Wellness Forum Health Product Catalog

**To order call: 614-841-7700**

**Toll Free: 800-761-8210**

**Stuff for your Smoothie (GF)**

**Wellness Forum Super Foods Smoothie Mix $25/15 servings**

This health-promoting product contains spirulina, beet, spinach, wheatgrass, tomato and carrot powders; stevia. This is a great base for a smoothie any time of day! **New!** Available without stevia upon request!

**Golden Flax $3.75/lb**

The finest food grade organic flax seeds you can buy! Larger, flatter, softer and tastier than other flax seeds.

**Brewer’s Yeast $5.00/lb**

Another healthy addition for your breakfast drink! A great source of B-vitamins and trace minerals.

**New Spring Green Tea $33.00 / 90g**

It’s different from other teas! This food-grade tea is grown in a remote area of China. Each leaf is hand-picked and packaged to preserve nutrient density.

**Dr. Pam’s Superfoods Smoothie Recipe**

Serves 1

**Combine in blender:**

**8 ounces** of plant milk

**2 Tbs** of Wellness Forum Health's Superfoods Smoothie Mix  
**1 Tbs** ofWellness Forum Health's Brewer’s Yeast  
In a coffee bean grinder:

**1 Tbs** of Wellness Forum Health's organic golden flax seeds  
**1/8 cup** of raw food-grade Wellness Forum Health's green tea leaves

**1 Banana**

**1 – 1 ½ cups frozen berries**  
**Filtered Water** (Add until smooth if needed)  
  
Grind the tea and flax, and add to the blender with the other ingredients. Blend and enjoy!

Notes:

· The tea must be food-grade and whole leaf tea; bright green in color.

· Do not use tea bags and do not use tea purchased in retail stores.

· Golden organic seeds are recommended; do not use pre-ground flax seeds or flax oil.

· Do not confuse Brewer’s Yeast with Nutritional Yeast- they are totally different foods!

· Brewer’s Yeast should only be purchased in bulk, not in cans or jars

**It’s In The Bag!**

**Breads**

**Corn Bread $3.49**

Make bread or muffins in 15-20 minutes with this whole grain mix. Add soy milk and applesauce for healthy old fashioned corn bread. Serves 8

**Millet Polenta Bread Mix $3.75**

A multi-grain, high fiber bread to add variety to your diet. Makes a 1 1/2 lb loaf to serve 15

**Quick Mix $5.95**

Try this great mix as a base for muffins, scones, pancakes, waffles, cookies and more! Instructions and recipes included. Serves 8-12

**Gluten-free Quick Mix (GF) $5.95**

Bake goodies without gluten! Serves 8-12

**Cereals**

**Date and Almond Granola Cereal 16 oz $4.95**

Tastes great right out of the bag or topped with plant milk! Serves 8

**Multi Grain Cereal 16 oz $4.95**

Enjoy a delicious variety of grains in one great

cereal! Serves 8

**Desserts**

**Applesauce Cake $4.50**

A delicious dessert the whole family will love! Easy to make: just add applesauce to the mix, stir and bake! Serves 9

**Mmmmm Chocolate Cake $5.50**

This moist chocolate cake is perfect for any special occasion, or just because. Serves 9

**Chocolate Cream Pudding (GF) $4.00**

For the most serious chocoholic! Enjoy as pudding or use as a “frosting” for our Mmmm Chocolate Cake! Serves 4

**Wellness Forum Delicious Soups**

**Single Serving Soups:**

**What-a**-**Tomato!” Soup** **(GF) $1.49**

**Potato Soup (GF) $1.49**

**Or 10 for $1.40 each!**

**Soup for the Family:**

**What-a-Tomato! (GF) Serves 4 $5.49**

**Potato Soup (GF) Serves 4 $5.49**

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# Certainly NOT Chicken Broth (GF) 3 quarts $4.75

Just like grandma’s – but it’s vegan! Use in soups, casseroles or as good old comfort food.

**Brown** **Rice Vegetable Soup (GF)** **Serves 8** **$5.75**

One of the most versatile soups we make, Our brown Rice vegetable Soup is made with long grain brown rice, basil, thyme, and garlic and vegetables

**Ginger Ramen Noodles (GF) Serves 1 $2.00**

Ramen noodles, healthy-style!

**NEW!! Introducing:**

**Wellness Forum Water Filtration**

Our water filtration systems use high efficiency **Catalytic Activated Carbon** for water quality improvement because it’s considered the most effective adsorbent used in the water treatment industry. *To illustrate it’s absorption capabilities, it is estimated a single spoonful of activated carbon has as much surface area as a football field.*

**Drinking Water Systems:**

**Under the Sink Units:**

· 2-Stage Water Filter for City Water **$229.00**

Enjoy high quality water with our two stage system with quick change cartridges. **Step 1** Removes sediment, silt and particulate. **Step 2** Removes Chlorine, taste, odors, VOCs and chemicals!

· 3-Stage Ultra Filter for Well Water **$279.00**

Three stage drinking water system for well water. System removes bacteria, cysts, Chlorine, taste odors, sediment and harmful chemicals. **Benefits:** ·No storage tank required, works at low pressure, no wasted water, quick change cartridges.

**Countertop Unit: $179.00**

Enjoy great tasting, filtered water with our counter top filter, designed to remove Chlorine, taste, odors, lead (with our lead reducing cartridge) and sediment. Easy installation! Connects directly to your kitchen faucet.

($189.00 for lead reduction)

**Whole House Water Filter: $749.00**

Enjoy great tasting, filtered water from every faucet in your home! Highly effective, long-life Catalytic Activated Carbon is used during STEP #1 to reduce or remove: taste, odor, chlorine, chloramines, some trihalomethanes (THMs), some haloacetic acids, some heavy metals, such as lead, volatile organic compounds (VOCs), and sediment. During STEP #2, your water is treated with

KDF-55®, a highly effective bacteriostatic filter media, used to control the growth of bacteria and extend the service life of the activated carbon.

**Shower Filter: $59.95**

The New York Department of Health reports “A ten minute shower may increase the Chlorine level in your body by eight times more than drinking a single glass of water”. Our shower filter removes Chlorine and other harmful chemicals. Comes with activated carbon, and features our “date tracker” to know when replacement is necessary**.**

**Main Dishes and Accompaniments**

**Curried Lentils and Rice (GF) $4.25**

A great side dish, or add tofu or fresh vegetables for a main dish. Simply add water! Ready in 45 minutes. Serves 4

**Delightfully** **NOT Cheese Sauce (GF)** $**4.75**

Tastes, looks, feels like cheese! Use in any recipe that calls for cheese sauce, especially your favorite “Mac and cheese!” Serves 5

**Biryani (New) (GF) $5.10**

Biryani is a traditional rice dish from India and The Middle East. It is fragrant with spices like cardamom, cinnamon, and ginger, and studded with golden raisins and sliced almonds Serves 4

**Millet “Meatloaf” (GF) $5.99**

This mix tastes just like meatloaf and is a make-at-home version of one of Del’s favorite dishes! Makes one loaf. Serves 6-8

**Taco! Taco! (GF) $6.25**

Use for tacos, Sloppy Joes and Mexican Casseroles! Add water and tomato puree and cook 15 minutes. Makes about 4 1/2 C; Serves 10-12

**Sweet Mixes**

**Break for Cocoa (GF)** $**4.75**

Don’t give up the pleasure of hot cocoa—try this tasty version of a classic treat! Serves 4

**Lean and Healthy Oatmeal Bars $6.50**

Makes 18 bars for $.36 each—a nutritious high fiber snack, dessert, or meal replacement. They'll keep for a week, or freeze for later use.

**Chocolate Decadence Bars $6.50**

Our popular nutritious , high fiber snack in everybody’s favorite flavor! Makes 18 bars for $.36 each. They'll keep for a week, or freeze for later use.

**Wellness Forum Personal Care Products**

**Shampoo** (basil/lime or rosemary/mint) 8 oz $ 8.99 16oz $15.99

**Conditioner** (basil/lime or rosemary/mint) 8 oz $ 8.99 16oz $15.99

**Bath Gel** (lavender, lemongrass, unscented)

8 oz $ 9.99 16 oz $15.00

**Lotion** (lavender, lemongrass, unscented)

8 oz $11.99 16 oz $19.99

**Deep Moisturizing Lotion** (unscented, sandalwood) 8 oz $ 9.99

**Bar Soap** (unscented) $4.95

**Face Food Oily Skin** 2 ounces $9.99

**Face Food Dry Skin**  2 ounces $9.99

**Lip Balm** $5.95

**Toner** 4 ounces $8.99

**Exfoliating Scrub** $16.95

**French Clay Mask** $11.95

**NEW!! Young Barley Grass Juice Powder**

Barley grass is the leaf of the barley plant, not the grain. As such it is gluten-free. This barley grass is harvested early, which means the nutritional content is higher than when harvested later. The powder is made through a multistep process that involves juicing the young grass, removing the cellulose so that pure juice concentrate remains, and dehydrating it at low temperatures into a powder.

Wellness Forum Health’s product is different than barley grass powder (the product is not as concentrated as ours), and also from other barley grass juice powders because high-temperature drying is not used, therefore preserving the nutrient content.

Packaged in individual sealed tubes. Just mix one package with 8 ounces of water.

**Package includes 28 servings** **$49.95**

**Snack Bars**

Healthy, convenient, and filling bars!

**Chocolate Crunch Bar $1.85**

**Chocolate Peanut Crunch Bar $1.95**

**Complete Nutrition Bars**

**2 flavors—Chocolate Fig OR Tart Cherry One bar: $2.50 OR Box of 15 bars: $35.00**

**Can’t decide which products to buy?**

**Try our samplers!**

***Three great options:***

**Food Sampler**

Contains each of our fabulous food products:

meat substitutes, smoothie ingredients, bread mixes,

desserts, main dishes, side dishes, soups,

cereals and bars

**Only $180.16 (plus freight)**

**Gluten-Free Sampler**

Contains each of our

fabulous gluten-free food products:

meat substitutes, smoothie ingredients, bread mixes,

desserts, main dishes, side dishes, and soups

**Only $136.22 (plus freight)**

**Personal Care Sampler**

Contains one each of our

amazing personal care products:

bath gel and soap, shampoo and conditioner,

complete skin care package, and lip balm

**Only $112.69 (plus freight)**