

FEELING ENERGISED AND READY FOR ACTION!

By Bianca van Elteren

You're into extreme sports and adventure, you have probably had your fair share of muscle soreness and fatigue, right? When we push our body to its limit, its inevitable that we may become sore and tired. Certain vitamins, minerals or other vital elements become depleted which are necessary to tackle that next cliff, waterfall or mountain... As adventure enthusiasts, you all know how important it is to feel energised and focused in order to get the most out of each day; therefore we MUST give our body's the right fuel it needs to get us to our journey's end.

With all the hype on protein, physical fitness, nutrition and energy, we have missed one very important issue; our pH level. Don't get me wrong, protein is amazing stuff and is vital for muscle growth and repair, however it does increase our bodies 'acid load'; which could be doing more damage than we think! Lets delve into this a bit deeper and see how we can reduce our acid load which may in fact be pushing us backward..

Our bodies have a natural acid/alkaline balance which determines our pH level and after we eat food it either leaves an acid or alkaline residue, determining our bodies pH level. This level may not be talked about very often, but that doesn't mean its not important! Our bodies pH level determines if we are acidic or alkaline and controls our whole metabolic function.

An acidic environment is the ultimate breeding ground for bad bacteria which attacks our immune system and may result in fatigue, stress, energy loss, sleep quality, sickness and even disease.

By living a more 'alkaline lifestyle', as I like to call it, ensures muscle and body tissue can absorb oxygen from the body and blood; which promotes good health, muscle growth and strength. I refer to it as a 'lifestyle' because it can easily be incorporated into our everyday routine and isn't one of these 'fad diets'.

Lactic acid is a waste product which is created when insufficient amounts of oxygen is available to the muscles, which is what primarily causes fatigue and soreness. Without lactic acid we can all agree that our bodies ability to go harder and for longer would be more effective. So how do we get rid of lactic acid? Good Question! The answer is oxygen, it is the key to delaying fatigue. Blood with a high pH level and high alkaline levels is vital for adventurers to improve energy and endurance.

To hit our bodies with an alkalising

fix we should focus on eating more fruit and green vegetables, seeds and legumes. We need to avoid processed foods and sugars, sports drinks, meat and dairy.

An easy way to keep your body slightly alkaline is to take a highly alkalising greens formula called Alkalising Greens pH7.3, scientifically researched and established by Morlife. This is a unique blend of potent alkalising foods and contains a wide range of nutrient dense green super foods, plus specific alkalising minerals, L-glutamine and herbs beneficial for promoting balance. It has been formulated to address several functions in the body including: alkalising, digestion, immunity, stress, energy levels and boosting antioxidants. By supporting these functions, the body is provided with the ideal environment and nutrients to help naturally balance its pH and to keep your body in top-notch condition!

An alkalising diet can help maintain and increase energy levels as the red blood cells are able to carry more oxygen to the tissues. As a result, the oxygen carrying capacity remains high and the tissues in our body receive their optimal amount of oxygen to function effectively.

Alkalising should be a high priority for those who exercise often or partake in activities which require endurance.

Morlife encourages people who wish to gain a more energetic lifestyle to try Alkalising Greens pH7.3 in conjunction with the 30 Day Alkalising Challenge. It provides participants with all of the tools they need to move towards a more alkaline lifestyle. It also offers an eating plan, range of recipes, shopping lists, ongoing support from a Naturopath and Nutritionist and a dedicated website www.alkalisinggreens.com.

Alkalising makes sense, as the foods fit the need for the body to be alkaline at Ph7.3 where the body was built to function optimally. By taking a more alkalising approach to your life, you will be empowered to make the right food choices for the long term to ensure wellness.

YOUR ABSOLUTE #1 ESSENTIAL FOR ADVENTURE

By Bianca van Elteren



We all have our 'essentials' that we take on our adventures. Whether you like to pack light so you have minimal baggage, or you have all the gadgets to ensure you run a tight ship; there's always one thing you can't leave without... WATER! I might be stating the obvious but on any adventure, water is a MUST. We need to remember to keep our fluids up to ensure we are functioning properly inside and out.

The fact is this. Your body depends on water to survive. Every cell, tissue and organ in your body needs water to function. Your body needs water to control temperature, to remove waste, toxins and to lubricate joints. As water makes up 45 to 75 percent of your weight, you can understand why it's so important to keep our fluids up! For many people, (especially active people like yourselves) maintaining a healthy fluid balance can be difficult, however, keeping your body hydrated is vital for proper body function!

Keeping well hydrated ensures that you're focused, energised and your

concentration is maintained. It also assists in keeping your skin moisturised, helps to reduce headaches and also fends away drowsiness. We lose water every day and it's not just from the obvious; sweating and going to the toilet. We also lose water through being sick and even just by breathing. A strong sign that shows we are dehydrated is by the colour of our urine. A clear sample indicates that we are hydrated, whilst a very yellow test shows that we are dehydrated- so if you notice this... start guzzling!

Symptoms like this indicate to us that we have a strong need for water and everything it contains. Wait a second? Everything it contains? I thought water was... just water? The elements in water contain magnesium, calcium, potassium, sodium and minerals which have various benefits for our bodies and control balance.

I have been searching for new ways to hydrate my body as I'm an active person and like my fair share of sunshine. So I have discovered that

coconut water is not only delicious, but with its high electrolyte content is extremely hydrating! I think it should be called the 'new-age sports drink' (but totally natural), booting its sugary counterparts out the door.

Coconuts, known as the 'wonder nut' has countless benefits and are notorious for their potassium content which is great for heart health and boosting the immune system. They are also jam-packed with magnesium which cleanses the kidneys. Coconuts are also naturally high in calcium, not only is this 'wonder nut' good for your insides, it's also dubbed with beauty powers for the skin and hair. In order for consumers to ensure their water intake is functionally hydrating, Morlife have formulated the Coco Hydrate bar range with coconut water powder, an on-the-go food bar which is perfect for hydration and vitality. The bar is perfect for active people wanting something sustainable to keep them going.

Coco Hydrate bars are available in Cacao and vanilla and are an all-in-one bar. They contain hydrating and alkalising elements like coconut water, magnesium, calcium and potassium. They also consist of pea protein, BCAA'S, prebiotics, digestive enzymes and L-glutamine to support an active lifestyle.

These summer-inspired power bars were developed to revitalise and hydrate the body after extensive body fluid is lost; whether it is through exercise, heat exposure or just enjoying our Aussie summer! They assist with optimal hydration and as well as being highly functional, they taste amazing!

