

BREAK UP WITH BAD NUTRITION AND FEEL THE DIFFERENCE!



I have a real problem when it comes to choosing what cereal to buy at the supermarket. I'm constantly stuck in the breakfast aisle trying to make sense of what solution is actually good for me. I feel like I'm almost getting yelled at... 'HIGH FIBRE!', 'CONTAINS VITAMINS!', 'WHOLEGRAINS!', and 'LOW FAT!' I don't know about you but it's a constant battle to fathom which one is best for me, and if these claims are in fact true. The nutritional panel on the back often makes me feel like I'm cracking the Da Vinci Code. I just want a cereal that I know is ACTUALLY good for me!

Apparently I'm not the only one. According to a survey by Nielson, (global provider of insights and analytics) 59% of consumers have difficulty understanding nutritional labels on food packaging.

I consider myself an active person as I'm always on the go! I enjoy going on adventures on the weekends and find happiness when I'm on the move. Being active means heaps of energy; therefore I want a breakfast that will give me energy and be truly satisfying.

For active people like ourselves, we need breakfasts that don't drag us down, but instead make us feel energised and ready to take on the day. We want something that is going to sustain and provide us with the right nutrition.

With so many health claims made by companies how are we supposed to know what a good, wholesome and filling cereal really is? How do we know we can trust a company? Do they have science based research to prove their nutritional claims? It's often we hear about companies making health claims on their products, but when looking at the nutritional label it proves different in reality. We all know that most cereal choices available on the market contain next to no nutrition, are bulked with fillers and sugar... As a consumer we deserve to have truthful food labelling to ensure we are getting the right nutrition. It is also known that we must have a higher nutritional intake to gain a more active, happy lifestyle.

Morlife, a Gold Coast company creates functional foods which enable consumers to have simple, nutritionally dense solutions which will vastly improve their dietary intake and allow them to gain 'more out of life'. Extensive research and testing is undergone to make sure they develop the utmost nutritious breakfast solutions are offered to consumers.

Morlife conducts a lot of research and product testing so that every one of their functional foods are nutritionally valued; and this is expressed on their packaging. It's vital to provide clear labelling and to link evidence to claims; like antioxidant capacity which is proved through the ORAC measurement. Morlife goes beyond the standard quota for delivering nutritionally dense ingredients; this is proved through the addition of digestive enzymes and also 'good' bacteria to assist with a healthy digestive system.

The number one muesli that is the perfect start to your day is Gluten Free Tropical Digest Wholegrain Muesli. It's the perfect way to maintain a healthy, happy digestive system and is a natural, nutrient driving force which addresses the dietary needs of gluten intolerant individuals (but can be enjoyed by everyone). Each ingredient has been carefully selected for its digestive functionality and is free from any artificial sweeteners, colours or flavours. This functional food will significantly boost your nutritional intake of vitamins, minerals, pre and probiotics, omega-3 fatty acids, fibre and enzymes. I feel the passion of Morlife when I read their packaging. So, let's break-up with bad nutrition and focus towards a happy relationship with not good... but GREAT nutrition! By Bianca van Elteren

THE ULTIMATE ALKALISING GREENS FORMULA TO HELP YOU REACH YOUR FULL POTENTIAL!

Most men struggle with ineffective metabolism, sluggish energy, a diet that is highly protein and low in vegetables can build up an 'acid-load' in our body which, combined to polluted air, sugar, stress, and energy loss. These factors are what can lead you away from reaching your goals, physically and mentally. By increasing your intake of alkalising foods you can push your body towards a more alkaline state, allowing the body to function optimally.

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GOOD FOOD IS FAR FROM WHAT YOU THINK...

This Will Change The Way You Think About NUTRITION!

It may come as a shock to you, but we really don't know 'food' as well as we think... We see food everyday. It rides with you on the way to work. It waits for you on the shelves of grocery stores. It lives in your fridge and in your pantry. Food may even be in your garden. I mean, if we see food this much, you would expect to know it pretty well, right? Unfortunately we have it very wrong, and our relationship with food isn't as tight as it would seem. Real food... GOOD food is what we had many years ago. We must go back to basics with our diet and understand certain foods have reactions with our bodies. This reaction causes us to feel and be a certain way; and it all starts in our digestive system.

We are misunderstood about food and what foods are good for our health; to really understand it we need a major nutritional overhaul. We should be focused on foods which leave us feeling full of vitality, life and wellness. Instead, we are consuming foods which we assume are doing us good, but in fact they leave us feeling fatigued, unfocused and are making us sick. We should be focusing on foods that after digestion, give us the fuel we need to feel and look our best.

When we eat food, it has been revealed that it either leaves an acid or an alkaline residue. In our hectic everyday schedules it is hard to maintain a healthy, balanced diet and we are likely to indulge in foods which leave an acidic residue. This acidic residue exposes us to stress, weight gain, energy loss, sickness and disease, and also influences sleep quality. An increase in heart disease and obesity has revealed that we are eating too many acid forming foods and not enough alkalising ones. Acid forming foods are any processed foods, sugars, red meats, dairy products, alcohol and even prescription drugs. Alkalising foods are being neglected, even though they should be eaten with every meal.

At the moment, our typical diet consists of 70% acidic foods and 30% alkaline foods, this diet must be reversed completely in order for us to function properly... and the secret to transforming our diet towards wellness lies in green foods.

A simple and effective way to achieve a more alkaline state has been developed by a Gold Coast Functional Food Company called Morlife. This product is a high potency food supplement called Alkalising Greens ph7.3 which helps the body move to a more alkaline state. Known as the company's 'hero product', Alkalising Greens ph7.3 is packed with potent nutrient dense green super foods, alkalising minerals and L- glutamine to facilitate an alkalising environment. It also contains specialised herbs which are beneficial for promoting balance. This is the perfect way to maintain a slightly alkaline state.



To prove the functional basis of the alkalising greens it has been measured using a PRAL, which indicates its alkalising potency. A positive PRAL reading indicates an acidifying food and in contrast a negative PRAL reading indicates an alkalising measurement; therefore -54 for alkalising greens specifies that it is highly alkalising. After taking the supplement consumers were reporting that they feel more energetic, are less stressed, felt trim and curiously don't crave chocolate biscuits! Alkalising Greens certainly meets the greens market trend which is currently taking the world by storm and provides the unique answer to wellness.

Alkalising Greens ph7.3 is packed with potent nutrient dense green super foods, alkalising minerals and L- glutamine to facilitate an alkalising environment. It also contains specialised herbs which are beneficial for promoting balance. 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. The Challenge provides participants with all of the tools they need to move towards a more alkaline diet and lifestyle, in particular specifying which foods are acidifying and which ones are alkalising. The program provides an eating plan, range of recipes, shopping lists, ongoing support from a Naturopath and Nutritionist and a dedicated website www.alkalisinggreens.com.

Alkalising Greens ph7.3 comes in a delicious lemon/ lime flavour and is so simple to use! Just pop a tablespoon into a glass of water, juice, smoothie and even foods to gain an alkalising rich source. This highly alkalising greens supplement can be taken twice daily and won't take long until you feel the difference, we promise!

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. You will now be empowered to make the right food choices every day and feel energised, trim and to fulfil the activities you love. - Bianca van Elteren