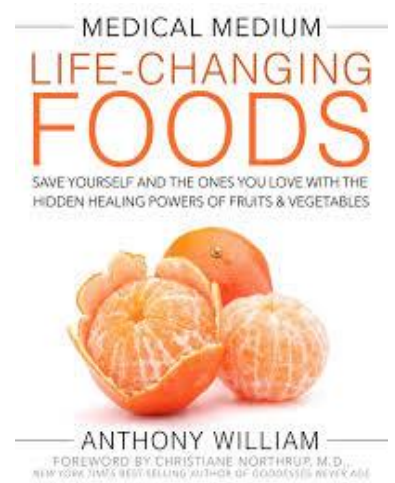


Heavy Metal Detox Smoothie

This recipe comes from Anthony William, the Medical Medium. His wonderful information has supported my work as a naturopathic nutritionist, and this heavy metal detox smoothie is a fantastic way at reducing toxic heavy metals. It's not something that will happen overnight, and is best seen as a tool that will be helpful for the foreseeable future – even if you only do it a few times a week. It's really important to get all the ingredients, as they work together and all have slightly different functions. I've adapted his recipe slightly, to fit with more easily sourced ingredients and to make it slightly more palatable. Also do note that the higher the power of your blender, the nicer it tastes – mainly because the Atlantic sea dulse gets properly blitzed.



- 1 large banana
- A few baby spinach leaves
- A large handful of fresh or frozen blueberries, blackberries or raspberries
- Add some frozen or fresh mango chunks
- A few fresh coriander leaves
- 1 tbsp chopped strips of Atlantic Dulse*
- Build up to 1tsp Barley Grass Powder*
- Build up to 1tsp Spirulina*
- Mix with water or coconut water or both
- You can add the juice of an orange too for added benefit and to help with the flavour

*these are powerful ingredients so start with ¼ tsp and build to 1 tsp of each. Alternatively, buy tablet forms of spirulina to reduce some of the more potent taste of the smoothie.

Sourcing Ingredients from The Natural Dispensary for 15% discount (see supplement section on how to order):

Naturya Organic Barley Grass Powder

Naturya Organic Spirulina

or ***Pukka Herbs Essential Spirulina Tablets*** Build up to taking 4-6 tablets with the smoothie

For the Atlantic Dulse you have to go to Amazon or health food shops - Atlantic Kitchen is a good brand but any dulse will do.