



THE BENEFITS OF SUPER SMOOTHIES

Everyone asks me the same question – “Why are smoothies so great anyhow? Can’t I have cereal or an English Muffin?” Smoothies are miraculous in so many ways. They are:

- ✓ Chock-full of vitamins, enzymes, and minerals
- ✓ Easy to digest, which means optimal assimilation of nutrients (those green shakes get to where they need to go quickly and get soaked up by your cells)
- ✓ Great for stabilizing blood sugar (you will see each smoothie here has a healthy fat, and fat is key for blood sugar stabilization)
- ✓ A fabulous way to consume a variety of different fruits or vegetables at one time
- ✓ Terrific for cleansing the body of toxicity
- ✓ An easy way to add more fiber to your diet for optimal bowel function
- ✓ A great source of natural energy
- ✓ The best on-the-go meal



HOW SMOOTHIES RESTORE GUT HEALTH

Most people (including the old me), do not know that there is a direct link between the state of your digestive system and your overall health. In fact, many people don't even realize how important the gut actually is.

The majority of your immune system is located in your gut. Therefore, if your gut is unhealthy, your entire body is unhealthy. For example, I believe now that my thyroid cancer was linked to heavy use of antibiotics and steroids and I overcame a myriad of health issues when I restored my gut.

It's been shown that 9 out of 10 people who have autism also have a gut imbalance such as leaky gut and IBS (irritable bowel syndrome), or have a high number of bad bacteria in their gut. That's a monumental finding! Imagine if your own health issues are a result of your gut health, and imagine how great you could feel if you fix your gut.

To understand how smoothies, play a role in gut health, you have to know the causes of gut imbalance. The first is an overworked digestive system.

Just like you need a break from work, so does your digestive system. Imagine how you would feel if you worked 24/7. You'd feel like complete crap, as does your digestive system if you don't give it a break. Smoothies allow your digestive system to rest while still giving it the

nutrients it needs. Allowing your digestive system to rest also conserves tons of energy.

Toxicity is also a cause of gut problems. Toxicity is in the foods we eat, the beauty products we apply, and even the air we breathe. All of those toxins bombard your gut, and if your gut is already overworked, these toxins can cause major problems. Smoothies provide your body with the nutrients it needs to work properly so that it's able to self-cleanse and push out toxins.

Consuming natural, seasonal foods in a pre-digested form will allow you to access the rocket fuel energy that seems only attainable with a venti Starbucks latte. You'll also be able to live better because your gut is healthy! You'll ditch the under-eye pillows, experience vibrant skin, and lose those pesky pounds!



CHOOSING YOUR BLENDER

Before you start making smoothies, you'll need to purchase a blender. There are countless options to choose from, but a few that are my favorites.

While many people swear by a Vitamix, it is not my first choice especially if you are just getting started. It is a super powerful blender that can blend smoothies, as well as make nut butters and soups. However, at around \$400, it is a big investment. I waited a long time before I bought mine. I bought it on QVC when it was on sale and on easy pay.

Blendtec is another option similar to Vitamix and costs approximately \$350. While still on the higher investment side, it's slightly cheaper while still having great power.

When cost is a factor in the purchase decision, I often recommend the Nutri-bullet. It's a great alternative to the more expensive options as it costs around \$99. I suggest using the Bed, Bath and Beyond 20 percent off coupon for that. I think you will enjoy it, use it often and like the price. I have used mine almost daily for over 8 years.



INGREDIENTS FOR THE ULTIMATE SMOOTHIE

Making a smoothie might seem pretty basic, but there are countless options to choose from. Here are five choices you'll need to make:

1. Choose the liquid – water, coconut water, or dairy-free milk
2. Choose the greens – kale, spinach, parsley, Swiss chard, collards, or lettuce. Use what is seasonal and local if possible. Go for baby greens and sprouts too!
3. Choose the fruit – banana, apple, berries, mango, etc. You can also leave out the fruit if you want to reduce your sugar intake. Tip: Using frozen fruit is a great way to save time, energy and give texture to your smoothie.
4. Choose the fat/protein – hemp seeds, hemp protein, rice or pea protein, coconut oil, nut butters, avocado, coconut oil, flax, or chia seeds, met oil, collagen peptides, protein powder. See which ones we suggest in our store.
5. Choose the superfood – mace, raw cacao, bee pollen, shredded coconut, goji berries, spirulina, Camu Camu, or any other you love
6. Chose flavorings or spices: cinnamon, ginger, fresh herbs or raw cacao powder.

Without knowing if you have food allergies or intolerances, the simplest and best protein to use is Collagen peptides.

I am sending you a personal link with a discount to purchase this from my fullscript store.

You can go directly to my store from here also:

<https://us.fullscript.com/welcome/mbrooks>

You will find the collagen peptides listed in my favorites!

For those of you new to this smoothie making life, here are two that I love and your kiddos will too!

The Chocolate Cherry Bomb:

1 cup nondairy milk

2 scoops of protein (you can do one scoop protein and one scoop collagen peptides)

¼ of a very ripe banana (optional if you are cutting down on fruit)

1 small handful of baby spinach

2 Tablespoons raw cacao powder

1 Tablespoon MCT oil

About 5 frozen dark cherries

Ice

Place all ingredients in a high-speed blender. Mix. Pour into a mason jar or glass.

The Elwood

(I nicknamed this after a smoothie I had in Richmond VA)

1 cup non dairy milk

2 scoops of protein

¼ small ripe banana

2 big handfuls of spinach

1 TBS of almond butter

½ an inside of an orange

1 tsp of cinnamon

Added orange zest to taste

(optional 1 tablespoon of chia seeds or 1 Tablespoon of MCT oil)

Put everything in a high-speed blender and mix. Pour over ice if you prefer cold.



SMOOTHIE MAKING TIPS

Since I drink smoothies on a daily basis, I also have a strategy for making it happen. Here's what I recommend for you:

- ✓ Decide which smoothies you want for a few days, and then create your shopping list and buy the ingredients for a few days' worth of smoothies.
- ✓ If the morning is chilly, add warming spices to your smoothie to warm your digestion. If you are a cool-bodied person by nature, you can add warming spices to your smoothie to improve digestion and nutrient assimilation. Try using cinnamon, nutmeg, ginger, turmeric, or cayenne. I suggest starting with a dash and then increasing to 1/2 teaspoon.
- ✓ If you are a warm-bodied person by nature, you can add in cooling spices, such as mint, cilantro, or cardamom.
- ✓ If you cannot tolerate higher glycemic smoothies, exchange the banana for an avocado.
- ✓ Invest in Mason jars or other BPA-free plastic containers to drink your smoothie in.
- ✓ When working on gut health, you should consume one smoothie per day, but feel free to enjoy two smoothies per day. Smoothies make a delicious and light dinner.
- ✓ For an extra boost of protein in the morning, feel free to add protein powder, such as pea protein, hemp protein. If you know you do Ok with whey or collagen you can add that. Do not use any of the all in one shake mixes as those have ingredients that you will

want to avoid.