Green Smoothies

A very pleasant drink that can be taken first thing in the morning and through out the day.

The benefit of daily Green Smoothies is so great that as long as you do this you will be assisting in detoxing and it can

* Protecting against carcinogens,
* Reduce inflammation
* Helps remove heavy metals
* Alkalises
* Treats bad breath
* Contains Magnesium, vitamins K, C, iron, folic acid, calcium
* Repairs blood cells
* Boosts immune system
* Removes radiation

This is due to the high content of CHLOROPHYLL & FIBRE

Blending a generous amount and variety of the following daily

* Kale\*
* Chard\*
* Spinach\*
* Carrot or beet tops
* Lime or Lemon Juice
* Pear
* Apple
* Avocado
* Celery
* Cucumber
* Water

You can add seeds such as chia, spices cardamom, cinnamon, turmeric and a little Himalayan rock salt

You must use a blender to ensure you have all the goodness

Be prepared to experiment with amounts and quantities to find your favourite but it must include at least one marked \*

I believe that this is the ultimate protection for the 21st century