



TANJA JOHNSTON
UPGRADE YOUR HEALTH

Change your Breakfast, change your life



Breakfast is the first meal after your body has been fasting for long time. Every organ is at high alert to absorb. During the night the body will have to draw energy from bodily tissue as the liver can only store instant energy for up to four hours. Even at rest the brain requires fuel. The breakdown of fat and muscle tissue will inevitably produce ketones that create an acidic environment in your body. In the morning your pH level will be the lowest. Starting off your day with a cup of coffee would add insult to injury. Alkalizing your system is imperative at this point. A green breakfast smoothie will not only up your pH level but will also set the tone for the rest of your day. If you start your day with a highly alkaline meal you do not have to worry so much if lunch at the office or on the road is sub-par. Your breakfast smoothie has created a buffer zone for your day. This workshop will familiarize you with the pH food chart and the laws of proper food combining. The chemistry of food interacts with your own internal chemistry. Every micronutrient has an impact on the molecular level of your body. If you don't change anything else in your diet and lifestyle but your breakfast you will improve your health many-folds. Changing your breakfast is the most important step to upgrading your health! All breakfast smoothies are based on just three ingredients, and can easily be enhanced with the medicinal power of added superfoods and herbs to address one's individual health need.

No powders, milks, added sugars, or other refined products – just whole plant-based foods!