



jump-start your weight loss, increase your energy level,  
clear your mind, and improve your overall health.

# GREEN SMOOTHIE CLEANSE



If buying smoothies in town is the only way you can stick with it, then it's money well-spent. But do be very careful to check the ingredients thoroughly. Just because the ingredients brag about how many whole, fresh fruits they put in, that doesn't mean that they haven't also flooded it with sugar, additives and other things. Do your research!



### How to Create a Smoothie to Improve Digestion

Why drink a smoothie to improve digestion? Of course this can be helpful if you have any digestion troubles that lead to acid reflux etc. but it's also just a good idea for your general health.

You know all those nutrients you're getting through your smoothies? As it happens, they're only going to be any use if you can actually digest them and put them into action. And unfortunately, a lot of us have poor digestion and struggle with this. That's particularly true if you are someone who experiences a lot of stress in their life. The reason that stress prevents digestion is because stress causes blood flow to be directed toward the functions that are considered critical for survival – for 'fight or flight'. These include the likes of the muscles, the brain and the senses – but not digestion or immune system.

What's more, is that we require a lot of particular elements in our diet in order to be able to digest food properly and many of us just aren't getting these crucial things. For example, certain fruits will contain enzymes that naturally help you to break down foods. One of the best known examples of this is pineapple, which contains bromelain (which is also very good for your teeth!).

At the same time, fermented foods, raw vegetables and things like yogurt are helpful to us because they contain live cultures of 'friendly bacteria'. They're referred to as friendly bacteria because they have

positive roles in the body, including the ability to create a lot of important micronutrients and to help us create digestive enzymes.

If you suspect you need a little help with your digestion, the try making a smoothie that contains any of the following ingredients, all of which have very positive effects on digestion:

- ✓ Pineapple
- ✓ Watermelon
- ✓ Melon
- ✓ Papaya
- ✓ Hami Melon
- ✓ Orange
- ✓ Tangerine
- ✓ Guava
- ✓ Mango
- ✓ Cauliflower
- ✓ Chinese Yam
- ✓ Tomato
- ✓ Spinach
- ✓ Cabbage
- ✓ Pumpkin
- ✓ Grape
- ✓ Sugarcane
- ✓ Grapefruit
- ✓ Catnip
- ✓ Probiotics like yogurt and fermented foods
- ✓ Spiru4 Spirulina powder

This time, I will leave the precise mixture up to you! This is a great option though for creating a green smoothie that will also be low in sugar and provide you with lots of further nutrients.