Winnie's PureHealth®

Health and Wellness Lifestyle

Do you want to Assess Yourself?

Please tick in the box	YES	NO
Do you feel energetic when you wake up in the morning?	☐	☐
Do you experience joint pains and stiffness?	☐	☐
Do you get bloated after eating?	☐	☐
Do you experience acidity?	☐	☐
Do you get constipated?	☐	☐
Do you get gas?	☐	☐
Do you experience restless sleep?	☐	☐
Are you overweight/ underweight?	☐	☐
Do you have difficulties falling asleep?	☐	☐
Do you have high blood pressure?	☐	☐
Do you have low blood pressure?	☐	☐
Are you diabetic?	☐	☐
Do you experience frequent headaches?	☐	☐
Do you have hot flashes?	☐	☐
Do you have painful periods?	☐	☐
Do you have problematic skin?	☐	☐
Do you have less than one bowel movement in a day?	☐	☐

Assessment Comments:

Winnie's PureHealth®

Health and Wellness Lifestyle

Meal Plans

Ugali Afya

- Rich source of fibre, protein, minerals, and vitamin B's.
- Useful for cholesterol reduction, Diabetics, and may relieve constipation.
- Low in sodium, and saturated fats.

Cabbage

- Contains numerous anticancer and antioxidant qualities.
- Eases constipation.
- Cabbage juice helps to manage ulcers in humans.

Terere

- Rich in anticancer properties.
- Aids digestion.
- Benefits the heart arteries by lowering cholesterol.

Saget - Spider Plant

- Cleanses blood.
- Relieves pain in arthritic joints.

The above can be taken with Kienyeji Chicken or Fish.

Winnie's Chamomile Tea can be taken after a meal.

Meal Plans

Chapati Afya

- High source of protein, minerals, omegas, and fibre.
- Useful for Diabetics, relieves constipation, and helps with energy.
- Low in sodium, and saturated fats, hence useful in maintaining heart health.

Tomatoes

- Eaten raw or steamed.
- Contains over 90% water.
- An excellent antioxidant.
- Lower rates of pancreatic and cervical cancer.
- Raw tomatoes reduce liver inflammation.
- Excellent for prostate.

Carrots

- Superb detoxifier and immunity booster.
- Excellent for the liver and digestive tract.

Ginger

- Antibiotic (combats bacteria).
- Antiseptic and Antiviral.
- Helpful in colds and flus.

The above can be taken with Kienyeji Chicken or Fish.
Optional: Can cook with Winnie's Afya Mchuzi Mix and Herbal Salt.

Winnie's Chamomile Tea can be taken after a meal.

Meal Plans

Toto Afya

- Contains rich sources of vitamin D, calcium, protein, and hence useful for growing children.
- Low in fats and sodium, rich in phosphorus, and other vital vitamins for those growing years to build strong bones and teeth.

Mchele Toto can be taken with:

Pumpkin

- Extremely high in beta carotene, an antioxidant that help to ward off heart attacks and cancers.

Spinach

- Regulates blood pressure.
- Rich in fibre that helps lower blood cholesterol.
- Contains anti-cancer properties.

Carrots

- Contains beta carotene which has anti-cancer properties.

The above can be taken with Fish

Optional: Toto Afya can be taken with Winnie's Pure Natural Honey.

Live Life The Winnie's Pure Health Way!

Health and Wellness Lifestyle

Meal Plans

Pure Natural Honey

- Immune booster.
- Allergy protection.
- Helps with constipation.
- Helps with coughs and colds.
- Gives energy without insulin charge.

Chamomile in Lemongrass Tea

- Useful for tension headaches, nervous exhaustion and as a nerve tonic.
- Helps to reduce discomfort during colds, sore throats, indigestion, and calms senses.

Mixed Herbal Tea

- Useful for lowering blood pressure, cleansing kidneys and as a rejuvenating beverage.
- Useful to relieve urinary tract infections, and as a gentle flush to eliminate toxins.

Winnie's Chamomile Tea can be taken after a meal. Useful for indigestion, gas, flatulence and to calm and heal the digestive system. Useful to relax and calm the nerves, hence as a relaxant, to help promote natural sleep.

Meal Plans

Mchele Afya

- Rich source of carbohydrates, protein and fibre, and packed with vitamins, minerals, and folates.
- Useful for Diabetics, as it contains a balanced source of proteins and carbohydrates.

Capsicum (Pili Pili Hoho)

- Antibacterial.
- Normalizes blood pressure.
- Improves circulatory system.
- Boosts secretion of saliva and stomach acid.

Onions

- Fights asthma, chronic bronchitis and diabetes.
- Strong antioxidant and lowers blood cholesterol.

French Beans

- They provide us with the mineral silicon. This mineral is very important for bone health and for healthy formation of connective tissue.
- They also contain protein, carbohydrates and vitamins.
- Helpful in managing diabetes.

Winnie's Chamomile Tea can be taken after a meal.

Meal Plans - Breakfast Suggestions

Uji Afya

- High in proteins, vitamins, minerals, and a useful energy food.
- Low in sodium and saturated fats and helps lower cholesterol, and useful to build strong bones movement.

Avocado

- Used for salads or eaten with other food as an accompaniment.
- Lowers bad cholesterol.
- Alkaline/acid is balanced.
- Stimulates hair growth.

Papaya

- Excellent for aiding digestion.
- Anti-cancer properties.

Banana (Ripe)

- Promotes sleep.
- Mild laxative and strengthens stomach lining against acid and ulcers.
- Anti-fungal.
- Best source of pyridoxine which helps in metabolism of proteins.

Winnie's Wheatgrass Tea can be taken after a meal. It is a powerful antioxidant, green food rich in vitamins, minerals and amino acids. Useful for cleansing and rejuvenating the entire body organs, bringing back vigour.

Live Life The Winnie's Pure Health Way!

Winnie's PureHealth®

Stretch Chart

5 seconds - 3 times

5 seconds - 3 times

5 seconds - 2 times

5 seconds - 2 times

5 seconds on each side

5 seconds on each side

10 seconds

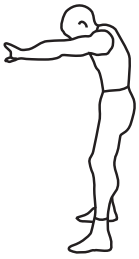
10 seconds on each side

9 seconds on each side

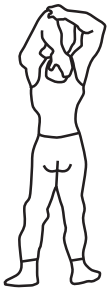
10 seconds

10 seconds

Chest



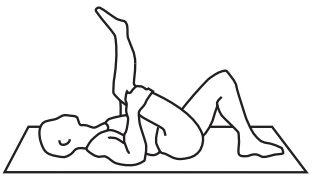
Upper Back

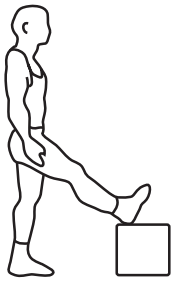


Back of Upper Arms

Calf

Back of Thighs on each side



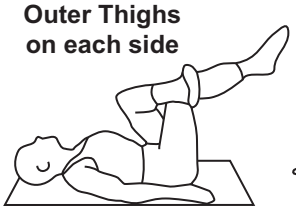


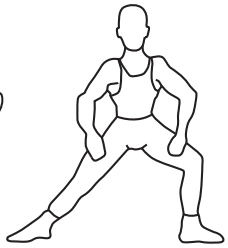
Back of Thighs on each side

Front of Thighs on each side

Front of Thighs on each side

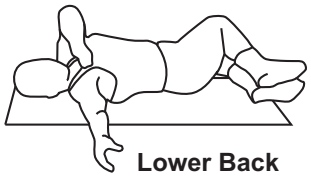
Outer Thighs on each side



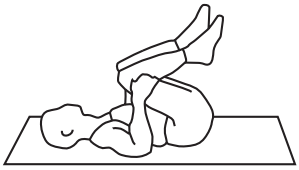


Inner Thighs on each side

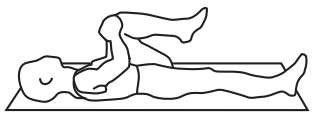
Inner Thighs



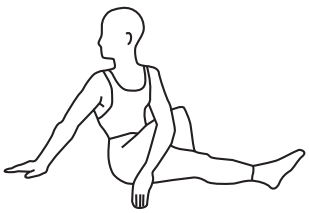
Lower Back on each side



Lower Back



Lower Back on each side



Torso on each side

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