

Nourish and heal your mind and body with a Healthy&Healed Smoothie!

NOTE: Diabetics or those with digestive disorders should review ingredients with their doctor.

I have the Ninja professional blender NJ600 series (\$55-65 used on e-bay) and I love it, but you can start with what you have. Most ingredients are at the supermarket. Find one with a good organic section like Whole Foods or Trader Joe's. I also shop Amazon for spices.

STEP #1: In a 8" mixing bowl (5" deep), start with vegetables. Use ORGANIC when possible. Pick 5-6 of the following and chop up enough of each to fill your palm.

Baby carrots	Parsley	Cilantro
Celery	Kale	Broccoli, Sprouts
Beets (gives stools a reddish tint)	Spinach leaves	Garlic (2 cloves)
Ginger root (one knuckle, strong stuff)	Arugula	

Next add fruit. Pick 3-4 of these and chop up enough of each to fill your palm.

Banana	Apple	Fresh/frozen berries
Aloe Vera gel	Seasonal fruit	Pinapple (avoid melon)

STEP #2:

Fill the bowl with cold filtered water, leaving 1-2 inches at the top. Sprinkle on some baking soda, add one cup of vinegar and mix it with your hand, which will create a foaming action. Let it sit for 5 minutes, then drain and rinse it briefly with filtered water and put all of it into the blender. It should fill the Ninja blender slightly more than half way.

STEP #3 : Add one-half to one level teaspoon of some or all of these. (for a sweeter taste, try 2 teaspoons of the honey).

chia seeds	ground flax	moringa powder
amla powder	raw honey	salt (sea or Himalayan pink)
turmeric/curcumin		

Fill the pitcher with filtered water, leaving 2 inches at the top. On the Ninja blender, fill it to the 56 oz level. Cover it and blend for 2 minutes. Pour a glass, squeeze 1/4 lemon or lime on top and drink it down!

I drink 3-4 (8) oz. glasses in the morning for health maintenance. If I had health issues, I would drink the rest of it in the afternoon. That's 54 oz. per day.

Refrigerate any unused portion for later use in a closed glass container, and take it out early in the morning to warm to room temperature.

TRY THIS FOR 30 DAYS! Don't be too concerned about taste, it's not bad! Experiment as you like; just stick to plant-based whole foods. Stay with it at least 4 days a week. With this new routine you may find that many sweet cravings will vanish, along with unwanted pounds. For faster health and healing results, consider avoiding meat, dairy, fast foods and sugary food and drink.