

Build your own

Therapeutic Smoothie

Smoothies are a delicious and easy way to load up on great nutrition. The following are some guidelines for building your own therapeutic goodness. Ensure your smoothie contains a little from each category.

1-Protein: Ensuring enough good quality protein will keep you satiated and reduce cravings. Select one type of protein from the following list: organic, full fat, plain yoghurt. Mix it up and try cow, goat or sheep yoghurt. Soaked nuts and seeds are also a great source of protein. Full fat cottage cheese is another great option.

2-Vegetables: Think of vegetables as your multivitamin. Each different vegetable brings its own nutrients to the table so think variety and mix it up. Select mild-tasting vegetables such as cucumber, fennel, spinach, tender celery branches, beets (provide a fun pink colour), avocado, zucchini...

3-Greens: Get some greens in there! Leafy greens pack tons of immune-boosting nutrients and phytonutrients. Try spinach, parsley, beet greens, Swiss chard, dandelion greens...

4- Sprouts: Are magic for the immune system and they pack tons of natural live enzymes. Sprouting at home is easy and well worth the effort.

5- Fruit: A smoothie wouldn't be a smoothie without fruit. Most folks don't have any trouble with this category. Frozen fruit are fine in the winter. Local, seasonal fruit are best.

6-Fiber: Take the smoothie opportunity to get some fiber in. Fiber is essential for detoxification, weight loss, bowel health and it feeds the good bugs. Some great sources of fiber are psyllium, ground flax or chia seeds.

7-Extras: Again, use the smoothie opportunity to get in some extra powerful nutrition depending on what your body is calling for at the moment.

Kefir is a probiotic superstar and a little goes as a long way; 2 ounces is enough to provide dozens and dozens of beneficial bacterial strains.

Flax oil is the best plant based source of omega 3 fatty acids. I haven't met anyone who can't benefit from these healthy fats.

Sea vegetables are great sources of iodine which is essential for our ailing thyroid glands. You can try spirulina, chlorella, arame, wakame, kelp, nori, dulse...

Special note: To make sure your body can access all of the great nutrients, make sure you "chew" your smoothie to mix it with saliva and support digestion. Cheers,