

## What's Up With This Shake???

So, after a few weeks of doing the recipes, you might be wondering, “What’s up with this shake I make every morning?”

Yes, its probably unlike any shake you’ve ever had before. Let’s be honest, there’s no fruit, no sugar, lots of new ingredients like psyllium husk, flax seeds etc.

Although it might be a bit different than most shakes, it is an integral part of this program. In fact, every ingredient has been methodically chosen for specific reasons. Let’s get into some of the details!

As a summary, this shake is loaded with lots of healthy fats, nutrients and fiber which is great for your gut, helps regulate bowel movements to a healthy frequency, helps you anti-age and will keep you satiated all morning!

1) We keep it dairy free and use Unsweetened Almond or Coconut Milk. You can get Vanilla Almond or Coconut milk, just make sure it’s unsweetened! [\*\*To learn more of why we avoid dairy, Check out THIS ARTICLE. CLICK HERE!\*\*](#)

2) One of the biggest health benefits of this shake is the FIBER content! Fiber is absolutely essential for your body to have normal, healthy bowel movements 1-3 times daily. To learn more about why we specifically chose psyllium husk, [\*\*check out THIS ARTICLE. CLICK HERE!\*\*](#)

3) Flax seeds are not only incredibly healthy for your body but they are another great source of fiber. However, be sure to use WHOLE fax seeds for this recipe. (You will grind them fresh for the shake). Buying ground

flax seeds have caused many previous clients indigestion as the oils in flax seeds are very delicate and become rancid if not consumed within a day or two of grinding. Thus, pre-ground flax seeds contain rancid oils that could make you feel sick as they've most likely already been packaged and sitting in warehouses and on shelves for months. To learn about the health benefits of Flax Seeds, [\*\*Check Out THIS ARTICLE! CLICK HERE!\*\*](#)

4) Also, be sure you use Organic Raw Cacao powder. This is very important as raw cacao powder is completely different than the standard cocoa powder you use for cooking and baking in recipes such as brownies. Cocoa powder does not have the same level of antioxidant value as Raw Cacao powder due to differences in processing. [\*\*To learn about the vast differences between standard cocoa powder and raw cacao, CLICK HERE!\*\*](#)

5) You might be wondering why we included organic coconut oil in this shake? Coconut oil is powerful for your gut in clearing out bad bacteria and killing parasites as it's anti-bacterial, anti-parasitic, anti-fungal and anti-microbial. It's also a great healthy fat source for your cells. NOTICE: We do recommend starting with just 1 Tablespoon of Organic Coconut Oil in your shake to start and then, slowly over the next few weeks, increase to 2 Tablespoons of Coconut Oil in the shake. [\*\*To learn more, CLICK HERE!\*\*](#)

6) Last but not least, we include Raw Maca Powder, an incredible superfood, for a reason. [\*\*Check out THIS ARTICLE to learn the amazing health benefits! CLICK HERE!!!\*\*](#)

We rotate the Silky Smooth Raw Cacao Shake, Chocolate Superfood Shake and the Creamy Cinnamon Roll Shake to keep things simple. Remember, this course is only 8 weeks, so stick with it to get the results you want!