

# Recommended additions to your daily smoothie

In the smoothie recipe section I have recommended some additions to your smoothie to help reduce the glycaemic index of the smoothies you prepare.

You can also further enhance the smoothie by adding spices. I have found this to be the most cost effective way to boost antioxidant status and to reduce inflammation. I recommend it to all my clients who have chronic diseases but even if you do not have a clinical condition, this strategy can also keep your body healthy and prevent infection and degeneration.

I recommend a combination of 4 different spices – turmeric, ginger, coriander and cinnamon. The most relevant for your metabolic health is cinnamon but all 4 spices offer a combination of complimentary benefits.

All these spices are available in 500g bags for around £9.00. If you mix them together and store them in an air tight container in your fridge, they will last for months and so they are the most cost effective way of improving your antioxidant status.

For more information on this important fact, please see the section entitled ‘Your 16 Pillars of Health’ on my web site.

The reason I am recommending Colon Cleanse is that I want you to add a really good soluble fibre to help mop up any excess sugar. Also, because of its absorbent qualities, Colon Cleanse will help to decongest the areas where the gall bladder meets the small intestine and to bind to any waste matter that is removed from your liver. This is really important as keeping your gall bladder decongested is crucial for a healthy metabolism.

One little snippet I have just learned. If you take 1 tablespoon of cider vinegar with a little water before eating, the vinegar reduces the rate at which sugar is absorbed and this reduces the insulin response so worth including particularly as it also has a host of other benefits. Don’t swish it round your mouth though as it may damage enamel on your teeth according to dentists! Should be fine if you dilute it in half a glass of water and drink it straight down.

What for	What	How	Status	Test result
To reduce glycaemic index of smoothies or to be taken as a meal replacement	Squeezy Athletic meal replacement	Add 1 heaped teaspoon to a smoothie or add to a cereal. Otherwise, if using as a meal replacement, follow the directions on the label		
To reduce the absorption of sugar from food and to keep the digestive	Colon cleanse	You can blend in 1 heaped teaspoon to a smoothie or juice. Or you can take 1-2 heaped teaspoon twice per day around 20 minutes		

systems healthy. Also to encourage healthy bowel movements		before breakfast and 20 minutes before an evening meal. Simply blend with a small amount of water and consume. Follow this up with a large glass of water.		
To reduce the insulin response from a smoothie or a meal, and therefore to reduce inflammation and to support a healthy metabolism	Flax oil, Avocado oil, Olive oil, Hemp oil, Omega 3 oil.	Add 1 tablespoon of any of these oils to a smoothie and/or salad etc. Try and take a minimum of 2 tablespoons daily. You can rotate them but my favourite is organic flax oil. Also add to salads etc		
To reduce insulin and sugar absorption	Organic cinnamon 500g	Blend in one heaped teaspoon to a smoothie.		
To reduce sugar absorption and insulin spike	Organic cider vinegar	Drink 1 tablespoon in a small glass of water around 10 minutes before eating		
To provide powerful antioxidants and add healing qualities	Clearspring organic fruit purees. Available in different blends. Apple and blueberry is my favourite. One capsule of 100g puree is around 0.90 pence	Blend in the contents of 100g capsule of puree to a smoothie or juice		
		THE FOLLOWING SPICES SUPPORT THE METABOLISM INDIRECTLY BY KEEPING DOWN INFLAMMATION AND ACIDITY IN THE BODY THUS HAVING AN OVERALL 'CLEANSING' EFFECT		
Anti-inflammatory	Organic Turmeric powder Around £9.00 for a 500g bag	Blend together with other of these powders recommended and add a full heaped teaspoon to a smoothie or blend in with a juice/water. Can take any of these powders		

		individually or blended together.		
Anti inflammatory	Organic Ginger powder. Around £9.00 for a 500kg bag	Ditto		
To bind to and help remove toxins	Organic coriander powder. Around £9.00 for a 500g bag	Ditto		