



THE GREEN BOOK OF BEVERAGES



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Introduction



Nutrition plays a crucial role in our lives. What most people fail to focus on is food synergy, such as combining different fruits and vegetables to make the most of the vitamin intake, and also including teas in our daily diet.

Food synergy (for instance, combining the lycopene from tomatoes and the beta-carotene in the carrots

with the potassium found in bananas), rather than the biological activity of a few key nutrients (i.e., consuming only carrots for their beta-carotene, and so on), is the real reason that certain diets appear to lower the risks of heart disorders and any other health problems. Vitamins are examined in sick people, but often, another benefit lies in preventing diseases.

This are the main reasons why this book focuses on the importance of ***smoothies***, which taste great and provide many health benefits for your body. They are also very easy to make. Keep on reading to find out more.

You will want a combination of a few fruits. Most smoothie lovers use a banana and then a couple of other kinds of fresh or frozen fruit. You can use peaches, mangos, strawberries, blueberries, raspberries, or any other kind of fruit you prefer.

You will need a blender, so make sure to buy one at a local store. There are a variety of blenders, but a simple and inexpensive one should do the trick for starters. Next, head to the grocery store to stock up on all the ingredients you will need to make the perfect smoothie.



Be sure to pick up some low-fat or non-fat yogurt as well. Yogurt adds nutrition and is good for creating the creamy texture in smoothies. You may want to add some fresh fruit juice to a smoothie, so add your favourite variety to the cart, as well. Pick up protein powder or supplements as desired. When you have collected all of the ingredients you need, the fun can begin. To make a smoothie, simply mix all of the ingredients in a blender.

For a more icy texture, try adding a few ice cubes to the smoothie. When you have the smoothie blended just

right, simply pour it into a glass and enjoy with a spoon or a straw. It is that easy. Even kids will love smoothies. It is a great way to get your kids to eat their fruits and begin to enjoy making healthy eating choices. Put their smoothies in fancy cups and allow them to make a party out of it. Smoothies will not have any artificial sweeteners, but the natural sugars in fruit make the smoothies seem as good as ice cream or desserts.

So the next time you need a quick and healthy meal in a hurry, look no further than your blender. Throw in a unique combination of fruit, juices, yogurt, and healthy supplements and enjoy a smoothie, the perfect meal. In addition, blending smoothies and seeds together will help nourish every cell in your body, as they are high in vitamins and minerals, therefore, they will boost the existent health properties of the fruits.

Alternatively, if you prefer the clear beverages, you can always make your own **juices**. However, whilst smoothies refer to blending the whole fruit altogether, including the skin, juices imply using most of the fruit. They will retain most of the vitamins, but not the ones contained in the skin of the fruit.



Lemonades could not have been left aside. Since they are rich, especially in vitamin C, they help prevent against scurvy, aid in respiratory disorders, and help purify the blood, among many other benefits.



Teas are also as important as smoothies. They represent another beverage category that can positively impact your health, and can complement your diet. Whereas smoothies or home-made juices are filled with plenty of vitamins, teas contain unique antioxidants, called flavonoids, which are substances that fight against cancer and oxidative stress. Teas can also increase your metabolism rate. You can consume them cold or hot, it's really up to you.



Overall, the list of beverages detailed in the following chapters can:

- replace meals,

- help you get fit,
- cure your anemia problems,
- help you with your allergies,
- treat your insomnia,
- help you get rid of headaches and migraines,
- improve the heart function,
- boost your immune system,
- aid your skin get rid of imperfections
- help you fight against free radicals, oxidative stress and premature aging
- help you prevent cancer
- improve your digestion.

Breakfast smoothies

A smoothie can successfully replace your most important meal of the day: the breakfast, or effectively any other meal of the day. They are plenty of satiable, which means that you will not feel the need for a snack two hours after you have had breakfast. You will also lose weight, whilst taking your daily dose of vitamins. Moreover, the smoothies contain fat burning ingredients, which will also help speed up your metabolism rate.

Recipe #1: spinach smoothie

- 1 cup of grapes (whatever kind you enjoy the most)
- 2 cups of baby spinach
- 150gr or 2 cups of Greek yoghurt
- ½ cup of avocado

The spinach is rich in minerals such as Iron (fights against anaemia, as it produces red blood cells), Magnesium (prevents bone disorders and helps the heart), Potassium (aids the proper functioning of the heart and kidneys), Sodium (electrolyte that helps the proper

functioning of the heart and maintains normal levels of fluids inside the body) and Calcium (fortifies the bones), fibers (improving your digestion), proteins which will keep you full for longer, as well as vitamins (A, B6 and C).



The yoghurt is also full of Calcium and proteins, so as the avocado, which contains the A, B6 and C vitamins, as well.

Recipe #2: mango smoothie

- 1 mango
- 1 cup of milk
- 1 cup of yoghurt

This is a mango-based smoothie, which has plenty of benefits, in lowering the abnormal cholesterol, promoting good eye sight (due to vitamin A) and preventing cancer as it contains some unique antioxidants. If you prefer, you can replace the normal milk with almond or soy milk.

Recipe #3: pumpkin puree smoothie



- ½ cup pumpkin puree
- 1 pinch of cinnamon
- 1 pinch of nutmeg
- ½ cup milk

Blend all of the ingredients together and add a bit of honey to it, if you feel the need. Rest assured that

because of the cinnamon, you will not feel the need to eat something sweet for the rest of the day, as this spice regulates the glycaemic level.

Recipe #4: banana smoothie



- 1 banana
- 1 shaved teaspoon of cinnamon
- 1 cup kefir

The kefir is a good source of proteins and the bananas are rich in vitamin B6 (protects the nerve cells), Potassium and fibres, which will speed up the digestion. Add a pinch of nutmeg for an even better improved breakfast experience.

Recipe #5: berry smoothie

- 1 cup blackberries
- 1 banana
- 1 scoop chocolate whey
- 1 cup almond milk



Blackberries are rich in fibres, antioxidants and a high number of minerals, including:

- Calcium
- Iron
- Magnesium
- Phosphorus

- Zinc (prevents cancer, boosts energy levels and helps in infertility problems)
- Sodium
- Copper (fights against premature aging, increases energy levels, aids the thyroid function properly). Blackberries are a good source of copper, which the body cannot produce.
- Selenium (helps the metabolism, reduces the prospects of prostate cancer, prevents against developing Chrohn's disease and eliminates dandruff).
- Manganese (supports bone and collagen production and keeps the blood sugar under control)

The chocolate whey is a good source of proteins, not to mention how yummy it tastes. If you are trying to lose weight, then use unsweetened almond milk.

As you can see from the information above, the smoothies will help you right from the early beginning of the day. You will lose or maintain a normal weight, and help nourish your heart, kidneys, blood flow, and digestion and prevent mineral and vitamin deficiency illnesses.

Solutions for weight loss

Smoothies



Recipe #1: the green smoothie

- 1/8 celery
- 1 cup spinach
- ¼ cucumber
- 1 carrot
- 1/8 pineapple
- 1 apple
- 1/8 orange
- 1/8 lime

- 1 bunch of mint

This is a cocktail of vitamin C, flavonoids, beta-carotene, thylakoids (contained by the spinach, which tone down the sweet tooth cravings) and the bromelain (of the pineapple, speeding up the metabolism). The celery in particular, may represent the most important ingredient, as one celery has 1 calorie. It is also considered to be a negative calorie food, meaning that your body will need to burn considerably more calories to digest the celery.



Recipe #2: peanut butter banana smoothie

- 1 banana
- 2 tablespoons peanut butter

- 2 cups of Greek yogurt
- 1 pinch cinnamon
- 1 pinch nutmeg

Although it has around 200 calories per serving, the peanut butter is rich in magnesium, potassium and B6, fibres and proteins, which will keep you satiated for longer. It also has in its composition the vitamin E, which is a strong antioxidant.



Recipe #3: maca powder smoothie

- 1 peach
- ½ mango
- 1 banana
- 1 tablespoon chia seeds

- Spinach
- 2 tablespoon raw maca powder

The maca root, growing in the Andes, is a highly nutritious food (promotes the regeneration process, hydrates the body, increases the energy levels, restores the hormonal balance, including cortisol, which is responsible for the belly fat)

Recipe #4: avocado and cayenne pepper smoothie



- 2 tablespoons avocado
- 1 tablespoon chia seeds
- ¼ apple
- 1 cup of kale
- 1 cup of low fat milk
- 1 pinch of cayenne pepper

Studies have uncovered that cayenne pepper contains capsaicin, a substance that helps you burn more calories, whilst suppressing hunger. Therefore, you are prone to eating less during the next meal.

As far as kale is concerned, it has it all: vitamins, nutrients, fibers and minerals, which not only help you lose weight, but its carotenoids protect you against the damaging UV rays, cancer and maintain your eyes healthy.

The avocado is also a weight loss food that lowers your bad cholesterol levels. What interests us even more is that avocado goes straight for the belly, as it contains monounsaturated and fatty acids.

Recipe #5: strawberry smoothie



- 1 banana
- 10 small strawberries
- ½ cup low fat milk
- 1 cup of yoghurt
- 1 tablespoon chia seeds

This smoothie is low in calories, but it does the trick. While the calcium in milk helps you lose weight, the vitamin C and fibres in strawberries boost your digestion, by generating the production of adiponectin, a fat-burning hormone.

Recipe #6: berries and cottage cheese smoothie

- 1 tablespoon protein whey powder
- 2 cup of strawberries, raspberries and blackberries
- 1 cup cottage cheese
- 1 cup of water
- 1 tablespoon honey or agave nectar

This may seem like an unusual recipe, but the proteins in the cottage cheese and the whey powder will give you energy for hours. If you prefer, you can either add ice cubes to this smoothie, or refrigerate it for a few hours,

and thus you will have a delicious, low in calories ice cream.

Teas

Recipe #7: Green, white and red tea combination

- 1 tablespoon/teabag of green tea
- 1 tablespoon/teabag of white tea
- 1 tablespoon/teabag of red tea

Let it soak in 750ml of hot, and not boiled water, as the latter will destroy some of the properties of the aforementioned teas.

It is recommended to consume the green tea before going to the gym, since it boosts your metabolism. The catechin compounds will increase the rate at which the liver works in order to transform the fat into energy.

The white tea has more of a prevention role, as it inhibits the developing of new fat cells (commonly known as the adipogenesis process). It contains the

highest number of antioxidants out of all the teas, and it surpasses the green tea by up to three times.

The red tea, also known as Rooibus tea, originates from South Africa. It contains Aspalathin, a flavonoid that attacks the belly fat, whilst regulating the fat storage hormones. It also suppresses the appetite.

Recipe #8: Oolong, white tea and mint tea combination

- 1 tablespoon/teabag of Oolong tea
- 1 tablespoon/teabag of white tea
- 1 tablespoon/teabag of mint tea

The Oolong tea speeds up your metabolism rate, due to the catechins content. If drunk on a daily basis, this tea can help you get rid of ½ kg per week.

Just as the cinnamon spice controls your sweet tooth, the mint tea will address the hunger. Researchers have discovered that even the smell can suppress one's hunger. Munchies be gone!

You can make these teas combination in the morning and put them in a plastic bottle or thermos to carry around for the day.

Lemonades



Recipe #9: Master cleanse – the Cayenne pepper lemonade

- 500 ml spring water
- One tablespoon maple syrup
- 1 cup of lemon juice
- 1 pinch cayenne pepper
- 1 pinch sea salt

The lemons contains vitamin C, bone-building magnesium and calcium, as well as fibers. It is low in

calories (25 calories/100 ml of lemon juice) and it improves digestion.

This lemonade is an excellent cleanser, as it prepares the body for the weight loss process, by flushing out a part of the toxins. It also purifies the blood. Do not use this lemonade as a meal replacer, but as a weight loss adjuvant. To improve the taste of the lemonade, use a bit of maple syrup.

Recipe #10: Ginger lemonade

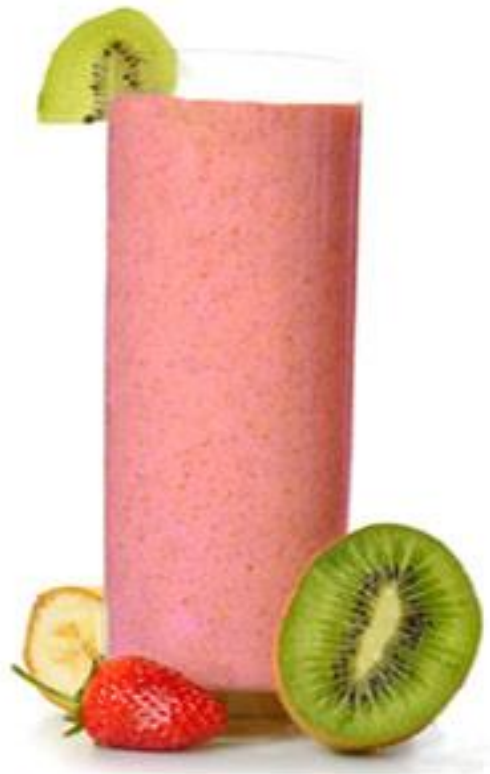


- 500 ml water
- 1 tablespoon ginger root
- 1 lemon
- A few mint leaves

Ginger is a valuable ally in the weight loss process. It burns down the fat, whilst adjusting your hunger levels and improving your digestion. One tablespoon of ginger barely contains 2 calories.

Solutions for boosting immunity levels

Smoothies



Recipe #1: kiwi strawberry smoothie

- 1 ripe banana
- 1 kiwi
- 1 cup strawberries

- 1 tablespoon honey
- 1 cup of water

The ripe bananas contain proteins that have antitumor properties (due to the TNF agent, short for Tumor Necrosis Factor).

The carotenoids, polyphenols and vitamin C of the kiwis also fights against oxidative stress, which is the main factor causing cancer or Parkinson's disease, among others.

The antioxidants in the strawberries fight against free radicals and prevent them from hurting the body. They can even aid you avert diabetes and macular degeneration.

The honey strengthens the immune system, due to its antibacterial properties. If you are experiencing a sore throat, consume a tablespoon of honey 15 minutes before breakfast. It will help speed up the recovery process.

Recipe #2: pomegranate smoothie



- 2 cups pomegranate juice
- 2 cups raspberries
- 2 cups low-fat yoghurt

Since it is rich in vitamin C, the pomegranate boosts the immunity system. You should make a habit out of consuming vitamin C every day, since this vitamin is quickly depleted by the body.

The pomegranate polyphenol extract also kills germs and bacteria right from the start.

Recipe #3: guava and ginger smoothie



- 1 guava
- 1 teaspoon grated ginger
- 1 carrot
- 1 medium banana
- 200ml water

Guavas contain vitamin A and C, which are essential components for the proper functioning of the immune system.

Vitamin A protects the mucus membranes, which represent our defence line against viruses and does not allow them to infiltrate even further. As soon as a virus

enters our body, the mucus kills the virus and prevents nasty infections.

Vitamin C enables the red blood cells to quickly fight back against infections. The guavas are inherently richer than oranges are in vitamin C.

Perhaps the most important component of this smoothie is the ginger, which is a strong antioxidant food, considered to be a natural antibiotic. It also inhibits different types of cancer (leukaemia, lung, prostate cancer, etc.).

Recipe #4: Cranberry smoothie



- 1 cup fresh cranberries
- 1/2 cup blueberries
- 1 cup strawberries
- 1 small apple
- 250ml water

The star of this smoothie is the cranberry, which is packed with vitamin C. Generally speaking, the cranberries help patients suffering from urinary tract infections, but its health benefits do not stop here. They also have anti-cancer properties and kills flu infections.

Juices

Recipe #5: Beetroot juice



- 2 beetroots
- 1 orange
- ½ lemon
- 1 kiwi
- 1 cup cranberries

Premature aging will become a matter of the past, if you drink a beetroot based juice regularly, as it fights against inflammations. The combination of vitamins will fight against oxidative stress (lowering and neutralising the free radicals production) and infections.

Recipe #6: orange and cranberry juice



- 3 oranges
- 1 cup of cranberries
- 1 apple
- 2 carrots

This cocktail presents a mixture of vitamin C, beta-carotene and quercetin. You probably remember the old adage “an apple a day keeps the doctor away”. It is true, considering the fact that we live in a stressful world. Apples are rich in quercetin, a compound that fortifies the immunity and fights stress, one of the main causes weakening the immune system.

Teas



Recipe #7: Spice-combination tea

- 4 slices of ginger root
- ½ tablespoon turmeric
- 1 pinch cayenne
- ½ cup lemon juice
- ½ tablespoon cinnamon powder
- 1 teabag of green tea
- 1 tablespoon honey
- 300 ml hot water

The cinnamon has anti-fungal properties and, the same as the ginger and the cayenne pepper, it stimulates the blood flow.

The cayenne pepper also allows you to get rid of toxins faster, by eliminating them through the skin and making you sweat in the process.

Ginger and turmeric have anti-inflammatory properties and they are excellent natural anti-viral medicines.

The green tea's catechins have the power to kill the influenza virus and fortify your immunity overall.

Recipe #8: Dandelion, ginseng and chamomile tea



- 1 teabag of dandelion tea
- 1 teabag of chamomile oil
- 1 teabag of ginseng
- ½ tablespoon turmeric
- ½ tablespoon cinnamon powder
- 750 ml hot water

Dandelion tea has been used for over 1,000 years to treat the flu. The dandelion compounds eliminate the toxins out of the body, which allows you to build up and strengthen your immune system.

The chamomile tea also has a positive effect, as it aids increases the number of white blood cells, also known

as lymphocytes, which effectively eats the bacteria away.

The ginseng tea produces interferon, which is the generic name for proteins released by the body when attacked by pathogen viruses or any other damaging microorganism.

Solutions for a better skin

Smoothies



Recipe #1: berries and kale smoothie

- 2 cups of raspberries, blueberries and fresh strawberries combined
- 1 cup kale
- 1 cup water

Berries contain many antioxidants that deactivate the effect of the free radicals (which favour cell damage, wrinkles and overall skin aging), as well as vitamin C and water that hydrates the cells. Moreover, berries stimulate the production of collagen, which provides more elasticity to our skin.

Kale, also known as borecole, contains omega 3 fatty acids, which are essential to tame down the sebum production. In addition, 100 grams of kale amounts for 200% of the necessary intake of vitamin C, which shields the skin against various pollutants, promotes collagen production and reduces inflammation and redness.

Recipe #2: chia seeds smoothie



- 2 tablespoons chia seeds
- 1 orange
- 1 banana
- 1 cup of strawberries and blueberries combined
- ½ cup Greek yoghurt (or a cup of water)
- 1 tablespoon honey

The chia seeds and yogurt contain calcium and iron, as well as proteins, which protect the cells. The seeds are also high in omega 3 fatty acids, which impel cells to retain moisture and fight against oxidative stress affecting the cells from the inside.

Recipe #3: pomegranate and grape seed oil smoothie

- 1/3 pomegranate juice
- 1 peach
- ½ cup of avocado
- ½ cup strawberries
- 1 tablespoon grapeseed oil
- 1 cup fat-free yogurt

Pomegranate juice firms up your skin, whilst preventing the fine wrinkles, which may not seem much, but in fact

these fine lines will turn into deep wrinkles, as time passes by. The more these are delayed, the better. The existent fine lines and wrinkles are blurred down, as pomegranate juice stimulates the production of collagen that fills up the wrinkly areas.

Regular intake of avocado can do wonders for your skin. Avocado is rich in vitamins (especially vitamin C, which stimulates the production of collagen), antioxidants (such as alpha and beta carotene, lutein, etc.) and fatty acids (which nourishes the epidermis and keeps it hydrates; the drier the skin, the easier the wrinkles are formed).

The grapeseed contains its own unique flavonoid, which is 50 times more powerful than vitamin C, thus making it an excellent adjuvant in keeping the cellular tissue intact and at bay from the free radicals.

Recipe #4: orange juice and mango smoothie

- ½ cup plain yogurt
- ½ cup orange juice
- ½ cup mango

- 1 tablespoon fish oil



The mango is a blissful fruit that contains B6 (tames the oil production), C and E. The fatty acids fill in the same role as the B6 vitamin, and also deeply moisturizes it. When the skin is dry, then it starts producing sebum in excess, which further leads to acne.

Recipe #5: green tea smoothie

- ½ cup plain yogurt
- ½ cup green tea
- 1 cup white grapes
- 1 tablespoon fish oil

As simple as this recipe seems, as effective it is, since it fights double against toxins. The lactic cultures will help with your digestive system (the more you eliminate toxins, the cleaner your skin will become), whereas the green tea will protect the membrane of the cells from the scavengers.

The grapes should be included in your daily smoothie as it contains resveratrol, a substance researchers have discovered it actually helps us in the longevity department. Therefore, we are now able to hold on to youth and enjoy a firmer skin for longer.

Recipe #6: banana almond flax smoothie



- 1 tablespoon roasted unsalted almond butter
- 1 tablespoon flaxseeds
- 1 banana
- 1 cup plain, low-fat yogurt or almond milk
- 1 teaspoon honey

You can successfully replace the honey with agave nectar. Your skin will absolutely love this smoothie, as it contains plenty of proteins, minerals (calcium, potassium, etc.), fibers and fatty acids provided by the flaxseed oil, which reduce inflammations and provides comfort for the irritated, red skin.

Recipe #7: ginger, cardamom and pepper smoothie

- 1 cup water
- 1 tablespoon ginger root
- 3 grinded cardamom pods
- 3 grinded black peppercorns

The black pepper has anti-inflammatory and antibacterial properties, and promotes a good circulation, thus favouring the elimination of toxins.

The ginger improves the elasticity of the skin. It has antiseptic properties, and it thus cleanses the skin by attacking the germs causing the acne. Similarly, the cardamom, has antibacterial properties and hydrates the skin. Due to the vitamins and minerals it contains, it helps eliminate the toxins and not allow them to be store underneath the skin and further lead to skin problems.

Juices

Recipe #8: broccoli and carrots juice



- 1 cup of broccoli florets
- 2 large carrots
- 1 cup of kale
- 1 cup of spinach
- 1 apple

Put all of the ingredients in a juice maker and enjoy the benefits. The A vitamin found in carrots will prevent the damage of your skin cells. Similarly, the beta-carotene in the spinach will transform into vitamin A.

The apples are rich in vitamin C, which means that this antioxidant vitamin will fight against free radicals affecting the skin. Kale has vitamins, nutrients, fibres and minerals, which protects your skin against the damaging UV rays.

Recipe #9: celery and pineapple juice

- 1 celery
- 1 cucumber
- ¼ pineapple
- 1 cup of spinach
- 1 apple

- 1 tomato

The alkalizing celery juice contains many good minerals for the body, such as iron, magnesium, the E and B vitamin complex. Celery and cucumbers are rich in silica, a mineral necessary for glowing skin and hair. Cucumbers also deeply hydrate the skin. The bromelain and vitamin C in pineapples helps the liver process the proteins difficult to digest. The tomatoes contain lycopene, an antioxidant which protect the skin against the damaging UV.

Lemonades

Recipe #10: mint and green tea lemonade

- 1/2 cup sliced fresh mint leaves
- 2 bags green tea
- 1/2 cup chopped ginger
- 1/2 cup fresh lemon juice
- 2 cups water

For this recipe, you need to first boil the two cups of water and let the green bags soak in it for 15 minutes.

Remove the tea bags and add the ginger and let it simmer for another 15 minutes. The smaller the ginger is chopped, the more you will take advantage of the compounds inside it. Ultimately add the remaining ingredients.

Recipe #11: roiboos, chasteberry & lychee coconut tea

- 1 teabag rooibos
- 1 teabag chaste berry
- lychee coconut

Rooibos is an excellent tea successfully used to treat acne, as well as other skin disorders. Moreover, it has anti-aging properties owed to the enzyme superoxide dismutase. Chaste berry adjust the fluctuating hormones causing the acne and the lychee coconut hydrates the skin, whilst giving it a natural glow, radiation look.

Solutions to constipation

Smoothies

Recipe #1: strawberry banana flax seed smoothie

- 1 peeled banana
- 4-5 strawberries or other type of berries, or fruits
- 1 tablespoon of lecithin granules
- 1 teaspoon of flax seed oil
- Equal proportions of almond milk and apple juice

In a coffee grinder, grind up around a teaspoon or less of the following:

- brown sesame seeds – are high in lecithin, vitamin C, E, and calcium. They improve liver function and help in constipation related issues.
- sunflower seeds – are high protein, calcium, and iron. They are one of the best natural foods which feeds the entire body.
- flax seeds – are high in fiber and provide bulk for your stools.

- almonds – use around 6-7 or more. They are high in calcium, phosphorus and B-vitamins. Only eat a few, as they are high in calories.

After grinding the seeds, place them in the blender for 3-4 minutes. If you need a little sweetness, you can add a small amount of honey. This is a powerful smoothie to give you morning power and to activate your colon.

Recipe #2: kefir and dried plums smoothie



- 1 cup of kefir
- 6 dried prunes
- 1 cup apple juice
- 1/4 teaspoon cinnamon powder
- 1 pinch of nutmeg

The kefir contains actively growing bacteria and the dried plums are rich in fibre. Combined, these two ingredients can solve any constipation related issue in a short time.

Recipe #3: aloe vera smoothie



- 2 tablespoons aloe vera juice
- 2 tablespoons spirulina powder
- 1 cucumber
- 2 celery stalks

Apart its many benefits, aloe vera is a laxative and combined with spirulina and celery stalks, its effects are enhanced. Moreover, while these three ingredients will help with the constipation problem, the cucumber will prevent you from getting dehydrated.

Solutions to anaemia

Smoothies

Recipe #1: beetroot and celery smoothie



- 2 beetroots
- 1 cup of Spinach
- 2 Celery stalks
- 1 cup of water

Anaemia is directly linked to low iron levels in the body. The beetroot, spinach, chia seeds and celery are high in iron and help create red blood cells, which is one of the main causes of anaemia. While spinach creates new red

blood cells, the beetroot repairs the existing, damaged ones.

Recipe #2: spinach, celery and peanut butter smoothie

- 3 carrots
- 2 cups of Spinach
- 2 Celery stalks
- 2 tomatoes
- 2 tablespoons peanut butter

Peanut butter is a rich source of Iron and the vitamin C in the tomatoes helps the body absorb the iron better.

Juices

Recipe #3: parsley spinach tomatoes juice

- 2 tomatoes
- 1 cup of spinach
- ½ cup parsley
- 1 celery stalks
- 2 carrots
- ½ cup lemon juice

Parsley is highly nutritious and is rich in iron and vitamin C, but pregnant women should avoid it. Regular, healthy people should not consume more than 50gr of parsley juice/day, as it becomes toxic for the body.

Recipe #4: Carrot beetroot juice



- 2 carrots
- 2 beetroots
- 1 apple
- 1 tomato

Although beetroot is highly recommended in the anaemia treatment, do not consume high quantities of beet juice on its own, but instead mix it with carrots, apples and tomatoes, to avoid feeling dizzy, which is one symptom of anaemia.

Solutions to insomnia

Teas

Recipe #1: valerian and chamomile tea

- 1 valerian root capsule
- 6 bags chamomile tea
- 10 cups of boiling water
- 2 tablespoons honey

Both the valerian and the chamomile tea are herbal sedatives, used not only for insomnia, but also for calming down the nerves.

Recipe #2: catnip, lavender and lemon balm tea



- 2 teabags chamomile tea
- 2 teabags of lemon balm
- 2 teabags lavender
- 2 teabags of linden
- 1 teabag of catnip

The linden, lavender and lemon balm helps you relax and the chamomile reduces the sleep latency. Linden tea is also used to avert insomnia. The catnip soothes panic attacks and anxiety and allows you to calm down before bedtime.

Recipe #3: chamomile and rose petals tea

- 2 teabags chamomile tea
- 1 teabag rose petals
- 1 teabag catnip

This combination of tea is indeed a delight. It both tastes and smells wonderful. The rose petals tea soothes the stomach, which is important, as this is one of the main reasons why people most people wake at night, and of course, fights against insomnia.

Solutions to headaches

Teas

Recipe #1: ginger tea, passion flower and chamomile tea

- 4 parts chamomile flowers
- 2 cinnamon tea
- 1 part skullcap
- 3 parts lemon balm
- 1 part passion flower
- ¼ part ginger root

The ginger tea is essentially an anti-inflammatory tea that inhibits the prostaglandins substance responsible for the brain swelling, thus the headache. Similar to the ginger tea, the chamomile tea also has anti-inflammatory properties. Moreover, it calms you down and eases the pain.

Use cinnamon tea especially if your headache is caused by a cold, as it has plenty of minerals, which will effectively fight against the infection.

The passion flower tea will help you distress, relax your nervous system more and not get worked up about your job or family life. The lemon balm and the skullcap tea is also to be used in order to relax the nerves.

Recipe #2: licorice, chamomile and peppermint tea



- 1 teabag of licorice
- 1 teabag of chamomile
- 1 teabag of peppermint

Peppermint tea is good not only when it comes down to relieving an upset stomach, but also when in need to relieve headaches.

The licorice is excellent tea, as it goes straight for the sinus related inflammation, which is often one of the main causes of cold headaches.

Solutions to allergies

In order to treat allergies, one needs to consider including some of the most important components in their daily smoothie, teas or juices:

- Vitamin C (oranges, lemons, kale, blackcurrants, cantaloupe, mango, cayenne pepper, green peas, tomatoes, kiwi, etc.);
- Flavonoids (oranges, tomatoes, green salad, parsley, etc.);
- Omega 3 (flax seeds, avocado, canola oil, etc.)

These are natural antihistamine substances that fight allergies and fortifies your body overall.

Smoothies

Recipe #1: buttermilk cantaloupe smoothie

- 1 banana
- 1 cup cantaloupe
- 1 cup buttermilk
- 1 tablespoon honey

Honey is another excellent antihistamine that fights off allergies. It also antibacterial properties, therefore, it kills the germs before some of these trigger the allergies.

Recipe #2: the green anti-allergy smoothie



- 1 lemon
- 2 green apples
- 5 stalks celery
- 2 cucumbers
- 2 tablespoons turmeric powder
- 1 bunch parsley
- One pinch cayenne pepper

Solutions to heart disorders

Smoothies

Recipe #1: avocado, kale and almond milk smoothie

- 1 apple
- 1 avocado
- 1 cup kale
- 2 tablespoons flax seeds
- 1 cup almond milk

All of the ingredients above have an anti-inflammatory role. The avocado contains the B6 vitamin and fatty acids, which lower the LDL (bad cholesterol level) and prevent future heart diseases. The apple also fights against the LDL, which clogs the arteries and prevents the blood flow to and from the heart, but it also fights against the C-reactive protein, responsible for the majority of the heart disorders.

The almond milk contains the vitamin E antioxidant, greatly reducing the atherosclerosis (same as the flax seedsC), as it inhibits the plaque from depositing inside

the arteries. In addition, it is useful in maintaining the blood pressure levels in normal parameters.

With over 45 types of antioxidants, the kale is essential in reducing heart attacks.

Recipe #2: berries, orange and spinach smoothie

- 1 orange
- 2 cup of raspberries, strawberries, blueberries
- 1 avocado
- 2 tablespoons flax seeds
- 1 cup of spinach
- 1 or 2 cups of water (depending on how fluid you want it to be)

The oranges are good for the heart, since they reduce high levels of blood pressure and the bad cholesterol (LDL).

The berries are filled with antioxidants and they fight against the free radical damage, thus further preventing cancer, as well as heart disorders.

The flax seeds and avocados are rich in omega3, omega6 increases the HDL, aka the good cholesterol; by not clogging the arteries, it also reduces the risk of heart disorders and fights against scavengers introduced in the body after the ingestion of foods. The spinach is rich in nutrients (potassium, lutein, fibres, etc.).

In order to protect your heart, you can combine any of the ingredients mentioned in this chapter in order to improve the health of your heart.



Conclusion

In conclusion, it is important to remember that you only live once. By including seeds, dairies, fruits and vegetables in your daily diet, you can rest assured that you make the most of all the antioxidants, vitamins, minerals and fatty acids, all in order to improve the quality of your skin, lose weight, detox, prevent cancer, treat insomnia, get rid of headaches and boosting your immunity levels, which will maintain your health overall.

Remember that the more diversified your diet, the better. Each aforementioned element contains unique compounds that can greatly improve your health. Do not disregard their importance, as some of these substances can really go a long way.

Stay healthy!

Thank you for
purchasing!