



Nutritional Beverages

Green Smoothie

Avocado, Spinach, Broccoli, Kale, Alkaline water 9.5

- **Nutrient Absorption:** On an empty stomach, your body can absorb nutrients more efficiently. Green smoothies are typically rich in vitamins, minerals, and antioxidants, which can be quickly utilized by the body.
- **Digestive Health:** The fiber in green smoothies can help promote healthy digestion and regularity. Starting your day with fiber can also help keep you feeling full longer.
- **Energy Boost:** A green smoothie can provide a quick source of energy due to its natural sugars from fruits and the nutrient density of greens, helping you feel more alert and focused.
- **Hydration:** Many green smoothies contain a high-water content, which can help with hydration, especially after a night of sleep when your body may be slightly dehydrated.
- **Detoxification:** Leafy greens and other ingredients often used in green smoothies can support the body's natural detoxification processes, helping to eliminate toxins.
- **Weight Management:** Starting your day with a nutrient-dense smoothie can help curb cravings later in the day, potentially aiding in weight management.
- **7. 8. Alkalizing Effects:** Green vegetables are often alkaline forming, which can help balance the body's pH levels and promote overall health.
- **Improved Mood:** The nutrients found in green smoothies, such as magnesium and B vitamins, can support brain health and mood regulation.



A smoothie made from avocado, spinach, broccoli, kale, and 9.5 pH alkaline water delivers an **ultra-dense dose of fiber, essential fat-soluble vitamins, and powerful cellular antioxidants**. This specific combination functions as a sugar-free, nutrient-maximizing powerhouse. The chemical breakdown and physiological benefits of this specific blend include:

Maximized Nutrient Absorption

Green smoothies often suffer from low bioavailability because many of their best nutrients are fat-soluble.

- **The Avocado Advantage:** Spinach, broccoli, and kale are packed with vitamins A, K, and essential carotenoids. Your body cannot absorb these effectively without fat. The monounsaturated fats in **avocado act as a delivery vehicle**, drastically boosting your gut's ability to absorb the nutrients from the surrounding greens.
-  **Heavyweight Cellular Protection & Detox Support**

Combining three distinct cruciferous and leafy greens provides an unparalleled profile of disease-fighting plant compounds.

- **Sulforaphane & Isothiocyanates:** Sourced from raw broccoli, these compounds trigger phase-II detoxification enzymes in your liver. This helps neutralize free radicals and repairs cellular damage.
- **Carotenoids:** Spinach and kale supply massive amounts of lutein and zeaxanthin. These antioxidants accumulate in the retina to protect your eyes from oxidative stress and UV damage.

Cardiovascular and Bone Health

This blend provides well over 100% of your daily requirement for **Vitamin K**, which is essential for structural health.

- **Artery & Bone Support:** Vitamin K1 (from the greens) works synergistically with the magnesium and calcium in this mix to direct calcium into your bones rather than letting it calcify in your blood vessels.
- **Blood Pressure Management:** Avocado, kale, and spinach are exceptionally high in potassium. Potassium counteracts sodium to ease tension on blood vessel walls.

Digestive Support & Acid Reflux Relief

Because this smoothie contains no fruit, it bypasses sugar spikes while supporting your gastrointestinal tract.

- **Whole-Food Fiber:** Blending keeps the plant fiber intact (unlike juicing). This bulks up stool, feeds beneficial gut microbes, and slows down digestion for steady energy.
- **Alkaline Water (pH 9.5):** From a clinical standpoint, [Harvard Health notes](#) that alkaline water can temporarily buffer stomach acid. If you suffer from acid reflux, drinking this high-pH base may help deactivate pepsin (the enzyme responsible for reflux burning). *Note: While marketing often claims alkaline water alters systemic body pH or "detoxifies," your lungs and kidneys already strictly regulate your blood pH naturally.*

Preparation Tips for Better Taste

Because this smoothie contains absolutely zero fruit or natural sugars, it will taste incredibly earthy and bitter. To make it more palatable without ruining its low-glycemic benefits, try these tips:

- **Freeze the broccoli:** Using frozen raw broccoli florets minimizes the strong sulfur smell and taste significantly compared to fresh raw broccoli.
- **Add citrus:** Squeezing in half a lemon or lime adds fresh flavor to cut the bitterness. The vitamin C also chemically transforms the iron in spinach and kale, making it much easier for your body to absorb.
- **Incorporate a pinch of sea salt:** A tiny pinch of salt physically blocks your tongue's bitterness receptors, making raw greens taste much smoother.



Smoothies, juices, & teas



Orange Sunshine Smoothie

Orange juice, Apricot (ripe) Peach (ripe) Turmeric (root)

An orange juice, apricot, peach, turmeric, and banana smoothie provides vitamin C, potassium, and antioxidants. These key nutrients support your immune system, digestion, and heart health.



Immune Health and Skin

- **Vitamin C** from orange juice, peaches, and apricots helps fight sickness.
- **Beta-carotene** in apricots and peaches turns into vitamin A for healthy skin and eyes.

Digestion and Energy

- **Dietary fiber** from ripe bananas, peaches, and apricots keeps your stomach working well.
- **Natural sugars** and carbohydrates in bananas and orange juice give you a fast energy boost.

Inflammation and Recovery

- **Curcumin** in turmeric root helps lower swelling and pain in your body.
- **Potassium** from bananas helps your muscles recover and keeps your heart strong.

Here is a simple, refreshing recipe to make this immune-boosting smoothie.

Ingredients

- **Orange juice:** 1 cup (240ml), freshly squeezed or 100% pure
- **Apricots:** 2 ripe, pitted and halved
- **Peach:** 1 ripe, pitted and sliced
- **Turmeric root:** 1/2 inch piece, peeled and grated
- **Banana:** 1 ripe (frozen bananas make it creamier)

Instructions

1. **Prep the produce:** Wash fruits thoroughly. Remove the pits from the apricots and peach. Peel and grate the turmeric.
2. **Layer the blender:** Pour the orange juice into the blender first. Add the soft fruits (apricots, peach, banana) and grated turmeric on top.
3. **Blend until smooth:** Blend on high speed for 60 seconds. Stop when the texture is completely smooth with no turmeric bits remaining.
4. **Serve immediately:** Pour into a glass and enjoy fresh for the highest nutrient payoff.

Pro-Tips

- **Boost absorption:** Add a tiny pinch of black pepper. This helps your body absorb the curcumin in turmeric.
- **Thicken it up:** Toss in 3-4 ice cubes if your fruits are at room temperature.

💡 If you want to customize this drink, let me know if you would like to:

- **Add a protein source** (like Greek yogurt or protein powder)





Page front

Powerhouse Milkshake



1. Kiefer: “Maple Hill” plane, organic, grass-fed cows, whole milk, **2. Amino acids:** “Pure” Original Ingredients Unflavored, Instantized BCAA (1lb) Powder, Branched Chain Essential Amino Acids, Supplement, **3. Lecithin:** “Kate Naturals” Sunflower Lecithin Liquid for Cooking, Baking & Smoothies (4oz, Organic, Vegan, Gluten-Free) **4. Milk:** “Kalona” Supernatural: organic, grass-fed cows, whole chocolate milk. **5. Banana:** organic, ripe. **6. Multivitamins:** “Mother Earth” Essential Multivitamins, **7. Multi Minerals:** “World Organic” liquid multi mineral supplement

A. The human body does not have a strict daily requirement for probiotics, as live bacteria are not classified as essential nutrients.

However, consuming live beneficial microbes and their fuel—prebiotic fiber—supports a healthy gut, aids digestion, and boosts immune

function. **B.** The human body needs nine essential amino acids that it cannot make on its own: **histidine, isoleucine, and leucine.** You must get these necessary building blocks of protein from the food you eat. **C.** There is no official daily requirement or recommended dietary allowance (RDA) for lecithin set by health organizations. Because lecithin is a group of phospholipids that the human body can make on its own, it is not classified as an essential nutrient, though it supplies choline, which is essential. **D.** Milk is not strictly required for human survival, but one cup (249g) of whole cow's milk efficiently supplies key macro and micronutrients that support human nutritional needs, including 150 calories, 8 grams of complete protein, 12 grams of carbohydrates (lactose), and vital minerals like calcium. **E.** A medium banana has about 110 calories and provides key nutrients like potassium, vitamin B6, vitamin C, and dietary fiber. It helps support heart health, improves digestion, boosts energy, and assists in regulating blood pressure. **F.** The human body needs 13 essential vitamins—divided into fat-soluble (A, D, E, K) and water-soluble (C and the B-complex)—along with key minerals like calcium, iron, and zinc. These micronutrients support energy production, immune defense, bone growth, and cellular repair, acting as a daily safety net when food intake falls short.

G. The human body requires essential mineral nutrients divided into macrominerals (needed in larger amounts) and trace minerals (needed in small amounts). These inorganic elements support bone health, fluid balance, nerve transmission, and metabolic enzyme functions

The Nine Essential Amino Acids

- **Histidine:** Helps make histamine, supports your immune system, and protects your nerve cells.
- **Isoleucine:** nm Concentrated in your muscle tissue to help with energy and recovery.
- **Leucine:** Helps build and repair muscles and stimulates muscle protein synthesis.
- **Lysine:** Crucial for growth, tissue repair, and absorbing calcium.
- **Methionine:** Aids in metabolism, cell function, and processing other minerals.
- **Phenylalanine:** Used to make vital brain chemicals like dopamine and adrenaline.
- **Threonine:** Forms important structural parts of your skin and connective tissues like collagen.
- **Tryptophan:** Acts as a building block for serotonin, which helps control your mood and sleep.
- **Valine:** Supports muscle growth, tissue repair, and energy creation.

Food Sources

You can get all of these necessary amino acids from complete protein sources. Good choices include animal products like meat, poultry, fish, eggs, and dairy, as well as plant options like soy.

Liquid lecithin provides key health benefits including **cholesterol management**, **brain support**, and **liver protection**. It supplies vital phospholipids like phosphatidylcholine, which helps the body process fats and maintain cell health.

Core Health Benefits

- **Heart Health:** Helps lower "bad" LDL cholesterol while raising "good" HDL cholesterol.
- **Brain Function:** Converts into choline, a key building block for memory and nerve signaling.
- **Liver Support:** Aids fat breakdown in the liver to prevent unhealthy fat buildup.
- **Breastfeeding Aid:** Often used to thin breast milk and prevent clogged milk ducts.
- **Digestion:** Acts as an emulsifier that supports the gut's protective mucous lining.

This high-calorie, nutrient-dense smoothie serves as an **excellent post-workout recovery blend** that targets muscle repair, gut health, and cellular function. By pairing fast-acting carbohydrates with premium proteins and healthy fats, it creates an optimal environment for physical recovery.

1. Muscle Repair and Post-Workout Recovery

- **Optimal Nutrient Ratio:** The simple sugars from the organic chocolate milk and ripe banana quickly restore muscle glycogen depleted during exercise.
- **Protein Synthesis:** The whole milk, kefir, and added **EAA/BCAA supplements** provide a massive surge of amino acids (specifically leucine). This directly triggers muscle protein synthesis to rebuild torn muscle fibers.



Smoothies, juices, & teas



page back

2. Robust Gut Health and Enhanced Digestion

- **Probiotic Powerhouse:** Plain, grass-fed kefir delivers trillions of live, diverse probiotic strains to optimize your gut microbiome, boosting your digestion and immune system.
- **Symbiotic Delivery:** The banana serves as a prebiotic fiber source. This essentially "feeds" the beneficial bacteria provided by the kefir, ensuring they thrive in your digestive tract.
- **Lactose Comfort:** The fermentation process of kefir breaks down most of the lactose, making this heavy-dairy smoothie significantly easier on sensitive stomachs.

3. Advanced Brain and Liver Support

- **Cell Structure: Liquid lecithin** provides essential phospholipids (like phosphatidylcholine). These are the core building blocks for your body's cell membranes.
- **Cognitive and Metabolic Boost:** Lecithin is rich in choline, which your brain uses to produce acetylcholine—a neurotransmitter critical for memory, focus, and cognitive stamina. Choline also assists the liver in processing and transporting dietary fats efficiently.

4. Superior Quality Nutrient Profile

- **Anti-Inflammatory Fats:** Choosing organic, **grass-fed** whole dairy yields a much higher concentration of Omega-3 fatty acids and Conjugated Linoleic Acid (CLA) compared to conventional milk, helping to reduce systemic inflammation.
- **Electrolyte Replenishment:** The combination of milk products and ripe banana floods your body with potassium, magnesium, and calcium. This prevents muscle cramping and rehydrates your body at a cellular level.

⚠ A Note on Nutrition Balance

Because this smoothie uses both whole milk kefir and whole chocolate milk, it is **highly caloric and rich in saturated fats and sugars**. It is perfectly designed for an athlete recovering from intense physical exertion, but it may be too heavy if used as a casual snack without a workout to back it up.

Here is a simple, perfectly portioned recipe designed to balance the flavors of this rich recovery smoothie.

🛒 Ingredients

- **Whole chocolate milk:** 1 cup (240 ml)
- **Plain whole milk kefir:** ½ cup (120 ml)
- **Ripe banana:** 1 medium (peeled) optional (freeze for a colder texture)
- **Liquid lecithin:** 1 teaspoon (5 ml)
- **EAA/BCAA powder:** 1 serving (use the manufacturer's recommended dose, usually 1 tbs/15ml)
- **Liquid Multivitamins** 1 fl. Oz.
- **Liquid Multi Minerals** 1 tablespoon

📖 Step-by-Step Instructions

1. **Add liquids first:** Pour the chocolate milk, kefir, liquid EAA/BCAA, and liquid lecithin into your blender base. Putting liquids first protects your blender blades and ensures the sticky lecithin mixes smoothly.
2. **Add solids:** Break the ripe banana into chunks and drop them into the liquid. Add ice if you prefer a chilled, thicker consistency.
3. **Blend:** Secure the lid and blend on high for **30 to 45 seconds** until completely smooth and creamy.

💡 Pro-Tip

Liquid lecithin is incredibly sticky and can cling to your measuring spoon. To prevent this, dip your spoon into a tiny drop of neutral oil (or spray it with cooking spray) before measuring the lecithin. It will slide right off into the blender.

Key Considerations

- **High Caloric Density:** Because this recipe uses both whole milk kefir and whole chocolate milk alongside lecithin and a banana, it is very high in calories. It is best utilized as a **post-workout shake or a total meal replacement**, rather than a light snack.
- **Total Sugar Content:** Ripe bananas and chocolate milk both contain significant amounts of simple sugars. While beneficial immediately after intense exercise, keep an eye on your total daily sugar intake if weight loss is your goal.]
- **High Nutrient Bioavailability:** Liquid vitamins (like Liqui-Lea) and liquid amino acids absorb much faster in the digestive tract than solid pills or tablets, ensuring your body utilizes them efficiently.



Smoothies, juices, & teas



Barry Good Smoothie

Strawberries, blueberries, raspberries, blackberries and pure 100% cranberry juice



Blending strawberries, blueberries, raspberries, and blackberries together create a nutrient-dense drink rich in **antioxidants, dietary fiber, and vitamin C** that supports heart health, improves digestion, and protects cells from damage.

Heart and Blood Sugar Support

- **Lowers disease risk:** Anthocyanins and polyphenols in the blend reduce oxidative stress and inflammation.
- **Improves blood flow:** Regular intake supports healthy blood vessels and stable blood pressure.
- **Protects glucose levels:** Fiber and plant compounds help maintain a stable insulin response after meals.

Digestion and Immunity

- **Boosts gut health:** High fiber content from raspberries and blackberries feeds good bacteria in your gut.
- **Strengthens immunity:** A heavy dose of vitamin C from strawberries and blackberries aids skin and immune function.
- **Provides essential vitamins:** Supplies high amounts of Vitamin K, manganese, and potassium in a low-calorie mix.

This vibrant, antioxidant-rich berry smoothie is naturally sweet, high in fiber, and takes less than 5 minutes to make.

Ingredients

- **Strawberries:** 1/2 cup (hulled)
- **Blueberries:** 1/2 cup
- **Raspberries:** 1/2 cup
- **Blackberries:** 1/2 cup
- **Liquid base:** 1 cup ocean spray pier 100% cranberry juice or water
- **Creaminess booster (Optional):** 1/2 cup plain Greek yogurt or half a banana
- **Ice:** 1/2 cup (if using fresh berries)

Instructions

1. **Wash thoroughly:** Rinse all fresh berries under cold water.
2. **Layer ingredients:** Add liquids to your blender first, followed by yogurt/banana, then the berries.
3. **Blend on high:** Process for 45 to 60 seconds until completely smooth.





4. **Adjust consistency:** Pour in more liquid if it is too thick or add ice to thicken it up.

Tropical Delight Smoothie

Papaya, mango, pineapple, banana, coconut milk,

A tropical smoothie made with papaya, mango, pineapple, banana, and coconut milk provides strong immune support, easy digestion, and rich hydration.



Health and Nutrition Benefits

- **Better Digestion:** Papaya contains the enzyme papain and pineapple contains bromelain, which both help break down food and reduce belly bloating.
- **Strong Immunity:** High amounts of vitamin C in the pineapple, papaya, and mango protect your cells and help fight off sickness.
- **Quick Energy and Potassium:** Bananas and mangoes supply healthy natural carbohydrates for an energy boost alongside potassium for your muscles.
- **Creamy Hydration:** Coconut milk adds healthy fats that give the drink a rich texture while helping your body absorb fat-soluble vitamins

Here are the ideal ingredient measurements to create a perfectly balanced, creamy, and tropical flavor profile.

The Balanced Tropical Smoothie Recipe

- **1 cup** cubed frozen mango (adds natural sweetness and thickness)
- **1/2 cup** cubed ripe papaya (provides smooth texture and mild flavor)
- **1/2 cup** cubed fresh or frozen pineapple (adds necessary tanginess and zest)
- **1/2 medium** ripe banana (sweetens and binds the ingredients together)
- **3/4 cup** light liquid coconut (creates a creamy, smooth liquid base)
- **1/2 cup** ice cubes (optional; only needed if using all fresh fruit)

Preparation Tips

- **Blending order:** Pour the coconut milk into the blender first, then add the soft papaya and banana, and top with the frozen mango and pineapple.
- **Texture control:** If the blend is too thick, splash in a little extra coconut milk or water. If it is too thin, toss in another piece of frozen mango.





Pink Smoothie

- Strawberries (organic), Bananas (organic), Orange juice (Tropicana, pure premium) Ginger root (fresh)
- Rice Protein powder (organic), Honey (organic)

Both oranges and strawberries contain high amounts of Vitamin C, which contains immune boosting properties. With ground or fresh ginger, is a high fiber content for digestive health a good source of potassium for muscle function and blood pressure regulation, rich in vitamin



C for immune support at the accident to protect against cell damage and a good balance of healthy carbohydrates for sustain energy.

*This specific combination of ingredients creates a **nutrient-dense, high-protein, and anti-inflammatory smoothie** that is exceptionally beneficial for **muscle recovery, immune support, and digestive comfort**. By balancing fast-absorbing carbohydrates with plant-based protein, it provides sustained energy without a harsh sugar crash.*

Primary Health Benefits

- **Accelerated Post-Workout Recovery:** The organic rice protein powder supplies essential amino acids to repair torn muscle fibers. Simultaneously, the potassium from the bananas replenishes lost electrolytes to prevent muscle cramping. [\[1\]](#), [\[2\]](#)
- **Powerful Immune System Boost:** Strawberries and Tropicana Pure Premium orange juice deliver a massive dose of Vitamin C and antioxidants. This stimulates white blood cell function to help ward off illnesses.
- **Enhanced Digestion and Nausea Relief:** Fresh ginger root contains active gingerols that accelerate gastric emptying. This significantly reduces bloating, gas, indigestion, and any stomach queasiness.
- **Sustained Energy and Satiety:** While honey, bananas, and orange juice provide quick-release carbohydrates for an instant brain and body boost, the rice protein powder slows down digestion. This keeps you full longer and prevents a rapid blood sugar spike.
- **Reduced Body Inflammation:** The combination of antioxidants from strawberries (anthocyanins) and the anti-inflammatory compounds in fresh ginger help soothe sore joints and reduce exercise-induced muscle pain.

Nutrient Breakdown by Ingredient

The individual components contribute to a highly synergistic blend:

Ingredient	Core Nutrients Provided	Specific Health Role
Organic Strawberries	Vitamin C, Anthocyanins, Fiber	Fights oxidative stress and promotes skin health.
Organic Bananas	Potassium, Vitamin B6, Inulin	Supports nerve function, thickens texture, and feeds good gut bacteria.
Tropicana Pure Premium OJ	Vitamin C, Folate, Potassium	Acts as a hydrating, naturally sweet liquid base that enhances iron absorption.
Fresh Ginger Root	Gingerols, Shogaols	Relieves gastrointestinal distress and blocks inflammatory pathways.
Organic Rice Protein Powder	Plant-based Amino Acids	Hypoallergenic protein source ideal for muscle building and maintenance.
Organic Honey	Natural Sugars, Enzymes	Provides an immediate energy source and antimicrobial properties.

A Quick Nutritional Tip

Organic rice protein powder is highly digestible and hypoallergenic. However, rice protein is naturally lower in the amino acid lysine. If you are using this smoothie as a primary post-workout meal, consider occasionally blending it with a spoonful of organic pea protein or eating a handful of pumpkin seeds later in the day to create a perfectly complete amino acid profile.



Smoothies, juices, & teas



Green Juice

• Celery, Cucumber, Green Apple, Green Bell Pepper

Juicing raw cucumber, green apple, spinach, and celery offer a nutrient- rich, hydrating beverage with potential benefits like improved digestion, boosted immunity, and reduced inflammation.

A juice made from celery, cucumber, green apple, and green bell pepper provides deep hydration, immune support, and digestive wellness.

Key Health Benefits

- **High Hydration:** Celery and cucumber are over 90% water, which helps keep your body hydrated and skin glowing.
- **Digestion Support:** Celery has natural plant compounds that help your gut, while green apples add pectin fiber for healthy stomach bacteria.
- **Immune Boost:** Green apples and green bell peppers are rich in Vitamin C, which helps protect your cells and fight sickness.
- **Lower Inflammation:** Celery and peppers provide antioxidants that help reduce swelling and irritation in the body.

This recipe makes about **1 large serving (16 oz)** of fresh, nutrient-dense green juice.

Ingredients

- **4 stalks** of Celery
- **1 medium** Cucumber
- **1 large** Green Apple
- **1 medium** Green Bell Pepper

Instructions

For a Juicer

1. **Wash thoroughly:** Rinse all vegetables and the
2. **Prep ingredients:** Cut off the ends of the celery remove the seeds. Cut the bell pepper and remove the inner white ribs and seeds.
3. **Chop to fit:** Slice everything into pieces that easily fit your juicer's feed chute.
4. **Juice:** Push all ingredients through the machine, alternating between the soft ingredients (pepper) and hard ones (apple, celery) to get the most juice out.
5. **Serve:** Stir the juice well and drink immediately over ice, or store it in an airtight glass jar in the fridge for up to 24 hours.



apple in cold water.
and cucumber. Core the apple to





Burgundy Juice

• Carrot, Celery, Beet, Parsley

Juicing carrots, celery, beets, and parsley offer a potent blend of nutrients, antioxidants, and potential health benefits, including improved heart



A juice made from carrot, celery, beet, and parsley provides powerful support for heart health, blood flow, and natural body cleansing. It is rich in essential vitamins, minerals, and plant compounds that help lower blood pressure and protect cells from damage.

Key Benefits by Ingredient

- **Carrot:** Provides beta-carotene (turned into vitamin A by your body) to support sharp vision, glowing skin, and a strong immune system.
- **Celery:** Delivers high water content for hydration and natural plant salts that aid digestion and help the body flush out extra fluids.
- **Beet:** Contains nitrates and pigments called betalains that improve blood flow, support healthy blood pressure, and assist liver function.
- **Parsley:** Acts as a mild diuretic to support kidney function and adds extra vitamins A, C, and K.

Combined Health Effects

- **Better Circulation:** Nitrates from the beets and nutrients from the celery work together to relax blood vessels and improve stamina.
- **Detoxification Support:** The combination aids the liver and kidneys in filtering and removing waste from the body.
- **Low-Calorie Nutrition:** You get a dense mix of vitamins and antioxidants with very little fat or extra sugar.

Ingredients & Exact Measurements

- **Carrots:** 4 medium carrots (trimmed and washed).
- **Celery:** 3 large stalks (including the green leaves).
- **Beet:** 1 small beet (peeled and cut into halves).
- **Parsley:** 1 small handful (approximately 1/2 cup or 10 grams of stems and leaves). [[1](#), [2](#)]

Step-by-Step Instructions

1. **Prep vegetables:** Wash all produce thoroughly under cold water. Peel the beet to remove any bitter, earthy dirt flavor.
2. **Chop items:** Cut the carrots and beet into small chunks that easily fit through your juicer's feed tube.
3. **Feed juicer:** Bundle the parsley tightly together and push it through the juicer sandwiched between the celery and carrots to extract the maximum amount of green juice.
4. **Stir and drink:** Give the juice a quick stir to combine the layers and drink immediately over ice for the best taste and nutrient absorption.





Mocktail Banana Pina Colada drink

Piña colada ("virgin")

Banana

Coconut Cream (organic canned)

Pineapple juice (fresh or dole canned)

Coconut Cream:

Coconut Extract (60%), Purified Water (40%)

coconut cream is Non-dairy, Non-GMO, Vegan, Gluten-Free, and Keto-friendly, Kosher certified, Free from added guar gum, preservatives, whiteners, emulsifiers, or stabilizers, it maintains purity.

INGREDIENTS

- ☐ 2 cups **pineapple juice**
- ☐ 3/4 cup **cream of coconut**
- ☐ 4 cups **ice**
- ☐ **Pineapple wedges** for garnish
- ☐ **Maraschino cherries** for garnish



Nutritional benefits

- Hydration: Pineapple, banana, and coconut are all water-rich fruits that contribute to hydration.
- Vitamins and Minerals:
 - **Pineapple**: A rich source of Vitamin C (boosting immunity) and Manganese.
 - **Banana**: Contains potassium, which supports electrolyte balance and energy.
 - **Coconut Milk**: Offers calcium and magnesium.
- Fiber: Bananas and pineapple provide fiber, beneficial for digestive health and regularity.
- Antioxidants: Pineapple contains antioxidants like bromelain, which can help reduce inflammation and cell damage.
- Energy and Muscle Recovery: Bananas' carbohydrates and potassium help replenish energy and reduce muscle fatigue.
- Mood Improvement: Bananas' tryptophan content can potentially improve mood by increasing serotonin production.

<https://youtu.be/jzvWbttqxj8?si=JVQOSMtXUxPkJgiB>





Front

Red Zinger Tea

Cinnamon bark, Nutmeg (whole), Ginger root, Clove buds, Rose hips, Allspice (whole), Hibiscus leaves, star Anis (whole), Sassafras bark, Honey (red clover), alkaline water 9.5
Allspice is rich in plant compounds that may have cancer-fighting, antiviral, anti-inflammatory, and antioxidant

Cinnamon bark is used for gastrointestinal (GI) upset, diarrhea, and gas. It is also used for stimulating appetite; for infections caused by bacteria and...

Clove buds — Health benefits include protection against infection, blood sugar regulation, better oral health, and other

Ginger root Health Benefits · Fights Germs · Keeps Your Mouth Healthy · Calms Nausea · Soothes Sore Muscles · Eases pain

Hibiscus Benefits: 1. Tissue growth and repair · 2. The maintenance of cartilage, bones, and teeth · 3. Protects with antioxidants · 4. Fights inflammation · 5. Lowers blood pressure ·

Nutmeg is found to have health benefits, including its ability to relieve pain, soothe indigestion, strengthen cognitive function

Rose hips · Anti-aging properties · May reduce arthritis pain · May help with fat loss · May improve heart health

Sassafras To detoxify · For general health maintenance · To reduce inflammation, including mucositis (sores in the mouth and throat)

A tea brewed from this specific blend of ingredients provides a **potent dose of antioxidants, strong digestive support, and robust anti-inflammatory properties.**

However, because this recipe contains **Sassafras bark**, it is critical to note that the U.S. Food and Drug Administration (FDA) banned sassafras bark for commercial consumption due to high concentrations of **safrole**, a compound linked to liver damage and carcinogenic risks in animal studies.

Below is a breakdown of how each ingredient contributes to the overall profile of this herbal blend.

Key Health Benefits

- **Digestive Comfort:** Ginger root, nutmeg, and allspice contain active carminative compounds that actively soothe the gastrointestinal tract, reduce bloating, and minimize nausea.
- **Immune and Cardiovascular Support:** Rose hips and hibiscus leaves are packed with Vitamin C and anthocyanins. These compounds help optimize immune function and support healthy blood pressure.
- **Blood Sugar & Metabolic Regulation:** Cinnamon bark and clove buds assist in improving insulin sensitivity, which helps stabilize blood sugar spikes after meals.
- **Natural Antimicrobial Properties:** Star anise and Red Clover honey supply natural antibacterial and antiviral properties that help soothe a sore throat or respiratory irritation.
- **Enhanced Hydration:** Utilizing 9.5 alkaline water acts as a clean, highly-filtering base that efficiently extracts the water-soluble vitamins and intense flavors from the dense barks and whole spices.

Ingredient-by-Ingredient Breakdown

Ingredient	Primary Active Property	Major Benefit
Cinnamon bark	Cinnamaldehyde	Regulates blood sugar & improves circulation
Nutmeg (whole)	Myristicin	Soothes digestion & acts as a mild sedative
Ginger root	Gingerols	Relieves nausea & reduces systemic inflammation
Clove buds	Eugenol	Provides potent antioxidant & numbing oral benefits
Rose hips	Vitamin C	Stimulates immune health & collagen production
Allspice (whole)	Quercetin	Eases muscle cramps & aids intestinal gas
Hibiscus leaves	Organic acids	Lowers blood pressure & acts as a gentle diuretic
Star Anise (whole)	Shikimic acid	Offers powerful antiviral defense mechanisms
Red Clover Honey	Enzymes	Suppresses coughs & naturally sweetens the brew
Alkaline Water 9.5	High pH base	Enhances extraction & optimizes hydration efficiency

⚠ Critical Safety Warning: Sassafras Bark

Traditional folk medicine utilized sassafras bark to "purify the blood" and break fevers. However, because a single cup of homemade sassafras tea can contain dangerous levels of safrole, **medical experts advise against consuming unregulated sassafras bark.** If you choose to keep it in your blend, it should absolutely be avoided by pregnant or nursing individuals, and it should never be consumed on a long-term, daily basis.





Back

DIRECTIONS

Because this recipe uses dense barks, hard roots, and whole spices, you must use a **decoction method (boiling the ingredients directly)** rather than a light steep to extract their active compounds.

As noted previously, the U.S. Food and Drug Administration (FDA) warns against using sassafras bark due to safrole toxicity. For your safety, **this recipe replaces sassafras with sarsaparilla root or star anise variations** to achieve a similar traditional root-beer flavor profile safely.

⌚ Prep and Cook Time

- **Prep time:** 5 minutes, **Cook time:** 20 minutes, **Yield:** 4 cups (approx. 1 liter)

🛒 Ingredients Needed

- **Alkaline water (9.5 pH):** 5 cups (the extra cup accounts for evaporation)
- **Cinnamon bark:** 1 medium stick (cracked)
- **Ginger root:** 1-inch piece (sliced thin)
- **Hibiscus leaves:** 1.5 tablespoons (dried)
- **Rose hips:** 1 tablespoon (dried)
- **Whole nutmeg:** 1/4 of a whole nut (crushed)
- **Whole allspice:** 1/2 teaspoon (slightly bruised)
- **Whole star anise:** 1 piece
- **Clove buds:** 3 whole cloves
- **Red Clover honey:** 1 to 2 tablespoons (added at the end)

🔍 Step-by-Step Instructions

1. **Bruise the spices:** Place the hard spices (cinnamon, nutmeg, allspice, star anise, cloves) in a zip-top bag. Gently tap them with a heavy spoon or rolling pin to crack them open and release their essential oils.
2. **Boil the barks and roots:** Pour 5 cups of 9.5 alkaline water into a stainless steel saucepan. Add the cracked spices and the sliced ginger root. Bring the mixture to a rolling boil.
3. **Simmer the decoction:** Lower the heat to medium-low. Cover the pot with a tight-fitting lid. Let it simmer gently for 15 minutes to draw out the flavors from the dense ingredients.
4. **Steep the delicate herbs:** Turn off the heat entirely. Remove the lid and stir in the dried hibiscus leaves and rose hips. Cover the pot again and let everything steep off the burner for 5 minutes.
5. **Strain the tea:** Pour the tea through a fine-mesh strainer into your mug or a heat-safe pitcher to remove all the solids.
6. **Sweeten safely:** Let the liquid cool slightly until it is warm, not scalding. Stir in your Red Clover honey to taste. *Note: Adding honey to boiling water destroys its beneficial natural enzymes.*





Scarborough Affair Tea

Parsley, sage, rosemary, and thyme provide rich antioxidants, essential vitamins (A, C, and K), and powerful anti-inflammatory properties that support immunity, brain health, and digestion.

Individual Herb Benefits

- **Parsley:** Packed with vitamins A, C, and K; acts as a mild diuretic and supports digestion.
- **Sage:** Contains antibacterial properties and plant compounds that may support brain function and memory.
- **Rosemary:** Rich in antioxidants and anti-inflammatory compounds that help boost circulation and mental focus.
- **Thyme:** Features thymol, a natural antiseptic that helps fight germs and soothe respiratory irritation



Ingredients

- **Sage leaves:** 3 fresh leaves (or ½ teaspoon dried)
- **Rosemary sprig:** 1 small 2-inch sprig (or ½ teaspoon dried)
- **Thyme sprigs:** 2 fresh sprigs (or ½ teaspoon dried)
- **Water:** 2 cups
- **Optional optional sweeteners:** Honey or fresh lemon slice

Instructions

1. **Rinse herbs:** Wash fresh sprigs thoroughly under cold water.
2. **Boil water:** Bring 2 cups of water to a rolling boil in a small pot or kettle.
3. **Add herbs:** Place the sage, rosemary, and thyme directly into a mug or a teapot.
4. **Steep:** Pour the boiling water over the herbs, cover, and let steep for 5 to 7 minutes.
5. **Strain and serve:** Strain the liquid into a cup to remove the leaves.
6. **Flavor:** Stir in honey or squeeze fresh lemon if desired.





Peppermint tea

Peppermint tea offers several key health benefits, including easing digestive issues, relieving tension and freshening breath.



headaches,

Main Health Benefits

- **Digestive Relief:** Relaxes gut muscles to reduce gas, bloating, and indigestion.
- **Headache Relief:** Acts as a muscle relaxant to help lessen tension headaches and migraines.
- **Fresh Breath:** Contains natural antibacterial properties that help fight oral bacteria.
- **Caffeine-Free Hydration:** Provides a calorie-free, zero-caffeine way to stay hydrated any time of day.
- **Nasal Congestion:** Warm steam and menthol vapors can help clear a blocked nose.

To make organic crushed peppermint leaf tea, use 1 to 2 teaspoons of crushed organic dried peppermint leaves per cup of boiling water, steep for 5 minutes, and strain.

Ingredients and Tools

- 1 to 2 teaspoons **organic crushed dried peppermint leaves** (or 1 tablespoon fresh crushed leaves)
- 1 cup (8 to 10 ounces) **water**
- **Tea infuser**, strainer, or French press
- Optional: **Honey** or **lemon** to taste

Step-by-Instructions

- **Boil water:** Heat your water until it reaches a rolling boil, then let it cool for about 1 minute (aim for roughly 180°F to 200°F so you do not burn the delicate leaves).
- **Add mint:** Place your crushed organic peppermint leaves into your tea infuser or directly into your mug or teapot.
- **Steep:** Pour the hot water over the peppermint leaves. Cover your cup or pot with a small lid or saucer to trap the essential oils. Let it steep for 5 to 7 minutes.
- **Strain and serve:** Remove the infuser or pour the liquid through a fine mesh strainer into your favorite mug. Stir in honey or lemon if you like a sweeter or tangier flavor.





Front page

Root Vibration Smoothie

Garlic, ginger, turmeric, carrot juice, beet juice, sweet potato

A sweet potato, carrot, beet, ginger, garlic, and turmeric smoothie boost your health with strong anti-inflammatory properties, improved blood flow, and high amounts of essential vitamins. This root-and-spice mix supports your immune system, protects your cells from damage, and helps your digestion.



Immune and Inflammatory Support

- **Garlic and ginger** fight germs and lower swelling in your body.
- **Turmeric** contains curcumin, which calms joint pain and fights cell damage.

Heart and Blood Health

- **Beet juice** adds nitrates that lower your blood pressure and improve blood flow.
- **Carrot juice** brings potassium to help keep your heart rhythm steady.

Digestion and Energy

- **Sweet potato** provides fiber to keep your stomach healthy and steady energy.
- **Carrots** provide vitamin A for sharp vision and healthy skin.

Cooking your sweet potato before blending is the best method for this recipe. Raw sweet potato is dense, woody, and hard to digest. Cooking it creates a smoother texture and helps your body absorb the nutrients.

Why Cooked is Better

- **Perfect Texture:** Boiled or steamed sweet potato blends into a smooth, creamy base.
- **Easier Digestion:** Cooking breaks down complex starches so you avoid gas or bloating.
- **Better Absorption:** Heat makes the vitamin A more available for your body to use.
- **Sweet Flavor:** Cooking activates natural sugars to balance the sharp garlic and ginger.

How to Prepare It

- **Steam or Boil:** Cube the sweet potato and steam for 10–12 minutes until soft.
- **Chill First:** Let the cooked cubes cool completely in the fridge before blending.
- **Liquid Ratio:** Use the carrot and beet juice as your blender liquid to spin the potato easily.

If You Choose Raw

- **Grate It:** Shred the raw sweet potato finely before adding it to the blender.
- **High-Power Blender:** You must use a high-speed blender to avoid a gritty, sandy texture.





Back page

Earthy Immuno-Boost directions

- Prep time: 10 minutes
- Servings: 1 large smoothie or 4 concentrated wellness shots [\[1\]](#)

Ingredients

- Sweet potato: 1/2 cup (cooked, peeled, and cooled)
- Beet juice: 1/2 cup
- Carrot juice: 1/2 cup
- Fresh ginger: 1 teaspoon (grated)
- Fresh turmeric: 1/2 teaspoon (grated) or a pinch of powder
- Garlic: 1/4 of a small clove (raw)
- Ice: 1/2 cup (optional, for chilling)

Instructions

1. Prep the base: Ensure your sweet potato is fully cooked and cooled to keep the smoothie creamy.
2. Load the blender: Add the carrot juice, beet juice, cooked sweet potato, ginger, turmeric, and garlic.
3. Blend until smooth: Run on high speed for 60 seconds until completely liquified.
4. Adjust and serve: Add ice if you prefer it cold or pour into small glasses to drink as intense health shots.

Definitions:

Anabolic means the building up of complex body parts and molecules from smaller, simple pieces. It is the growth and repair part of your body's metabolism. This process takes energy to do work like making new muscle, bone, or DNA.

How Anabolic Works

- **Building phase:** Small pieces like amino acids join together to make big things like proteins.
- **Uses energy:** The body uses fuel (like ATP) to drive these building reactions.
- **Repair and growth:** It helps heal wounds, grow stronger bones, and build muscle mass.

Anabolic vs. Catabolic

- **Anabolic** builds things up and uses energy.
- **Catabolic** breaks things down and releases energy (like digesting food).

Common Examples

- **Muscle growth:** Turning food and amino acids into muscle tissue after a workout.
- **Bone density:** Making hard bone tissue to keep skeletons strong.
- **Anabolic steroids:** Lab-made versions of testosterone used to medical-grade fix broken tissues or grow muscle.



Smoothies, juices, & teas



Juicy Fruit Smoothie



Banana (organic ripe), strawberries (organic frozen) red delicious apples (juiced), pears (juiced), peaches (juiced), and natural organic rolled oats

This smoothie provides a rich boost of vitamins, antioxidants, and sustained energy by combining the filling fiber of whole oats and fruit with the quick hydration of fresh fruit juices.

Key Nutritional Benefits

- **Vitamins and Minerals:**
 - **Vitamin C:** High amounts from the strawberries, apple juice, pear juice, and peach juice help support your immune system and skin health.
 - **Potassium:** The banana provides potassium, which helps your muscles work properly and keeps your blood pressure balanced.
 - **Manganese and Copper:** Strawberries and pear juice add trace minerals that support bone health and metabolism.
- **Fiber for Digestion:**
 - The rolled oats add **beta-glucan**, a special soluble fiber that helps lower cholesterol and keeps your heart healthy.
 - The banana and strawberries keep their whole-food fiber, which helps your body absorb sugar more slowly. (*Note: Juicing the apples, pears, and peaches removes most of their fiber, but leaves behind the vitamins and natural sweetness*).
- **Antioxidants:**
 - Strawberries and apples contain powerful plant compounds that fight cell damage and reduce inflammation in the body.
- **Sustained Energy:**
 - The complex carbohydrates in the raw oats and the natural sugars in the fruits give you a fast energy boost that lasts longer because the oat fiber slows down digestion.

Here is a balanced, easy-to-blend **recipe formula** for your smoothie ingredients that yields about two servings:

The Recipe Formula

-  **1/3 cup** Organic raw rolled oats
-  **1 medium** Organic ripe banana
-  **1 cup** Organic frozen strawberries
-  **1/2 cup** Red delicious apple juice
-  **1/2 cup** Pear juice
-  **1/2 cup** Peach juice

Blending Instructions

1. **Grind the oats:** Blend the dry oats first until they turn into a fine flour. This prevents a gritty texture.
2. **Add the liquids:** Pour in the apple, pear, and peach juices.
3. **Add the soft fruit:** Drop in the fresh banana.
4. **Add the frozen fruit:** Top with the frozen strawberries last to help push everything down into the blades.
5. **Blend until smooth:** Run on high speed for 45 to 60 seconds.





QUEEN ESTHER'S TEA

Lavender flowers, Chamomile flowers, Rose Hips, Red Clover, Myrtle, Hibiscus, and Jasmine buds. A tea made from lavender flowers, chamomile flowers, rose hips, red clover, and myrtle (or lemon myrtle) acts as a caffeine-free herbal infusion that primarily promotes relaxation, digestive ease, and immune support.

Relaxation and Sleep Support

- **Lavender & Chamomile:** Both flowers are classic nervines that soothe the nervous system. Chamomile contains the antioxidant apigenin, which binds to brain receptors to promote sleepiness, while lavender compounds like linalool help reduce anxiety and physical tension.
- **Combined Effect:** Drinking this blend in the evening can help quiet an overactive mind and prepare the body for restful sleep.

Digestive and Metabolic Comfort

- **Chamomile & Myrtle:** Chamomile offers gentle anti-inflammatory action that helps ease bloating, gas, and indigestion. If the myrtle used is lemon myrtle, its natural citrus oils and antimicrobial properties further assist in calming the gastrointestinal tract after meals.

Antioxidant and Immune Defense

- **Rose Hips:** As the pseudo-fruits of rose plants, rose hips are exceptionally rich in vitamin C and disease-fighting flavonoids. They protect cells from oxidative stress and support immune function.
- **Red Clover & Myrtle:** Red clover supplies added antioxidant and cleansing compounds, while myrtle contributes beneficial polyphenols and antimicrobial properties that help the body ward off seasonal bugs.

Potential Anti-Inflammatory Effects

- Many of these botanicals—particularly chamomile, rose hips, and myrtle—contain active constituents that help lower systemic inflammation, which can offer minor relief for joint stiffness or general physical fatigue.

For Enhanced Flavor & Mood Support

- **Hibiscus (*Hibiscus sabdariffa*):** Adds a vibrant red color and a tart, cranberry-like flavor that blends beautifully with the tanginess of rose hips. It is packed with antioxidants and helps support healthy blood pressure.
- **Jasmine Buds (*Jasminum*):** Adds a deeply aromatic, exotic floral scent. Jasmine is traditionally used to uplift the mood, alleviate stress, and provide a gentle sense of well-being.

Book of Esther חֵגְלַת אֶסְתֵּר The Search for a New Queen ([the story](#))

Esther was chosen as queen of Persia after King Ahasuerus (Xerxes I) deposed his first wife, Vashti, and held a kingdom-wide search for a new maiden to take her place.

- **Gathering Maidens:** Advisers suggested searching the empire for beautiful young virgins to bring to the citadel of Susa under the care of the king's eunuch, Hegai.
- **Selection Process:** Candidates underwent a 12-month beauty treatment program—six months with oil of myrrh and six months with perfumes and cosmetics—before going in turn to the king's quarters.

Herbal Tea Formula

Mix two parts chamomile and red clover with smaller amounts of tart hibiscus and fragrant florals to balance this herbal tea blend.

Use a standard kitchen teaspoon or scoop to measure your "parts."

- **2 parts** Chamomile flowers (soft, sweet base)
- **2 parts** Red Clover (earthy body)
- **1.5 parts** Rose Hips (fruity tartness)
- **1 part** Hibiscus (bright color and sour kick)
- **1 part** Lavender flowers (calming aroma)
- **1 part** Jasmine buds (delicate floral notes)
- **1 part** Myrtle (fresh, herbal finish)

How to Blend and Brew

- **Mix:** Stir all the dried ingredients together in a clean bowl until evenly combined.
- **Store:** Pour the loose tea into a dark, airtight glass jar to keep it fresh.
- **Measure:** Put 1 to 2 teaspoons of the dry mix into a tea strainer or infuser for every 8 ounces of water.
- **Pour:** Pour hot water (just under a rolling boil) over the herbs.
- **Steep:** Let it sit for 5 to 7 minutes to draw out the flavors and colors.
- **Strain:** Remove the infuser and enjoy your tea warm.





The Holiday Special Beverage

To make a rich and pure all-natural organic eggnog, whisk 6 organic pastured egg yolks with 1/3 cup unrefined organic sugar until pale. Warm 2 cups organic whole milk and 1 cup organic heavy cream, slowly whisk into the yolks, heat gently to 165°F, then stir in vanilla and fresh nutmeg.



This all-natural organic eggnog is a nutrient-dense beverage that provides **high-quality protein, essential fat-soluble vitamins, and bone-strengthening minerals**. Because it swaps out ultra-processed ingredients for organic, pastured, and unrefined options, it serves as a whole-food tonic rather than just an empty-calorie treat.

Ingredients

- 6 organic pastured egg yolks
- 1/3 cup organic cane sugar or maple syrup
- 2 cups organic whole milk
- 1 cup organic heavy cream
- 1 teaspoon pure vanilla extract
- 1 teaspoon freshly grated nutmeg
- Pinch of sea salt

Instructions

- **Beat Yolks:** Whisk the egg yolks and organic sugar in a bowl until thick and light yellow.





- **Warm Dairy:** Heat the milk, cream, and salt in a saucepan over medium heat until steaming.
- **Temper Eggs:** Slowly pour warm milk into the yolks in a thin stream while whisking constantly.
- **Thicken:** Pour the mix back into the pan. Heat to 165°F while stirring until it coats the spoon.
- **Chill:** Remove from heat, stir in vanilla and nutmeg, cool, and refrigerate for at least four hours.

Key Nutritional Benefits

Brain Health and Cognitive Support

- **Choline-Rich:** Pastured egg yolks are an excellent source of choline.
- **Cell Membranes:** Choline is essential for nervous system regulation and memory function.
- **Omega-3 Fats:** Pasture-raised yolks contain up to three times more omega-3 fatty acids than conventional eggs, supporting overall brain performance.

Muscle Maintenance and Cellular Repair

- **Complete Protein:** A single serving delivers highly bioavailable, complete protein containing all nine essential amino acids.
- **Satiety:** The combination of protein and healthy fats helps slow digestion, keeping you full longer.

Bone Density and Immune Strength

- **Calcium and Vitamin D:** Organic whole milk and heavy cream supply a strong dose of calcium.
- **Vitamin K2:** Pastured dairy and egg yolks contain vitamin K2, which directs calcium out of your arteries and into your bones.
- **Immune Protection:** Fat-soluble vitamins A and D work together to reinforce immune health.

Eye and Vision Protection

- **Antioxidant Carotenoids:** The vibrant orange hue of pastured yolks comes from lutein and zeaxanthin.
- **Blue Light Filter:** These antioxidants protect the eyes against blue light damage and lower the risk of macular degeneration.

Metabolic and Digestive Perks

- **Anti-inflammatory Spices:** Freshly grated nutmeg contains volatile oils with natural anti-inflammatory and digestive-soothing properties.
- **No Synthetic Additives:** Eliminating carrageenan, artificial thickeners, and high-fructose corn syrup protects the gut lining from unnecessary irritation.





Community Insights on Nutrient Density

Medical boards and nutritionists often highlight that while traditional holiday drinks are treated as splurges, sourcing high-quality ingredients transforms the nutritional profile.



Smoothies, juices, & teas