

Want to look, feel and think better? Nourish and heal your mind and body in just 15 minutes a day with the Health&Healing Smoothie!

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

A powerful blender with a big pitcher (48 oz. or more.) is best, but just 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 get these online at Amazon but some stores have them:

1. Psyllium husk powder (for fiber) 2. Turmeric/curcumin powder (bulk not capsules, great anti-inflammatory) 3. Blackstrap molasses (sweetener with minerals)

STEP #1: Start with vegetables. Buy ORGANIC when possible. Pick 6-7 of these and DICE enough of each to fill your palm. Fill 2/3 of blender.

Baby carrots	Onion (red)	Parsley
Celery	Kale/collards	Cilantro
Beets (gives stools a reddish tint)	Spinach leaves	Sprouts, mint
Ginger root (one knuckle, strong stuff)	Radish / Mushroom (button)	Arugula

Fill remaining 1/3 pitcher with fruit. Pick 4-5 of these and DICE enough of each to fill your palm.

Banana	Melons, peaches, etc. in season
Apple	Fresh/frozen berries
Aloe Vera gel	Orange/mandarin orange (pulp thickens, use sparingly)

STEP #2 : Add one level teaspoon of each. (2 for molasses or honey)

chia seeds	ground flax and/or sesame seeds
psyllium husk	blackstrap molasses and/or raw honey
turmeric/curcumin	coconut oil

STEP #3:

Fill the pitcher with cold filtered water, leaving an inch at the top. Cover it and turn on high for 2 minutes (stand far away). Pour a big glass, squeeze ½ lemon or lime on top, pray "God bless this drink. Make it nourish and heal my mind and body" and drink it down!

I drink 12 oz. in the morning before breakfast, 12 oz. mid-morning, 12 oz. mid-afternoon and 12 oz. before dinner. If that sounds like too much, start with two glasses per day. Refrigerate any amount saved for later in a closed glass container.

TRY IT FOR 30 DAYS AND FEEL GREAT! Don't be too concerned about taste, it's not bad! Experiment as you like; just stick to plant-based whole foods. Take a break if you want, but try to stick to at least 5 days a week. If you feel a little nauseous at first it might be your body expelling harmful toxins and should resolve in a couple days. For faster results, consider avoiding meat, wheat, dairy and sugary food and drink. People who stay with have lost 5-10 pounds or more. I did!

Transform your life starting now!