

Epic Bites Celebrate Life

Live Love Laugh & Be Happy



Thrive In Joy Beauty & Abundance

Give Infinity Foods a Try

www.EpicLife.Fun

- **Be the Best You That You Can Be**
- **Experience Radiant Beauty from the Inside Out**
- **Age Gracefully Wake Up Happy**
- **Enhance Creativity & Restful Sleep**
- **Inner Peace, Bliss, Joy & Happiness**
- **Kindness Can Create Paradise**

The Nutrition Rainbow

The pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. By eating all the colors of the nutrition rainbow, you'll harness the power of these cancer-fighting and immune-boosting foods!



Lycopene reduces breast and prostate cancer risk; boosts heart, brain, eye, and bone health.

Beta-carotene fights cancer; reduces inflammation, supports immune system, and boosts vision.

Vitamin C and flavonoids inhibit tumor cell growth, detoxify harmful substances, boost immune system, reduce inflammation, and boost heart health.

Folate builds healthy cells and genetic material and boosts heart health.

Calcium strengthens bones, muscles, and heart health.

Indoles and lutein eliminate excess estrogen and carcinogens and support eye health.

Allyl sulfides destroy cancer cells and reduce cell division.

Anthocyanins destroy free radicals, reduce inflammation, and boost brain health.

Resveratrol may decrease estrogen production, boosts heart and brain health.

Fiber boosts digestion and weight loss, removes carcinogens.

Golden Rule Recipes

Live & Let Live Free From Harm



Celebrate Nature's Splendor

www.TheBlenderGirl.com

SUPERFOODS

Support Radiant Beauty, Inner Peace & Happiness

Enjoy Elixirs & Pure Bliss

- ❖ Moringa Powder
- ❖ Spirulina Powder
- ❖ Cacao Powder
- ❖ Mushroom Powders
- ❖ Whole Acai Berries, Blue Berries, Cherries, Cranberries, Elderberries, Raspberries & Strawberries (Food Facts There are 900 Varieties of Strawberries!)
- ❖ Bananas, Mangos, Papayas, Jackfruits, Durians
- ❖ Avocados, Mangosteen, Soursop, Starfruits
- ❖ Coco Water, Fresh Coco, Dried Coco, Pineapples, Dried Pineapple
- ❖ Fresh Herbs, Edible Flowers & Greens
- ❖ Whole Wheatgrass Juice & Powder Wheatgrass Juice
- ❖ Whole Grains, Seeds & Nuts, Wild Rice, Quinoa & Legumes

*Vibrant health, radiant beauty and restful sleep are within reach. Enjoy Superfood smoothies!
Blender Girl Recipes are easy and fun. Nature is filled with beauty & abundance.*

[Dr. Ann Wigmore's Recipes for Life](#)

Live it vs. diet, Nourishing foods vs. self-deprivation
Experience Heaven & Earth

Dr. Ann Wigmore, a health pioneer who popularized Wheatgrass Juice in America and inspired many Holistic Wellness Centers around the globe created a recipe called “Energy Soup” that can aid in rejuvenating your body, mind & Spirit. When we connect with Nature, many miracles can take place. Our lives can be filled with the magic, awe and wonderment of Creation.

Foods from Mother Nature’s Gardens are filled with natural bliss. The term “Rainbow Nutrition” describes enjoying a wide variety of heavenly foods served fresh in their natural, whole organic state from the 7 colors of the rainbow. The Physicians Committee for Responsible Medicine created a Rainbow Nutrition Food Chart and Numerous Tools to Aid Clinicians and Health Enthusiasts.

As Hippocrates the Father of Holistic Well-Being stated, “Let Foods Be Thy Medicine and Medicine Be Thy Foods.” Our Bodies and the Planet are Divinely Created. The Entire Cosmos is filled with endless joy, beauty and abundance. Edible seed bearing plants are Infinity Foods. The Flowers of Life are Joy and Beauty. The Trees of Life represent our Immortality & Eternal Love of Creator Source.

ENERGY SOUP VARIATIONS

Combine & Blend

- 2 cups coco water or rejevalac (mineral rich water from soaking rice 6-12 hours)
- 1 cup sprouted sunflower greens or dandelion greens
- 1 cup fresh garden greens (spring mix, lettuce, spinach, kale)
- 1 to 2 teaspoons dulse flakes, kelp, or nori
- 1/2 avocado or 1 per serving
- 1-2 cups of favorite sprouts (bean, mung, lentil, green pea, sunflower, etc)
- Apple or Banana slices for sweetness and to help digest all the proteins

Directions:

Blend till smooth about 2-3 minutes. Add additional ingredients to suit your taste such as Pepper, cayenne, garlic, cashew cream and sea salt. Best Served Fresh or Refrigerate & Enjoy within 24 hours

MAKE YOUR OWN VARIATIONS

BE CREATIVE & HAVE FUN

EDIBLE FLOWERS & SUPER SALADS

Enjoy Super Salads with Edible Flowers

Pumpkin Seeds & Fresh Greens



Live Love Laugh & Be Happy

GRATITUDE

OUR FUTURE IS BRIGHT

The Best is Already Here & Yet to Come!

Kindness can create Paradise

1. Food Replicators already exist (Instant meals with a touch of a button)
2. Hydroponic Gardens (Grow amazing foods with water towers)
3. Aeroponic Gardens (Grow amazing foods with air gardens)
4. There are 900 types of Strawberries! (Enjoy Infinite Abundance)
5. Seedbearing plants, trees and flora create infinite abundance & prosperity
6. Hemp is a super plant with 50,000 plus practical uses
7. Bamboo can greatly aid humanity
8. Moringa The Miracle Tree can grow 8-16 feet in 1 season
9. Spirulina is a global solution to help end world hunger
10. Babies, Kids, Pets & Elders can thrive on delicious plant meals
11. The Physicians Committee provides clinical tools to reverse and prevent ailments
12. High Vibe Plant Nutrition can support planetary-wide wellbeing
13. Happiness can cure ailments... Hugs, Smiles, Laughter, Love & Gratitude



HIGH TECH RESOURCES

- ❖ [Scalar Light](#) from Tom Paladino can provide Natural Nutrition
- ❖ [Scalar Light](#) from Tom Paladino can balance Hormones
- ❖ [Scalar Light](#) from Tom Paladino can enhance Endorphins
- ❖ [Free Pathogen Cleanse that can end Pandemics for Good](#)
- ❖ Enjoy universal healing frequencies from [RonTheInventor.com](#) and so much more
- ❖ Enjoy Free Healing Holograms from [John Smarty Mendez](#)
- ❖ Drive Pollution Free / Thrive free of Electric Bills Forevermore [John Smarty Mendez](#)

Flying “Cars” with perpetual energy generators

Food Replicators and Celestial Healing Chambers that can repair limbs

Intergalactic Peace Alliances with fun recreation on and off planet ... Yes the future is bright!

Enjoy a Fun Interview with [Sharula from Telos](#) a thriving subterranean city below Mount Shasta where all the residents, inhabitants and creatures are vegetarians. Yes animals, pets and rescues can thrive plant based.

Inner Earth, the Hollow Earth & Surface Populations can thrive together in joy, beauty and abundance.



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