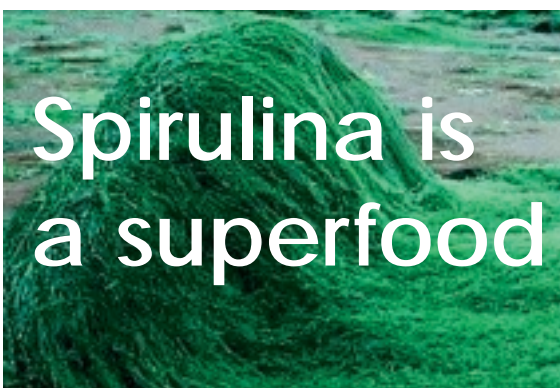




"You want to set a goal that is big enough that in the process of achieving it you become someone worth becoming" Jim Rohn, success coach and business philosopher

did you know?



Spirulina is a superfood

- It is a natural wholefood. It is **65 to 71% complete plant protein**, providing all the **essential amino acids**.
- It is a blue-green algae, microscopic in size and spiral in shape.
- It is five times easier to digest than meat or soy protein.
- It contains minerals such as potassium, calcium, zinc, magnesium, manganese, selenium, iron and phosphorus and complete range of vitamins, minerals and phytonutrients and is especially rich in chlorophyll, Vitamin B12, beta-carotene GLA, Iron, Calcium and the rare essential fatty acid, GLA.
- It is also one of the richest sources of arginine, an amino acid which promotes the release of growth hormones which stimulate the body's own regenerative processes.

Properties

- Richest source of phenylalanine, a natural appetite suppressant.
- Complete plant protein.
- Great rejuvenating effects
- Good vegetable protein source for strict vegetarian diets, providing vitamin B12.

Common uses

- Liver detox
- Energy
- Blood sugar stabilis
- Anaemia
- Fasting
- To supplement strict vegetarian diets
- Weight control

* Over six million trees were bought last Christmas in the UK, most of which were thrown out after December, creating over **9000 tonnes** of additional rubbish - that's the equivalent weight of 160,000 of Santa's little helpers!

* It is estimated that over Christmas as much as **83 square km** of wrapping paper will end up in UK rubbish bins, enough to cover an area larger than Guernsey.

* An extra **500 million** aluminium and steel drink cans will also be used over the festive period - crush your tins before placing them in your recycling box.

* It is estimated that we could use an extra **750 million** bottles and glass containers over Christmas - what better way to relieve seasonal stress than smashing your bottles at the bottle bank?

* More than **80,000 tonnes** of old clothes are thrown away over Christmas - if you get a whole new wardrobe, donate your unwanted clothes to charity shops.

Make it your New Year resolution to cut your waste! Don't forget that recycling isn't just for Christmas. By kicking off the New Year with a resolution to reduce the amount of waste you and your family produce, you'll discover how easy it is!



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