

# Let Food be thy Medicine and Medicine thy Food

Hippocrates, The Year 400

At Oliver's, we believe that the first sign of good health is when a person takes interest in the quality of food they are eating. Too many of us live our lives with little aches and pains, colds, arthritis, indigestion, constipation and overweight and we think it's normal to feel like this.

What did you eat yesterday? Are you feeling gorgeous today, with clear skin and sparkly eyes? Are you feeling happy and full of energy?

## **We are what we eat.**

Our body is like a large juicing machine. We put the whole food in the top and our body breaks down the food to give us our daily vitamins, minerals, amino acids, fatty acids and energy and what the body doesn't want, it gets rid of.

Unfortunately due to today's busy lifestyles, we tend to push too many fat, salt and sugar laden processed foods into the top of our juicers! We end up feeling bloated and uncomfortable, a little off colour, achy and sluggish.

We need to put fresh, water based, fruits and veggies into the juicer to help clean and flush our systems, to get everything moving again. Even into our old age, we should feel alive and well. Let food be thy medicine.

## **Welcome to Oliver's!**

We want you to smile and relax in our stores. Let us feed you some 'REAL' food. Our juices are freshly squeezed every day, from raw, organic fruits and veggies, which have powerful healing and rejuvenating properties. We have mixed some special blends to 'spring clean' your system, enhance your immunity and keep you sparkling throughout the busy day.

Food should be yummo! So we make it with love and passion, creating unique flavours and textures using fresh herbs, garlic and Celtic sea salt. We use whole foods. Whole foods are real foods, complete with all their natural endowment of nutrients. Whenever possible we use 'Organically Grown' to promote not only our health, but also the health of our planet.

**Not only do we help you feed your hungry tummy, we help you feed your whole body, the way nature intended it.**

**We call it REAL FOOD.**



*More Taste. More Energy. More Life.™*