

CELEBRATING



2018 Canadian Appliance & Equipment Catalog



Fall/Winter Edition

Toll Free 1-866-478-2224

Website: www.myhdiet.ca

Prices are subject to change without notice

Appliances and Tools Section: The proper tools will help you to more easily prepare your food and keep your home well equipped. Whether you are making a smoothie, salad or juice and whether you are exercising or taking a shower it is important to have the correct tool to do the job right.

Juicers: When juicing vegetables the rule of thumb is 1 lb of vegetables makes 8oz of juice. The body absorbs about 8oz of juice easily in 45 minutes so you could juice every hours for the best benefits. Vegetable juices are the Healers full of nutrients that will be absorb quickly into your body.



Champion (Retail \$499.95) NEW 4000 series

- Spins at about 1700 rpm's so less air gets into the juice
- Has a sharp masticating blade that breaks down enzymes
- Best used within 6-8 hours of making it
- Has two augers - a grinding auger and a greens auger - that can be used interchangeably to juice standard vegetables or wheatgrass and leafy greens.
- 17"L x 13"H x 8"W 1/3 HP
- 10 year warranty



New NuWave Slow Juicer (Retail \$259.95 low introductory price)

- The auger for this cold-pressed slow juicer produces more juice.
- Made with Premium BPA-Free Eastman Tritan.
- A wide mouth tube and the wide diameter chute can easily accommodate larger vegetables.
- More efficient juicing with less prep work.
- Has a low 48 RPM and high torque, is incredibly quiet. This process ensures less oxidation, while retaining essential vitamins and enzymes.
- 5 year warranty



Green Star Elite (Retail \$699.95) reduced

- equipped with advanced revolutionary jumbo twin gears providing you with a higher amount of nutrition
- 110 RPM turning speed so you can keep juice for 2-3 days
- with a 190 Watt Motor
- 18.25" x 6.88" x 12.50"
- **12 Year Warranty**



Let's Blend our Food

VitaMix Specifications

11.5 amps 2 peak HP motor with a 2 litre jug
Dimensions: 7" W x 20" H x 9" D Weight: 11 lbs
Warranty: 7 years

Retail \$599.95 →

With the **VitaMix** there are 3 controls:

- the on/off switch
- the variable speed dial helps you to go from low to high easily
- the pulse switch for high speed.

The plunger allows you to move the food around so it blends completely.



Tribest Personal Blender

Sometime you only want to make a small amount so this blender is perfect for you daily recipes. You can blend salad dressings & make smoothies with the blending blade while the grinding blades allows you to grind flax seed and other nuts to make nut butters.

Specification:

- 200-watt motor
- One 16 oz BPA Free Large Blending Container with lid
- One 8 oz BPA Free Small Blending Container with lid
- One Blending Blade & One Grinding Blade Assembly
- 1 Year Limited Warranty

Retail \$103.95 →



Soyabella Nut-Milk Maker

You can make Almond Milk easily when you use a nut-milk maker or you can make it in a powerful blender but then you have to make sure you stain it well.

Specifications:

- Stainless Steel Housing
- Enclosed heating element for added safety and easier cleaning
- Motor: 220 Watts Power Consumption: 750 Watts
- Blade Speed: 11,000 rpm
- Capacity: 1.3 L (Approx. 1 quart)
- Weight: 6 lb – Dimension: H12" Diameter8"
- Warranty: 2 Years

Retail \$155.95 →



Kitchen Aid Food Processor

This amazing tool will allow you to make many awesome recipes like seeds cheeses! This handy tool allows you to slice, shred, chop, and purée. All the plastic parts are BPA free.

Comes with 2 bowls and the following:

Retail \$259.95 →

- 12 cup bowl with the large multi-purpose S blade
- 7 cup bowl with a smaller S blade
- Slicing blades to slice in 2 sizes: 2mm & 4mm
- grating blade
- It has 3 power settings: low, high & pulse
- It has a storage case for all the parts.

Dimension: H16" W12" D11" and weight 18lb

Comes in black or white with a one (1) year warranty.



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Excalibur Dehydrator

Specifications:

- 9 large trays, 15 sq ft of drying space
- Adjustable Thermostat 105°F to 165°F
- 7-inch fan, 600 watts
- Dimensions: H12 ½" W17" D19"
- Color: Black

Retail \$324.95 →



You can make 1-9 different things from banana chips to flax crackers all at the same time and the flavours will not mingle. Most recipes take from 4-12 hours depending on how dry or crisp you want them or on the thickness you sliced the vegetables or fruits. You can use the Paraflex sheets for making crackers these sheets will last for many years (\$13.95 each sheet)

Distillers: both make 4 litres of water in 4 hours

WW3200 Water Distiller **NEW**

Removes dangerous chemicals and pollutants from your drinking and cooking water. Combines steam distillation and carbon filtration for ultimate purity. Handy boiler jug makes it easy to fill with water.

- Boiler has stainless steel inside
- PBA free Jug to hold distilled water
- Uses 800 Watts
- 120 volt, 60Hz, 800 Watts
- 15"H x 15"W x 12"D

Retail \$499.95 →



WW4000 Water Distiller

With its clean lines, powder-white finish and space saving size, it will complement any kitchen decor. The Waterwise Distiller 4000 comes with a 1 gallon glass collector/storage bottle which fits easily inside your refrigerator.

- Height - 15" (38 cm) Diameter - 9" (22 cm)
- Net Weight 7.75 lbs (3.5 kgs)
- 120VAC, 60Hz, 800 Watts

Retail \$389.95 →



ShowerWise Delux System

Your body can absorb more chlorine in a ten minute shower than from drinking the same water all day. Showerwise effectively removes chlorine and other harmful contaminants

Removes, controls or reduces: chlorine, combined chlorine, Iron oxide, Bacteria, Sediment, Sulfur, Mercury, Odor.

EASY to Install & Maintain - No special tools required. Simply remove your existing showerhead and install the Showerwise System.

- 5 year limited warranty

Retail \$77.95 →



The filter cartridge typically needs replacing once a year, depending on your water quality and frequency of use.

Long-lasting Filter - 1 full year or 15,000 gallons

Contains over 50% more filtering material for a longer effective lifetime than most other shower filters. Replacement Filter Retail \$44.95



Exercise Equipment: the best way to keep in shape is by exercising.

We should have 3 types of exercise each week:

- **STRETCHING:** which improves flexibility, range of motion
- **AEROBICS:** increases oxygen uptake and builds stamina and endurance
- **RESISTANCE:** helps to strengthen muscles and bones

Urban Rebounding System

Retail \$168.95 →

Melt pounds away in just 15 minutes a day! The Urban Rebounder Low Impact Workout burns fat fast without any pain or joint stress. So much fun, it could be the first exercise you actually look forward to!

39" diameter sits 9" off the ground



Needak Rebounding System

Used daily by Rev. George and Rhonda Malkmus, this is the finest rebounder on the market. The Needak Rebounder includes a 40-inch diameter heavy-duty metal frame and six removable, spring-loaded legs. It folds in half to fit into its own carrying bag.

Lifetime warranty on most parts.

40" diameter sits 10" off the ground

Adjustable bar to hold on to helps you keep your balance

← **Retail \$499.95 reduced**

Exerstrider Walking Sticks

Increase your fitness level faster by simultaneously exercising all of your body's major muscle groups as you walk. Exerstrider poles make walking a highly effective total-body exercise.

Adjustable length so anyone can use them.

Retail \$116.95 →



FIT 10: The patented Fit10 Quick Strength Trainer helps you build muscle, reduce body fat, strengthen your heart and increase flexibility, all in just 10 minutes a day! Gentle on your back and joints, it's easy to use, fits in a small bag and goes anywhere. All you need is a door.

← Retail \$103.95

H!Diet Natural Nourishing Soaps

These soaps are handcrafted using only the finest ingredients. Our cold process method turns the pure vegetable oils of olive, coconut, palm, castor, and shea butter into luxurious, lathering soaps that leave the body feeling clean and refreshed.

The cold process method retains all the naturally occurring glycerin that helps to moisturize your skin instead of leaving it feeling dry and itchy as commercial soap can. Each ingredient is carefully chosen for its health-promoting properties.

Choose from these scents: Barley Meadows, Cocoa Butter, Dry Skin, Frankincense, Just Me/You, Lavender Rosemary, Minty Fresh, Oatmeal/Honey, Romance, & Summer Breeze

Retail price: \$7.95

