



# SUPER SMOOTHIES AND SHAKES



# Whey Protein for Optimal Health



When many of us hear the words ‘whey protein’, we think of muscle men and gym junkies, however whey protein is ideal for all of us. Whey protein is a high quality source for everyone, no matter what the age.

Over the past 20 years, a number of studies have demonstrated the positive impact whey proteins have on improving health through good nutrition. Introducing a whey protein source into your diet can ensure energy levels, lean muscle mass, muscle health, cardiovascular protecting qualities and all-round good health.

Let’s take a look at the top 10 reasons why it may be desirable to add whey protein to your diet.





# Why Use Whey Protein?

## 1. Support Your Immune System

Whey proteins contains high levels of the amino acid cysteine, which is needed to help the body produce glutathione, a powerful antioxidant that plays a key role in maintaining immune health. In fact, one of the first symptoms often noticed in individuals with autoimmune diseases, such as HIV, is a decline in glutathione levels. Numerous studies have demonstrated the positive effects of whey protein supplementation on individuals with various types of cancer, chronic fatigue syndrome, and HIV.

## 2. Benefit Cardiovascular Health

Recent clinical studies have shown that a specific type of hydrolyzed whey protein appears to reduce blood pressure in individuals who have borderline high blood pressure. While whey protein may not bring a complete end to high blood pressure, it certainly does help to lower levels and reduce risk of associated conditions.

## 3. Enhance Physical Performance

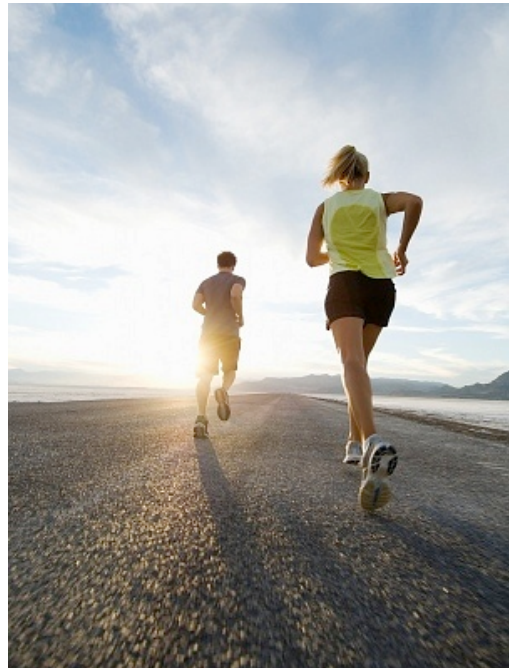
Amino acids are produced when the body breaks down a protein source, like whey protein. The demand for amino acids increases during extended periods of exercise and added stress, which can lead to fatigue and reduced physical performance. It can also have a negative effect on the immune system. Whey protein is naturally high in amino acids (especially branched chain amino acids) and quickly provides the body with high quality protein and BCAA's.

## 4. Contributes to Positive Outlook and Better Performance

It has been learnt that stress causes the serotonin levels in the brain to decrease and this can contribute to mood disorders, like depression. Studies have shown that a diet including alpha-lactalbumin enriched whey protein was helpful in improving mood levels and in increasing serotonin levels in the brain. Alpha-lactalbumin is the second most abundant component in whey protein and is high in tryptophan - a natural relaxant.

## 5. Provides High Quality Protein for Those on Lactose, Casein or Gluten-Free Diets

Whey protein isolate is the purest form of whey protein and is made up of over 90 percent protein. It contains only trace amounts of lactose; therefore individuals with lactose intolerance can safely take whey protein. It is also an ideal protein source for individuals with Celiac disease who are on gluten or wheat protein restricted diets.





## 6. Help Maintain a Healthy Weight

One of the components in whey protein, glycomacropeptide (GMP), has been shown to stimulate the release of cholecystokinin (CCK), an appetite suppressing hormone. Therefore, after consuming whey protein, you will feel fuller for longer and be less inclined to eat more.

## 7. Maintain Strong Bones

Osteoporosis, which will affect almost half of all Australians over the age of 60, is a major health concern. Studies show that low protein intake, including lower levels of animal protein intake, was significantly related to increased levels of bone loss. Regular exercise and adequate amounts of protein and calcium in the diet can make a positive difference to bone health and may help to reduce the incidence of osteoporosis.

## 8. Help Protect Against Certain Types of Harmful Pathogens

Lactoferrin, a component found in whey protein, is a known inhibitor of many forms of bacteria that may be responsible for digestive ailments, including gastritis and ulcers. By also boosting the immune system, whey protein gives your body a better chance to fight harmful pathogens.

## 9. Aid Wound Healing

Extra protein in your diet can contribute to wound or burn healing. As whey protein also dramatically contributes to muscle health and repair, supplementing with it can boost recovery time from injury or strenuous training.

## 10. Convenience and Variety

A great quality whey protein supplement offers a convenient option for those on-the-go or who want some variety. A whey protein shake is an ideal morning or afternoon tea option, and makes a great base for a variety of different smoothies and shakes. Refer to the 'Super Smoothies and Shakes' recipe section for some tasty recipes.





# The Best Whey Protein for Weight Loss

## 1. Metagenics Shake It Extra

This French Vanilla flavoured shake has added herbs that may help weight management and healthy blood sugar levels. Shake It eXtra contains ingredients that combine cutting edge genetic investigation with the latest safety and clinical research.

Daily use of Shake It eXtra may boost metabolism while decreasing inflammation. This shake is a fantastic meal replacement to be used as part of our Shake It Professional Weight Management Program.

Available @ Reception - French Vanilla 560 g (20 serves) available for \$65.95



## 2. Metagenics Shake It

Shake It protein shakes are easy to use and taste great. These shakes are excellent assisting weight loss and can be used as part of our Shake It Professional Weight Management Program.

They provide 20 g of protein per serve with 3 g carbohydrates for better fat burning. Shake It shakes can help reduce hunger and support healthy blood sugar balance.

Available @ Reception - Chocolate and Vanilla 560 g (20 serves) for \$54.95



## 3. Bioceuticals IsoWhey Professional

Bioceuticals IsoWhey Professional is the premier high protein dietary supplement. The superior active whey protein used in IsoWhey Professional ensures maximum absorption with great results.

IsoWhey contains a therapeutic dose of magnesium, calcium and potassium, which are particularly beneficial when obesity and hypertension occur together. Chromium is also included, which is a critical mineral for blood sugar regulation.

Available @ Reception - Swiss Chocolate 700gm and French Vanilla 700gm for \$56.95



## 4. Pharmafoods IsoWhey Complete

Pharmafoods IsoWhey Complete is a high-protein dietary food. It contains ultra-purified whey protein isolate and added vitamins, minerals, bioflavonoids, glutamine and triglycerides.

IsoWhey Complete is ideal for daily use to support lean muscle mass, immune function and energy levels. IsoWhey contains all 22 amino acids that provide a source of complete protein.

Available @ Reception - Chocolate, Vanilla and Strawberries and Cream 640gm for \$62.15, or Vanilla 1.28kg and Chocolate 1.4 kg for \$104.00



# The Best Whey Protein for Athletes

## 1. Ascend Sport WPI

Ascend Sport WPI is a great tasting, pure Whey Protein Isolate for your maximum protein intake. It is low in fat, lactose and carbohydrate and is 100% fast whey protein for muscle development.

Rapidly absorbed after exercise and rich in essential amino acids, this product provides you with an immediate source of nutrition essential to the development of your muscle cells.

Available @ Reception - Natural, Chocolate or Vanilla. 1kg for \$58.50, 3kg for \$149.50, and 4kg for \$198.

## 2. Ascend Elite Muscle

Ascend Elite Muscle is a highly purified, fractionated whey protein powder with an incredibly high concentration of naturally intact ultra-active branch chain amino acids (BCAAs) (26.6 per 100g), particularly leucine.

Ascend Elite Muscle's natural BCAA-rich fraction accelerates your muscle development in response to strength training. Clinical studies showed an amazing doubling in strength gain. This active protein in Ascend Elite Muscle, NatraBoost BLG, cannot be found in any other supplement in the market.

Available @ Reception - Chocolate and Vanilla 1kg for \$89.50.

## 3. Metagenics Endura Opti

Endura Opti is the ultimate food for serious athletes. Endura Opti provides the correct ratios of protein and carbohydrate for improved endurance and recovery during prolonged exercise, reduces the risk of weight loss and promotes muscle gain.

Endura Opti can be used as a pre-workout energy optimiser to help achieve maximum endurance and workout gains. It can also be used as a recovery drink, as it provides important nutrients (e.g. glycogen, amino acids) burned during exercise. Endura Opti provides valuable building blocks that assist with the recovery of strength and may help increase muscle size.

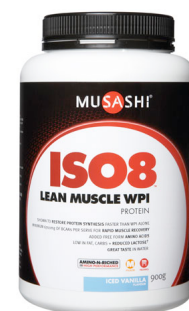
Available @ Reception - Chocolate and Vanilla 1440 g for \$79.95

## 4. Musashi ISO8

Musashi ISO8 is a fast digesting, high biological value protein making it an ideal supplement to aid lean muscle development in strength and power athletes and those undertaking resistance training programs.

Musashi ISO8 assists in the reduction of muscle tissue breakdown and soreness whilst helping to accelerate recovery rates following exercise.

Available @ Reception - Iced Vanilla and Iced Chocolate 400 g, 900 g, 1.9 g





# The Best Whey Protein Bars

## Metagenics Keto Bars

To reduce hunger as a healthy snack or meal replacement, these professional weight management bars are convenient and effective. KetoBars come in a large variety of different flavours and textures.

With around 18 - 20 g protein per bar (depending on the flavour) you can support weight management and lean body composition.

Available in Caramel, Cherry Coconut, Choc Mint, Vanilla Nougat, Keto Crunch, and Soy flavours.

Available @ Reception for \$4.95 each or in a box of 10 for \$48.50.



## 5. Pharmafoods IsoWhey Complete Protein Bars

IsoWhey High Protein Snack Bars are high quality, low carbohydrate protein bars suitable as a snack or light meal.

They contain a minimum of 13 grams of protein per bar, and are available in a range of great flavours.

Available @ Reception in single bars for \$4.50 each, or in a box of 12 for \$49.50





# More Protein for Less Fat

People lose weight when they cut calories, but a diet with some extra protein may be especially effective at trimming body fat and improving blood fats, a new study shows.

Researchers found that over one year, a moderate-protein diet was better than a standard high-carbohydrate, low-fat diet at helping overweight adults shed body fat. What's more, it had greater benefits when it came to boosting 'good' HDL cholesterol and lowering triglycerides, a type of blood fat that contributes to clogged arteries.

The findings, reported in the *Journal of Nutrition*, suggest that trading in some carbs for protein may do dieters good.

For the study, 130 overweight adults were randomly assigned to one of two calorie-restricted diets: the commonly recommended higher-carb diet, with about 15% of calories coming from protein, 55% from carbohydrates and 30% from fats; or a moderate-protein diet where 30% of calories came from protein - including lean meat, low-fat dairy and nuts - while 40% came from carbs, and 30% from fats.

All participants were given menu plans and attended weekly meetings with a dietician to help them stick with their new lifestyle.

After one year, the average weight loss was similar in the two groups - 10.5 kilograms with the moderate-protein diet, versus roughly 8.5 kilograms with the high-carb diet.

However, the moderate-protein former group lost more fat mass, and had greater improvements in both HDL and triglyceride levels.

The extra protein at each meal helps dieters preserve "metabolically active" muscle mass, explained lead researcher Dr. Donald K. Layman, of the University of Illinois in Urbana. At the same time, he told Reuters Health, the diet's lower carbohydrate content means lower levels of the blood-sugar-regulating hormone insulin.

So the diet encourages the body to shed more stored fat, according to Layman.

The greater improvements in triglycerides, he said, is largely the result of cutting carbs, which can raise triglyceride levels.

## Dr. Hooper's Comment

This is another good article about the benefits of a protein adequate diet. Something that I have written about, and discussed with patients for many years.

The key issue in this story is probably the last line in the article: 'A higher protein diet is not more protein at dinner, but balanced protein at breakfast and lunch.' I could not agree more!!

When I discuss protein adequate diets to patients, the first thing most people think about is having a huge piece of meat at dinner and going to bed on a rather bloated, steak filled stomach. No. That's not the way to do it.





Protein is like putting a log of wood on the fire. Carbs are like kindling. Get the protein on the (metabolic) fire when you need it. Early in the day.

In reality, dinner should be your fifth or sixth meal of the day. So you don't need to overload your system.

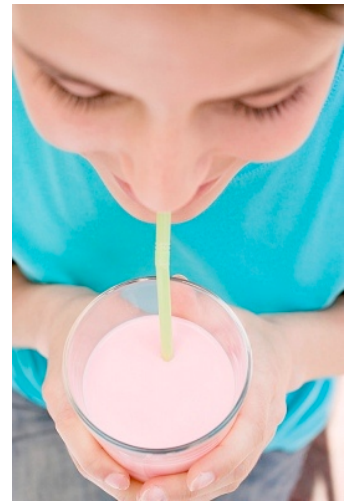
Most athletes do it this way and that is how they maintain such good energy throughout the day, while increasing lean muscle mass.

Improving our lean muscle mass, reducing fat and increasing our energy - something we could all do with!

So the key to increasing your protein is to get it in early. You don't have to have steak and eggs in the morning, there are many food alternatives.

If you cannot be bothered cooking breakfast. DON'T SKIP BREAKFAST. And don't waste your money on a pre-mix like 'up and go' or an 'energy drink' they are full of preservatives and sugar. Or worse they are 'sugar free' and contain aspartame. Aspartame is by far, the most dangerous substance on the market that is added to foods.

Prepare some food to go the night before, or try a great tasting smoothie if you are in a hurry and can't stomach eating too much. Check our recipe section for some ideas.



#### What else can you do to maintain the Correct body weight?

- Exercise on a regular basis. Exercise is perhaps one of the best things you can do to improve your mood, combat depression, and burn some extra calories. Get out in the sunshine. Go for a walk. Run around the Lake. Regular, progressive exercise is your best natural 'anti-depressant' and stimulant for developing lean muscle mass.
- Eat regular small meals as outlined in the Wellness Protocol; The best meals should always contain a quality protein source that has essential amino acids (e.g. eggs, lean meat or cold water fish). Amino Acids found in protein sources are important in providing the raw material for your brain's neurotransmitters to work correctly.
- If you haven't got time to make all your meals and would like a protein powder that can be used as a weight loss and meal replacement drink try Bioceuticals IsoWhey Professional. It is one of our most popular weight loss formulas.
- If your diet is pretty good, and you still have fatigue or low energy then use a great Multimineral and Multivitamin such as Tresos B or Multiessentials. If your diet is not that good, then definitely make sure you take a high quality Multi. It is the cheapest form of nutritional insurance you can take.
- Eliminating grains and sugars from your diet. All grains are acidic and create a pro-inflammatory state. The more grains you eat, the more fatigued you will feel.
- Fish is a great source of protein and essential fatty acids. Try to bump up the amount of fish you eat each week. If you are not getting at least 4 serves of fish per week then you will need to increase your intake of omega-3 fats by supplementing with EPA/DHA.
- Increase your water intake. Aim to drink around 2 litres everyday.

# Whey Protein for Heart Health

The benefits of whey protein on lean muscle mass and weight loss are well documented, however a new research study has shown amazing new advantages of whey protein for heart health.

Conducted by Glanbia Nutritionals, this randomised, double-blind study has shown that a whey-protein-rich ingredient may improve blood vessel function in healthy individuals. This is a major step forward in the battle against increasing rates of heart attacks and disease plaguing many Australians.

Two weeks of supplementation with a proprietary peptide (a compound consisting of two or more amino acids linked in a chain) resulted in a 1.5 per cent improvement in blood flow, report researchers from the University of Connecticut in Nutrition Journal.

According to the researchers, the whey protein-derived ingredient, isolated from hydrolysate, may work via an angiotensin converting enzyme (ACE)-inhibitory activity. "The results of this preliminary study suggest that in individuals with normal endothelial function, the acute ingestion of a peptide derived from whey improves both conduit and resistance vascular responses," wrote the authors, led by Kevin Ballard. The endothelium is the thin layer of cells that line the interior surface of blood vessels. Endothelial dysfunction is a hallmark for vascular diseases, often leading to hardening of the arteries.

## Study details

The researchers recruited 20 healthy men and women with an average age of 25, and an average BMI of 24.3kg/m<sup>2</sup>, and randomly assigned them to receive the whey ingredient (five grams per day) or placebo for two weeks. After this time, the subjects underwent a two week washout period before being crossed over to the intervention.

According to the study's results, there was no difference between the group's flow-mediated dilation (FMD), a measure of a blood vessel's healthy ability to relax, at the start of the study. While the placebo had no effect on FMD, supplementation with the ingredient was associated with a significant improvement in FMD for up to 90 minutes following ingestion or between 1.1 and 2.2 per cent.

Further to that, blood flow in the arm improved by 2.7 per cent per minute following whey protein supplementation, but did not change following placebo.

## Dr. Hooper's Comment:

Whey protein is the term used to describe a group of globular proteins that can be separated from whey.

When ingested, the body breaks down this protein into amino acids, essential nutrients that the body requires for muscle function, energy production and general function.

In that respect, with its muscle-relaxing effects and contributions to growth and repair, it comes as little surprise that whey protein exhibits beneficial effects in arterial walls, leading to the correct flow of blood and prevention of heart disease.





Though dairy products, meats and eggs provide naturally available protein, whey protein is far superior in many aspects:

- Whey protein is a high quality, complete protein with rich amounts of amino acids. A good whey protein supplement is easily absorbed into the muscles for fast nutrition.
- Whey protein provides all of the essential amino acids, which are the building blocks of healthy muscles, nails, skin and other connective tissue.
- Whey protein is devoid of cholesterol, and also aids in the removal of bad cholesterol from the body.
- Typically, whey protein isolate contains only 0.5% fat.
- Whey protein isolate is the purest form of whey protein with virtually no sugar or fat, containing at least 90% protein.

Not only will it help to improve your energy levels, muscle tone, body fat percentage and general immunity, it also supports the growth of lean muscle mass - the main decider of biological age.

### What else can I do?

- We all need to aim for at least 20-30 minutes of exercise everyday. Though it may seem unachievable, a few simple modifications to your day means that you can easily fit in this amount of exercise without running out of time. You must exercise your body, muscles and respiratory system regularly to help prevent heart disease and give yourself the best chance of a long, healthy life.
- As we have said before, you don't have to run 50 kilometres every night. Take a brisk walk around your area, jog around the block a few times or take a bike ride. Use the time to catch up and exercise with your partner instead of sitting in front of the TV.
- Taking a good-quality multivitamin everyday can help to fill the gaps in your diet. They aren't designed to replace a healthy diet - only to promote good health, energy and immunity through increased intake of the vitamin, minerals and nutrients you need for optimal function.
- The omega-3's derived from fish oils exhibit many benefits in the body. Not only can they improve memory, brain function and nail, skin and hair health; they also help to reduce risk of cardiac death, strokes, depression, diabetes, arthritis, osteoarthritis, some forms of cancer, irregular heartbeat and even eyesight decline.
- Anyone who has had a heart attack or stroke, has high blood pressure, has a family history of heart disease or is on a statin drug must supplement with Coenzyme Q10. Many studies have shown the vast benefits of Coenzyme Q10 supplementation, including protection against blood clots, lowering high blood pressure, diminishing irregular heartbeats and the proper functioning of energy in the body.



# Super Smoothies and Shakes Recipes



Ice cold, healthy and refreshing, our top smoothies and shakes will help boost your intake of vitamin, minerals and protein, whilst ensuring a delicious snack that will keep your tummy satisfied.



## The Energy Shake

This is an ideal pre-workout snack. The addition of cottage cheese, yogurt and Isowhey provides an adequate serving of protein, whilst the fruit provides antioxidants, vitamins and minerals to prepare your body for a heavy workout.

### Ingredients:

- 1 banana
- 200 gm berry-flavoured yogurt
- 125 gm low-fat cottage cheese
- 2 scoops Metagenics Shake It
- 1 cup each water and low-fat milk

### Method:

Peel and chop banana into pieces. Place all ingredients in a blender and mix to a smooth consistency. Add more water and/or milk for a thinner shake.



## Antioxidant Smoothie

This super yummy smoothie provides a delicious and tasty snack alternative. With the inclusion of Pharmafoods AnthoBerry ORAC 6000, this smoothie will provide you with all the free-radical fighting antioxidants that you will need everyday.

### Ingredients:

- 1 cup light milk
- 1 cup strawberries
- 1/2 cup low-fat berry yogurt
- 1/2 cup frozen berry mix
- 2 tablespoons honey
- 1 serve Pharmafoods AnthoBerry ORAC 6000

### Method:

Place all ingredients in a blender and mix to a smooth consistency. Add more water and/or milk for a thinner shake. Serve cold.





## Get-Up-And-Go Snack Shake

The Get-Up-And-Go Snack Shake is a tasty, light protein shake that provides a quick and easy source of energy and protein.

### Ingredients:

- 1 cup light milk
- 1 banana, chopped
- 1 teaspoon cinnamon
- 1 tablespoon honey
- 1/2 cup frozen berries
- 1 scoop Bioceuticals RejuvenX or Metagenics Shake It

### Method:

Place all ingredients in a blender and blend until smooth. Sprinkle more cinnamon on top and serve cold.



## Calcium-Packed Health Smoothie

Want something sweet, but don't want to ruin your diet? This delicious smoothie combines the goodness of fruit and dairy with a serving of low-calorie protein powder to provide you with a healthy alternative to fatty snack foods.

### Ingredients:

- 1 cup light milk
- 1 banana, chopped
- 1/2 cup vanilla yogurt
- 1 tablespoon maple syrup
- 1 scoop Bioceuticals IsoWhey Professional or Metagenics Shake It
- Sprinkle of cinnamon and nutmeg
- Handful ice cubes

### Method:

Pulse ice in blender until crushed. Place remaining ingredients in blender and blend until smooth. Sprinkle more cinnamon on top. Serve immediately.





## The Power Shake

Packed with protein, fibre and energy, this shake is the perfect pre-workout snack.

### Ingredients:

- 1 cup light milk
- 1/2 cup plain low-fat yogurt
- 1 banana, chopped
- 1/2 cup toasted muesli
- 1 teaspoon honey
- 2 scoop Metagenics Shake It or Bioceuticals IsoWhey Professional
- Small handful ice cubes

### Method:

Pulse ice in blender until crushed. Place remaining ingredients in blender and blend until smooth. Serve immediately.



## Anti-Alzheimer's Smoothie

This smoothie contains a high level of free-radical fighting antioxidants (equivalent to over 2 cups of blueberries) which have been shown to help prevent Alzheimer's disease, maintain cell health and function, and slow down the effects of ageing.

### Ingredients:

- 1 cup light milk
- Small handful mixed berries
- 2 scoops Bioceuticals IsoWhey Professional or Metagenics Shake It
- 1 serving Pharmafoods AnthoBerry ORAC
- Small handful ice cubes

### Method:

Pulse ice in blender until crushed. Place remaining ingredients in blender and blend until smooth. Serve immediately.





## Delicious Breakfast Smoothie

Tasty and delicious - this breakfast smoothie will give you the extra 'oomph' to start the day with heaps of energy.

### Ingredients:

- 1 cup light milk
- 1/2 cup low-fat fruit yogurt
- 1 scoop low-fat fruit sorbet
- 4 strawberries, chopped
- 1/2 mango, skin removed and chopped
- 1/2 banana, chopped
- 1 peach, chopped
- 1 teaspoon Bioceuticals Ultra Muscleze
- 2 scoops Bioceuticals RejuvenX, Bioceuticals IsoWhey Professional, or Metagenics Shake It
- Drizzle of honey if desired

### Method:

Place all ingredients in a blender and blend until smooth. Serve cold.



# The Hooper Shake

Wondering what to have for breakfast if you can't have grains?

Further to our story on Eating to Reduce Inflammation, many people find themselves a little bit stumped about what to have if they can't eat wheat, particularly for breakfast. Breakfast is the most important meal of the day in terms of getting our metabolism working and dietary requirements up to scratch to face the day, therefore it is clear that you need to make the right choices about what to have for this first meal of the day.

Many have asked what I have for breakfast. Here is a tried and true recipe which I have devised over several years and developed to where it provides all of the important nutrients to guarantee a great start to the day.

I have devised this shake as a way to increase the amount of fruits and vegetables that I eat personally and in adding or subtracting certain substances to the mix it is possible to tailor the recipe to suit different medical or health conditions

## The Recipe:

- 1 Apple
- 1 Orange
- 1 Banana
- 1 Carrot (peeled)
- Half a cup of peaches including the syrup
- Half a cup of yoghurt
- 4 eggs
- Half cup of milk
- Half a cup of water
- Two tablespoons Flaxseed Oil
- Two heaped teaspoons Ultra Muscleze

## Method

Place all ingredients into blender and mix to a "smoothie" type of consistency. It will make about 1 1/2 - 2 litres depending on the amount of fluid in the fruit. Add more water if the consistency is too thick. This should provide two people with 2-3 tall glasses each which should be sufficient for most people as a breakfast alternative.

## Important Points

- The Hooper Shake provides a great source of fibre in the diet.
- This is not a fruit drink so the use of a juicer is not recommended in this case. Juicers remove fibre from the fruit and this is not what we want - in any case they are a pain to clean!
- Any cooked vegetables may be included. Use vegetables left over from last night's dinner - cooked broccoli, potatoes etc. The peaches will mask any 'unpleasant' flavours.
- Try different combinations of fruits, or use whatever you have available at the time. Try something exotic and see how it tastes! Experiment with combinations that you find tasty. Try fruits that are in season such as grapes, watermelons, apricots and strawberries.
- Remember, variety in the diet is always good! Changing the fruit and yogurt combinations will alter the flavour significantly and keep the Hooper Shake interesting.





## Modify the Recipe for your Individual needs

### Athlete:

- As per original recipe. The Hooper shake will provide good clean nutrition for your training

### Weight Gain (Athlete):

- Add 4 egg whites to the four whole eggs
- Add 3 large tablespoons Bioceuticals IsoWhey Professional or Metagenics Shake It

### Weight Loss:

- Reduce eggs from 4 to 2 full eggs and 4 egg whites
- Add two heaped teaspoons Musashi Fat Loss Formula

### Arthritis:

- Add 2 large teaspoons Bioceuticals ChondroCare containing Glucosamine and Methylsulfonylmethane (MSM)
- Add 1 teaspoon Beta A-C powder
- The absorption of Glucosamine and MSM is enhanced by the presence of naturally sweetened fluid and the uptake of the Glucosamine is also enhanced by the increased vitamin C

### Immune Booster:

- Add one teaspoon Beta A-C high potency vitamin C powder

### Non-Lactose:

- Substitute soy milk in place of cow's milk and soy yogurt etc.

### High-Cholesterol:

- Reduce the amount of eggs to 2 full eggs with 4 egg whites
- Add Beta A-C powder
- Add tomatoes for pectin

### Final Thoughts

It is important to have fun with the Hooper Shake - be creative! You may need to modify it slightly to your own tastes. It's OK, even recommended, to try different ingredients because sometimes you may not have all the specified fruits and vegetables on hand all the time.

If you haven't got all the ingredients listed, don't let this deter you from using it- sometimes you may add an extra banana in place of the apple, for example. You may utilise different fruits and veggies that are not specifically mentioned in the recipe. Feel free to use up last night's veggies or desert fruits.





## 10 Ways to Help Us Help You



### Knowledge is Power

Understand your problems and enjoy better results.

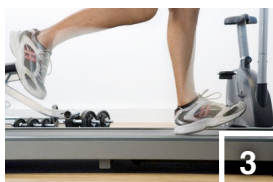
1



### Use Our Experience

Stay on track by following our recommendations.

2



### Exercise and Stay Active

Aim for 20-30 minutes of gentle exercise each day.

3



### Improve your Nutrition

Eat like a meat-eating vegetarian coeliac. Cut out grains and bread. Aim for 8 serves of fruit & veg daily.

4



### Drink Plenty of Water

Drink 20ml per kilo of body weight everyday. (eg. If you weigh 70 kilograms, you must drink 1.4 litres minimum.)

5



### Get Adequate Rest

Restful sleep allows your body to make needed repairs. Aim for 7-8 hours per night.

6



### Reduce Emotional Stress

If you are having trouble managing stress, talk to Dr. Hooper about your options.

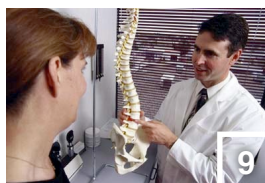
7



### Adopt Healthier Habits

Stop smoking and get to your optimum weight. Pour soft drinks down the drain and avoid tea and coffee.

8



### Participate in your Recovery

Educate yourself with our information and never be afraid to ask questions.

9



### Remain Hopeful

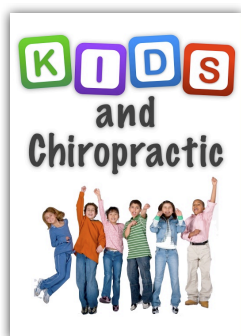
Healing is a process that takes time. Stay optimistic. We are!

10



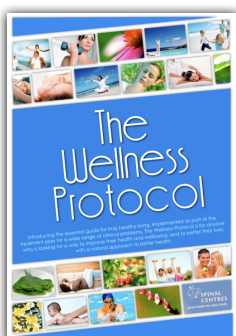
THE SPINAL CENTRE SUPER SMOOTHIES AND SHAKES

## Recommended Reading



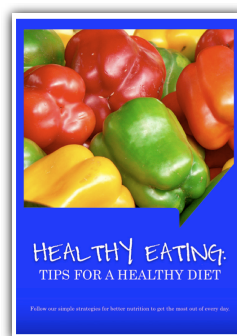
### Kids and Chiropractic

Chiropractic is just as important for your kids. Find out why in this great booklet.



### The Wellness Protocol

The 7 steps to achieving optimum health.



### Healthy Eating

Your guide on how to eat, what to eat and when to eat it.

For more information, advice and back care tips, please visit our website:  
The Spinal Centre.com.au.

As a patient of this practice, you are also eligible for access to our exclusive weekly e-newsletter, which brings you up-to-date information and advice on important health topics like back pain prevention, exercise strategies, eating plans and much more.



THE SPINAL  
CENTRE  
[spinalcentres.com.au](http://spinalcentres.com.au)

