

WAI-ORA LAKESIDE SPA RESORT

SPA LUNCH

NUTRITIONAL FACTS

TOMATO OIL - very low in Cholesterol. It is also good source of Dietary Fibre, Vitamin A, Riboflavin, Copper and Manganese and a very good source of Vitamin C and Potassium

BALSAMIC VINEGAR - This food is low in Sodium and very low in Saturated Fat

BASIL - Today herbalists recommend Basil for nausea and motion sickness, because of Basil's antispasmodic properties. Basil's strong taste promotes the production of Saliva, letting the body digest food properly.

ARTICHOKES - a good source of Iron, reduce bowel upsets, help to let lactobacilli bacteria flourish in the gut, High dietary fibre and good source of Potassium.

AVOCADO - Benefits circulation, lowers cholesterol, dilates blood vessels. Its main fat, monounsaturated oleic acid (also concentrated in olive oil), acts as an antioxidant to block artery-destroying toxicity of bad type LDL cholesterol.

CUCUMBER - their fiber rich skin helps regulate blood pressure, their levels of Potassium and manganese, which helps promote nutrient functions,

GARLIC - chewed by greek Olympian athletes and thought to be essential for keeping your heart healthy, warding off coughs and colds.

ONIONS - it has been used as a food remedy for centuries in cold, cough, bronchitis and influenza.

HOROPITO - NZ indigenous Pepper. Can be taken as Tea, for sauces or dressings. Horopito has anti-fungal properties.

KAWAKAWA - thins the blood, allowing the heart to pump blood

around the body easily. Kawakawa cleanses the liver.