

About the Creator

Sandi Star, Founder of Karmic Health and certified clinical nutritionist has been gluten, dairy and soy free for more than five years.

I know what it's like to struggling with chronic health issue.

I did for more than 40 years until I found out I was sensitive to gluten, dairy and soy.

I'm happy to say there are a lot of food choices these days compared to a few years ago for those seeking gluten and dairy free options; In fact food sales reached \$1.56 Billion in 2008 for gluten free foods alone.

Before I created Karmic Krunch I did my homework. I found most gluten free foods were not all that healthy.

I wanted to make something taste like a treat but as a nutritionist I was focused on making it as healthy and nutritious as possible without preservatives and without compromising on taste.

I also took several food allergies including gluten, dairy, casein, soy, peanuts



Karmic Krunch

and sugar into consideration and came up with Karmic Krunch!

I believe I have the perfect formula!

By eating healthy, we are helping 80% of our immune system which is in the gut. Our immune system controls how we function on a daily basis, fights off infections and prevents disease.

Nutrition is Karmic

Sandi Star, CCN

760.685.3154
760.652.1644 fax
karmic-health.com



Karmic Health

"I am a runner and very health conscious. Having a good diet is very important to me. I have tried a lot of different granola over the years. This is by far my absolute favorite! It is very healthy, light and full of great flavors. I will definitely be coming back for more."

Dionisia Tyson - La Jolla, CA

"I am not really a healthy eater, but this granola was so good I couldn't put it down. It's nice to have a snack in my cupboard that is as tasty as it is healthy!"

Wes Collier - Plano, TX

Made with organic ingredients



Karmic Health

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Karmic Krunch



Our mission is to provide great tasting, healthy, nutrition dense foods for those with gluten, dairy, casein, soy, peanut and sugar sensitivities.

Karmic Krunch Tasty Ingredients:

Organic Corn flakes,
Organic Buckwheat
 Flakes, **Organic** Crispy Brown Rice, **Organic** Agave Nectar, Sunflower Oil, Flaxseed, Date Sugar (ground dates), Almonds, Cashews, Walnuts, Macadamia Nuts, Brazil Nuts, Pecans, Sunflower Seeds, Pepitas, Raisins and Papaya with no sulfites or sugar, Vanilla, Cinnamon, Nutmeg.

Gluten Free, Dairy Free, Casein Free, Soy Free and Peanut Free.

Available at the following stores or online:

- Boney's
- Cream of the Crop
- Delaney's Artisan Food Market
- GNI Bakery
- Healthy Creations
- Keils
- Lassens
- Ocean Beach Peoples
- Seaside Market
- Seven Planet
- Stella Lucy Market
- Village Market
- Whole Foods
- Sunday Farmers Markets

Leucadia 10:00 - 2:00
 Encinitas 2:00 - 5:00

Buckwheat contains fiber, minerals including: phosphorus, magnesium, iron, zinc, copper and manganese. Rich supply of flavonoids. Lowers glucose levels and has been found to reduce blood pressure and lower Cholesterol.

Brown Rice is an excellent source of selenium and magnesium. Helps produce energy from protein and Carbohydrates and is involved in the synthesis of fatty acids which are important to the nervous system.

Corn contributes to heart health due to amount of folate. Supports lung health with beta-cryptoxanthin which lowers the risk of developing lung cancer. Helps maintain memory with B1.

Date Sugar is a great source of calcium, iron, magnesium, phosphorus, zinc, copper, manganese, and selenium.

Flaxseed helps reduce cholesterol and high in fiber and omega-3 and helps fight cancer, inflammation and constipation.

Papaya is a rich source of antioxidant nutrients such as carotenes, vitamin C, flavonoids; the B vitamins, folate and panthothenic acid; and the minerals potassium, magnesium, and fiber. Promotes a healthy Cardiovascular system and protects against colon cancer.

Raisins are rich in antioxidants - protects against free radical damage.

Nuts are extremely nutrient-rich and contain protein, copper, niacin, magnesium, calcium, fiber, Vit E, selenium, Omega-3 essential fatty acid. High in fiber helps lower cholesterol. Anti-inflammatory benefits and immune support.



Need to go gluten free and don't know where to start? Karmic Health specializes in gluten free diets. Contact Sandi Star, CCN with Karmic Health 760.685.3154 or feel free to visit our website www.karmic-health.com.

Sweetened with **Agave Nectar** for a low glycemic index.
 Glycemic Value of Agave compared to other sugars:
 Agave Nectar - 27, Fructose - 32, Lactose - 65, Honey - 83,
 High Fructose Corn Syrup - 89, Sucrose - 92, Glucose -137