

TASTY HEALTHY HAND-MADE AMSTERDAM HEMP-BURGER



Wanna try an

Organic
Tasty
Spicy
Healthy

HEMP-BURGER



Let thy Food be thy Medicine and let Medicine be thy Food - Hippocrates

Please note: This establishment offers their own great version of the same hemp-burger. It is way better! ...bon appetit :-)

By careful selection of our ingredients, we create delicious healthy, healing foods. Our organic fresh ingredients tell their own tale by their natural properties. Healthy food is now tasty, spicy and mouth watering good :-)

Hemp Burger ingredients and natural properties:

Hemp Seeds

Hemp Seeds are a perfect and natural blend of easily digested proteins, essential fats (Omega 3 & 6), the rarely found Gamma Linolenic Acid (GLA), antioxidants, amino acids, fiber, iron, zinc, carotene, phospholipids, phytosterols, vitamin B1, vitamin B2, vitamin B6, vitamin D, vitamin E, chlorophyll, calcium, magnesium, sulfur, copper, potassium, phosphorus, and enzymes. Omega 3 and Omega 6 essential fats may **reduce cholesterol, blood pressure, coronary heart disease and stroke**. The 3:1 ratio of Omega 6 to Omega 3 EFA's in hemp oil is thought to be the **best in nature for promoting cellular health**.



Kidney beans

Kidney beans are a very good source of **cholesterol-lowering** fiber. In addition to lowering cholesterol, kidney beans' high fiber content **prevents blood sugar levels from rising too rapidly** after a meal, making these beans an especially good choice for individuals with **diabetes, insulin resistance or hypoglycemia**. Kidney beans are an excellent source of the trace mineral, molybdenum, an integral component of the enzyme sulfite oxidase, which is responsible for **detoxifying sulfites**.



Sunflower seeds

One-quarter cup of sunflower seeds contains over 90% of the daily value of vitamin E. This action keeps fat-containing molecules from being damaged and leading to early aging. Vitamin E protects **against inflammation** too, making it a potent **fighter of arthritis, cancer and diabetes**. Sunflower seeds are a good source of B-6. Their high levels of magnesium counterbalance calcium, helping to **regulate nerve function**. And the substantial content of the amino acid, tryptophan, enhances serotonin production and thus **improves mood**.



Onions

A compound found in onions, but also garlic, allicin, is an organic sulfur compound which, like quercetin, possesses **anti-inflammatory** properties and can help **prevent cancer**. One onion also contains 20 percent of our recommended daily intake of the essential antioxidant **vitamin C**, as well as varying amounts of protein, fiber, potassium, magnesium, manganese, calcium, iron and most of the B vitamins.



Beetroot

Beetroot contain high amounts of boron, an element that relates directly to the production of **sex hormones** in humans. Betaine, used by practitioners to treat **depression** using certain methods, is found in beetroot. Another great element that beetroot contains is tryptophan, which has been shown to create a **sense of well-being while also relaxing the mind**. They are also a great way to **lower blood pressure**, which can help offset the effects of stress on the body. They are high in vitamin B and iron. In addition, beetroot is high in the following vitamins and minerals: fiber, phosphorus, potassium, folic acid, beta-carotene, vitamin A, magnesium, vitamin C and betacyanin. It can also **purify the blood** and has been shown to help **prevent some forms of cancer**. Nitrates in Beetroot Juice **Relax Aging Arteries**.



Linseed

Linseeds are a great source of **gluten free fibre**. They **promote bowel movement** by increasing the water content and bulk volume of our stools, keeping us nice and regular. Fibre is important in the **prevention of bowel cancer, constipation and slowing the absorption of sugar into our blood stream**. Linseeds, particularly in their ground form, are a great **source of the Omega 3 essential fatty acid**, Alpha-Linolenic Acid (ALA). Our bodies can't make ALA, so it is 'essential' that we get them from our diet. These essential fatty acids have **anti-inflammatory properties**, offering **health benefits to chronic diseases such as Heart disease, Diabetes and Arthritis**.



Tumeric / Kurkuma

Turmeric is the 4th highest anti-oxidant rich herb, **improves blood flow and reduces brain inflammation**, thus making you cognitively sharper while **protecting against Dementia, Alzheimer's, Parkinson's and every other neurodegenerative disorder**. It has been shown to **speed up wound healing** from cuts & burns while **reducing inflammatory skin disorders** such as psoriasis and eczema. Curcumin found in Turmeric has been shown to **stabilize blood sugar and reverse cellular insulin resistance** by increasing the number of insulin receptors and improving the receptor binding capacity to insulin.



Garlic

Garlic's **antibiotic, antiviral, and anti fungal power** has a curative effect for many pathogenic diseases. Garlic has demonstrated the power to **lower blood pressure and homocysteine counts**. Garlic also **dampens cholesterol oxidation**, which actually causes most of the problems generally blamed on cholesterol. Garlic dilates blood vessels to **lower blood pressure, removes triglycerides, dissolves internal clots and arterial plaque, and prevents oxidation of important lipids that lead to cellular destruction**. Garlic is a **powerful anti-oxidant that bolsters the immune system, and it's a cancer fighter**.



Capsaicin

Capsaicin has been shown to **slow the growth of prostate cancer cells** in laboratory studies. Over the years, Capsicum has been used by alternative medicine practitioners as a **remedy for a variety of conditions, such as upset stomach, menstrual cramps, headaches, shingles, diarrhea, loss of appetite, stomach ulcers, poor digestion, sore throat, itching, alcoholism, motion sickness, toothache, malaria, and yellow fever**. Some practitioners also claim it can **prevent colds, heart disease, and stroke; increase sexual potency; foster weight loss; and strengthen the heart**. (Cancer.org)



Chia seed

Chia seeds contain **7.5 times the omega-3 content of salmon, as well as the highest protein content of any edible seed**. They provide more protein than any other seed, and a complete protein to boot. The seeds contain **five times as much calcium as milk, along with boron for healthy bones and high levels of B vitamins**.



Himalaya Pink Salt

Himalayan salts are made up of **85.62% sodium chloride and 14.38% other beneficial and unique trace minerals**. Himalayan pink salt can: **Create an electrolyte balance; Increases hydration; Regulate water content both inside and outside of cells; Balance pH and help to reduce acid reflux; Prevent muscle cramping; Aid in proper metabolism functioning; Strengthen bones; Lower blood pressure; Help the intestines absorb nutrients; Prevent goiters; Improve circulation; Dissolve and eliminate sediment to remove toxins**.

