



# Alive Organics

Retailers of Organic Produce. Specialising in fresh and low temperature dried foods

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## Exotic Raw Food Information

### Agave Syrup:

Our Organic Wild Agave Syrup is a delicious, low glycemic index (GI) sweetener that tastes somewhere in between honey and maple syrup. The agave is grown by an organic indigenous grower association, consisting of descendants of the Aztecs in the region of Ixmiquilpan in Mexico. The wild agave plant is central to their culture and they have planted it for thousands of years.

By buying this wild agave syrup you are providing a sustainable source of income to these indigenous farmers helping them to stay on their land - many indigenous mexican farmers are not able to survive on their native land and are forced to immigrate to the U.S.A. and look for work.

Similar to how a bee creates honey, it is through enzymatic action that the complex sugars in fresh agave juice are converted into simple sugars, producing agave nectar. This minimal processing and minimal heat provides vitamins, minerals and enzymes in agave nectar that are not found in other processed sweeteners.

The dark agave syrup is not filtered and has the maximum amount of minerals and other phytonutrients. It has a rich vanilla-like aroma with a deep wild flavour. The light agave syrup is filtered and has a more neutral sweet flavour making it the perfect replacement for sugar in any recipe.

The main form of carbohydrate in agave syrup is a complex form of fructose called inulin or fructosan.

This is absorbed slowly into the bloodstream giving it a low glycemic index and is therefore diabetic friendly. It is also the perfect sweetener for children as it does not significantly raise blood sugar levels, preventing the highs and lows associated with sugar intake and instead provides a sustained, steady source of energy.

### Caigua:

Caigua is native to Peru and is also called the wild cucumber. It has various traditional medicinal usages, mainly to:

- Control cholesterol
- Reduce obesity
- Control high blood pressure
- Regulates the metabolism of lipids and sugar in the blood stream, decreasing cholesterol

Caigua reduces blood cholesterol levels, especially light cholesterol (LDL) that is accumulated in arteries as lipoprotein components which are determinative agents on arteriosclerosis processes. It is doubly beneficial since it reduces LDL cholesterol (known as the bad type), while it has been shown in various clinical studies that it increases the HDL cholesterol (known as the good type).

This double effect makes caigua an ideal compound for helping to control more adequate levels of blood cholesterol. It has been said it is the most natural and the most potent fat absorber and it is consumed to rejuvenate & reduce cellulite.

### Camu Camu (wildcrafted):

Camu camu (*Mycaria dubia*) is a bush that grows in black water rivers in the Amazonian jungle of Peru. The

camu-camu fruit is approximately 2 centimeters in diameter and has a purplish red skin with a yellow pulp.

The fruit contains powerful phytochemicals with health benefits, including the amino acids serine, valine, and leucine, and more Vitamin C than any other known plant in the world. The dehydrated camu camu fruit powder contains 8 - 9% Vitamin C, which is 30 to 60 times more Vitamin C than an orange and 3 times more than acerola.

Camu Camu is traditionally made into a juice by people of the rainforest to support the immune system, ward off viral infections, and help maintain optimal health, especially under conditions of stress and anxiety, which tend to deplete the immune system. It also contains bioflavenoids, the amino acids, serine, valine, and leucine, as well as important amounts of thiamine, riboflavin and niacin.

Camu-camu helps to promote healthy gums, eyes, and skin and supports the functions of the brain (nervous system) and heart (circulatory system). Traditionally, native medicine practioners and herbalists have recommended camu-camu for: Strengthening the immune system; Improving symptoms of herpes infections, including mouth blisters, genital blisters, shingles blisters and other viral infections; Promoting energy and vitality of people with chronic immune dysfunction; Strengthening the nervous system, supporting healthy levels of white blood cell formation, detoxifying the body, especially the liver, promoting health of upper respiratory organs, including lungs, sinuses, nasal passages and promoting a healthy heart and circulatory system.

**Dosage:** Many people find that just 1 to 2 grams (1 tspn) of camu camu powder is energizing, mood-lifting and highly effective in strengthening the immune system. **It is also non-irritating to sensitive stomachs and bladders.**

Although the number of milligrams of Vitamin C, which Camu-Camu contains, is low compared to the milligrams in synthetically derived Vitamin C tablets, the effects on the human body are incomparable.

Because of its food form, with bioflavanoids and other phytochemicals, clinical evidence suggests that it is far more effective, milligram for milligram, than synthetic Vitamin C (ascorbic acid), even Ester C. Many people report that 1000 mg (1/3 tsp.) is sufficient to significantly increase their wellness.

### Carob:

Carob is rich in insoluble fiber. Like other sources of fiber, carob has shown some promise for improving cholesterol profile. In a small (58 participants) double-blind, placebo-controlled study, use of carob powder at a dose of 15 grams daily significantly reduced levels of LDL ("bad") cholesterol as compared to placebo.

Carob also contains tannins, astringent substances found in many plants. Foods rich in tannins are often recommended for treatment of diarrhea. A double-blind clinical trial of 41 infants with diarrhea found that carob powder (at a dose of 1 gram per kilogram per day) significantly speeded resolution of diarrhea as compared

to placebo.

Carob contains approximately 4.6 percent protein and is high in calcium.

### **Goji Berry:**

The first certified organic Goji Berries available in Australia. Our Goji Berries are grown in a pristine, certified organic part of the Ningxia autonomous region, located between Tibet and Inner Mongolia. The goji berry is sacred to the people of this remote autonomous region and they hold a special festival every year to honor and celebrate the life giving qualities of this extraordinary berry.

### **Nutritional Qualities**

Goji berries have been used in traditional asian and in particular chinese medicine for over 5,000 years. The ancient texts of chinese medicine say that goji berries increase the "chi" or the vital life force of those that eat them. The physician's handbook, Ben Cao Gang Mu, recorded during the Ming Dynasty (1368-1644 A.D.) writes, "taking in Chinese Wolfberry/Goji Berry regularly may regulate the flow of vital energy and strengthen the physique, which can lead to longevity."

In terms of overall nutrition Goji Berries are unmatched by any other food. They contain 18 kinds of amino acids (six times higher than bee pollen) and contain all 8 essential amino acids (such as isoleucine and tryptophan). They contain 11.7% protein, and 328 calories per 100g! They also contain up to 21 trace minerals (the most powerful ones being zinc, iron, copper, calcium, germanium, selenium, and phosphorus)!

Goji berries are the richest source of carotenoids, including beta-carotene (more beta carotene than carrots), of all known foods or plants on earth! They contain 500 times the amount of vitamin C, by weight, than oranges making them second only to **camu camu berries** as the richest vitamin C source on earth. Goji berries also contain vitamins B1, B2, B6, and vitamin E.

Goji berries contain polysaccharides which fortify the immune system and build strength. A polysaccharide found in this fruit has been found to be a powerful substance that stimulates the secretion of rejuvenative human growth hormone by the pituitary gland.

### **Dosage**

The indigenous mountain people who grow these berries eat them by the handful and say the best way to start the day is with a handful of gojis. It is recommended to eat at least 10 grams a day, which is approximately a handful. However you can eat as much as you like.

They go really well in a trail mix with the **raw cacao nibs**, there is a great flavour synergy between the bitterness of the cacao and the sweetness of the gojis.

The legendary Li Qing Yuen, who is believed to have lived to the age of 252 years (1678-1930), consumed Goji berries daily. The life of Li Qing Yuen is one of the most well-documented cases of longevity in history.

These Goji Berries are harvested with exceptional care, dried in the sun, and then carefully selected and graded for maximum taste and nutrient potency.

### **Goji Berry Powder**

Our Goji Berry Extract Powder contains high levels of polysaccharides, which fortify the immune system. Since this product is an extract from fresh goji berry juice, it takes approximately 5 kgs of fresh goji berries to make 1kg of Goji Berry Extract Powder! So, as you can see, this is a very powerful product!

### **Organic Criollo Cacao (cocoa) - beans,**

### **nibs, powder and butter:**

Our cacao beans and nibs are the original heirloom royal criollo cacao from Xoconusco in Mexico. By buying this organic raw chocolate you are supporting a sustainable project that is rescuing this original heirloom variety of cacao, which has been grown by the mayans of Xoconusco since they originally domesticated the cacao tree over 3,000 years ago.

The certified organic indigenous growers use an age old system of permaculture, where the cacao trees are planted under the native forest canopy, along with other fruit trees, such as mango, avocado, papaya etc. All of these trees add their distinctive nuances to the fine multi-floral flavor of this exquisite cacao. [Find out more about the growers and history of this unique single origin cacao.]

Our raw cocoa powder and butter comes from Peru where raw Peruvian criollo cacao nibs are cold pressed into anti-oxidant rich cocoa powder and highly sensual cocoa butter.

At no stage in the processing of any of our raw cacao products does the temperature go above 45 degrees Celcius (113 Farenheit).

### **Lucuma Powder:**

Lúcuma is a nutrient dense fruit from Peru. The tree is a long lived, evergreen, and belongs to the Sapotacea family being similar to the canistel and sapote. It smells divine and tastes like maple syrup flavoured ice-cream!

Lucuma powder is really versatile and tasty, blending easily and well with ice-creams, baby food, yogurts, pies, cakes, cookies, smoothies, chocolate bars and desserts of all kinds.

Lúcuma fruit is an excellent source of carbohydrates, fibre, vitamins and minerals. It has lots of beta-carotene, niacin (B3) and iron. This exotic Peruvian fruit is known as the "Gold of the Incas", and is considered one of the lost crops of the Incas.

Peruvian culture is steeped in traditions rich in fine foods and cultural culinary delights. The Lúcuma name has been honored both spiritually and culinary since ancient times. Today, this fruit is still prominent in contemporary Peruvian celebrations.

### **Maca:**

Maca (*Lepidium Peruvianum Chacon*) is a Peruvian root vegetable that looks very much like a turnip or radish. It is grown in the Junin district of the peruvian andes at an altitude of between 4,100 and 4,500 m above sea level. It was originally domesticated by the Pumpush people of Junin in Peru, a pre-incan culture, who subsisted on it as their main staple crop. We source our certified organic maca directly from an indigenous grower association of the descendants of the Pumpush people who have been cultivating maca for over 1,000 years.

### **Health benefits of Maca**

Maca contains high amounts of vitamins, minerals, enzymes, all the essential amino acids and it contains nearly 60 phytochemicals. The extraordinary health benefits of Maca are due to the way it promotes optimal functioning of the hypothalamus and pituitary master glands.

Maca contains unique alkaloids that stimulate the master glands, which in turn improves the overall functioning of the endocrine system.

Traditionally, native medicine practitioners and herbalists have recommended maca for:

- Treating menopausal symptoms, such as hot flashes, vaginal dryness, and depression, as an alternative to hormone replacement therapy [HRT]

- Stimulating and regulating the endocrine system
- Regulating and normalizing menstrual cycles
- Stimulating fertility in both men and women
- Supporting the immune system
- Increasing energy, stamina and endurance, reducing chronic fatigue
- Enhancing libido, treating impotence
- Revitalizing seniors, mentally and physically

### **Dosage**

For the ancient Incans and modern day Peruvians, especially in the Junin district of the Andes, maca is a staple food. So you can eat as much as you like, the more you eat the more energy and overall vigour you will experience. Maca is non-toxic, has no dangerous side affects and no withdrawal symptoms.

So the quantity you can take really depends on what you want to achieve. This is why we do not put Maca into capsules and why we make it available at an affordable price so that people can consume it in appropriate quantities and experience the full benefit.

To start off with we recommend 1 teaspoon (if you feel a little queazy in the stomach reduce it to 1/2 a teaspoon for several days until your body adjusts to it). Then you can build up to 5g a day or approximately 1 to 5 teaspoons.

The only warning we have is that if you have a partner and you are taking lots of maca we recommend that your partner also take maca as it is a potent aphrodisiac - if you are concerned about this then just reduce the amount you are taking.

### **Mesquite:**

Mesquite meal is a traditional Native American food produced by gathering ripened seed-pods from the mesquite tree and grinding them into a fine powder. Used as a staple food for centuries by desert dwellers, this high protein meal contains good quantities of calcium, magnesium, potassium, iron and zinc, and is rich in the amino acid lysine as well. It has a sweet, rich, molasses-like flavor with a hint of caramel which blends well into smoothies or other drinks, especially those made with cacao and maca.

### **About mesquite and diabetes:**

Researchers report that mesquite is highly effective in balancing blood sugar. The natural sweetness in the pods comes from fructose. Fructose doesn't require insulin to be metabolised -- making it safe for diabetics. The high rate of dietary fibre, pods are 25% fibre, causes the nutrients in mesquite to be absorbed slowly preventing the spikes and valleys in blood sugar.

With a low glycemic index of 25, mesquite requires a longer time to digest than many grains. The digestive time for mesquite is to 4 to 6 hours unlike wheat that digests in 1 to 2 hours. These factors result in a food that maintains a constant blood sugar for a sustained time and as a result prevents hunger. Here is a food that supports the diabetic's diet and helps maintain a healthy insulin system in those not affected with blood sugar problem.

### **Nopal:**

Nopal Cactus (Opuntia Ficus Indica) has been used as a medicinal food for thousands of years by the Indigenous people of Mexico. Our organic nopal powder is grown by an indigenous grower association in the Sierra Madres in the state of Morelos, Mexico. It's unique phytochemical, vitamin and mineral profile make it highly nutritious and extremely beneficial for maintaining the bodies systems in optimal condition i.e. supports pancreatic, insulin and blood sugar functions; lower

cholesterol function; enhanced bowel function/removal of bowel toxicity; immune system function; and the timed-release of nutrients.

### **Blood sugar regulation for Hypoglycemia and Diabetes.**

Nopal has been shown in studies\* to stabilize and regulate blood sugar by increasing the bodies levels and sensitivity to insulin. It has an extremely low Glycemic Index (GI) of 7. This low GI score along with the fact that it is high in mucilaginous fibre means that it also assists the slow, gentle absorption of other foods, herbs and supplements taken with it into the blood stream.

This also means that unhealthy foods, like high GI foods, will also be absorbed into the blood stream at a slower rate, giving the body more time to deal with the toxicity.

### **Weight Loss.**

Nopal is often used as a slimming supplement because of its high fibre content it absorbs water when eaten giving a gentle feeling of satiety. This along with the fact that it regulates the blood sugar levels, means that it may help to reduce carbohydrate cravings and to control the appetite. Nopal's vegetable protein helps the body pull fluids from the tissues back into the bloodstream thereby helping diminish cellulite and fluid retention.

### **Reduces Cholesterol levels.**

Nopal's amino acids, fiber and B3 (niacin) help prevent excess blood sugar conversions into fats, while reducing the total cholesterol, tri glyceride and LDL cholesterol levels by metabolizing fat and fatty acids. Other research studies on B3 (niacin) show its ability to convert LDL (bad) to HDL (good) forms of cholesterol and help decrease the risk of heart disease.

### **Colon Cleansing.**

Nopal contains both soluble and insoluble dietary fibers. The insoluble dietary fiber in Nopal, absorbs water and gently hastens food through the digestive track, contributing to regular bowel movements. In addition the presence of insoluble fibers in the colon help to dilute the concentration of potential carcinogens that may be present. Soluble fibers also contribute to regularity. Nopal is a gentle alternative to psyllium for those with a sensitivity or allergy to psyllium.

### **Helps reduce and eliminate Gastrointestinal disorders.**

Nopal vegetable fibers and mucilage's control excess gastric acid production and protect the Gastrointestinal mucus. This pH buffering and coating has been studied for the prevention of damages that may occur from ingesting spicy foods and aspirin etc.

**Recommended Dosage:** Take 1 gram (about a 1/4 of a teaspoon) with meals 3 times daily.

**WARNING: Due to the fact that Nopal has a normalising effect on blood sugar levels, diabetic patients should check with their GP before taking it - particularly as medication dosage amounts may need to be reduced.**

### **Purple Corn:**

Grown in South America and in particular Peru for thousands of years, this purple corn is one of nature's richest sources of at least six different anthocyanin antioxidants - even more than blueberries. This purple corn has been extensively used as a staple food and a natural colouring dye. Recently, anthocyanins have been studied and reported to have antimutagenic, antimicrobial and anticarcinogenic properties.

There are very few purple plants to be found in nature, and thus if you are to eat a true rainbow diet, this purple corn extract is a helpful and tasty addition.

## Purple Corn Flour

Purple corn flour is made from simply grinding the kernels of the corn into a flour. In Peru the flour is called Harina de Maiz and is used like wheat flour is used here i.e. for just about everything.

## Purple Corn Extract

The purple corn extract is created by juicing the purple corn then slowly, at low temperatures, evaporating off the liquid in the juice until this pure powder remains.

This product tastes like the essence of corn (a faint sweetness with a subtle hint of American whiskey with no alcohol). Purple corn extract is a wonderful addition to smoothies, cacao/chocolate parties, cacao/chocolate drinks, alchemical raw-food recipes, and dressings.

Once open, please refrigerate. One level tablespoon (approximately 2 grams) per day per person is a good dose of purple corn extract. A little goes a long way with this rare product.

## General Information

Purple corn, a variety of Zea mays, is an Andean crop from low valleys locally called maiz morado. Purple corn can be found mostly in Peru, where it is cultivated in the coast, as well as in lands almost ten thousand feet high. There are different varieties of purple corn, and all of them originated from an ancestral line called "Kulli", still cultivated in Peru.

The Kulli line is very old, and ancient objects in the shape of these particular ears of corn have been found in archeological sites at least 2,500 years old in places in the central coast, as well as among the ceramics of the "Mochica" culture". Purple corn contains substantial amounts of phenolics and anthocyanins, among other phytochemicals. Its main colorant is cyanidin-3-b-glucosa.

People of the Andes make a refreshing drink from purple corn called "chicha morada" which is now recognized as a nutritive powerhouse due to its phenolic content. Phenolics are known to have many bioactive and functional properties. Research shows that crops with the highest total phenolic and anthocyanin content also have the highest antioxidant activity.

Anthocyaninins are a type of complex flavonoid that produce blue, purple or red colors. Anthocyaninins encourage connective tissue regeneration and are anti-inflammatory. They promote blood flow and reduce cholesterol, in addition to being antioxidants. Anthocyaninins seem to stabilize and protect capillaries from oxidative damage and have been shown to stabilize connective tissue, promote collagen formation, improve microcirculation and help protect blood vessels from oxidative damage.

**Purple Corn has higher antioxidant capacity and antiradical kinetics than blueberries and higher or similar anthocyanin and phenolic contents.**

## Yacon Syrup:

The yacón root, from Peru is a distant relative of the sunflower. It grows in the warm, temperate Andean valleys at elevations below 3,500 m. Its delicious edible tubers, which are sweet and low in calories, hold a variety of benefits. It has a mild sweet flavour and an unusual moist, crunchy texture slightly reminiscent of fresh-picked apple, pineapple and watermelon.

Yacón tuber provides an excellent balance of 20 essential amino acids. It has one of the highest levels of potassium found in any plant, and high levels of calcium,

magnesium, iron, and phosphorus. Yacón is a useful sweet food for diabetics. Its carbohydrates are stored as a sugar called 'Inulin'. This slow releasing sugar can be supplied to the body even when the concentrations of blood sugar levels are low. This helps to prevent both hypoglycaemia (tiredness, sudden drop of activity) and hyperglycaemia (over-activity).

Yacon is a useful food for managing weight control and obesity. It provides few calories 15-20Kcal/100g, whereas bread typically contains around 50Kcal/100g and Chocolate 500Kcal/100g.

Yacon acts as a pre-biotic and thereby helps the intestines to function efficiently and eliminate toxins and waste products from the body. It strengthens and activates the good bacilli like L. acidophilus and B.bifidum which in turn enhances our immune system and suppresses putrefactive pathogens such as Candida albicans.

## Processing Temperatures:

Produce is dried or processed at 40°C or less where possible/practicable. Agave for example, may ferment at lower than 60°C drying temperature. Cacao may not be adversely affected to any large degree by processing at 45°C due to its high saturated fat content.

Cacao Beans	45 °C
Cacao Nibs	45 °C
Agave Syrup Light	60 °C
Agave Syrup Dark	60 °C
Nopal Powder - Shade dried	40 °C
Goji	Sun Dried
Goji Powder	Sun Dried
Cocoa Powder, Raw	45 °C
Cocoa Butter, Raw	45 °C
Maca	40 °C
Lucuma	40 °C
Mesquite	40 °C
Camu Camu	40 °C
Caigua	40 °C
Yacon Syrup	40 °C
Cats Claw Powder	40 °C
Cats Claw Tea	40 °C
Purple Corn Powder	40 °C
Purple Corn Extract	40 °C