

# the Daily Bliss

Welcome friends, to the bee bliss email! I'm so glad you subscribed to receive motivation, inspo, recipes, info about healthy living, and of course, bee bliss updates!

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## **What does “clean” eating mean?**

In diet culture, there's a longstanding belief that healthy eating means consuming foods that are low calorie, sugar free, and low carb. Many food items that advertise as “sugar free” or “low carb”, oftentimes contain ingredients that are detrimental to our health such as artificial flavours, natural flavours, emulsifiers, gums, inulin, citric acid, and the list goes on. The outcome is food that has very low nutritional value and can cause health issues, like gastrointestinal issues. I have found in my own experiments and research, that avoiding these ingredients and opting for clean foods with simple ingredients improves physical health, gastrointestinal discomfort, and clarity of the mind.

Although all of the ingredients I listed above, I have found to cause GI issues, two that I want to really point out are the gums. Gums are often times found in dairy-free options (yogurt, milk, ice cream). The most common ones are guar gum, xanthan, agar gum, and carob gum. Gums are essential used as thickeners and stabilisers to help thicken a substance. The side effects of consuming gums is bloating, increased gas, diarrhea, and cramping. No thanks!

In the tea world, many brands have natural flavours listed in the ingredients list. When we hear the word “natural”, oftentimes our brain goes to thinking healthy. However, the truth behind what can be included in natural flavouring, is a bit scary. Castoreum is the discharge from sex glands of beavers and is categorised under “natural flavouring”. Yes, it is FDA approved and considered natural! Yikes! Now, this is to say that not all items with natural flavourings contain castoreum (ex. vegan foods); however, this shows that many “not so great” things can be considered “natural”. This also means that you don’t really know what you’re consuming because of the multitude of things that go under the natural flavourings category.

As a huge tea lover, I have always struggled to find tea brands that don’t contain natural flavourings. One of the major factors that played a role in me wanting to start my own tea company, is that I wanted to make tea blends that were free from “bad” ingredients and full of “clean” ingredients. Clean eating is based on the idea of consuming food in its most raw, unprocessed state. The fewer and simpler the ingredients, the better. To manage the ingredients in your food, it’s always best to make it at home yourself; however, that’s also not the most realistic. Down below, I linked some of my favourite “clean” foods for you to check out!



01



Base Culture  
Soft Sandwich Bread

VIEW

GTs Living Foods  
Pure Coconut Yogurt

VIEW

02



03



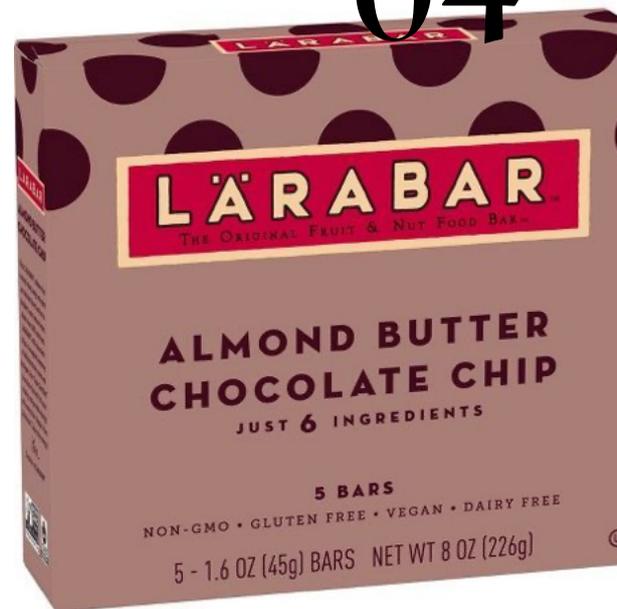
Three Trees  
Nut/Seed Milk

VIEW

LARABAR  
Almond Bars

VIEW

04



05



HU Kitchen  
Chocolate

[VIEW](#)

WITH LOVE AND BLISS,

*lindsey smith*



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