

Smoothie Recipes for One World Whey

With whatever liquid you mix the Whey with it is recommended to first blend up all your ingredients in a blender first. Then pour into your glass, Mason jar or Shaker Cup and add One World Whey Protein mix with a spoon, hand held blender or by shaking in your closed jar or cup. This is a protection to insure the blender blades do not damage any of the proteins or amino acids in the Whey.

Before consuming One World Whey I found I needed to eat flesh foods on a regular basis to feel I had enough energy. Since consuming One World Whey my energy is better and I need flesh foods less often. I have found that having strength and energy on a predominately raw vegetarian diet, is based upon how strong the Endocrine Gland system is. The stronger it is the more easily one can be Vegetarian. Since mercury damaged my glands years ago, I have for most of my life found it essential to consume flesh foods regularly. Since performing the 10 to 20 day Juice and Intestinal Cleanse I developed and Medix4Life products ENDO Medix and KDN Medix to my diet, I do not feel the need for flesh proteins for long periods of time. I have found that the Medix4Life products are effectively regenerating my Adrenals, Kidneys and other Glands. Since Adrenals and Kidneys are the main reservoir of life energy for daily living, making them as strong as they can be has been the key to my losing the need for frequent consumption of flesh foods.

Only you can know what is best for you from either direct experimentation or via your own proven method of muscle testing or intuition. With regards to our One World Whey, we have found that virtually all people thus far and therefore by extrapolation all blood types have been only favorably affected by consuming this Whey.

All ingredients used should ideally be organic or pesticide free. Mix your 1 to 2 (25 gram) scoops of One World Whey with 8-12 ounces any of the following liquids.

- 1) Simply mixing raw milk with One World Whey is extremely delicious. For raw milk sources throughout the country go to: www.realmilk.com.
- 2) 1 Ripe Pear, 8-10oz of water, 1 Tablespoon of Coconut Fat, Blend thoroughly and then mix 1 scoop of One World Whey in your glass or shaker jar.
- 3) 1 Ripe Pear, 8-10oz of water, 1tsp-1T of Vega EFA Oil Blend; blend thoroughly, then add 1 scoop of One World Whey and mix.
- 4) Almond or any nut or seed milk. I like pine nuts the most: ½ cup pine nuts or nuts of your preference, blended into 4 cups of pure water, (VitaMix, Blendtech or Ninja are the more powerful and preferred blender type to work with). Then make 1 cup of fresh organic apple juice. Mix the 1-cup of organic apple juice with the pine or nut milk. 8 to 12 ounces of this nut milk is then mixed with one 25 gram scoop of the whey protein powder. Ummm delicious!
- 5) Here is the one I find particularly delicious. Combine into a blender the juice 2 to 3 oranges or tangerines, cut up one ripe pear, one half to one banana or 2 to 3 dates and one to two raw eggs (or just the yolks). Then add 1 scoop of One World Whey and mix.
- 6) One World Whey with 8 more ounces of water or fresh fruit juice along with 2 egg yolks. Blend briefly.
- 7) My new favorite: 2-3 raw eggs or just egg yolks, 1 banana, ¼ cup blueberries, blend up and add your flavor of One World Whey. Wow is this good.
- 8) Or simply mix 1-2 scoops with 8-12 ounces of pure water; though this is simple it is still a very pleasant drink.

There is a vast difference in the development of baby calves when fed heat sterilized (typical pasteurization) vs.. 100% unheated raw milk. If you'd like to see the vast difference in both outward and internal organ development of two cows, go to: www.thebovine.wordpress.com/2010/06/04/the-tale-of-two-calves-one-calf-got-raw-milk-the-other-pasteurized

Paradisiacal Health is attainable, when the cosmic laws upon which the human body was designed to live by are applied. Stephen Heuer, Nutripath.

Hello Member of Synergistic Nutrition a Private Association Membership,

One World Whey is unique and we wish for you to have certain understandings about it to continue to appreciate it.

First off the inner seal only acts as a moisture barrier, it is not glued on so tight as to require forceful removal. So an inner seal that comes off easily when opening is normal. The outer shrink wrap is what acts as a seal to indicate that the container has not been opened by anyone prior to you.

Even through the product comes from the same grass fed healthy cows and is processed in the exact same way each time, there are variables that affect it's smell, taste and dissolve-ability each and every time. Here is an example of how energy affects life on earth and the molecules that make up that life. A while back I believe it was in the early 90's or maybe the 80's the entire Georgia Peach crop was unable to reach maturity for 3 years or so, due to the negative effects that underground nuclear bombing was having on that area. The US Military's misuse of nuclear power for destructive purposes continues to be a folly of vast proportions. There are defenses and weapons that would act better to protect against other forces than nuclear, but they are not being used. There is the US Governments misuse of HARRP (<http://www.youtube.com/watch?v=t90vlR3ugAY>) OR (<http://www.youtube.com/watch?v=lp6F9-GPT4k>) technology in Alaska and elsewhere, there is the thinned ozone and the higher amounts of Gamma radiation from the sun, there is the seasonal climate changes, there is the changes in the grass and weeds from the change in climate and man made environmental factors, that affect the cows milk. All of these examples are factors that affect the smell, taste and dissolve-ability of One World Whey.

Taste, smell and dissolve-ability will always be fluctuating with One World Whey. However the effectiveness of these non-denatured proteins and amino acids remain a constant. The health benefits remain a constant.

If you have bought One World Whey before and find the smell, taste or dissolvability to have changed from earlier purchases, know this; there is nothing wrong with the One World Whey. If for some reason you need think there is still some issue with your order please call our office 864-895-6250 to discuss the matter.

You are welcome to book a free introductory nutritional consultation with Stephen

Heuer, BS Nutripath if you wish to discuss this topic or your own health issues with him.