

VeraVia – Accouterment Tray List and Descriptions

Apple Cider Vinegar

- Is a potent Antimicrobial
- Helps lower blood sugar
- Studies suggest that vinegar can increase feelings of fullness and help people eat fewer calories, which can lead to weight loss.
- Several animal studies have shown that vinegar can reduce blood triglycerides, cholesterol and blood pressure, but this needs to be confirmed in human studies.
- Some studies in test tubes and rats have shown that rice vinegar can slow the growth of cancer cells and shrink tumors.
- Recommended Intake: Take no more than 1 -2 tablespoons per day.



Pro Healthy Chef Tip: Mix 1-2 tablespoons apple cider vinegar and 1-2 teaspoon raw honey (or stevia) into 8-10 ounces of water. Add 1 tablespoon ginger juice, 1 tablespoon chopped mint and stir. Adjust vinegar and sweetness to taste preference.

Tumeric (Curcumin)

- Inhibits activation of genes that trigger cancer and can shrink tumor cells.
- Regular intake proving to be a safeguard against cognitive decline and memory that can accompany age and degenerative conditions such as Alzheimer's and Parkinson's.
- Helps prevent clogged arteries.
- Helps with bile flow and promotes enzymes that help liver detoxify.
- Appears to suppress weight gain.
- Helps wounds heal faster and with less scarring
- Recommended Intake: Eat 1 teaspoon per day, spread out over 3 meals.



Pro Healthy Chef Tip: Make a turmeric tea by stirring 1 teaspoon turmeric, 1 teaspoon honey, 1/8 teaspoon black pepper into hot water.

Black Pepper

- Stimulates the taste buds, digestive enzymes and GI transit time.
- Can increase the bio-availability of many drugs.
- May play a role in prevention and treatment of cancer.
- May ease arthritis symptoms.
- May improve brain function as well as neurodegeneration.
- Has anti-bacterial properties.
- Use black pepper freely on your food.



Pro Healthy Chef Tip: Slice strawberries over watercress and sprinkle with fresh cracked black pepper.

Cinnamon

- Helps in management of blood sugar. Stops spikes in blood sugar after meals.
- Prevents elevated blood lipid levels.
- Helps slow blood supply to tumors.
- Helps protect brain after stroke.
- Assists wounds heal faster.
- May help beat bacteria such as H. Pylori.
- Recommended Intake: Take 1-6 grams per day. (1/4 teaspoon. to 1 1/2 teaspoon)



Pro Healthy Chef Tip: Mix ground cinnamon along with mint, parley and pine nuts into your next batch of grilled burgers.

Chia Seeds

- Rich in soluble fiber that works as a prebiotic supporting the growth of probiotics in the gut.
- Helps you feel more full quicker because it absorbs a considerable amount of water and immediately expands in the stomach when eaten.
- Helps promote bowel regularity.
- High in Omega-3 fatty acids that work to protect the heart by lowering blood pressure, harmful cholesterol, and inflammation
- High in zinc, they help your body increase *leptin*, a key hormone that regulates your appetite, metabolism and energy.
- Improves stamina and endurance.
- Note: Occasionally some people may experience stomach discomfort when consuming chia seeds especially in large amounts due to the high fiber content. As with any food, eat in moderation and always drink plenty of water unless soaking your seeds.



Pro Healthy Chef Tip: Mix 2 tablespoons of chia in 1 cup of coconut milk, ½ cup diced pineapple and a teaspoon of cinnamon. Refrigerate overnight.

Hemp Seeds

- Great source of essential fatty acids including Omega 3,6 and GLA in the perfect balance for cardiovascular and immune system health.
- Very digestible protein, complete source of all 20 known amino acids, including the 9 essential ones that our body can't produce.
- Help reduce inflammation and improve circulation, very helpful to diabetics.
- High in phyto-sterols, which are beneficial in reducing cholesterol and blood pressure.
- Rich source of phytonutrients, the disease-protective element of plants with benefits protecting your immunity, bloodstream, tissues, cells, skin, organs and mitochondria.
- Recommended Intake: 4 tablespoons per day. For chronic conditions 5 to 6 heaping tablespoons per day.



Pro Healthy Chef Tip: Make a "Hemp Seed Tabouleh". Mix hemp seeds, kale, cucumber, parsley, mint, red onions or scallions, and lots of garlic with olive oil, lemon, salt and pepper to taste.

Sea Salt

- Contains many essential trace minerals that your body needs in order to be healthy.
- Healthier than the iodized salt available in the market.
- Alkalizing to the body, as it has not been exposed to high heat and stripped of its minerals, nor does it have any harmful man-made ingredients added to it.
- Contains small amounts of potassium, and helps the body to absorb it better from other foods, which makes it effective in helping to prevent muscle pains, spasms and cramps.
- Helps the body to create digestive juices so that the foods you eat are digested faster.
- Helps to prevent buildup in the digestive tract, which eventually can lead to constipation and weight gain.
- Recommended Intake: 2,300 mg per day, equivalent to 1 teaspoon total.



Pro Healthy Chef Tip: Season sliced cucumbers and jicama with fresh squeezed lime juice, chili powder, sea salt and pepper.

Moringa Powder

- Moringa contains high levels of protein, vitamins, minerals and anti-oxidants.
- Benefits include heightened energy, recovery from workouts, as well as increasing milk production in nursing women.
- Used to treat a variety of conditions such as anemia, anxiety and depression, arthritis, asthma, diabetes, digestive disorders, headaches, skin disorders, sleep issues, stomach and intestinal pain, thyroid disorders and ulcers.
- In vitro and animal studies have shown antibacterial, anticancer, antifungal, anti-inflammatory, antiviral, hepatoprotective and hypoglycemic properties”, says Memorial Sloan Kettering Cancer Center.
- Scientist have also discovered that seeds form the Moringa oleifera tree can be used to purify water by attaching itself to hazardous bacteria and other materials.



Pro Healthy Chef Tip: Add moringa powder to guacamole for an even more anti-oxidant rich dip; salad or burger topper.