

Nutritional Beverages

Smoothies, juices, & teas

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.

Green Smoothie

- Avocado
 - Spinach
 - Broccoli
 - Kale
 - Alkaline water 9.5
1. **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.
 2. **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.
 3. **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.
 4. **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.
 5. **Detoxification:** Leafy greens and other ingredients often used in green smoothies can support the body's natural detoxification processes, helping to eliminate toxins.
 6. **Weight Management:** Starting your day with a nutrient-dense smoothie can help curb cravings later in the day, potentially aiding in weight management.

7. **Alkalizing Effects:** Green vegetables are often alkaline forming, which can help balance the body's pH levels and promote overall health.
8. **Improved Mood:** The nutrients found in green smoothies, such as magnesium and B vitamins, can support brain health and mood regulation.

Green Juice

- Celery
- Cucumber
- Green Apple
- Spinach

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

Red Juice

- Carrot
- Celery
- Beet
- Parsley

Juicing carrots, celery, beets, and parsley offers a potent blend of nutrients, antioxidants, and potential health benefits, including improved heart health, enhanced digestion, and boosted immunity.

Red Zinger Tea

- Cinnamon bark
- Nutmeg (whole)
- Ginger root
- Clove buds
- Rose hips
- Allspice (whole)
- Hibiscus leaves
- Sassafras bark
- Honey (red clover)

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).