Ultimate Guide To

TRUVANI



Here's Exactly What To Expect Inside This Short Guide

Hi, I'm Vani Hari, but you may know me as the **Food Babe**.

I put together this guide to help you better understand the remarkable power of Turmeric, the ancient Ayurvedic remedy.

And then, I'll show you how to incorporate it into your daily life. I'll share recipes, specific product recommendations, and more.

But first, if you're curious about exactly how Turmeric can help you, **here are 12 core benefits:**

12 Core Benefits of Turmeric*

$^{t}1$ anti-inflammatory

The active ingredient in turmeric is curcumin, a potent anti-inflammatory that helps maintain healthy inflammation responses.

$^{\#}3$ promotes heart health

Its properties support the overall health of the cardiovascular system.

#5 **BOOSTS STRESS TOLERANCE**

As an adaptogen, it helps counteract the adverse effects of everyday stress on the body.

7 PROMOTES RADIANT SKIN

By providing proper nourishment, it helps your body produce more radiant and healthy-looking skin.

[#]O SUPPORTS BRAIN HEALTH

Helps maintain healthy cognitive function and working memory.

IMPROVES MOOD

Curcumin helps to reduce symptoms of mild mood changes.

#2 SUPPORTS HEALTHY JOINTS Beneficial in promoting overall joint health and mobility.

[#]4 encourages healthy cholesterol levels

Helps maintain healthy cholesterol levels.

$^{\#}6$ supports weight loss

Curcumin can positively influence weight management in overweight people.

$^{\#}8$ optimizes vitality

Its powerful antioxidant properties fight excess free radicals in the body that can damage cells and diminish health.

#1() SUPPORTS HEALTHY METABOLISM Aids in maintaining normal blood sugar levels.

#]2 soothes digestion

Reduces symptoms of bloating and gas related to occasional indigestion.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. As with any dietary supplement, you should discuss with your healthcare professional prior to use. If you are breastfeeding, pregnant, or considering pregnancy, you should consult your healthcare professional prior to taking any supplements. Discontinue use and contact your healthcare professional if you experience any side effects or an allergic reaction. Keep out of reach of children.



Turmeric is just one of the tools I use to feel healthy and vibrant – and I take it as a daily supplement. I also incorporate it into my meals through specific recipes, which I'll share more throughout this ebook.

Now, let's dig in.



Why You MUST Fight For Your Health

I know you downloaded this eBook to learn more about Turmeric.

And I have a lot of information for you about that exact topic.

But first, I thought you'd want to know who am I, and why you should read this.

As I mentioned earlier, I'm Vani Hari, but you may know me as the Food Babe and Founder of Truvani.

One of my biggest regrets in life dates back to when I was a child.

I grew up as one of the only Indian families in my hometown of Charlotte, North Carolina. I looked different. I ate different foods.

And I felt like an outsider.

I was young. I wanted to fit in. When my mom made delicious Indian food, I would refuse to eat it. It smelled funny. I didn't want people to judge me.

I was scared.

So, I did what any other kid would do. Instead of eating the delicious, healthy food that my mom made, I chose school lunch.

Frozen pizza. Chicken fingers. Cheeseburgers.

What was I thinking?



How could I make such a huge mistake?

The worst part?

I stayed on this unhealthy path into my early 20s.

By then, I had graduated from college and landed a consulting job at a top consulting firm. I was working long hours, eating poorly, and treating myself horribly.

Then something horrible happened.

I got hospitalized with appendicitis and had emergency surgery to get it removed.

But this health scare opened my eyes.

We only have one life and it's important that we treat our health and wellness as our number one priority.

So, I began taking things seriously...

And my life changed.



Then...



Now



I used my new found inspiration for living a healthy life to drive my energy into investigating what is really in our food, how it is grown and what chemicals are used in its production.

I didn't go to nutrition school to learn this. I had to teach myself everything, spending thousands of hours researching and talking to experts.

As I started digging deeper, what I found astounded me.

Big Food uses deceptive marketing practices to trick their customers into thinking their food is something that it's not. They lobby against transparent ingredient labeling. They treat American customers differently than their European counterparts.

And this is not okay.

At first, I started my blog, Food Babe, to share what I learned with my friends and colleagues. Now that I became passionate about health, I wanted the people close to me to do the same.

But my blog quickly took off.

And it wasn't about me anymore. It was about us. The Food Babe Army and the fact that we DEMAND transparency in food labels, and clean food, free from toxins and added chemicals.

So, we fought Big Food. Instead of warning people, I wanted to force these Big Food companies to change, and change they did.



Starbucks Pulls Artificial Coloring From Pumpkin Spice Latte

Kraft: Plans to Nix Artificial Dyes From Some Mac & Cheese Products

"Food Babe" Wins Battle with King of Beers

Panera Bread: Will Get Rid of Artificial Ingredients In It's Food By The End of 2016 But after a few years, I realized something:

Big companies don't change fast enough...

Every time we got one company to change there were another 10,000 companies doing the wrong thing. It's like playing a game of whack-a-mole that never ended.

So, I decided to take matters into my own hands, and I launched my company Truvani, a company that will produce a complete line of clean products.

I no longer wanted to sit back and hope these big companies change. As Mahatma Gandhi once said, "Be the change that you wish to see in the world."

So, I did it.

We believe in quality, and doing things right.

We believe in real food without added chemicals.

Products without toxins.

Labels without lies.

We believe companies should always put people over profits.

Especially with the things that we eat.



It's our food.

It's our health.

It's our life.

Even though you're here to learn about Turmeric, it's about so much more than just one single product.

It's about how we choose to live our life.

Now, let's talk about Turmeric...





The Amazing History Of Turmeric

Turmeric's medicinal properties and components (primarily curcumin) have been the subject of thousands of peer-reviewed and published studies.

It's been used in ancient medicine for over 4,000 years, going back to when residues of turmeric were found in ancient pots in New Delhi, India.

Turmeric is still in use in Ayurvedic medicine today, an ancient medical system that originated in India.

Now, the question is...

What can Turmeric do for you?

12 Core Benefits of Turmeric*

$^{t}1$ anti-inflammatory

The active ingredient in turmeric is curcumin, a potent anti-inflammatory that helps maintain healthy inflammation responses.

$^{\#}3$ promotes heart health

Its properties support the overall health of the cardiovascular system.

[#]5 boosts stress tolerance

As an adaptogen, it helps counteract the adverse effects of everyday stress on the body.

PROMOTES RADIANT SKIN

By providing proper nourishment, it helps your body produce more radiant and healthy-looking skin.

#O SUPPORTS BRAIN HEALTH

Helps maintain healthy cognitive function and working memory.

[‡]11 IMPROVES MOOD

Curcumin helps to reduce symptoms of mild mood changes.

#2 SUPPORTS HEALTHY JOINTS Beneficial in promoting overall joint health and mobility.

[#]4 encourages healthy cholesterol levels

Helps maintain healthy cholesterol levels.

$^{\#}6$ supports weight loss

Curcumin can positively influence weight management in overweight people.

#8 OPTIMIZES VITALITY

Its powerful antioxidant properties fight excess free radicals in the body that can damage cells and diminish health.

#1() SUPPORTS HEALTHY METABOLISM Aids in maintaining normal blood sugar levels.

#<u>]</u>2 **SOOTHES DIGESTION** Reduces symptoms of bloating and gas

related to occasional indigestion.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. As with any dietary supplement, you should discuss with your healthcare professional prior to use. If you are breastfeeding, pregnant, or considering pregnancy, you should consult your healthcare professional prior to taking any supplements. Discontinue use and contact your healthcare professional if you experience any side effects or an allergic reaction. Keep out of reach of children.



There's a Lot to Love About Turmeric!

When I consume turmeric regularly, I feel better overall. I like to juice turmeric - and really love to drink turmeric shots! I sometimes make turmeric lattes and cook vegetables with turmeric.

And this is why I decided to make Turmeric as the first official product from my new company, Truvani.

That's the easiest way to know I'm getting my turmeric in every day. I can travel with it, keep it in my purse, and never forget to take it. Turmeric is just one of the tools I use to feel healthy and vibrant - and I plan to continue taking it for the rest of my life.

Now, how can you incorporate Turmeric into your daily life?

Discover 8 Ways to Take Advantage of Turmeric's Amazing Benefits

Over the next few pages, I will show you 8 different ways you can use Turmeric. Then I'll share some specific recipes.

Many times I'll recommend you use our Daily Turmeric Supplement. If you ever want to learn more about it and how it can help you, I suggest you visit this page right here.

https://shop.truvanilife.com/pages/turmeric

But here's what you need to know:

Our Daily Turmeric Supplement comes in tablet form, without any added coatings or capsules. This makes our product unique because it allows you to either take it as a traditional supplement, or add it into liquids and smoothies.

(It dissolves quite nicely).

It's also sourced remarkably. You see, by now you know I care about the quality of our ingredients. So, when we picked our Turmeric provider, we ensured to test it inhouse... and then through 3rd parties to ensure it was the cleanest it can possibly be.

And we are proud to say that we are USDA Organic, Glyphosate Free, and of course, pass prop 65 (a strict label initiative in California that requires companies to test for heavy metals... we passed it with flying colors... most companies just put a Prop 65 warning label on their product. We don't have to).

Now, without further ado, here's how to use it...

1) Brew Turmeric Tea

Bring 8 ounces of water to boil and add 1 Truvani Daily Turmeric tablet. Let dissolve and you're ready to go. You can also stir in honey or fresh lemon juice for added flavor.

2) Blend into a smoothie or juice it

Add either a pinch of ground turmeric, an inch of raw fresh turmeric, or up to 3 Truvani Turmeric Tablets to your favorite smoothie recipes. You can also juice fresh turmeric. When making fresh green juice at home, simply add it to your juicer. 3) Spice up your veggies before roasting or sauteing

Toss fresh vegetables with a dash of olive oil and ground turmeric, along with any other seasonings you like. Saute in a pan over medium heat or roast at 400 degrees, tossing once until done, usually about 30-40 minutes.



Mix into a homemade mustard

You can mix up a basic mustard with ½ cup ground mustard, 2 tablespoons white wine vinegar, 1 tablespoon water, 1 teaspoon each of turmeric and salt. Store in a glass jar in the fridge.

5) Drink soothing golden milk

This is an ancient Ayurvedic recipe that can be made a number of ways. One of my favorite ways to make golden milk is to add 16 ounces of coconut milk, 3 Truvani Daily Turmeric tablets, ½ teaspoon ground cinnamon, ¼ teaspoon ground ginger and 2 tablespoons maple syrup or raw honey to a pot. Heat and gently simmer for 8-10 minutes. Pour 8 ounces into a mug and serve warm or over ice. Serves two, so share with a friend!



6) Season your soup

A few dashes of ground turmeric can be added to most soups without changing the flavor dramatically. It adds a nice, rich color to brothy soups too.

7) Color your food naturally

There's no reason to ever bake with artificial dyes like Yellow #5 and Yellow #6, when it's so easy to color your food with turmeric. Just boil some water, whisk in enough ground turmeric to create the yellow shade you want, and boil for 3 to 5 minutes. Allow it to cool and store it in a glass jar in the fridge – and that's it! If you want to use it to dye Easter eggs, simply add some vinegar to the dye.



Brush your teeth with it

When I first heard this I thought it was ridiculous... because who wants yellow teeth! That's until I read that for some reason it doesn't stain teeth yellow, and instead whitens them up naturally. But be warned that your toothbrush will get stained yellow! Simply dip your wet toothbrush in a pinch of ground turmeric, brush your teeth with it, and allow it to sit on your teeth for about 3-5 minutes. Make sure to rinse your mouth (and sink!) thoroughly and then brush with your regular toothpaste afterwards. This isn't a daily ritual, just do this occasionally to brighten up your smile.



Use These 10 Recipes to Add Turmeric Into Your Everyday Life





Banana Turmeric Bread

MAKES 1 LOAF - PREP TIME: 10 MINUTES COOK TIME: 55 MINUTES

INGREDIENTS:

1/2 cup butter, softened1 teaspoon vanilla extract1 cup coconut sugar2 cups spelt flour2 eggs2 teaspoons baking powder3 ripe bananas, peeled and mashed1 teaspoon ground turmeric1/2 cup coconut milk1/2 teaspoon sea salt

DIRECTIONS:

- 1. Preheat the oven to 350 degrees.
- 2. In a bowl, cream together the butter and sugar. Stir in the eggs.
- 3. Add the mashed banana, coconut milk and vanilla and mix to combine.

4. In a separate bowl, add the flour, baking powder, turmeric and salt.Whisk to combine.

5. Add the dry ingredients to the wet and stir until just combined.

6. Pour into a greased loaf pan. Bake for 50-55 minutes or until a toothpick inserted in the center comes out clean.

Let cool and serve. Enjoy!

Golden Milk Steel Cut Oats

SERVES: 2 - PREP TIME: 5 MINUTES COOK TIME: 20 MINUTES

INGREDIENTS:

2 cups coconut milk

3 Truvani Daily Turmeric tablets (or 1 teaspoon ground turmeric)

 $\frac{1}{2}$ teaspoon ground cinnamon

1⁄4 teaspoon ground ginger

2 tablespoons maple syrup or raw honey

 $\frac{1}{2}$ cup steel cut oats

Sea salt, to taste

DIRECTIONS:

1. Place all of the ingredients except the oats in a pot over medium heat. Bring to a boil.

Add the oats, cover and simmer on low for
minutes. Season with salt.

3. Serve with desired toppings. Enjoy!





Healing Everyday Hummus serves: 2 - prep time: 10 minutes

INGREDIENTS:

- 1½ cups cooked garbanzo beans
- 2 tablespoons tahini
- 1 garlic clove, minced
- $\frac{1}{2}$ teaspoon ground turmeric
- 1⁄4 teaspoon ground cumin
- 1⁄4 teaspoon paprika
- 1/4 teaspoon sea salt
- 1⁄4 teaspoon ground black pepper
- 2 tablespoons chopped parsley
- Juice of 1/2 lemon
- 1 tablespoon extra virgin olive oil

DIRECTIONS:

1. Combine all ingredients except the oil in a food processor/blender and blend until combined, scraping the sides as needed.

2. With the food processor running, slowly add the oil until well combined.

3. Serve with fresh chopped vegetables or desired accompaniments. Enjoy!

Papaya Salad with Miso Turmeric Dressing

INGREDIENTS (SALAD):

¹⁄₂ papaya, cut in half lengthwise, peeled and julienned

2 cups baby arugula

1 avocado, peeled, pitted and sliced

2 tablespoons chopped cilantro

1 sprouted corn tortilla, toasted and cut into thin strips

INGREDIENTS (DRESSING):

1 tablespoon miso paste

2 tablespoons rice wine vinegar

1 tablespoon extra virgin olive oil

1 teaspoon sesame oil

¹⁄₂" fresh turmeric root, grated (or ½ teaspoon ground turmeric)

1 teaspoon raw honey

Juice of 1/2 lemon

1/4 cup filtered water

DIRECTIONS:

1. To make the dressing, place all of the ingredients in a bowl and whisk to combine.

2. To assemble the salad, place the arugula and papaya on the center of your plate. Add the avocado slices. Pour desired amount of dressing over the papaya. Top with the cilantro and crispy tortilla strips. Enjoy!





Creamy Carrot Turmeric Soup

SERVES: 2 - PREP TIME: 5 MINUTES COOK TIME: 25 MINUTES

INGREDIENTS:

1 teaspoon coconut oil

 $\frac{1}{2}$ yellow onion, diced

5 large carrots, chopped

1 clove of garlic, minced

1 cup vegetable or chicken stock

1/2 cup filtered water

3 Truvani Turmeric tablets (or 1 teaspoon ground turmeric)

1 bay leaf

1/4 cup coconut milk

Sea salt and black pepper, to taste

DIRECTIONS:

1. Heat the oil in a soup pot over medium heat.

2. Add the onion, garlic and carrots and cook for 2-3 minutes.

3. Add the stock, water, turmeric and bay leaf. Cover and simmer on low for 20-25 minutes or until the carrots are tender.

4. Take off the heat and blend using an immersion or counter blender. Place back on the heat and stir in the coconut milk. Season with salt and pepper.

5. Serve with desired toppings. Enjoy!

Chicken Shawarma Salad

SERVES: 2 - PREP TIME: 30 MINUTES COOK TIME: 10 MINUTES

INGREDIENTS:

2 skinless boneless chicken
breasts (make it vegetarian: use
1½ cups cooked chickpeas)¼ teaspoon ground turmeric
½ teaspoon ground cinnamon2 tablespoons olive oil
Juice of ½ lemonPinch sea salt and ground pepper
1 celery stalk, diced½ teaspoon ground coriander½ small red onion, diced½ teaspoon ground cumin2 tablespoons chopped parsley½ teaspoon paprika¼ cup avocado mayonnaise

DIRECTIONS:

1. Place the chicken breasts in a glass container and add the oil, lemon juice and spices. Let marinate for $\frac{1}{2}$ hour or overnight.

2. Heat a saute pan over medium heat and add the chicken. Cook until no longer pink inside. Dice and place in a bowl.

3. Add the celery, onion, parsley and mayonnaise. Mix well to combine.

4. Serve with lettuce wraps or on top of a bed of greens. Enjoy!

Note: If making the vegetarian option, mix the chickpeas with the oil, lemon juice and spices. Let sit for 15 minutes. Mash the chickpeas slightly before combining with the celery, onion, parsley and mayonnaise.





Jeweled Cauliflower Quinoa Pilaf

SERVES: 2 - PREP TIME: 15 MINUTES COOK TIME: 10 MINUTES

INGREDIENTS:

| 2 cups chopped cauliflower florets | ½" fresh turmeric root, grated (or ½ teaspoon ground turmeric) |
|--------------------------------------|--|
| 1 tablespoon olive oil | 1/2 teaspoon ground coriander |
| $\frac{1}{2}$ small red onion, diced | Sea salt and pepper, to taste |
| ½ orange bell pepper, diced | ¹ ⁄ ₄ cup pomegranate seeds |
| 1 cup cooked quinoa | ¹ ⁄ ₄ cup chopped parsley |
| | ¹ / ₄ cup slivered almonds |

DIRECTIONS:

1. Place the chopped cauliflower in a food processor and pulse until a "rice" like consistency has formed. Set aside.

2. Heat the oil in a saute pan over medium heat.

3. Add the onion and bell pepper and cook 1-2 minutes. Add the cauliflower rice and cook an additional 3-4 minutes.

4. Add the quinoa, turmeric and coriander to the pan. Cook for 2-3 minutes. Season with salt and pepper.

5. Take off the heat and stir in the pomegranate seeds, parsley and almonds. Enjoy!

Golden Beauty Tonic serves: 2 - prep time: 5 minutes

INGREDIENTS:

- 16 ounces sparkling water
- $\frac{1}{2}$ " fresh turmeric root, grated
- $\frac{1}{2}$ " fresh ginger root, grated
- Juice of 1/2 lemon
- 2 tablespoons raw honey
- Pinch cayenne pepper

DIRECTIONS:

- 1. Place all of the ingredients in a blender and blend until well combined.
- 2. Strain through a cheesecloth or fine mesh strainer.
- 3. Serve chilled or at room temperature. Enjoy!





Chocolate Turmeric Caramel Cups

INGREDIENTS:

 $\frac{1}{3}$ cup cashews, soaked at least 4 hours

4 dates, pitted

1 tablespoon almond butter

3 tablespoons coconut milk

1/2 teaspoon vanilla extract

¼ teaspoon orange zest½ teaspoon ground turmeric

3 tablespoons coconut flakes

6 ounces dark chocolate, melted

DIRECTIONS:

1. Place all of the ingredients except the chocolate in a food processor and pulse until well combined. Set aside.

2. Place 8 cupcake liners in a mini cupcake pan. Fill each liner with 1 heaping teaspoon of melted chocolate. Place pan in the freezer for 5 minutes to harden.

3. Once hardened, place 1 teaspoon of turmeric caramel in the center of each liner. Top with 1 heaping teaspoon of melted chocolate. Place back in the freezer for at least 15 minutes to harden. Enjoy!

Golden Goddess Pops

SERVES: 4 - PREP TIME: 5 MINUTES COOK TIME: 10 MINUTES (+ AT LEAST 4 HOURS FOR FREEZING)

INGREDIENTS:

- 16 ounces coconut milk
- 3 Truvani Daily Turmeric tablets (or 1 teaspoon ground turmeric)
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 2 tablespoons maple syrup or raw honey

DIRECTIONS:

- 1. Place all of the ingredients in a pot over medium heat.
- 2. Simmer for 8-10 minutes to combine flavors.

3. Let cool and pour into the popsicle molds. Place in the freezer for at least 4 hours or overnight. Enjoy!







Want To Learn More About Our Daily Turmeric Supplement?

When I consume turmeric regularly, I feel better overall.

To get my turmeric into my system daily, I often make turmeric lattes, drink turmeric tea, and/or take a daily turmeric supplement.

And that's why I chose Turmeric as our first product for my brand new company Truvani.

Want to learn more? Here's the link:

CLICK TO LEARN MORE

Most supplements often come coated with a plastic looking outer shell. But our Turmeric is uncoated.

This is good news. It allows you to take it as a normal supplement, or you can add it into one of the recipes we shared in this eBook. It mixes in nicely.

Plus...It's USDA organic. It's Glyphosate free. It's got clean ingredients. See why it's great here.

Before we go, remember this...

I never thought I'd create my own product line, but after fighting Big Food, and forcing these big companies to clean up their ingredient lists, I realized that big companies don't change fast enough.

So, I decided to take matters into my own hands, and I launched Truvani.

We believe in: Real Food Without Added Chemicals, Products Without Toxins, and Labels Without Lies.

We believe companies should always put people over profits.

All these little things add up.

Now, more than ever.

ESPECIALLY WITH THE THINGS THAT WE EAT.

Because these little things are no longer little.

These little things have become big things.

It's our health. It's our safety. It's our life.

Xo, Vani

