

Dr. H's Morning Cup of Chi...Smoothie

1. Mix in Blender

- ½ - ¾ Cup - Organic Frozen Blueberries, Raspberries, and/or Blackberries
- Approximately ½ - ¾ Cups of Organic Orange, Apple, Mango or Pineapple Juice
- Approximately ½ - ¾ Cups of Organic Oat Milk
- **OPTIONAL** - 1 Organic Banana or Kiwi for potassium
- Add Spring Water or Ice to thin out the smoothie if necessary.

2. OPTIONAL: Add Nutrients to Blender for Additional Energy

- Sun Chlorella A - Green Super Foods high in Alkalizing Chlorophyll.
- PRL Lecithin Powder - Balances Moods. Promotes Healthy Nervous System. Lowers Bad (LDL) Cholesterol Levels.
- Vega or Sunwarrior Vegan Protein Powder - Helps Everything from Detoxification to Cellular Repair. Incredible for Healing.
- Bee Pollen - Filled with Vitamins, Minerals, Digestive Enzymes.

3. Blend & Serve ☺ Simple as That

Revitalizing Alkalizing Juice*

4 to 7	Organic Carrots - Vitamin A for Liver & Lung Support.
3 to 4	Organic Celery Stalks - Electrolyte Replenishment.
1	Organic Red Beet - Supports Liver. Promotes Methylation.
AND	
3 to 5	Organic Oranges - Immune & Blood Vessel Support.
OR	
1	Organic Apple - Good Quercetin Source.
1	Organic Lemon - Blood Vessel Support.

*When In Doubt, Consult A Qualified & Caring Health Professional. Trust Yourself.

