbage In Garbage Out. It's the same when it comes to diets. If your diet is mainly processed food (junk) then you will end up feeling rubbish. Poor fuel will very likely slow you down leading to breakdown. Junk supplements ie synthetic supplements will not help you either.

Avoiding nutrient-poor food (processed and junk) can be difficult especially if you are constantly on the move. That is why including a green superfood as part of your daily dietary intake will provide a good nutritional foundation... on which you can build with other, preferably, fresh foods. What's more, green superfoods are so easy to take.

Green superfoods offer a broad balance of bio-available nutrients; the main varieties being Spirulina, Chlorella, Wheat Grass and Barley Grass. So what better than to have all these superfoods in one formula – Synergy Natural Organic Super Greens. Here's why in more detail:

Spirulina – a blue-green micro alga and an excellent protein source, so particularly good for vegetarians and vegans. Spirulina contains all of the essential amino acids vital to human health. It balances blood sugar by boosting glycogen, which offsets insulin and so it can help sustain your energy levels. The remarkable plant also improves focus and mental clarity and has higher levels of GLA (gamma linolenic acid) than Evening Primrose Oil... important for female health. And it delivers an array of vitamins and minerals, including the all-important folic acid, potassium, iron and magnesium.

Chlorella – tones and cleanses the blood and helps rid the body of toxins and stored waste. It can also reduce body odor, improve bowel health and naturally freshen the breath.

Wheat Grass – increasingly popular in juice bars, wheat grass is also available as a supplement in powder and tablet form... thus saving the hassle of juicing. Like the algae, it also has a broad nutrient profile and is excellent as a tonic, restoring energy levels without raising blood sugar.

Barley Grass – is broadly similar to Whet Grass but is more alkaline and so alkalizes the blood and strengthens the digestive system.

Synergy Natural Organic Super Greens is available in powder and tablet form and offers the best of all worlds – an energizer, cleanser, mental clarifier, weight balancer, deodorizer and more. You can take it neat, so to speak, with water or juice or add it to salad dressings and cold soups.

A case of Good Stuff In, Good Stuff Out and you will feel the benefit of including green superfoods in your diet.