

Recipes for Health

Antioxidant Booster!

Summertime is just around the corner! This is a wonderful time of year to eat light, exercise and soak up the sun. However, with all the activity that goes on during the warmer seasons, it's important to give the body some extra protection from the effects of sun exposure, including dehydration, heat exhaustion and free-radical damage from UVA/UVB rays.

It is a little-known fact that bilberries are so rich in antioxidants as blueberries! This Spagyric preparation of **Core Bilberry** tastes great when combined with naturally-sweet, sparkling juice and the contrasting tart flavor of **Alka-C**. In addition, bilberries have been used traditionally by herbalists to nourish and protect the eyes, another important organ to care for during the summer season.

Antioxidant Booster is a refreshing, tantalizing and healthy alternative to sports drinks and sodas.

Recipe:

- ½ cup blueberry, pomegranate or grape juice (any antioxidant-rich juice will do)
 - ½ cup sparkling mineral water
 - **ReHydration** (5 drops) - to deeply hydrate the cells & tissues
 - **Core Bilberry** (30 drops) - powerful antioxidant botanical, also supports eye health
 - **Alka-C** (½ teaspoon) - natural antioxidant with the energy boosting power of vitamin C
- Ice cubes (optional)

Stir, sip and enjoy!

