

Green for Life

*If you need a good blender visit www.vitamix.com
or www.blendtec.com / with a 4 inch blade*

<http://www.greensmoothies.com.au>



The Green Smoothie revolution is sweeping the nation and the world right now because so many people want to have better health. When you begin to experience how good you feel drinking green smoothies, you are going to want to tell everyone you know! With childhood obesity, cancers of all kinds, colds, annual influenza viruses and overall weakened immune systems being

such challenging health issues these days, there is no wonder that the green smoothie is gaining such popularity in the Western World.

*Our bodies are craving simple,
complete wholesome foods*

You will see how easy it is to plan for, prepare and drink these delicious, healthy green smoothies with a simple blender and a trip to your local produce department.

The best part about the green smoothie is that when you start drinking them you are going to have changes in your health that will amaze you and keep you coming back for more. Imagine drinking down scrumptious green smoothies that have more fruit and leafy greens in them than most people get in their diet in a week.

When you give your body the nutrition it needs your health will naturally improve every day. Simply by adding a great tasting and easy to drink green smoothie to your diet, made of only fresh fruits, leafy greens and pure water, you can experience states of physical, mental and emotional health that you may never have imagined.

*Make these healthy green drinks on a daily basis for
increased good health, vitality, glowing skin,
colon health and the many
other positive health benefits
you will reap from the green smoothie lifestyle.*



Some Health Benefits of Green Smoothies to Improve your Health!

Some of the health benefits of green smoothies are pretty obvious whilst others may surprise you. But either way there are some great reasons to start blending up delicious smoothies. Green smoothies are beneficial in aiding your nutrition, your energy levels, controlling your weight loss, keeping your heart, brain and other organs healthy. And the list goes on...

So here are some of the green smoothie benefits you will experience.

Healthier Diet

Drinking freshly made smoothies is a great way to increase your fruit and vegetable intake everyday. Diet advisers and nutritionists recommend 3 serves of fruit and 5 serves of vegetables daily! Remember just one big handful of spinach or kale and some fruit for your green smoothie will exceed your daily requirements. How many servings do you get?

There are many reasons to increase your intake of fruits and vegetables. Eating more fruit and vegetables means you're less likely to develop diseases such as heart disease, diabetes, cancer and Alzheimer's. The health benefits of green smoothies exceeds the benefits of just eating your greens as the body absorbs the nutrients from a green smoothie much faster and more efficiently, it's almost like a transfusion of green goodness.

They provide your body with nutrients essential to fighting off infections and giving you the energy you need to bounce through your day. Start making yourself healthy green smoothies because they make eating fruit and vegetables easy! You'll be on your way to a healthier diet in no time.

All Natural Colours and Flavours

Smoothies are preservative and artificial color and flavor free! Some of these chemicals commonly found in foods nowadays are known to cause allergies and adverse effects in many people. Children are especially susceptible with many behavioural problems linked to food additives. So go all natural and try a healthy green smoothie made fresh at home!

Stop Snacking and Stick to the Diet Plan

Smoothies are great because they can be drunk any time of the day, for breakfast, with lunch, as a snack, for dessert. They're so versatile!

So the next time you're craving chocolate biscuits or other sugar filled snacks, drink a smoothie instead. They'll really help you stick to your diet plan because you'll find your hunger decreases and your energy increases, for longer – now there's something a chocolate biscuit never achieved!

Cheaper!

Making your own smoothies at home can actually be cheaper than buying commercial products – and most definitely healthier! Making your own also means you can change the recipe to suit your tastes. So save some money and blend up a smoothie.

No Added Sugar!

Many fruits and vegetables are naturally sweet so you can reduce your sugar intake and still enjoy what you're drinking. A great benefit for people dieting because some of these smoothies taste great so giving up the chocolate won't be as hard! Blending yourself a smoothie also means you know exactly what is in it. There are no nasty surprises in the form of extra sugar or carbohydrates. And no need to read labels, the label on a bag of spinach should say spinach! a punnet of blueberries should say blueberries on the label.

*You control exactly what you put into your body!
So reap the benefits of green smoothies today,
your waistline and health will thank you for it.*

Why should you drink Green Smoothies daily? Reasons to drink it daily

Feel better

Because we all know that giving our bodies large amounts of leafy greens and fresh fruits will only have us feeling better.

Valuable Nutrition

Where else are you going to get this much fiber, vitamins and minerals from an unprocessed source that your body can totally digest and use?

Balance our Bodies

The popular American diet of processed, packaged foods, breads, pastas, cheese and meats, creates over acidity in the body. Healthy Green Smoothies help alkalinize the body and bring our over acidic systems back into balance.

More Energy

When we get the nourishment that our bodies need, our cravings for junk foods diminish and we tend to eat less food. By eating less our bodies can take a break from constantly trying to digest unhealthy foods and we end up getting lots of our natural energy back.

Lose some weight

So you are eating less, getting much better nutrition by drinking Green Smoothies, your body is coming back into a healthy balance and you end up losing the unwanted weight you have been carrying.

Health for our children

Kids love Green Smoothies! They are sweet, come in crazy colours that are fun to drink, fill them up and give them the energy they need to play all day.

Transition to health

Changing unhealthy eating habits is so much easier when you simply add healthy Green Smoothies to your diet. You will begin to crave healthier food naturally rather than having to force yourself to stop eating the guilty pleasures you have enjoyed for years.

Easier than salad

Have you ever tried eating a whole head of Spinach, a basket of blueberries, a banana and two apples in a day? That's a lot of chewing. Blend all that up and sip it throughout the day or drink it down in a few minutes, your choice. Imagine the health your body can achieve with that kind of nutrition every day.

Abundance of protein

The myth that the best protein comes from animal flesh is quickly changing. A cow in a natural environment eating green grass all day long and grows to hundreds of pounds. Where do they get their protein? Yes, from all those greens! Healthy Green Smoothies hold an abundance of protein that is easier

for the body to use than from meat.

Fiber is essential

Really this should be titled regularity is essential. Irregularity and constipation can be a real pain in the rump. Green Smoothie a day will help keep it all moving in the right way. Plus you get all the benefits of fresh, balanced, fiber filled fruits and veggies that doesn't come in a jar of powder. The choice is yours.

Healthy green smoothie ideas

Drinking a healthy green smoothie is a great way to get the day started. When prepared with fruit and leafy greens and the right ingredient ideas and you can get all of the important nutrients, antioxidants and vitamins to keep you productive for most of the day. Follow these 10 healthy green smoothie ideas and you will be on the fast track to optimum health and vitality.

Use frozen fruit instead of adding ice. Frozen fruit will give you that creamy, cold, refreshing beverage without diluting the taste. You can use fresh fruit and freeze them for one or two hours before making your smoothie drink.

Start with a good base. The base gives you that thick and smooth consistency that is desired in a green smoothie. Banana is the base that I use most often. They are naturally sweet and creamy. You could also use avocados, ripe pears and naturally sweetened yogurt.

Combine fresh and frozen. Adding only frozen fruit to your green smoothies will produce something that is more like a sorbet than a smoothie. Experiment with the combinations of fresh and frozen until you find the texture that you enjoy the most. Changing up your recipe ideas stops the

green smoothie experience from becoming boring.

Use a powerful blender. If you use a blender that has a low powered motor and flimsy blades will not give you good results. Your smoothie will have chunks of frozen fruit or ice. Some people recommend blenders that cost \$300 to \$900 like the ones made by Vitamix or Blendtec, but I found that the average smoothie blender has the power to produce great results and costs only \$100 or so.

Add vegetables to your smoothies. Adding vegetables to a green fruit smoothie is an excellent way to get the daily recommended servings of vegetables. Concerned about the taste? Smoothing vegetables in a powerful blender hides their flavor, making a healthy and delicious drink. Some vegetable smoothie ideas can be spinach, kale, or leafy green veges.

The right blender is essential for your taste



www.blendtec.com / with a 4 inch blade



The right smoothie has to have everything blended perfectly for the way you like it. Everyone is bound to like their green smoothies a little differently. So, for people who enjoy the delectable icy green beverages on a daily or regular basis, your best bet for constant satisfaction is to compare the best blenders for smoothies.

Then you can play with your mixtures, test different smoothie recipes and get the right texture for your taste. You know exactly what goes in, the quality of the ingredients and that nothing mysterious or questionable is being included in the blended mix.

Green smoothies can be the most delicious additive on the road to a slimmer and healthier you, so you might as well do it right and do it yourself the first time by choosing from the best green smoothie blenders in Australia the perfect match for your needs.

There are several things to keep in mind when picking a green smoothie maker. Power is definitely a big concern. You want any ingredient of your choice to be able to go in and become just as blended as all the rest. You need a smoothie blender with 450-500 watts of power. Keep it on the higher end if you are including ice, which most people will eventually want if they make a lot of smoothies.

So, in conjunction with the power is the ice-crushing ability, you will thank yourself later when the hot Aussie summers come around and your delicious, nutritious smoothie is ice cold. If you go for a standard 16 speed blender or smoothie maker, ice crushing should be at least 2 of those speeds. Just be sure to look closely at all of the speeds to ensure your needs will be met. Size is important, especially if making them for a meal, a round of frozen drinks, or just to save time later. At least 5-6 cups should fit in the container. You want to be able to fill it up and then blend it all together in the pitcher,

without jamming ingredients in or overflowing the jug. An ice opening in the top makes it much easier to blend and change the texture to your liking, so a full examination of the blender pitcher is a good idea. If there is a model out to look at, check the weight and make sure it comes apart easily for cleaning. If you are using perishables and/or dairy, you need to be sure to clean every part after every use to prevent souring or rotting bits. It also helps to prevent rust, if it can all dry thoroughly.

Some other things to keep in mind are glass or plastic. A glass smoothie pitcher will weather a dishwasher and daily use better than plastic. Also, if you are in a shared or family space and up early or late making smoothies, you definitely want to check on the volume.

A nice quiet blender is a much better way to start the day than one that wakes up the whole house and vibrates the windows.

So, keeping these attributes in mind as well as affordability, you should be able to find the best blender for green smoothies that will meet your needs, tastes, budget and waistline.

Nutritious Green Smoothie Ideas

Add Seeds to your smoothies. Seeds contain lots of vitamins, minerals, protein and healthy fats that can be added to kale smoothies. Because whole seeds are difficult to digest, I recommend grinding them up in a coffee grinder before adding them to your smoothie.

Add Nuts to your smoothies. Raw almonds, cashews or walnuts are a great option. If you have a powerful blender you can “milk” them prior to mixing your smoothie.

Here are some other green smoothie ingredient ideas to add, a tablespoon or two of almond butter, cashew or peanut butter or coconut oil can add a nutty flavor to a banana smoothie.

Freeze leftovers. If you make a larger smoothie recipe you can freeze the leftover by putting it in a plastic cup and into the freezer it goes. Remove from the freezer and let thaw for a couple of hours. A great way to enjoy a smoothie at work is to bring a frozen cup and have it thaw until ready to consume. Green smoothie recipe ideas are only restricted by your imagination.

Smoothie Recipes



Start by blending the fruit first with $\frac{1}{2}$ to $\frac{2}{3}$ of the water to make a base, then add the greens and blend up until smooth. I use the ratio of about 50% fruits to 50% veggies and you can vary that to taste. It has to taste good for you and the kids or what's the use right?

Apple Banana Healthy Green Smoothie Recipes

1 medium to large apple peeled and seeded. (Leave peel and seeds if using 3hp blender) 1 ripe banana. 1 half ripe avocado. 1 piece of fruit of your choosing. I've tried a handful of grapes, a few guavas or a pear and they've all been good. $\frac{1}{4}$ to $\frac{1}{2}$ a small bunch of spinach, leaf, stalk and all. $1\frac{1}{2}$ glasses of water.

Blend the fruit with some of the water first to make the base. Then tear up the spinach and fit it in till it all blends adding water until you have the consistency you desire. And there you have it, a delicious green power smoothie for aiding weight loss!

The Papaya Pear Green Smoothie Delight

1 large or two smaller ripe pears 1 small to medium ripe papaya (slice in half, seed then scoop flesh) $\frac{1}{2}$ avocado 3-4 good sized leaves of romaine lettuce 1-2 small bunches of Spinach (2-3 handfuls if you buy bulk leaves) $1\frac{1}{2}$ glasses of water.

Blend fruit (avocado is a fruit) in your trusty Vitamix blender and $\frac{2}{3}$ the water until smooth. Tear up the greens and fit them into your blender with the rest of the water. Blend up good until leafy pieces are gone and enjoy your creamy green papaya delight.

These easy healthy green smoothie recipes can be blended with almost any smoothie blender.

Keep it simple and get started with what you have.



BANANA / MANGO SMOOTHIE

Blend well:

2 Cups lambsquarters (plantain, chickweed or other weed) 1 banana

2 cups water

BLUEBERRY SMOOTHIE

Blend well:

1 stalk of celery

2 cups fresh blueberries 1 banana

2 cups water

WATERMELON SMOOTHIE

Blend well:

8 leaves of Romaine lettuce 5 cups watermelon

1 cup water

ORANGE / GRAPE SMOOTHIE

Blend well:

8 leaves of Romaine lettuce 1 cup of red grapes

1 medium orange / 1 banana 2 cups water

APRICOT/BANANA SMOOTHIE

Blend well:

to 8 leaves of green leaf / 4 apricots / 1 banana
1/4 cup blueberries 2 cups water lettuce 1/2 medium honeydew
2 cups water

HONEYDEW SMOOTHIE

Blend well:

6 to 8 leaves of Romaine
6 to 8 leaves of green leaf 4 apricots / 1 banana
1/4 cup blueberries 2 cups water
lettuce 1/2 medium honeydew
2 cups water

ALOE / BANANA / MANGO SMOOTHIE

Blend well:

1 cup apple juice 1 banana / 1 mango
1 small piece of aloe 5 leaves of kale
2 cups water

MANGO-PARSLEY SMOOTHIE

Blend well:

2 large mangos (peeled) 1 bunch parsley
2 cups water

PEACH SMOOTHIE

Blend well:

6 peaches (without seed)
2 handfuls of spinach leaves 2 cups water

WEED-MANGO SMOOTHIE

Blend well:

4 mangos (peeled) 1 handful of lambsquarters (or
other weed, like stinging nettles, purslane, etc.) / 2 cups water

STRAWBERRY SMOOTHIE

Blend well:

1 cup strawberries 2 bananas
1/2 bunch romaine 2 cups water

KIWI SMOOTHIE

Blend well:

4 very ripe kiwis (green or
golden) / 2 cups of water 1 ripe banana
3 stalks of celery

RASPBERRY SMOOTHIE

Blend well:

2 bosc pears 1 handful of raspberries
4-5 leaves of kale 2 cups water

BANANA / APPLE SMOOTHIE

Blend well:

1/2 bunch spinach 4 applies (peeled)
1/2 whole lime with peel 1 banana
2 cups water

PEAR / MINT SMOOTHIE

Blend Well:

4 ripe pears
4-5 leaves of kale 1/2 bunch of mint/2 cups water

FINGER-BANANA SMOOTHIE

Blend well:

10 finger-bananas 2 handfuls of spinach leaves
2 cups water

TOMATO / CILANTRO SMOOTHIE

Blend well:

2 1/2 cups spinach
1/2 bunch cilantro 1 clove garlic
1/2 red bell pepper 1/2 lime (juiced)
1 tsp stevia (1 green leaf) 3 tomatoes
2 cups water

CELERY-BASIL SMOOTHIE

Blend well:
6 leaves of red leaf lettuce 1/4 bunch of fresh basil
1/2 lime (juiced) 1/2 red onion
2 celery sticks 1/4 avocado
2 cups water

TOMATO / GARLIC SMOOTHIE

Blend Well:
5 kale leaves (green) 1/2 bunch of fresh dill
1/2 lime (juiced) 3 cloves garlic
1/4 cup sun dried tomatoes 2 cups water

LEMON-JALEPEN0 SMOOTHIE

Blend well: 1/2 lemon (juice) 4 tomatoes
2/3 bunch kale 1/2-inch jalapeno pepper
1 small clove garlic/2 cups water

KALE / AVOCADO SMOOOTHIE

Blend well:
5 leaves of kale (purple) 1/4 avocado/3 cloves garlic
juice of 1/2 lime 2 cups water
2 tomatoes

RASPBERRY SMOOTHIE

Blend well:
2 bosc pears 1 handful of raspberries 4-5 leaves of kale 2 cups water

The Result of Cooking

Leucocytosis (an increase in white blood cell count and associated with a pathological condition) increases upon ingestion of cooked food.

Poor mastication results in decreased saliva and enzyme flow; food is, therefore, poorly prepared for digestion. Decreased dental health is noted. Nutrients essential for dental health are lacking. Preferred cooked foods are highly acidic and leach calcium reserves from the teeth. Cooked foods trapped in the mouth ferment, readily forming plaque.

Raw fiber, “Nature’s Best Toothbrush,” is lacking. Gums are not given proper stimulation. Decreased dental exercise results in dental abnormalities, especially development of crooked teeth.

Cooked food is most often fragmented/refined/deficient. Cooked food is most often highly chemicalized. Cooked food is invariably prepared in utensils that give off toxic metal/plastic/paint particles. Cooked food is most often addicting and promotes overeating.

Cooked food is toxic and energy expensive to digest. Digestion of cooked food leads to enervation and Toxemia. A steady diet of cooked foods result: Toxemia could set in... leads to chronic, degenerative disease.

