

Try a Green Smoothie!

Green smoothies have numerous benefits for human health!

1. Green smoothies are very nutritious. The fruit/veggie ratio in them is optimal for human consumption: about 40% ripe organic fruit mixed with about 60% organic greens.
2. Green smoothies are easy to digest. When blended well, most of the cells in the greens and fruits are ruptured, making the valuable nutrients easy for the body to assimilate. Green smoothies literally start to get absorbed in your mouth.
3. Green smoothies — as opposed to juices — are a complete food because they still have fiber. Consuming fiber is important for our elimination process.
4. A molecule of chlorophyll closely resembles a molecule of human blood.

According to the teachings of Dr. Ann Wigmore, consuming chlorophyll is like receiving a healthy blood transfusion. Many people do not consume enough greens, even those who stay on a raw food diet. By drinking 2 or 3 cups of green smoothies daily you will consume enough greens for the day to nourish your body, and all of the beneficial nutrients will be well assimilated.

5. Green smoothies are easy to make, and quick to clean up after. In contrast, juicing greens is time consuming, messy and expensive. Many people abandon drinking green juices on a regular basis for these reasons. Preparing a pitcher of green smoothie takes less than 5 minutes, including cleaning up.
6. Green smoothies have proven to be loved by children of all ages, including babies of 6 or more months old. Of course, you have to be careful and slowly increase the amount of smoothies to avoid food allergies.
7. When consuming your greens in the form of green smoothies, you are greatly reducing the consumption of oils and salt in your diet. 8. Regular consumption of green smoothies forms a good habit of eating greens. After a few weeks of drinking green smoothies, most people start to crave and enjoy eating more greens. Many people don't eat enough greens, especially children.
9. While fresh is always best, green smoothies will keep in cool temperatures for up to 3 days, which can be handy at work and while traveling. Start playing with green smoothies, and discover the many joys and benefits of this wonderful, delicious and nutritious addition to your menu. You may find many more amazing facts about green smoothies in Victoria Boutenko's book, *Green For Life*, available at www.rawfamily.com.

Below are 4 green smoothie recipes. They are merely basic ideas for your green creations. Feel free to substitute these ingredients with your own choice of greens and fruits. Enjoy!

Apple-Kale-Lemon

2 apples
Juice of ½ a lemon
4 cups of kale
2 cups water

Strawberry-Banana-Romaine

1 cup strawberries
1 banana
4 cups romaine
2 cups water

Peach-Spinach

6 peaches
4 cups spinach leaves
2 cups water

Pear-Kale-Mint

4 ripe pears
4 cups kale
½ bunch of mint
2 cups water

Consider adding flax oil, ground flax seed, and/or a scoop of protien powder for additional nutritional value.

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