

Written by:
Marilyn Williams
Certified Nutritional Counsellor
& Dietary Consultant

Healthy Drinks





**©Copyright 2018
Marilyn Williams
All Rights Reserved**

This work is © Copyright and not to be copied or shared in any fashion.

Disclaimer:

The information, including but not limited to, text, graphics, images and other material contained on this website are for informational purposes only. The purpose of this website is to promote broad consumer understanding and knowledge of various health topics. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read on this website.



Black Tea

Black Tea

Tea is the most consumed beverage around the world after water, so here's hoping the beverage has some real benefits for us.

Black tea leaves an acidic ash once consumed. I believe a much better choice is Rooibos herbal tea from South Africa. Studies show it has many more benefits than other teas, even Green Tea, or Matcha Green Tea.

- Improves the health of your heart
- Aids in digestion
- Helps you to lose weight
- Anti-inflammatory and antioxidant properties

- May prevent cancer and diabetes
- Keeps skin and hair young
- Helps to give you strong bones
- Helps to treat allergies

It has been found that by adding milk to your tea that the good antioxidant affects are potentially blunted. This means you are not receiving all the goodness that you think you are.

If this is true it seems a real shame. They also found that soy milk had a similar effect.

It appears to me that more studies are required but maybe, if you can, it could be wise to leave off the milk.



Herbal Teas



Herbal Teas

Herbal teas are different from black teas. Black tea is made from the leaves, whereas herbal teas can be made from all parts of the plant, including the leaves.

There are so many benefits from drinking herbal teas that it would be impossible for me to address it all here. Here are just a few:

Chamomile Tea – Relaxes mind the mind

Dandelion tea – for detoxification, improved digestion and liver function

Echinacea tea – helps to treat colds and flu

Ginger tea – improves immune system and reduces digestive disorder and nausea

.....and so, and on, and on!

Herbal teas, like black teas, can be consumed as iced tea.

I like to make up a blend of both Rooibos and other herbal teas. I prefer to use organic leaf tea when I can. I've discovered that if there is a tea that I should be drinking for its health benefits, but I really don't like the taste of it, I can blend it with other teas to make something that I do like.

In the summer I like to drink a strong mixture, toned down by some soda water I make at home using my Soda Stream.





Coffee

Coffee

Coffee is one of the most popular hot drinks in the world. There is much hoo-ha as to how healthy coffee is so let's look at a few facts.

| Benefits | Risks |
|-----------------------------|-----------------------------------|
| High in antioxidants | Caffeine addiction |
| Protects your liver | Can alter mood & increase anxiety |
| Aids physical activity | Can affect your sleep cycle |
| Supports cognitive function | |

- Coffee needs to be organic. Coffee is one of the most highly sprayed crops in the world.
- Brewed coffee is far superior to instant coffee which has had to go through various processes to come out as instant. Try, whenever you can to consume brewed only.
- Drinking all that milk in cappuccinos certainly will not help you to lose weight, and remember what we discovered about the milk???



Soups and Broths



Soups and Broths

Soups and broths can be made from any vegetable and in any combination you can dream up.

Sometimes I throw some veggies in the pot just to make myself a nice warming veggie drink. Simply make enough for a drink now and save the rest in the fridge for another time.

It just needs to be watered down sufficiently so that you can drink it from a cup.

This is great on a cold, bleak day... warms you up and gives you a boost of vitamins and minerals to boot.

I'm not talking about a meal... just a good hot drink to enjoy during the day. So please ignore the garlic bread shown in the image!





Coconut Water

Coconut Water

Coconut Water is one of my favourite drinks to have if I'm out on the road and want something a little different from water.

I prefer the raw kind that hasn't been heat-treated... the flavour is much nicer.

Coconut water has even been used in IV hydration in war zones when no other blood is available. How cool is that?

It is the clear liquid found inside a young, green coconut. It's very high in potassium. It is perfect to use instead of a imitation sports drink as it is very high in electrolytes.

Other than that, it contains many nutrients such as vitamins, minerals, carbohydrates, fats & fatty acids, protein & amino acids.



Benefits include:

- Helps replenish electrolytes
- Lowers blood pressure
- Reduces cholesterol
- Cleansing & detoxification
- Reduces stress and muscle tension

Chai Latte



Chai Latte

One day, on a very long trip, the folks I was travelling with stopped into a McDonald's about 11pm for a coffee. I don't drink coffee, simply because I don't like the taste, so I wondered what I could have... I did really want something...

I decided to try a Chai Latte... I had never tasted one before. I found it absolutely delicious! Yes, far too sweet, but at that time of night after all the travelling we had been doing... it was beautiful.

I wanted to recreate a healthy version of it at home, so I tried many different recipes and ideas but was always disappointed for one reason or another.

Finally, I discovered a very simple version which makes me say 'yum' every time... I heat coconut milk, $\frac{1}{2}$ a teaspoon of cinnamon, $\frac{1}{4}$ teaspoon of ginger powder (or add $\frac{1}{2}$ a ginger juice ice block I keep in the freezer, $\frac{1}{4}$ teaspoon of mixed spices... sometimes add a little cardamom, or cloves... whatever I feel. Oh, and part of a medjool date too!

I love to add a teaspoon of organic Turmeric Latte as well. I play around with flavours.





Organic Cacao

Organic Cacao

Cacao and cocoa sound similar, don't they?

The Cacao fruit tree produces cacao pods which are cracked open to release cacao beans. Cocoa is made by heating the raw cacao. It's still relatively good for you, but the best by far is Cacao.

Raw Cacao is the purest and healthiest form as it contains the highest source of antioxidants and magnesium of ALL foods.

It makes a marvelously rich chocolate drink which you can enjoy guilt-free. When you first taste it after other high sugar chocolate, or adding sugar to Cocoa, it will taste quite bitter to you, in the same way the dark chocolate is not as sweet as milk chocolate.

To over come this, I would suggest you either blend a date into the drink or add some Stevia.

The more you drink it, the less bitter it becomes. Your taste buds adapt.





Organic Cacao

Must not be heated above 120 degrees... most all store-bought dark chocolates have had a huge number of benefits destroyed. I buy bulk Cacao powder which has not been heated above 120 degrees.

Cacao can improve:

- Heart health
- Cholesterol
- Stress levels
- Inflammation

It also comes with the fringe benefits of being 'euphoric'... that 'feel good' emotion.

It can be used to make a whole array of goodies that look for sure they are definitely bad for you... but if made using only healthy ingredients are wonderful.



Organic Cacao

How is it for weight Loss?

A good question! I have been consuming a square or two of very dark cacao chocolate for quite some time now. I am far from a 'chocaholic' but do really enjoy it.

Every other day or so I enjoy a teaspoon of Cacao made into a hot drink. To begin with it was so bitter I had to add a little coconut sugar, but I soon went over to a drop or two of Stevia. I notice these days though that I don't require anything as I enjoy it as it is. On occasion, I will add a drop of Stevia if I'm looking for something a little sweeter.



The really fattening part of milk chocolate is all the sugar. The fat contained in Cacao is good healthy fat which your body needs.

Just don't go overboard. If you are a self-confessed 'chocaholic' then I guess it would be better for you to leave it alone.



Carob

Carob

Carob has been used down through the centuries, first by the Ancient Greeks and now is grown everywhere from India to Australia.

It can be used as an alternative for chocolate in just about any recipe from drinks through to baking. Some complain it doesn't taste quite the same. And neither it does!

I like to think of Carob as an entity all by itself, and not as a chocolate alternative. I love the flavour just as it is.

It contains:

- Antioxidants
- Lots of fibre
- No caffeine
- Low amounts of fat and sugar

It's naturally sweet as well.



Vegetable Juices

Blended vegetable juices are a really good way to go to give yourself a boost in vitamins, minerals, phytonutrients and antioxidants.

You can blend any type of vegetable you like making yourself a nice green drink is very popular.

Adding an apple can take it from unpalatable to palatable just like that!

I wouldn't go overboard on them as too much of anything tends not to be good.

The good thing about blended vegetable drinks is that it maintains all the fibre in the drink.



Smoothies

Smoothies can be fantastic. If you add sufficient ingredients to them, they can act as a meal replacement.

You can base them on whey if you like, almond milk, coconut milk or coconut water. Even yoghurt makes a great base. I don't ever use soy and I don't recommend it. Plays up with your hormones far too much.

For a meal replacement it's important to make sure all the food groups are included in the drink. That's:

- **Protein** (add either chia seeds, hemp seeds or powder, whey powder, egg, nut butter, coconut milk or cream, spirulina, pumpkin seeds, yoghurt, sunflower seeds, nuts, cacao)
- **Fibre** (add either oats, psyllium husks, ground flax seeds)
- **Fat** (add either coconut oil, avocado, cashews, flaxseed oil)
- **Vitamins and minerals** (add fruit, mineral supplement)
- **Carbohydrates** (oats, cooked brown rice, lentils, chick peas, cooked pumpkin, cooked sweet potato)



Flavoured Water



Flavoured Water

Some people don't like the bland taste of water and opt for flavoured water instead. They do sound like a really nice option with their infusion of various fruits to give the water flavour.

But please don't be fooled!

It's not water as we know it. Make sure you read the ingredient's label and there you will find all the sugar that's been added.

They usually say they have 'added vitamins, minerals and flavour' but it's not much better than a cordial or soft drink.

It's so easy to make your own flavoured water either by using regular water or soda water from your own soda stream.

Simply add some berries, lemon or lime for a great drink.

