



Drink Your Salad and Boost Your Health!

Green smoothies are one of the healthiest things you can add to your diet and they taste amazing. The health-related benefits are endless and the healing properties are, at times, simply miraculous. Some of the usual things people experience when drinking green smoothies on a daily basis:

- More energy
- Better sleep
 - Clearer and younger-looking skin
 - Stronger nails, hair and teeth
 - Stable / optimal weight
 - Improved digestion
 - Clarity of mind
 - Better mood
 - Improvement of existing conditions

The author of the book Louise Koch was very ill herself, but got well through an extensive diet and lifestyle change. Green smoothies were a very important part of the diet and in this book she shares the secrets behind their healing properties.

Anyone can benefit from adding in a green smoothie to their daily life and they are simply a 'must' whether you have health problems or just want to live a little bit healthier. They only take 5 minutes to make, taste sweet, are delicious, and even kids love them. This book inspires, informs and guides you through fact-based information, Louise's personal story, delicious recipes and exciting tips. "I'm hooked" writes Dr. Sandra Holm in the preface and you will be too, the moment you taste your first green smoothie.



www.fruitylou.com

GREEN SMOOTHIES FOR HEALTH

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More than 50 recipes

Louise Koch



GREEN SMOOTHIES FOR HEALTH

Green Smoothies for Health
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By Louise Koch

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PREFACE

THE WORDS OF A DOCTOR

"You really ought to eat more fruits and vegetables," I tell this to my patients almost daily. Unfortunately I think most of them ponder, "I can't bear to eat any more gooey broccoli or overcooked carrots."

Green smoothies are the answer to how you can get the daily recommended amounts of fruits and veggies in a tasty, easy and colourful way. Everyone likes green smoothies and they fill you up very well. Like Louise Koch writes in the chapter called "A Green a Day..." it is simply easier to get the daily recommended doses of vitamins and minerals by drinking green smoothies daily.

The book also gives you and good idea of how much is actually edible in nature and this is important to remember in our daily busy daily lives. You can teach your kids to go out in nature and live in it. That they can be nourished by it instead of depleting its resources.

Personally I like green smoothies very much. I often drink one at work for lunch even though the other doctors and nurses look at my 1.5 litre super green smoothie in wonder. "If only they tasted it," I often wonder to myself, "then they'd be hooked just like me."

Sandra Holm, M.D.

INTRODUCTION

MEET THE GREEN SMOOTHIE

Most people know that they 'ought to' eat more greens but to most people a bowl of salad is the most boring thing in the world. It doesn't really fill you up and it takes forever to chew your way through it.

Luckily there is an easy and tasty way in which you can get large amounts of salad and at the same time improve your health. It's called a 'Green Smoothie' and in this book I will share with you the knowledge that I have gained over the years. So what exactly are they? How do you make them, and why do people experience so many health benefits when they drink them? That is what you will learn in this book.



Who am I? My name is Louise Koch, I'm Danish and over the course of a 10-year period I slowly became more and more ill. At one point I could hardly leave my bed but luckily I found something called the 80/10/10 diet and natural hygiene and completely recovered. Since then I have made it my mission to help other people regain their health naturally through the same diet and lifestyle changes that I used.

One of the biggest changes I made was my diet and I started to consume only fresh raw fruits and vegetables in certain ratios, plus a tiny bit of nuts and seeds. I also removed most conventional foods including bread, dairy, meat and refined sugar and instead I began to eat a little bit like a chimpanzee or a bonobo.

In my search for the optimal diet for healing I came across many different recipes, including some for green smoothies. They have been some of the most effective recipes I have ever come across and that is why I have written this book:

'Green Smoothies for Health'.

The book is for everyone whether you eat a standard Western diet, a 100% raw diet, a partly raw diet or any other diet. You can use green smoothies as a way of transitioning slowly into a raw food diet by drinking one a day, or you can add them to a conventional diet in order to get more fruits and lettuce on a regular basis.

The positive effects of green smoothies can be numerous and it is only when you start to notice the positive changes in your body that you realize how important they can be for your overall health.

I don't mean for you to consume green smoothies only (although you can do it for a while) but the ideal is to make them a regular part of a high carb raw vegan diet.

With this book I really hope that you can benefit from my years of experience and trial and error so you don't have to make the same mistakes I did.

Enjoy,
Louise Koch

MY STORY

FROM ILL TO WELL



Maybe you bought this book because you have a few ailments that you struggle with, or perhaps you have a debilitating disease that you have tried to get rid of for a long time. I was struggling myself and in this chapter I will share my story from ill to well and how I found my way out of despair and disease.

HAVE YOU HAD THE SAME?

Have you ever had the feeling that nothing you try seems to work no matter what you do in order to get well? Do you just seem to get more and more ill even though you feel that you eat really healthily and do the right things? Have you had lots of tests made that showed that you were in good health even though you knew you were not? Have you visited your doctor a million times and given up on them because they have nothing more to offer you? Have you come close to losing your job because you were too ill to go to work? Do you constantly have pains, infections or symptoms ruining your day? Have you tried taking all the supplements and super foods in the world and visited all the alternative doctors you could think of but nothing has worked? Have you tried taking so many medications daily that you almost

felt like a junkie? Have you been struggling to lead a normal social life and ended up staying at home? Have you seen your finances go down the drain because of your medical bills? If you can say yes to all of these things then you are in the exact same situation that I was in back in 2008.

FIGHTING FOR MY HEALTH

Let's turn back time to the summer of 2008 when my health was, to put it mildly, not the best. I was 35 years old and yet I could hardly leave my bed because of pains and fatigue. I was taking lots of medications, supplements, superfoods and hormonal supplements and I looked horrible. My skin was yellow, I had dark circles under my eyes, I had lost a lot of weight and my eyes were lifeless.

TIP:

You can actually eat the tops of strawberries, so simply add them to the blender whole.





FACTS:

Name: Louise Koch

Diet: 90-95% raw 80/10/10

Education: BA. Media studies and certified coach

Hobbies: Ballroom dancing, windsurfing

Previous occupation:

Television producer

For 10 years I had worked as a producer in the Danish television industry and during the years leading up to 2008 I had become increasingly more ill and tired. When it culminated in 2008 I was bedridden and could hardly stand up long enough to take a shower or walk to the bathroom. At the same time I had a very long list of symptoms that had increased over the years. These included extreme low back pain, food intolerances, dried out mucus membranes, very low sex drive, morning cough with mucus, eczema, gout in my toes, candida, fluid retention, sleeping problems, low threshold for stress, joint pains, infections, brittle hair and nails, headaches, low hormone production, very bad PMS, dust allergies, problems with my short term memory, brain fog, daily gallstone attacks and constant feelings of being cold.

Of course I saw my doctor all the time but every time he ran some tests they showed that I was in perfect health. He probably thought that I was a hypochondriac but gave me lots of pills anyway. Between 2006-08 I got painkillers, sleeping tablets, happy pills, antifungal pills, birth control pills and muscle relaxants. Because of my eczema I also got cortisol creams, Bucky / Grenz x-rays and red chemical baths for my hands.

WHEN NOTHING WORKS

Because my doctor couldn't find anything wrong with my blood work he referred me to a hospital. They ran further blood tests and took urine samples but again they didn't show anything besides a slightly high liver count. I had nowhere to go and in desperation I tried all the alternative treatments I could find including dieticians, alternative doctors and various diets. For a year I did supplements, artificial hormones, protein powders, tinctures, vitamin C injections, colonics, infrared saunas, acupuncture and even hypnosis. I had to pay for all of this myself and my finances went downhill quickly meaning I had to borrow money from the bank. When I reached the summer of 2009 I still didn't feel any better and I started to believe that I would never get well. During this period I also had some expensive tests done at a Danish clinic called the Nordic Clinic. They sent the tests to some specialized laboratories in the US and for the first time I got a diagnosis of what was wrong with me. Besides extremely low cortisol production which indicated severe adrenal fatigue I



also had very low levels of the hormone DHEA. It was almost like the level of a pensioner and the doctor didn't believe at the time that I could get pregnant. Then I had a lot of damage to my cells and DNA, overgrowth of bacteria in my colon, problems with assimilating fat, low liver function in both stage I and II and high levels of triglycerides in my blood. The doctor who gave me the results commented that the cell and DNA damage was so high that I was close to cancer if I didn't do something radical. He also told me that I should not do any exercise besides yoga or floating in a swimming pool. What made it even worse was that my gynaecologist had tested me positive for the HPV virus which could potentially give you cervical cancer. Next I had a hair analysis that showed that I lacked almost all essential minerals and also had unwanted levels of toxins in my body. So all in all my body was in a really poor state.

THE TURNING POINT

I had reached the point where I was willing to try anything because I was simply desperate. I had made a group online for people in Denmark with adrenal fatigue because the Danish doctors rejected that such a thing existed. More and more people with similar symptoms to mine joined the group as well as a girl named Cecilie. Most of the talk in the group was about supplements but Cecilie was trying what seemed to me at the time like "a crazy raw food" diet. She only ate raw fruits and vegetables in certain amounts and ratios and

almost no overt fat. "What difference can more fruits and veggies do," I thought to myself, but then again I had nothing to lose by trying it. I simply had to try something new in order to get new results because what I had done up to that point had not given me the results that I was looking for.

I started to read a lot about raw foods and the various 'schools' within it, plus I listened to a lot of testimonials from people who had gotten well naturally. I also began to look up the content in various food databases online and after a lot of research I was ready to give it a try. In the spring of 2009 I started to eat like Cecilie and it was very different to the adrenal fatigue and anti-candida diets that I had previously tried. Now I suddenly ate lots of fruits, vegetables and greens plus a little bit of nuts and seeds according to something called the 80/10/10 principle. I also learned all about a lifestyle called natural hygiene which turned out to be just as important as the diet itself.

Even though I had made a slow transition into the new diet, the beginning was tough. I got a lot of detox symptoms and a lot of my ailments and health problems got worse. Things would come and go in waves; I had really bad days but also days

Expenses:

How much I spent in order to get well:

Various tests	7.648,-
Supplements	64.386,-
Special doctors	4.205,-
Treatments	5.918,-
Dieticians	3.375,-
Books	1.551,-
<u>Total</u>	<u>87.083,-</u>

where I saw the first progress I had seen in a very long time. Months passed and over time I started to have more and more energy. Things that I had suffered from for years also started to subside and after a while they had completely disappeared. Most of the things on my long list were gone within one to one and a half years. Even my liver pains, the yellow skin, my gout and the adrenal fatigue completely disappeared.

I was constantly monitoring how many minerals, vitamins, proteins, carbohydrates, fat etc. I got every day and plotted my daily food into an online program called cronometer.com. At the same time I also kept a symptom diary where I wrote down everything I experienced, did and ate. That way I could see correlations between the things I did, ate and the symptoms that came or disappeared.

MEETING THE GREEN SMOOTHIE

“So when do the green smoothie enter my life?” you may wonder. Perhaps I should start off by telling you a bit more about what a green smoothie actually is. It is very similar to a normal smoothie except that it contains leafy greens as well. Leafy greens are edible leaves like lettuce, fresh herbs, wild plants and weeds and you make the smoothie by blending fruit, leafy greens and water together in a blender. The consistency is very much like that of a regular smoothie and you drink it the same way, for example in a glass decorated with flowers, herbs or fruit. By blending these ingredients you will get larger amounts of greens than you would probably get otherwise and it is easy for your body to digest and assimilate them. I normally call green smoothies ‘a super vitamin pill in natural form’ because it contains a lot of vitamins, minerals and other important nutrients.

Until the summer of 2011 I only made green smoothies every now and then but after reading a book called ‘Green for Life’ by Victoria Boutenko I started to drink them several times a day. At the time I had been on the raw diet for a couple of years and my health had improved a lot, but after drinking more than 3 liters of green smoothie containing at least 300g of leafy green daily I could really feel the difference. It initi-



ated new detox and repair processes and I had a new period of fatigue, dehydration, headaches, sleeping problems, cravings and other symptoms.

You can read more about what I experienced during this detox period at the end of the book but slowly the symptoms subsided and disappeared. My digestion got better and I was eliminating more efficiently. I got even more energy, stronger hair and nails, younger and softer-looking skin, increased sex drive, fewer cravings, less sensitive teeth, more mental clarity and I even slept better. People started to comment on my improved skin and all of this just because I had started to blend up my greens daily. So even though my main recovery happened on a normal high carb low fat raw vegan diet it felt like my recovery process got sped up when I added the green smoothies to it. Actually I was so positively surprised that I really regretted that I hadn't started drinking them sooner. One good thing about my slow start is that I could very clearly feel the difference and thereby the importance of them.

Today I'm healthy and live a normal life with lots of daily activities like work, travel and ballroom dancing twice a week. I still eat primarily raw fruits and vegetables and I must have my daily green smoothie of course. That was my story and I really hope that you get started with green smoothies sooner than I did. If you want to learn more about the overall diet change that I used to get well you can read more at www.fruitylou.com.

MY NEW UNDERSTANDING OF HEALTH

From my observations of myself, my own mistakes, successes and research I have slowly gained a new understanding of how the body can repair itself. One of the things that I have learned is that it is not the diet but the body itself that is doing all the healing. When we get a cut or break an arm the wound or bone will mend itself. It is not the diet, the doctor, the band aid or the medication that is doing it. Only the body and nothing else - if it has enough energy for healing that is. It is all the things you don't eat that are making the biggest difference to the amount of extra energy the body has for healing and of then of course also the fact that your body suddenly gets a lot of healthy nutrients.

My old understanding of disease and health has been completely turned upside down because of what I have experienced and seen other people experience the past several years. It does not fit at all with what I had previously learned because like most other people I thought that we had to take or do something, e.g. in the form of a pill to get well. Today I look at medication as symptom treatment because



if you take away the medication the symptoms will in most cases still be there. For example if you remove your asthma medication, your cortisol creams or your insulin you still have asthma, eczema or diabetes. Modern medicine rarely gets to the root of the problem and eliminates the cause.

So today I believe it is vital to remove the cause of our diseases in order to get well. There is always a cause even though we may not be able to see it or understand

it. The natural state of the body is that of health and balance and if we get sick it is because it has been subjected to something that was not healthy. In a lot of cases the cause is simply an accumulation of toxins from the things we do and eat on a daily basis. The body has a hard time keeping up with the many pollutants, chemicals, additives, preservatives, pesticides, colourings etc. that we add to our foods today. The food may also be heavily refined, processed and low in nutrients. On top of that we subject our bodies to chemistry in personal care products, daily stress, environmental pollution etc. to a



TIP:

Parsley is great in a green smoothie. Just remember to rinse it thoroughly to remove dirt.

degree that has never been seen before in history. Our bodies were designed hundreds of thousands or even millions of years ago and the development that has happened with our diet and environment within the past 1-200 years has simply been too fast for it to keep up.

Therefore we experience symptoms or signals that indicate that our body is out of balance and is trying to repair itself. Our bodies will always try to heal and repair themselves no matter how tricky the circumstances and when you give it healthy conditions it does the job a lot faster and better. So in other words a symptom to me is just a signal that my body is trying to correct unwanted circumstances.

The more ill you are the more symptoms you may have but the road to health is most often the same. The body knows what is wrong and it will start where it is most urgent if you give it the right conditions to do so. Therefore you do not need to know exactly what is wrong if you want to heal yourself naturally because the body already knows. It is just waiting for a chance to repair and that chance appears when the pollution stops and it receives healthy food and conditions. It is all about giving the body a break from daily struggles and a chance to do what it really wants to do; to keep you healthy! Healthy conditions inside and out will give you a healthy and happy body. These are the principles that have helped so many people across the world including me to regain their health.

LEARN MORE



WHAT IS A GREEN SMOOTHIE?

A green smoothie is in many ways the same as a regular smoothie except that it contains leafy greens. That means that you blend fruit, green leaves and water into a drinkable sweet drink but the colour may be green instead of red, yellow, white or purple. It taste sweet and can be enjoyed by both healthy and sick people, young and old. If you make them right you can even get your kid to drink lots of green smoothies.



TIP:

Put the fruit at the bottom of the blender jug and the leafy greens on top.

THE BENEFITS OF GREEN SMOOTHIES

What positive things can you experience if you drink green smoothies on a daily basis for an extended period of time? Naturally the answer to this will vary from person to person but there seem to be certain things that a lot of people experience. This is typically nicer-looking skin, less need for sleep, more energy, stronger nails, better sleep, less dandruff, better digestion, fewer cravings for unhealthy foods, moving towards your ideal weight, less hair loss, better physique, stable blood sugar, healthier and stronger hair, lower blood pressure, lower pulse, lower cholesterol, less grey hair, less pimples, better mood, better self-esteem, less sensitive teeth, and more consistent bathroom visits. Some women also experience that their period becomes shorter and less painful with less PMS and mood swings. My own period is now down to about 4 days with a very light bleeding, no PMS and no pain except perhaps a tiny bit of fatigue. Previously it would last 5-7 days and be very painful and heavy. So green smoothies can have a very positive effect on your hormones including your sex drive. I've even heard about some cases where green smoothies stopped early menopause.

You may also see improvements in ailments you have been suffering from up until now but as I said it is very individual what people will experience. It all depends on your state of health and overall vitality. Finally I would like to mention things like allergies, asthma, eczema and skin problems in general. These areas also seem to be some where people experience a lot of positive effects. Especially when they choose to eat a high-raw diet like mine with lots of fruits and vegetables daily. That said things don't change overnight and it takes time and patience to get results. In other words it is not a quick fix but the slow and steady rebuilding of your body and health over time.

If you do choose to eat high-raw or even 100% I think greens and especially blended greens are a very important part in getting success long-term. It will prevent deficiencies and help with cravings which makes it easier to stay on the diet long term.

WHY BLEND?

It may not sound very appealing to blend and drink your lettuce and that is probably why many people are yet to try it. But believe me. It tastes a lot better than it sounds and I think you will start to like them if you make some good ones. Somehow the sweet taste of the fruit hides the taste of most greens and even kids seems to love them because they are sweet. Just call it a pop-eye or superman smoothie.

But why would blending your lettuce in a smoothie be better than just eating a bowlful for dinner you may wonder? Leafy greens are the most nutrient-dense foods and most of these nutrients are found in the cells of the plant. A large parts of the plant is made up of cellulose which has a very strong molecular structure. In order to get access to the nutrients inside the cells they must be ruptured or crushed. That is why a lot of herbivores in nature chew all day but unfortunately us humans are too lazy for that. We are often so busy with our hectic lives that we swallow our food in large bites and hope that the body can handle it somehow. At the same time a lot of our Western food is so processed and soft that we hardly need to chew it. White bread, soft pasta, minced meat, dairy products etc. don't require much chewing and we have simply gotten used to not chewing since childhood.

It goes for all food that if it is not properly masticated in the mouth our body will have a harder time digesting it and nourishment may be lost. I haven't tested this but apparently if you swallow a grape without chewing it it should come out in one piece at the other end. The cells of the grape simply need to be crushed in order for the body to digest and absorb it.

The more the food is crushed before swallowing the better access we get to the nutrients and this is where the blender comes in. When you blend leafy greens you

crush the cells in a very effective manner and probably much better than you could chew it yourself. The better the blender the smaller the particles and the easier it is for the body. I believe this is one of the main reasons why people get such great results from drinking green smoothies. They simply get way more of nutrients than if they just chewed the same fruits and greens.

THE IMPORTANCE OF CHEWING

A lot of ill people have problems with their digestion and by blending your greens you can help your body with this digestive process. That said it is still important to chew your food because it makes your teeth and gums stronger and you produce saliva. Saliva contains digestive enzymes and is therefore an important part of the digestive process.

So how do you chew a green smoothie you may wonder? What you can do is to pretend to chew your smoothies by squishing it around in your mouth. You can also add a few unblended leaves and chew on them as you drink. If you look at the chimpanzees, one of our closest relatives in nature, they spend up to 6 hours a day chewing. According to Jane Goodall who studied wild chimpanzees for many years, they eat



approximately 50% fruit and 35-40% leafy greens depending on the seasons. The latter 10-15% consists of fresh sprouts, blossoms, bark, stems, seeds, nuts, insects and on rare occasions a small monkey or animal. So on a diet with 34-40% leafy greens they have no other option than to chew a lot - and they do. Like I wrote the chimpanzees chew up to 6 hours a day and I doubt that many humans would do that. That is why the blender is so excellent.

Some argue that you shouldn't blend because it oxidises the food and this oxidation will then cause a loss in nutrients. On the other hand we also oxidise our food when we chew it so I don't believe that any potential loss will be of any significance. Instead in my experience the benefits of crushing the cells of the greens and getting access to more nutrients than we ever could if chewing far exceeds any potential loss. The people I coach who try green smoothies simply experience so many health benefits that they wouldn't have had if they hadn't drank them.

VEGETABLES AND GREEN SOUPS

"What about vegetables?" you may wonder. Can't you use them in a green smoothie too? I personally wouldn't recommend it because fruit and vegetables mixed together can give you digestive problems whereas fruit and leafy greens digest pretty well in most cases. If you do wish to use vegetables you can make what is called a green soup. Green soups contain little to no fruit and are made from vegetables like cucumber, tomato, avocado, celery, sundried tomatoes, bell pepper, spring onions and greens. Green soups are not as sweet as green smoothies but they are definitely healthy and can satisfy your taste for savoury food. You can find a couple of recipes for green soups at the end of this book.

TIP:

You can use a single piece of fruit with low sugar content in a green soup to make it a little bit sweet.



LEAFY GREENS

WHAT ARE LEAFY GREENS?



A question that I often get is "What are leafy greens?" and the answer is simple. They are the leaves (and stems) of edible plants; anything with green leaves that humans can eat.

The amount of greens that exist is vast, but unfortunately only a small number are available in the shops. Chimpanzees eat around 117 different types of leafy green across the year, whereas humans only eat a very limited number. In this chapter I will give you an idea of the conventional and unconventional leafy greens that you can find in the stores, in nature or by growing them yourself.

A NEW CATEGORY

When people talk about lettuce they most often categorise it as a vegetable, but in my opinion it ought to have it's own category called "leafy greens". To be fair the categorisation of many fruits and vegetables can be a bit confusing according to whom you ask. Things that I do not classify as leafy greens are: cucumber, broccoli, cauliflower and artichokes.

A lot of people think of iceberg when they think of leafy greens, but there are so many other types that you can use in your smoothie. Some of the classic types that you can find in most supermarkets besides iceberg lettuce are: romaine lettuce, baby spinach, kale, arugula, celery and oak leaf lettuce. Sometimes you can also find mixed packages of various types of lettuce and you are welcome to use them too. On the following pages you can find lists of different types of greens that you can use in your green smoothies. Some taste better than others and you will have to test them out to find your favourites. My lists are far from complete and the available greens will differ from country to country and shop to shop.

If you always shop in the same place you may get tired of eating the same 2-4 types of greens all the time so I highly recommend that you explore different greengrocers or supermarkets. Picking fresh greens from your garden or wild in nature is also a perfect option because leafy greens are not limited solely to lettuce. Herbs, sprouts, tops and weeds are also leafy greens and can benefit your health a lot. At the

same time you can save a lot of money by growing or picking your own greens and the nutritional value are in most cases also a lot higher.

Some of the greens I suggest you grow are carrots, radishes and beetroots but not because of their roots as you may think but because of the tops. You can of course eat the roots but what you probably didn't know is that the tops contain a lot of the same nutrients as the roots and often in larger amounts. So try something new and blend up the tops in a green smoothie.



TIP:

Remember to rinse the tops well and don't use the stems. They will leave strings in the smoothie.



LEAFY GREENS AND EDIBLE FLOWERS

On the following two pages you will find some suggestions for leafy greens and edible flowers that you can find both in the shops and in nature.



LEAFY GREENS:

Belgian endive
Bok choy / pak-choi
Celery
Chard
Chinese cabbage
Cos (romaine)
Dinosaur kale
Escarole
Frisée
Green Lollo lettuce
Head Lettuce (*Lactuca sativa*)
Kale
Little gem
Mache
Mizuna / Japanese mustard
Oak leaf lettuce
Pea sprouts
Pointed cabbage
Radicchio
Rocket (arugula)
Savoy cabbage
Spinach
Wheatgrass

WEED/ WILD:

Beech Leaves (young)
Borage
Chickweed
Clover
Dandelion
Grape leaves
Ground elder / goutweed
Lambsquarters
Miner's lettuce / winter purslane
Plantain
Purslane
Ramsons
Stinging nettles
Wood sorrel

TOPS:

Beetroot tops
Carrot tops
Radish top
Spring onion tops
Strawberry tops

HERBS:

Aloe vera
Basil
Chives
Coriander (cilantro)
Cress
Dill
Fennel
Flat-leaf parsley
Lemon balm
Marjoram
Mint
Oregano
Parsley
Peppermint leaves
Rosemary
Sage
Spearmint
Thai basil
Thyme
Watercress

EDIBLE FLOWERS:

Borage
Daisy
Dandelion flowers
Daylily (*Hemerocallis*)
Evening Primrose
Mallow
Marigold (*Tagetes patula*)
Nasturtium
Nigella Damascena
Pansies
Scented geraniums

(Always make sure that you don't eat something poisonous by mistake)

And many more...



HERBS

Fresh herbs are that little extra something that give your green smoothies variety and flavour. You can use herbs like oregano, basil, dill, parsley, coriander, thyme, mint, rosemary, lemon balm, chives etc. My personal favourites are parsley, basil and lemon melissa but rocket can also be used as a herb. When you start out with green smoothies you may want to test out each herb at a time to find your personal favourites.

You can buy herbs freshly cut, potted or you can even plant them yourself in the garden or windowsill. The potted ones you buy in supermarkets may not survive very long because they have been placed too close to each other and in too little soil. If you replant them in better soil and with more space in between they will be able to grow big and strong and you can have fresh herbs all year round in your house. You can also buy seeds and grow your greens yourself and again they will always be fresh. At the same time it is cheap and most importantly you know they are not sprayed with anything. Conventional herbs from the shops can be heavily sprayed.

There are some other plants that you might think would benefit your health in a green smoothie but that I don't recommend at all if you are ill. That would be things like garlic, ginger and chilli which can be an extra irritation and detoxification burden to an ill body. They all have a very sharp taste and strong effect on the body which you can see by the physical reaction. Eyes and nose may run and your sweat starts to smell which is an indicator that your body is trying to detox these things as quickly as possible. If you have eaten them regularly you may no longer have these reactions because you have heightened your tolerance just like you can do with alcohol but it is still not ideal and your body would be happier without them. If you like the taste of garlic you can use a type of green called Ramsons instead and get a hint of it.

THAT LITTLE EXTRA TASTE



CHIVES



ROSEMARY



LEMON BALM



FRESH HERBS



MINT



WATERCRESS



FENNEL



THYME



CORIANDER



DILL



BASIL



PARSLEY

FROM THE GARDEN OR POTS

WEED AND WILD PLANTS

It is one thing to blend up lettuce but you probably didn't expect that you should be eating your garden weeds. Nonetheless there are a lot of edible and super healthy plants in nature that you can benefit from. Most of these are weeds and the best thing is that they are totally free. You probably know most of them but I guess you never considered eating them, let alone drinking them.

Plants that grow wild in nature have many benefits that often make them healthier than the ones we find in the supermarkets. Firstly they have to fight harder to survive and that makes them stronger. In order to draw up water and nourishment from the lower levels of the soil they have to have long or strong roots. Just think how hard it is to pull up a dandelion with its root or how hard it is to eradicate goutweed. They also have to have strong defences against pests in order to survive. Another advantage is that they will have benefitted from real natural sun and soil whereas artificially grown lettuce may not have.

A lot of greens have been grown in green houses and are dependant on human care. They get their water, nourishment and pest prevention served to them and their immune system may not be very strong. At the same time they may have never

TIP:

You can find goutweed in a lot of gardens, parks and in the countryside in Europe. Even their flowers are edible.



seen real sunlight or soil but instead artificial light and artificial growing mediums. The amount of nutrients in plants grown naturally may therefore be a lot higher and both your health and finances can benefit from that.

One really healthy weed you can find abundantly in nature is the common stinging nettle. At first you may think that they would burn too much to be eaten but if you blend them carefully in a good blender they won't sting at all. Apparently you can also freeze them for a while or place them in lukewarm water for 30 minutes and the stinging should stop. Stinging nettles are especially rich in vitamin C and contain more iron than spinach.

TIP:

It takes a very good blender to blend stinging nettles. Test your blender by using a tiny bit and blending for a long time. If it tingles or burns in your mouth your blender is not good enough.



The fresh young leaves should be especially healthy but you can eat the older leaves too with great benefit. Remember gloves when you pick and rinse them and use the milk from the stem if you accidentally burn yourself. It is the edge of the leaves and the stem that burn.

Dandelion is another type of weed that is great in a green smoothie. Just like stinging nettles they are rich in vitamin C and contain twice as much vitamin A as spinach. Again, the young leaves are especially nutritious but the old leaves can be eaten too. The stem of dandelion contains something that can give you diarrhea and make you feel sick so only use the leaves and the flowers. The taste is quite bitter though so you have to think about what else you add to the smoothie to make it taste good. Personally I don't use them much because I prefer other types of greens but they have great benefits for your health.

Another type of weed that I like a lot is goutweed. It has a slight lemony taste and I love to mix it in with lemon balm and bananas. Again the young leaves and sprouts taste the best but the entire plant can be eaten and is very rich in vitamin C and in minerals in general.

Some other types of weed you can experiment with are chickweed, young beech leaves, lambsquarters, cowslips, cleavers, sorrel, purslane and alliarria. It is important to get to know exactly how these various edible flowers look like so you don't accidentally pick something toxic. Wild parsley is toxic for example. Also be sure to stay away from weeds that grow along the roadside as they can contain car pollution as far as 100 meters from the road.

If you want to know more about the greens you eat you can look them up in food databases online. It may be hard to find information on weeds, vegetable tops and rare types of greens but you should be able to find most common types of leafy greens there.

Food databases:

American USDA database:

www.nal.usda.gov/fnic/foodcomp/search

Nutrition data:

www.nutritiondata.self.com

TIP:

See if you can find golden kiwis. They are sweeter than the green ones.



EDIBLE FLOWERS

The last category I would like to mention is edible flowers. They can be very decorative on top of a green smoothie or on your salads or dishes in general. A common edible flower you can find in most lawns are Daisies. They are small, white and yellow flowers rich in vitamin C. You can eat the flower, the stem and the leaves but they don't taste of much except perhaps a bit bitter.

It is important that you know exactly what flower you're picking because you can find some toxic flowers too. Some may be toxic in large amounts but fine to eat in small amounts. To avoid this you can rotate your edible flowers so you don't eat the same ones all the time.

If you buy your flowers from seeds and grow them yourself in the garden, on your balcony or in your livingroom you know exactly what you have. Then you can also make sure that they have not been sprayed with anything, either deliberately or accidentally (e.g. if they grow next to a field of crops).

It can be very appealing to decorate your food and smoothies with edible flowers and it will appear much more appetising to your guests or your family. Kids especially find it fun if something looks colourful or exotic, so if you have kids do let them help you with the decoration.



TIP:

Daisies are small but great to add for decoration on top of a green smoothie. You can even make a little garland.

STEP BY STEP

5 STEPS TO A GREEN SMOOTHIE



It doesn't take a lot to make a green smoothie if you have what you need. If everything is at hand it may only take 5-10 minutes. What is even better is that you don't have a lot of dishes afterwards and they are super easy to take with you on the go.

Before you begin you may want to ask yourself some questions. Firstly why do you want to drink green smoothies? How long are you willing to give them a chance? What amount of smoothies do you want to drink a day? What time of day do you want to drink them? Are you ready for any potential detox that may come? How can you make it easy for yourself to get them daily so you don't give up or forget?

Now it is time to get started and here are 5 simple steps you can follow.



1 GET THE THINGS YOU NEED

Before you start making your first green smoothie lets make sure you have the tools you need. A lot of the things you probably already have but here is the list:

- a good blender
- a strainer to rinse the salad
- a cutting board
- a good knife for chopping
- a spatula to wipe the blender jug clean

Prepare an area on your kitchen worktop where you have the cutting board, the blender and your knives at hand. If you prepare a platter with fruit right next to it, it is even easier to get inspired to make your daily smoothie and it looks amazing.



GET THE RIGHT BLENDER

Perhaps you already have a small and fairly cheap blender and which is okay to start out with. But if you know that you want to drink green smoothies daily and lots of them you may want to invest in a really good blender. A good blender has a large jug, a very powerful motor and super sharp blades.

The ingredients will be mixed way better in an expensive blender than in a cheap one and the smaller the particles the more nutrients you will get access to. A cheap blender may also not be strong enough to grind up all the things you want to blend and you may have to be careful regarding the order you add the various ingredients. Other disadvantages of cheap blenders are that things can get stuck under the blade, the blades get blunt quickly, the motor may burn out and it may whirl things around rather than mixing it. Two suggestions for mid-range blenders are the Philips HR2094 and the Wilfa 1200. If you have a lot of money I suggest you get a top range blender like a Vitamix or Blendtec. I recommend that the jug is at least 1.5 litres.



2 MAKE A SHOPPING LIST



The next step is to choose a recipe that you would like to make and you can find more than 50 recipes in the back of this book. I highly recommend that you use recipes in the beginning instead of experimenting because it is very easy to make some nasty looking and tasting smoothies. I have personally made a lot of bad ones in the beginning. Once you have chosen the one you want then write your shopping list here:

What I have:

What I need to buy:

Some basic ingredients that are always nice to have around are: spinach, parsley, basil and various other types of greens. Fruit-wise I recommend bananas, apples, mangoes, pears, dates and fresh or frozen berries.

3 SHOPPING AND STORAGE



Fruits and lettuce can be bought in most supermarkets and also at the local greengrocers. Make sure to buy a lot more than you are used to so you don't run out and can't make your daily green smoothie. If the store does not have the type of greens I suggest in the recipe you can most likely replace them with something similar. Things like baby spinach, mache, a head of lettuce or iceberg lettuce will work well in most smoothies. Cos lettuce, rocket, carrot tops and dandelion leaves have a slightly stronger taste that may not work with everything.

When you get home then place the leafy greens in the fridge and the fruit somewhere in the kitchen at room temperature. It is important that you give the fruit time to ripen before you use it and it will ripen faster at room temperature so never put it in the fridge unless you want to make it last longer. You can keep your lettuce looking fresh by placing it in a clear plastic bag and sprinkling some water inside. Leave some air inside before you close it and then place it in the fridge. You can also put older lettuce in a bowl of ice water for 15 minutes and it should look fresh afterwards. If you buy in bulk you can freeze some of the lettuce and defrost it under a tap later.

TIP:

It is very decorative to store your fruit in wicker baskets and on big platters. A mixed fruit platter will look very beautiful on the dining table.

4 MAKE YOUR FIRST GREEN SMOOTHIE

It is time to make your first green smoothie and it is important that you remember to rinse your lettuce carefully of dirt, insects and other unwanted things. If you find a lot of insects and holes in your lettuce it is actually a healthy sign. If the animals want to eat it it is not covered in pesticides.

Start by placing the fruit at the bottom of the blender and add the leafy greens on top. Finally pour in some water - perhaps 1, 2 or 3 glasses. Start with a very small handful of greens the first day so your body can get used to them slowly. Day by day you can increase the amount of greens a little bit until you reach your desired amount. You can even start with just a single leaf and see if you like the taste but you will most likely not even be able to taste it. A typical beginner smoothie contains 70% fruit and 30% leafy greens. Later you may feel more like 50% - 50% and you are welcome to do



so. The recipes in this book contain about 60% fruit and 40% leafy greens so they are made for intermediates. The amount of water to add depends on how thick you like your smoothie to be and it varies from person to person. A classic green smoothie has the consistency of yogurt. If the smoothie is difficult to blend try to add more water. Melons are one of the only fruits you can blend without adding water be-



cause they are so water rich themselves.

In the recipes it says 'some water' which means that you can choose how much you want to use. Do be careful not to fill in too much so it spills over when you start blending.

Depending on how efficient your blender is you will have to blend between 1/2 - 2 minutes until it is as smooth and even as possible. The most important thing is to make sure that there are no big chunks of fruit or greens left in the smoothie.



If things get stuck in the blender then stop it and move the contents around with a spoon or a tamper. Adding more water may help too. Never stir with a spoon or tamper when the blender is on. Finally pour the green smoothie into a glass or jug and decorate it nicely. If you live on your own you can theoretically drink your smoothie straight from your blender jug and save the dishes. I recommend you drink the smoothie on it's own as a meal and not along with another meal.

5 CLEAN UP QUICKLEY

The easiest way to clean your blender jug is to add some warm water and a tiny amount of dishwashing soap right after you have used it (don't use too much soap or it will overflow when you blend). Then blend for about 20 seconds and rinse it carefully with water afterwards. Once a week you may want to wash extra carefully around the blade as some food can get stuck there.

TIP:

Use a spatula to scrape all the smoothie out of the jug so you don't miss anything.



TIP:

You can use mild types of onions in your green smoothies or green soups if you like. For example spring onions and chives.

MORE TIPS

Storing your smoothie:

It is okay to prepare large amounts of green smoothie in the morning and then store whatever you don't have time to drink in the fridge. It should be able to last anywhere from 12 to 24 hours but both the colour and the taste will change. Fresh smoothies are always preferred though.

On the road:

If you want to bring your green smoothies to work or school you will need some kind of container that is light weight and easy to clean. I personally use a Tupperware 750ml shaker (Tupperware super quick shake) but they are no longer produced unfortunately. It is important that the opening is quite large so the container is easy to clean and the material is healthy as well. So steer clear of unhealthy plastic bottles. Here are some suggestions:

- Klean Kanteen - metal bottles 'wide'
- Terawarner - green smoothie jugs
- Lifefactory - glass bottles with classic cap
- A conventional glass mason jar with a metal lid

If you want to hide what you are drinking from your colleagues or classmates you can use a large thermos with a wide opening. If the smoothie gets thick during the day all you need to do is shake it up.

Be creative:

As soon as you know the basics you can start to experiment with your own green smoothie recipes. My favourite fruits to use are: bananas, pineapple, pears, apples, melons, mangoes, persimmons, papayas, peaches, nectarines, oranges, berries and dates. A tip is to use melons on their own with greens as they don't combine well with other fruits.

WHOLE, FRESH, RAW, RIPE AND ORGANIC

To get the optimal benefits from your fruits and leafy greens do make sure that they are both whole, fresh, raw, ripe and organic. That way you will get the most nutrition and the fastest healing. Here is an explanation of the various terms:

Whole:

Whole foods mean that the food has not been refined. In other words it still contains all the parts it originally had when it was picked or foraged in nature. E.g. when you juice you remove the fiber and pulp but when you blend the fiber is still there and the food is still whole.

TIP:

Mache is a type of green that is highly overlooked. It is very mild and tasty when it is fresh and great in a smoothie.



Fresh:

That the food is fresh means that it does not come in a can, glass or package with added preservatives. It also means that it has not been heat treated, dried, gassed, dehydrated, fried, salted, cooked, baked, boiled or treated in any other way. Instead it has been picked or foraged recently and is still what is considered fresh. The only exception is to freeze things like e.g. berries, bananas or lettuce but fresh is always preferred.

Raw:

'Raw' means that the food has not been heat treated in any way and stays within the raw food principles. Some raw fooders heat their food to 42 degree Celsius and dehydrate a lot but if you want to eat this way to get well I suggest you avoid all heating and dehydration.

Ripe:

It is very important that your fruit is ripe because ripe fruit has the highest sugar content. It is also easier to digest and it tastes better. A lot of fruit is really unripe when you buy it in the stores so you will have to shop in advance and allow your fruit to ripen for a couple of days or even weeks before you eat it. How to tell if a fruit is ripe or not is different from fruit to fruit so you will have to learn more about this.

Organic:

I will highly recommend that most of your food is organic if you can find it and afford it. The more pesticides, herbicides and fungicides etc. you can spare your ill body the better. At the same time it may also taste better and the amounts of nutrients may be significantly higher (depending on the country and way it is produced). If you have been used to eating conventional food you may not feel it but if you have eaten only organic food for a while you may suddenly feel the difference when you get something that is not organic. If you cannot get hold of organic fruit then go for fruit with a rind like melons and bananas. Try to avoid non-organic fruit like grapes, apples, peaches etc. where you eat the peel as this will contain the most pesticides.



INCREASE YOUR GREENS GRADUALLY

It is important to do a gradual transition into drinking green smoothies daily because they can be very powerful. It is the amounts of blended greens that needs to be increased slowly because your body may find it hard to digest greens in the beginning. It is simply not used to it and for people who have eaten a standard Western diet all their lives they may not have enough stomach acid to digest large amounts right away. The good thing is that you should be able to raise your levels of stomach acid simply by drinking green smoothies. So it is important to start with just a small handful of green leaves in your smoothie and work your way up so you don't experience stomach pains or other problems. In time you will be able to handle larger and larger amounts of greens and you will most likely also start to like it more.

As a beginner you could start with for example 25 g of greens and then work your way up to 50 g and later 100 g etc. In time your body will let you know how much it wants each day.

TIP:

A ripe pineapple should be orange or even brown and soft plus smell sweet.

THE AMOUNTS OF LEAFY GREENS

How many leafy greens should you consume each day? And should it be one, two or three green smoothies a day? The answer is that you can drink your green smoothies in any amount you like and with as much or as little leafy greens that you care for. If you are really keen to get well you can drink a lot but if you just want to live a little bit more healthfully you can make one every now and then.

Whether you drink them for breakfast, lunch or dinner is not so important either but if you want you can also do a green smoothie cleanse and drink only green smoothie for a whole week. (I don't recommend this unless you are used to drinking green smoothies because the detox may be too heavy to handle).

Personally I drink at least one large green smoothies a day (2 litres) and sometimes more. For this I use around 125-200 grams of leafy greens or more depending on the type of green. I love to make my smoothie for breakfast because they are easy to drink while I work on the computer and they fill me up really well.

Naturally the more leafy greens you add to your smoothie the less fruit there is room for.



When you first start off I don't recommend to use large amounts of greens as the detox will be too strong. After a while when you have gotten used to them and really want to speed up your healing process then try to get more than 300 g of blended greens a day. For example you can make two smoothies a day with each 150 g of greens. If you really want to feel the full effect you have to go above 400 g a day and you can also go higher if you want. I don't think you can get too many greens (except if you use the same type of green all the time or greens high in oxalate acid) so drink them whenever you feel like it. You can even go as high as 450-900 g a day (the equivalent of two large heads of lettuce) and it should only benefit you and your health. Just bear in mind that the more you get the worse the detox symptoms may be but I will get back to that in the chapter called "The Road to Health".

TIP:

Use fresh herbs in your smoothies. That way you get new and interesting tastes every day.



GREEN SUCCESS

7 GREAT TIPS



It is incredible simple to make a truly healing green smoothie when you know how. But for a beginner you may experience a lot of pitfalls and make a lot of mistakes. So in this chapter I will give you some guidelines, tips and tricks to how you can make amazing green smoothies. First up are my top 7 tips to how you get success.

1. KEEP IT SIMPLE!

My first advice to you is to keep your green smoothies simple. A really good healing smoothie contains very few ingredients and no more than 3-5 various ones. This may be hard to do because you have a lot of delicious things you want to add to your smoothie but 'keep it simple'. The less things you add the easier it is for your body to digest it and the nicer the colour tends to be too.

In general you should avoid all the classic things that people normally put in a smoothie like syrup, yoghurt, milk, honey, almond milk, soy milk, sugar, stevia, green tea, oils, seeds, protein powders, cacao powder, husk, bottled juice, almond butter, peanut butter, etc. Do not add these kinds of things but instead use only fresh fruit, leafy greens and water.



2. DON'T MIX FAT AND SUGAR

You may wonder why you can't mix oils or nuts in your smoothie. The reason is that fat is digested slower than fruit and if you mix the two in one meal the sugar will start to ferment because it is waiting for the fat to digest. This can cause a lot of gas so you may get bloated and get a stomach aches. Fat and sugar simply do not mix well. If you absolute have to eat fat and fruit sugar in the same meal then start with the fruit sugar and eat the fat at the end. If you are doing the diet 100% with large amounts of fruit it is important that you learn more about the fat / sugar ratios so you don't get serious blood sugar issues.

3. AVOID FRUIT SUGAR PROBLEMS

I sometimes meet people who tell me that they can't eat fruit because they react negatively to it. They get bloated, fart, get blood sugar issues or get dizzy when they eat fruit on a conventional diet. These problem are in 99% of the cases not caused by the fruit as such but because the amounts of fat in their diet and blood is too high. Too much fat in your diet can simply cause a lot of problems if you eat a lot of fruit at the same time. The ratio between fat and sugar has to be right because the fat can prevent the insulin in getting the sugar into the cells. So if you eat lots of fruit while you have lots of fat in your bloodstream it can cause major problems like candida, unstable blood sugar, fermentation and even diabetes.

TIP:

You can use both fresh and frozen berries in your smoothies. Fresh are always preferred but if you can't get them fresh then go for frozen.

So if you are one of those people reacting negatively to fruit or who suffer from candida, diabetes, unstable blood sugar etc. then you have to reduce your overt fat intake to zero for at least 10 days before you start to eat large amounts of fruit. After that you have to keep it below 10% of your daily calorie intake.

Some people also ask me if I don't get too much fruit sugar on this diet because they think that it is similar to refined sugar. In my experience our bodies thrive extremely well on carbohydrates and especially on fruit. Most people get carbohydrates from things like pasta, bread, rice, cake, soda, candy and refined sugar but the fruit seems to be a much more efficient, cleaner and healthier option. The molecules in fruit sugar are easy for the body to recognise and convert compared to refined and complex forms of sugar and along with it comes a lot of fiber and nutrients. So in my experience the body really thrives on fruit as long as you keep the overt fat intake really low.

I personally eat a maximum of 10% of fat from my daily calorie intake and in general I only eat an avocado every 2 or 3 days. No more. I have no problems keeping my ideal weight as long as I get my calories from fruit sugar and my body naturally tells me if I get too much fat. Then I get some of the symptoms mentioned above or even nausea. Finally I want to mention that green smoothies can be great for people with diabetes because the fiber will help stabilise their blood sugar. It simply slows down the absorption of the fruit sugar and in general they can benefit from eating greens with their fruit even when it is not blended. The low fat intake is also extra important in diabetes of course.

4. MAKE THE SMOOTHIE APPEALING

The more tasty and appealing your smoothies look the more you will probably want to drink it. In order to make it look really tasty you can decorate it with flowers, ber-

ries on toothpicks, slices of fruit, cocktail umbrellas etc. You can also use a straw and pour the smoothie into a beautiful jug and glass.

Another way to make it look more delicious is to be aware of the colour. Just because it is called a green smoothie it may not always be green and you have to take care of what colours you mix. Especially mixing green and red together will give an unappetizing brown colour. So if you would like to add red berries then use a light type of greens like endive, romaine or iceberg lettuce. If you use blueberries and blackberries the smoothie will become dark brown, blue or red depending on the greens. Most of the smoothies in this book have a light to dark green colour depending on the amounts of greens you add. Beginner smoothies with only small amounts of greens are typically lighter but as you get used to them you can add a lot more greens.

TIP:

You can grow your own edible flowers in the living room. Then you have them at hand for decoration.



5. GET ENOUGH CALORIES

If you already eat a diet of 100% raw fruits and vegetables when you start on green smoothies you may experience one particular challenge. Because of the many fibers in the leafy greens you may feel full quicker than usually and so you don't have room for the same amount of calories that you usually get. There simply isn't enough room for the fruit and because greens are low in calories you risk getting 'under carbed'. Therefore it is important to keep an eye on your calorie intake so you get enough and eat more meals if necessary. I personally aim for 2.000 - 2.500 calories or more a day but it all depends on your height, size and daily level of activities (check my 'Get Started Guide' for guidelines).

People starting out on the raw diet and green smoothies at the same time will most likely have even more challenges with eating the amounts it takes in the beginning.

It takes time to adjust and practice but over time your stomach will get used to the larger amounts. In both cases you need to eat many times a day in the beginning and eat a little bit more in each meal that you can in order to extend your stomach a little bit. Fruit contains a lot of water so the portions you eat are often twice the size of a normal meal in order to get the same amount of calories.

A way to tell if you are getting too few calories is to see if you lose weight without wanting to. If you do then you need to eat more. On the other hand if you gain weight without wanting to you are eating too many calories. This is almost impossible for a beginner who eats fully raw but if you combine cooked food and raw it is easier to get too much and start gaining weight. In general a fully raw diet combined with daily green smoothies should help you reach your ideal weight. That means that if you are overweight you will most likely lose weight and if you are underweight you will gain weight (given that you get enough calories of course).



TIP:

Bananas can give your smoothie a creamy consistency where as fruit like apples and pears my not.

6. ROTATE YOUR GREENS

If you have been eating the same type of greens in your smoothie for an extended period of time you may experience that you no longer want them. If suddenly your favourite smoothie starts to taste bad or even rotten then don't despair. All you have to do is use some other types of leafy greens for a while and then remember to rotate between them. The reason they start to taste bad is because you have been eating the same thing too long.

The reason is that nature is wise. It has added tiny amounts of toxins called alkaloids to the leaves in order to avoid plants getting extinct. That prevents animals from eating all of it and make them eat many different types of greens instead. The toxins are not dangerous as such but if you have had a lot of one type your body will tell you that you have had enough. Luckily different types of greens have different types of alkaloids so if you rotate it is not a problem. If you do get too much of something then just eat something else for a while and then it will taste good again later when you reintroduce it. In general I recommend that you use various types of greens during a week so that you use for example arugula, spinach, basil, parsley, romaine, kale, lemon melissa and iceberg lettuce in the same week. I know it can seem tempting to use e.g. baby spinach in each of your smoothies because it tastes so good. It is also easy to get hold of and super healthy but in the long run it is a bad idea. I have seen examples of people giving up drinking green smoothies simply because they no longer liked the one they always made and didn't know the reason. That is a pity when they could just have eaten something else for a while.

A little note here is that some greens like spinach are high in oxalate acids. Too much of this can provoke gallstones and kidney stones in people prone to stones. So this is yet another reason to remember to rotate your greens.

7. LISTEN TO YOUR BODY

The body is very wise and it knows what it wants and when it wants it. Therefore it is very important to learn to listen your body. Of course I don't mean when it is asking for unhealthy things like potato chips, coffee, cigarettes, candy, cheese, sodas, white bread etc. but more regarding what kind of fruits, vegetables and greens it wants. If you are a woman you may crave salty things at some point in your cycle because your body needs sodium to produce hormones. For this I recommend lots of celery in your smoothies. It is all about learning to listen to your body and give it healthy alternatives so it gets the nutrients it really needs.

TIP:

Lime or lemon taste great in a smoothie but be careful not to eat them every day as they can be very hard on your teeth.



THE 8 CLASSIC MISTAKES

There are some classic mistakes that people tend to do when they make their first green smoothies. Here is a summary:

Mistake number 1

Not blending long enough. A good green smoothie must be totally smooth without any lumps or large pieces of greens.

Mistake number 2

Adding oils, seeds, nuts, avocado, coconut fat or any other type of fat to the smoothie. Remember only fruit, water and leafy greens.

Mistake number 3

Adding too much water and too little greens and fruit. The consistency should be a bit like yoghurt.

Mistake number 4

Mixing too many ingredients. Remember to keep them simple.

Mistake number 5

Mixing green and red colours so they get brown and unappetizing to look at.

Mistake number 6

Mixing vegetables and fruit. Vegetables mixed with fruit can give you digestive issues so only use fruit and leafy greens.

Mistake number 7

That you place the blender in the cupboard and forget to make the smoothie every day. Or you only make a very small portion.

Mistake number 8

That you don't rinse your mouth with water after you have had your smoothie. You risk getting cavities if you leave the fruit sugar on your teeth.



A GREEN A DAY



...KEEPS THE
DOCTOR AWAY

I don't think that there is any doubt that a green smoothie is healthy and if you make them daily your health should slowly improve over time. Hopefully you can stop seeing your doctor as often as you used to and all in all it is a great way to get your daily vitamin and mineral 'pill' in a natural form.

VITAMINS AND MINERALS

Fruit is especially rich in vitamins while leafy greens are especially rich in minerals. Combined in a green smoothie you get a broad range of nutrients and the best part is that you will get them in a natural and easily absorbable form. If you look at a food pyramid the level with the most vitamins and minerals is the one with fruit, greens and vegetables. Together they contain the whole range and it is no wonder that your body loves them.

In the tables on the following pages I have tried to give an overview of what nutrients a green smoothie may contain and in what amounts. The data comes from the Danish food database 'DTU's fødevaredatabase' found on www.foodcomp.dk and from www.nutritiondata.self.com. For this I have made two different 1½ litres of green smoothies in my own blender jug and calculated the nutrients. One contains 500 g of banana, 150 g of spinach, 200 g of mango, and 10 g of fresh basil. The other one contains 250 g of blueberries, 250 g of blackberries, 200 g of banana, 150 g of apple, and 250 g of kale. Finally I have compared the amount of nutrients with the daily recommended intake from the Nordic nutritional recommendations and the Danish chemists - www.apoteket.dk.



GREEN SMOOTHIE

1

	500 g bananas *	150 g spinach*	200 g mango*	10 g basil	In total:
A	22.1 RE	523.5 RE	92 RE	55.4 RE	693 RE
B1 (Thiamine)	0.195 mg	0.142 mg	0.116 mg	-	0.453 mg
B2 (Riboflavin)	0.12 mg	0.36 mg	1.114 mg	-	1.594 mg
B3 (Niacin)	4.5 NE	2.1 NE	1.434 NE	-	8.034 NE
B5 (Pantothenic acid)	1.3 mg	0.45 mg	0.32 mg	-	2.07 mg
B6	1.495 mg	0.33 mg	0.268 mg	-	2.093 mg
B12	-	-	-	-	-
C	71.5 mg	81 mg	55.4 mg	1.8 mg	209.7 mg
D	-	-	-	-	-
E	2.75 a-TE	4.35 a-TE	2.24 a-TE	-	9.34 a-TE
Folic acid (B9)	190 mcg	330 mcg	142 mcg	7.2 mcg	669.2 mcg
Biotin (B7)	27.5 mcg	2.4 mcg	-	-	29.9 mcg
K	-	840 mcg	-	43.6 mcg	883.6 mcg
Iron	1.2 mg	6.75 mg	0.48 mg	0.4 mg	8.83 mg
Zinc	0.88 mg	1.65 mg	0.158 mg	-	2.688 mg
Iodine	2 mcg	5.1 mcg	0.64 mcg	-	7.74 mcg
Phosphorus	136.5 mg	61.95 mg	31 mg	5.8 mg	235.25 mg
Selenium	5.2 mcg	0.15 mcg	1.2 mcg	-	6.55 mcg
Magnesium	138.5 mg	39 mg	18 mg	6.8 mg	202.3 mg
Copper	0.55 mg	0.109 mg	0.22 mg	-	0.879 mg
Chrome	0.85 mcg	13.95 mcg	-	-	14.8 mcg
Manganese	1.2 mg	2.55 mg	0.054 mg	0.2 mg	4.004 mg
Calcium	22 mg	193.5 mg	28 mg	18.6 mg	262.1 mg

* © Fødevaredatabanken, version 7.01, 2012.

	250 g blueberry*	250 g blackberry*	200 g banana *	150 g apple*	250 g kale*	In total:
A	2.7 RE	27 RE	8.84 RE	3.12 RE	1052 RE	1093.66 RE
B1 (Thiamine)	0.075 mg	0.062 mg	0.078 mg	0.024 mg	0.375 mg	0.614 mg
B2 (Riboflavin)	0.075 mg	0.062 mg	0.048 mg	0.016 mg	0.725 mg	0.926 mg
B3 (Niacin)	1.457 NE	1.292 NE	1.8 NE	0.225 NE	9.95 NE	14.724 NE
B5 (Pantothenic acid)	0.4 mg	0.995 mg	0.52 mg	0.15 mg	2.5 mg	4.565 mg
B6	0.15 mg	0.20 mg	0.598 mg	0.076 mg	0.875 mg	1.899 mg
B12	-	-	-	-	-	-
C	110 mg	452.5 mg	28.6 mg	11.55mg	422.5 mg	1025.15 mg
D	-	-	-	-	-	-
E	-	5.25 a-TE	1.1 a-TE	0.82 a-TE	13.5 a-TE	20.67 a-TE
Folic acid (B9)	15 mcg	20.5 mcg	76 mcg	13.5 mcg	150 mcg	275 mcg
Biotin (B7)	-	6 mcg	11 mcg	0.45 mcg	90 mcg	107.45 mcg
K	-	-	-	4.5 mcg	625 mcg	629.5 mcg
Iron	2 mg	2 mg	0.48 mg	0.186 mg	5 mg	9.666 mg
Zinc	0.25 mg	0.725 mg	0.352 mg	0.048 mg	1.55 mg	2.925 mg
Iodine	3 mcg	3.75 mcg	0.8 mcg	0.3 mcg	3.5 mcg	11.35 mcg
Phosphorus	22.5 mg	119.7 mg	54.6 mg	26.1 mg	184.75 mg	407.65 mg
Selenium	-	2.75 mcg	2.08 mcg	0.376 mcg	5.25 mcg	10.456 mcg
Magnesium	17.5 mg	55 mg	55.4 mg	6.6 mg	50 mg	184.5 mg
Copper	0.275 mg	0.247 mg	0.22 mg	0.042 mg	0.227 mg	1.011 mg
Chrome	2.5 mcg	2 mcg	0.34 mcg	0.45 mcg	20.75 mcg	26.04 mcg
Manganese	8.25 mg	0.775 mg	0.48 mg	0.07 mg	1.25 mg	10.825 mg
Calcium	37.5 mg	147.75 mg	8.8 mg	5.77 mg	547.5 mg	747.32 mg

* © Fødevaredatabanken, version 7.01, 2012.

GREEN SMOOTHIE # 2

OVERALL RESULT

		Nordic nutrient recommen- dations per day (ADT) (women / men)	3 litres of green smoothie
A	😊	700 / 900 mcg RE	1.786 mcg RE
B1 (Thiamine)		1.1 / 1.4 mg	1.06 mg
B2 (Riboflavin)	😊	1.3 / 1.7 mg	2.52 mg
B3 (Niacin)	😊	15-19 NE	22.7 NE
B5 (Pantothenic acid)	😊	cf. apoteket.dk: 6 mg	6.63 mg
B6	😊	1.2 / 1.6 mg	3.99 mg
B12		2 mcg	0 mcg
C	😊	75 mg	1.234 mg
D		7.5 mcg	0 mcg
E	😊	8 / 10 a-TE	30 a-TE
Folic acid (B9)	😊	300 mcg	944 mcg
Biotin (B7)	😊	cf. apoteket.dk: 50 mcg	137 mcg
K	😊	cf. apoteket.dk: 75 mcg	1.513 mcg
Iron	😊	15 / 9 mg	18.4 mg
Zinc		7 / 9 mg	5.6 mg
Iodine		150 mcg	19 mcg
Phosphorus	😊	600 mcg	642 mg
Selenium		40 / 50 mcg	17 mcg
Magnesium	😊	280 / 350 mg	386 mg
Copper	😊	cf. apoteket.dk: 1 mg	1.89 mg
Chrome	😊	cf. apoteket.dk: 40 mcg	40.8 mcg
Manganese	😊	cf. apoteket.dk: 2 mg	14.8 mg
Calcium	😊	800 mg	1.009 mg

So as you can see from the overall result on the previous pages you can get most of the recommended levels of nutrients just by drinking 3 litres of green smoothie a day. In this example with 3 litres you get more vitamin A, B2, B3, B5, B6, C, E and K plus folic acid and biotin than what is recommend as a minimum daily intake. The same goes for iron, phosphorus, magnesium, copper, manganese, chrome and calcium so all of those have a yellow smiley added in the table. B1 is not far below the recommended levels and I do get some zinc as well. It is only iodine and selenium that is low but taken into consideration that the 3 litres of smoothie is only meant as part of my daily food intake I will eat more. So on top of the smoothies you can add all the other things I may eat during a day and all of the amounts will then be higher. If you add both vegetables, more fruit and perhaps some nuts and seeds I will easily meet the daily recommendations for most of the vitamins and minerals.

That said, there are two vitamins that I will not get at all and those are B12 and vitamin D. Both of these take special attention no matter whether you are a vegan or a meat eater. The primary source of vitamin D is the sun but if you live in a northern country like Denmark where the sun and daylight is limited during the winter months it can be impossible to get enough. 15-20 minutes of direct light or sunshine on your skin every day should in theory be enough but it can be hard to get on a grey and rainy winters day in Denmark. Even people who eat animal products may be insufficient in vitamin D so do take a supplement unless you live in a place with lots of sunlight all year round.

B12 I found both in some organic soil, in our colon and in meat and fish and you can store B12 for a couple of years in your body. Unfortunately at some point these reserves may get depleted and I recommend that you take a supplement in the form of hydroxocobalamin or methylcobalamin. Even meat eaters can get B12 deficiencies due to poor absorption or stress and the symptoms can be tingling in your fingers, loss of feeling in the fingertips, neurological symptoms or memory problems.

TIP:

According to Cronometer, com the 3 litre example contains:

1.447 calories

30,2 g protein

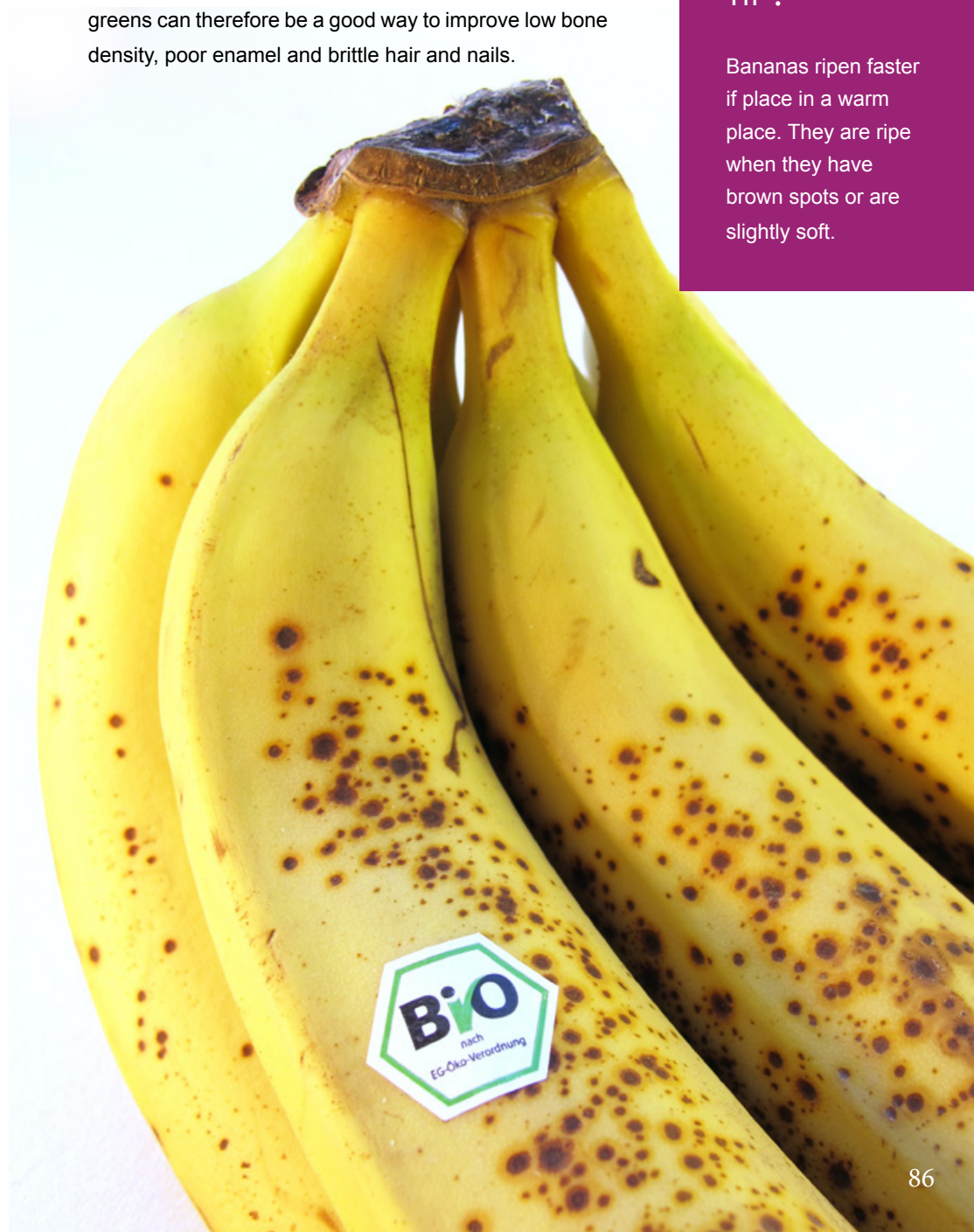
356,8 g carbohydrate

8,6 g fat

Some people get really surprised that they can get large amounts of calcium through greens. Large amounts of greens can therefore be a good way to improve low bone density, poor enamel and brittle hair and nails.

TIP:

Bananas ripen faster if place in a warm place. They are ripe when they have brown spots or are slightly soft.



MORE REASONS



VICTORIA'S RESEARCH

Besides a lot of vitamins and minerals leafy greens contain many other important nutrients. Some of these are enzymes, fibres, chlorophyll, antioxidants, omegas, and amino acids (building blocks for proteins). The Russian green smoothie expert Victoria Boutenko has made some extensive research on the contents of leafy greens and their effect on the human body. This includes scientific reports, studies on wild and captive chimpanzees plus personal experiments. In this chapter I will try to sum up some of the most important discoveries she made.

PROTEINS

It is an old myth that we only get proteins from meat and leafy greens can actually be a good way to get your daily "proteins". According to Victoria Boutenko leafy greens are just as rich or sometimes even richer in amino acids per calorie than chicken, fish or red meat. The reason why people don't know this is probably because most people don't eat that many greens and so the amount of amino acids they get are not significant in any studies. According to Victoria there hasn't been very much research done related to all the various types of leafy greens either because we tend to eat so little of them.

A protein is made up of a chain of amino acids so amino acids are what you could call building blocks for proteins. An essential amino acid is one that the body cannot make itself and you can find all 8 essential amino acids in leafy greens. Each type of green has different amounts of the various amino acids in it so if you rotate your

greens on a regular basis you can ensure that you get all of the essential amino acids over time.

Amino acids in greens are easy for the body to break down and absorb and if you eat enough blended greens you should not fear protein deficiency. One way you can tell if you get enough or not is if you get cravings for unhealthy foods. In the beginning when you change your diet it is normal to experience a lot of cravings but after a period with large amounts of blended greens they should get less and less. The main reason for this is that the body gets the nutrients it needs including amino acids. Another way of testing this is the mood. People with depression tend to be lacking amino acids and normally get happier when they drink green smoothies in large amounts.

TIP:

Leafy greens, peas, and nuts are all good sources for proteins.



ACID AND ALKALINE

We probably all know acid and alkaline from chemistry lessons in school but it is actually possible to measure the pH values of the body too. Your urine and saliva pH is dependant on the food you eat and the life you live. The healthier you live the more alkaline you tend to get because a lot of fruits, veggies and lettuces have an alkalising effect on the body (unless you stress a lot). On the other hand conventional Western food which most people eat tends to have an acidis affect on the body. So things like meat, eggs, fish, refined sugar, rice, cheese, coffee, alcohol and smoking are all making our bodies more acid. Stress is also a huge contributor in making the body acidis but why is this important you may wonder? A man named Otto Warburg was given the Nobel price because he discovered that cancer only thrives in anaerobic and acides environments. In other words he discovered, that the biggest course of cancer was an acides body. So a way to make an ill body more well is to make it more alkaline and this is where the green smoothie comes in. Leafy greens are rich in alkalising minerals like calcium, iron, magnesium etc. So if you eat more fruit and large amounts of leafy greens your body should slowly become more alkaline. The various fluids in the body has various pH levels but you

can easily measure the pH of your spit or urine. All you need is some colour-coded litmus paper that ranges from 0-14 pH. You should be able to get it in a health store or online. A suggestion is to measure your spit and urine first thing in the morning when you wake up, before you have eaten or drunken anything. You simply tear a piece of the paper and pee or spit on it. A value of 7 is neutral so if your reading is higher than 7 you are alkaline and lower than 7 then you are acides. An alkaline body will be less toxic, more oxygenated and have a better immune system. That is why greens are so important if you want to get well naturally.

STOMACH ACID

Another amazing factor about leafy greens is that it can help increase the amount of stomach acid. A lot of people in the Western world have low amounts of stomach acid due to stress and this makes it harder for the body to break down and absorb food properly. Through chewing and the digestive fluids food should be broken down into 1-2 millimetre large particles in order to be absorbed in the intestines. Deficiencies and malnourishment may occur if they are not. Many ill people may have low amounts of stomach acid and therefore it is even more important for them to blend their greens. The blender simply helps break down the greens into particles. According to Victoria Boutenko a long list of diseases have even been caused by

TIP:

It can be hard to make cilantro taste good in a green smoothies. It works better in salads and green soups.

too little stomach acid including eczema, chronic fatigue, sclerosis, arthritis, asthma, osteoporosis, psoriasis and rosacea. Grey hair should according to her also be caused by deficiencies caused by poor absorption and that is why some people get parts of their hair colour back when they start to drink green smoothies.

A way to test if you have enough stomach acid is, according to Victoria to eat a lot of beetroots and see if you can recognise it when they appear in the toilet afterwards. Are the urine or faeces slightly red you may have too little stomach acid. Some other signs can be burping or farting after a meal. It may also be a dry mouth, bloatedness, and acid reflux during or after a meal. If you tend to have constipation, diarrhea or undigested food in your faeces then low stomach acid may also be a possible cause.

It takes a normal amount of stomach acid to digest leafy greens so a lot of people will have problems digesting green smoothies in the beginning. That is why I suggest they step up the amount of greens slowly. It is simply too hard to digest if the

stomach is not used to it. Luckily your stomach will slowly adopt and get used to the greens and they will also help improve your digestion in general. The leafy greens simply help stimulate the production of digestive enzymes and over time you will be able to consume larger amounts of leafy greens. Over time you may also desire more and more greens and maybe even get addicted like me.

After a couple of months with daily green smoothies your digestion and elimination should have improved and if you do the beetroot test again you should see significantly less red colour in the toilet. A healthy digestion is essential for a good health and as the saying goes 'a good health starts in the stomach'.

TIP:

If you can't afford or find organic fruit then choose fruit with a peel. Most pesticides sits on the outside so by removing the peel you should get less.

FIBER

Why not juice your greens instead of blending them you may wonder. The strength of blending instead of juicing is that you also get the fiber which are very important. Meat, dairy, poultry and fish do not contain fiber but plants do. Fibers are important for your digestion and they also have a stabilizing effect on the absorption of fruit sugar.

There are two types of fiber. Soluble and insoluble fiber. You can find the soluble fibers in things like fruit and peas and the consistency is a bit like gel. You find the insoluble fibers in things like leafy greens, nuts and seeds and their consistency is more like that of a sponge.

The insoluble fibers are especially interesting because they act like a sponge and sponge up the toxins on their way through the intestines. They simply take the garbage with them on their way to the exit and that is why insoluble fibers are important for our detoxification. If you don't have enough insoluble fibers in your diet your body may start to use your skin to detoxify and so it becomes dry and rough.

Wild chimpanzees get around 200 g of fiber a day or more because they eat so many leafy greens. A human adult on a regular Western diet gets an average of 20 g of fibers a day and our standard diets tends to be very poor in this regard.



The recommended Danish daily intake of fiber for an adult is between 25-35 g, but according to Victoria we should actually eat between 30-50 g of fiber every day. One litre of green smoothie has approximately 12-18 grams of fiber in it so if you make 2-3 litres a day you are getting closer.

Finally I would like to add that if you for some reason have to choose between no leafy greens and juiced greens I would always recommend to juice them. It is better to get some of the benefits without the fibers than not getting them at all. This may especially be relevant for people with Crohns and Colitis who may have to avoid too many fibers.

OMEGAS

When we think of omega 3 most you probably think of fish oil and flax seed oil. But what few people know is that you can also get your omegas from fruit, greens and vegetables (in smaller amounts). Leafy greens is actually the second highest vegan source of omega 3 after flax seeds so that is yet another reason to eat more leafy greens.

A lot of people are worried that they don't get enough omega 3 in their diet and so they reach for the supplements. The problem though is not that we are getting too little omega 3 but that we are getting too much omega 6. What matters is the balance between the two so if you get a lot of omega 6 you will have to consume more omega 3. The ratio should be somewhere between 1:1 and 1:4 of omega 3 to omega 6. The problem is that in a standard Western diet the ratio is often 1:10

because of the things people eat and that is why they are encouraged to add more omega 3. But instead of adding more omega 3 and drown your body in refined oils, it is far better to cut down on omega 6 in the diet. Omega 6 is found in things like nuts, grains, margarine, grain bread, beans, eggs and meat where as things like romaine lettuce, arugula and spinach are rich in omega 3. In general there tend to be more omega 3 than 6 in leafy greens and by eating them you can help establish a healthy balance in your body.

CHLOROPHYLL

Chlorophyll is found in plants and you could call it liquid sunshine. It is what gives the plants the green colour and it is important for them in order to use the suns rays for photosynthesis. Actually there is only one molecule different compared to the human blood and you could call it the blood of the plants. Chlorophyll has a lot of positive benefits on the human body. It improves the immune system, the stomach and your energy. So that is yet another important reason to get leafy greens in your diet, especially in the blended form.



THE ROAD TO HEALTH



BUMPS ALONG THE WAY

You may get a lot of positive results if you drink a lot of green smoothies on a regular basis but you also have to know that it can be a bumpy ride. Health doesn't appear overnight and the body needs to detox and repair first which can give a lot unpleasant symptoms in the beginning. This chapter is about what you may experience when you change your diet and also about what I experienced myself.

WHEN THE CLEAN UP BEGINS

Some call it a healing crisis or a herxheimer reaction and other call it detox symptoms. In any case the fact is that you may experience some detox processes in your body when you start to eat more fruits, vegetables and lettuce than you previously did not consume. How bad it gets depends on the health of your body and its' vitality. Fairly healthy people may only get a brief headache or a cold for one day or perhaps nothing at all. Fairly ill people will most likely experience more symptoms and for a longer time.

Some of the classic symptoms you may get for a while can be things like headache, nausea, fatigue, loss of appetite, poor digestion, farting, burping, upset stomach, cloudy bran, flu like symptoms, sensitive teeth, gum infections, runny nose or mucus. Thing that you have previously suffered from may also come back for a while or what you suffer from now may get worse for a while. It may also be old emotions that flare up or generally just a very emotional period where you feel like crying. This is all very normal so don't worry. You may not experience all of these thing but perhaps only a few of them. In most cases you shouldn't do anything about the symptoms and just let them pass on their own. Of course you have to be sure that they are not caused by lack of water, calories or too much fat in your diet but if not then just let them run their course. They are in most cases an important part of the healing process.

How bad the detox gets depends on how you eat. If you start slowly and add a small green smoothie with a tiny amount of greens daily it should not get too bad. But if you go fully raw from one day to the other without a transitioning period and at the same time add huge amounts of greens your detox may be too hard to handle. So in order not to get discouraged I suggest you start slowly and gradually add more fruit and blended greens into your diet.

In the middle of the detox you may also experience some more pleasant thing where symptoms suddenly disappear and you feel amazing. Perhaps old symptoms suddenly disappear for awhile and you may also get increased energy or



TIP:

The stalks from celery are viewed as leafy greens and the organic ones tend to taste less 'sharp'.

even the feeling of euphoric happiness. How long the various periods lasts will be very individual and it is as if the body is testing the ideal state that will come after the detox is over. If you are really ill and therefore choose to go 100% raw the detox may be a long and tough period. But don't give up and instead appreciate that your body is cleaning up the mess inside. When you clean up at home you know that there is dust and dirt all over while the cleaning is happening but afterwards everything will be cleaner than it was before. The body simply needs to make the symptoms in order to clean itself and it will start wherever it is needed the most.

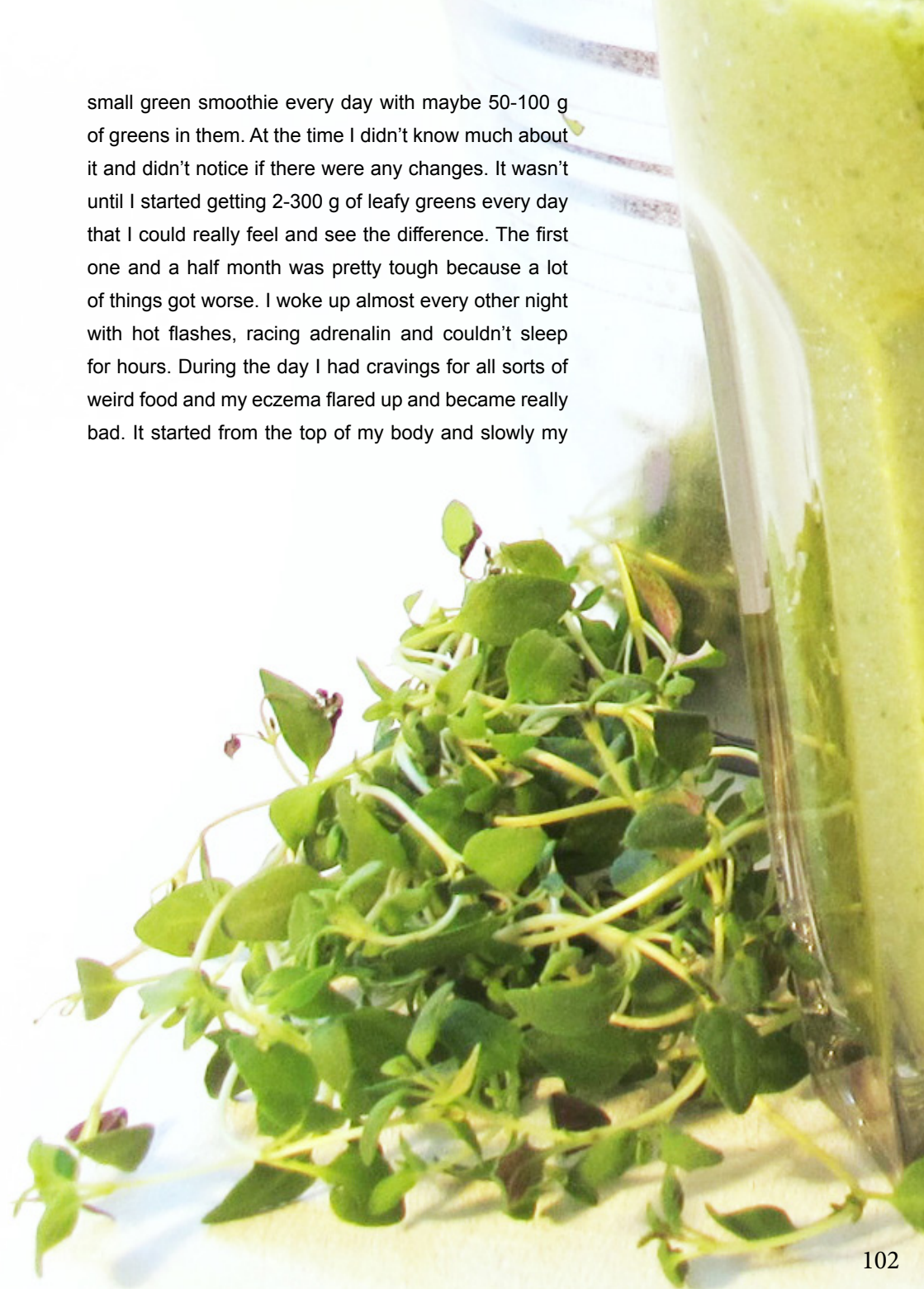
Some of the most classic things people seems to experience are sleeping problems, sensitive teeth, increased cravings and skin issues but generally these things also seems to be the ones to improve a lot after the detox. Again of course it depends on each person and for some people it may take a few days or a week and for others perhaps even years. Most importantly is that it can be done but it does take time and patience.

When you start detoxing it is important that you drink a lot of water and I mean A LOT. Drink so that your urine is clear or at least pale yellow. Of course the morning urine may always be a bit darker but during the day you should try to keep it very clear. That way you help the body get rid of the toxins and keep it hydrated. If you get tired then listen to your body and take a nap and get a lot of sleep during the night. If you on the other hand experience lots of energy then you can go and exercise or go for long walks because moving the lymphatic system will help the detoxification too.

WHAT I EXPERIENCED

When I first started drinking green smoothies in large amounts daily I experienced a lot of symptoms that got worse and I entered a new period of detoxing. This was despite the fact that I had already been on the fruity diet for little over one and a half year and already felt pretty good. 10 months into the diet I started to make a

small green smoothie every day with maybe 50-100 g of greens in them. At the time I didn't know much about it and didn't notice if there were any changes. It wasn't until I started getting 2-300 g of leafy greens every day that I could really feel and see the difference. The first one and a half month was pretty tough because a lot of things got worse. I woke up almost every other night with hot flashes, racing adrenalin and couldn't sleep for hours. During the day I had cravings for all sorts of weird food and my eczema flared up and became really bad. It started from the top of my body and slowly my





skin became very dry and like that of an elephant. It was on my back, thighs, face, neck, body, hands - well almost all over when it was at its' highest and it sort of came in waves.

A lot of other old symptoms would flare up for a day or three but after that they would completely disappear. They came slowly one by one and I noticed everything I experienced. During app. 2 months I experienced brief flare-ups of: dental infection, mucus in my throat and mouth, a burning sensation in my arms and hands, hair loss, nails breaking, dehydration and dried out mucus membrane, pain in my ear, pimples, more wrinkles, burping and wind after meals, swollen lymph nodes, coughing with mucus, fatigue, headaches, bloated, tendency to stress easily, yellow puss on my face, painful cracks in my fingers, sore glands under my tongue, hints of gout in my foot, feeling sleepy during the day, itchy eyes, brain fog, problems with my short term memory, low back pain, changed taste, stomach pains, fluid retentions, light pains in my right kidney and liver area. Cramps in my feet, itching birthmarks, and irritation in my throat. These things all came very briefly - maybe for a day or two and after that I didn't see them again. Some symptoms stayed a bit longer and besides my eczema I was really cold even if I perspired. My cravings for salt and especially soy was so big that I felt like drinking it. For a while I got more than 450 gram of blended greens every day and I could really feel it, especially on my

skin. The detox got worse the more greens I added to the blender so I could control the detox process myself.

All of my many symptoms may sound like a pretty tough time but bear in mind that I had been extremely ill previously. Therefore my detox is likely to have been way more extreme than what most people will experience. So what you might experience may not even be half as bad so don't let this keep you from giving it a chance. Today I have no symptoms when I drink green smoothies and luckily all of the symptoms have completely disappeared. It didn't take more than 1,5 months with 300 g of blended leafy greens daily before I could suddenly sleep all through the night without waking up. Today I sleep just as good and sound as I did when I was a kid, even if I have been up to pee during the night. My eczema is the only ting that is still there but in all other places besides my hands and inner elbows my skin is softer and nicer than ever before. I don't know when it will clear completely but in general what you have suffered from the longest will probably take the longest to heal. My eczema started when I was one and a half years old so it could still take

TIP:

Mangoes should be soft like an avocado. Remember to wash them before use as a sticky gue from the stem can give you stomach pains if accidentally eaten.



a while. Most of my cravings have also disappeared because I'm getting a lot more minerals in my diet. After a while I also started to look younger with less wrinkles and a few freckles and brown spots disappeared. Hormonally speaking I also experienced quite a lot of improvements. I used to have what is called a 'birth mask' on my face. It was large areas along the jaw and in my forehead where I had brown melanin spots. That has completely disappeared too but that is not the only symptom of improved hormones. My breast became firmer and youth like and pimples have become way more rare.

My energy is also a lot better now and I can run 3 km. For some this may not sound like a lot but for someone who used to have so severe adrenal fatigue that she couldn't walk 10 steps it is a huge improvement. My gums are also super healthy according to my dentist and my brain works way better. My hair is thick and beautiful, my nails strong and long, my gout is completely gone, my teeth no longer sensitive

and in general my body is way more alkaline. All the other previously mentioned symptoms have also disappeared and I can really feel how my body absolutely loves the greens every day even though I eat a bit less now.

On the following pages you will find a lot of delicious recipes so you can give green smoothies a try yourself. I really hope that you will get as many positive results as I have and please don't give up if the symptoms seems to get worse for a while. The body heals slowly but surely so be patient.

If you would like to get more help with the fully raw diet, the lifestyle, the detox process or green smoothies you are welcome to book personal coaching with me. Finally I would like to remind you that I'm not a doctor, researcher or dietician but a normal person who cured herself naturally. Your health is always your own responsibility and if you are ever in doubt please do consult your doctor. You can learn more about natural healing through my website www.fruitylou.com

HEALTHY GREEN HABITS

TIP:

The seeds in a watermelon will sink to the bottom of a blender if you blend it. So there is no need to remove them.



FOR A SOUND HEALTH

RECIPES

GREEN SMOOTHIES



I have tried to gather all the best green smoothie recipes I have made over time and organized them into groups according to which fruit they contain the most of. In general the recipes should be easy to make and contain things that are easy to get hold of in most Western countries. They also stay within the principles of being 'whole, fresh, raw, ripe and with low fat content'.



THE RECIPES

The recipes in this book are at a level between beginner and intermediate when it comes to amounts of fruits and greens. Over time you may have to adjust the amount of fruit and leafy greens in the recipes according to where you are in the process.

They have been made in a Philips blender jug that contains 1,7 litre and is intended as a meal for 1 person who is starting out on the diet. Over time you should be able to consume more fruits and more greens in a meal and you should always make sure that you get enough calories. For this you can use an online program like www.cronometer.com, and choose the '30bananasa-day.com/LFRV' setting. Over time you will be able to drink larger amounts of green smoothie and reach the amounts of blended greens that can really have an impact on your health.

Sometimes it can be nice to weigh your greens to get an idea about how much you are consuming each day. For this you can use a small kitchen scale but if you don't have one it may even be written on the package or wrapping around the lettuce.

In the recipes I use the term 'a handful' as a measurement because it does not have to be exact. It should make it a lot easier and that way you don't have to weigh your salad all the time. As each type of leafy greens have different weight it is impossible to say how many grams is in a handful. You may also wonder why the amount of fruit is so loose like e.g. 6-9 bananas. That is because the size of fruit can vary and it also depends on how much you are able to eat. If you can fit 9 bananas in it is great but if you can only fit 6 that is ok for now as well.

And finally, if you can't find the type of leafy green I suggest you can in most cases replace it with something else. Bon appétit.



◀ WITH ARUGULA

6-9 bananas
2-3 handfuls of arugula
the juice from 1/2 of a lemon
Some water

WITH ROSEMARY

6-9 bananas
1 small head of romaine lettuce
2 twigs of fresh rosemary
1 small slice of fennel (app. 2x2 cm)
Some water

WITH LEMON MELISSA

6-9 bananas
1 handful of lemon melissa (lemon balm)
2 handfuls of romaine lettuce
Some water





◁ BLUEBERRY & SPINACH

6-9 bananas
350 g blueberries
2 handfuls of baby spinach
some water

BLUEBERRY & PARSLEY

5-7 bananas
180 - 200 g blueberries
2 leaves from a head of lettuce
1 handful of parsley
8 leaves of fresh basil
Some water

WITH FENNEL

6-9 bananas
2-3 handfuls of goutweed
1 small slice of fennel (app. 2x2 cm)
2 dates
Some water





◀ BASIL & THYME

6-9 bananas
1 handful of fresh thyme
1 handful of fresh basil
1-2 handfuls of baby spinach
some water

WITH DILL

6-9 bananas
1-2 handful of fresh dill
1 handful romaine lettuce
some water

WITH CELERY

6-9 bananas
2 stalks of celery
2 handfuls of spinach
1 small slice of fennel
2 twigs of fresh rosemary or some parsley
Some water





◀ WITH PARSLEY

6-9 bananas
1-2 handfuls of parsley
2 handfuls of spinach
Some water

WITH COCONUT WATER

6-9 bananas
1 handful of fresh mint
2 handfuls of goutweed
the water from 1-2 young coconuts
Optional: some water

PARSLEY AND BASIL

6-9 bananas
1 handful of baby spinach
1 handful of parsley
1 handful of basil
Some water





◀ WITH CHIVES

- 2 mangoes
- 2 handfuls of chives
- 1 spring onion
- 1 head of romaine lettuce
- Some water

WITH PARSLEY

- 2 mangoes
- 150-200 g raspberry
- 3-4 peaches
- 3 leaves from a head of lettuce
- 1 handful of parsley
- Some water

WITH STINGING NETTLES

- 2 mangoes
- 3-4 sharon (kaki)
- 2 handfuls of stinging nettles (use gloves)
- Some water
- (takes a good blender or else it will burn a bit)





◀ WITH MINT

2 mangos
1 handful of fresh mint
2-3 leaves of kale
Some water

WITH BASIL

1-2 mangoes
2 handfuls of baby spinach
2 handfuls of fresh basil
Optional: 1-3 bananas
Some water

WITH LEMON BALM

2-3 sweet mangoes
5 dates
1/2 head of lettuce
1-2 handfuls of fresh lemon balm (melissa)
Some water





◀ WITH ARUGULA

- 2 sweet mangos
- 5 dates
- 2 handfuls of arugula
- 1 handful of dandelion leaves
- Some water

WITH SPINACH

- 2 mangos
- 1 apple
- 300 g strawberries
- 2 handfuls of baby spinach
- 1 handful of fresh mint
- Some water

WITH BASIL

- 1-2 mangoes
- 3-4 bananas
- 1 handful of iceberg lettuce or pea sprouts
- 1 handful of spinach
- 1 handful of basil
- Some water





◀ WITH LIME AND CILANTRO

2-3 mangoes

2-3 handfuls of cilantro

1/2 head of lettuce

1-2 lime

Some water

WITH PARSLEY

2 mangos

2 bananas

1 pear

2-3 handfuls of parsley

Some water

WITH FENNEL

1 mango

150 g of strawberries

3 bananas

3-4 leaves of lettuce or romaine lettuce

Some fennel (app. 2x2 cm)

Some water





◀ WITH LEMON BALM

1 honeydew melon
2-3 handfuls of lemon balm
2 handfuls of corn salad (Mâche)
Some crushed ice

WITH MINT

1/2 sweet watermelon
2 handfuls of mint
2-4 leaves of Belgian Endive or iceberg lettuce
Optional: some water

WITH CUCUMBER

1 cantaloupe or galia melon
1/2-1 cucumber
2 pears
2 handfuls of baby spinach
1 handful of fresh basil
Some crushed ice





◀ WITH MINT

1 honeydew melon
2 handfuls of mint
2 handfuls of baby spinach
Some crushed ice

WITH BASIL

1-2 sweet galia melons
2 handfuls of fresh basil
1 bowl of stinging nettles
Optional: some water and ice
(takes a good blender or else it will burn a bit)

WITH CELERY

1/2 watermelon
2 bananas
1 mango
4-5 stalks of celery
Some water





◀ WITH CELERY

1/2 pineapple
3 bananas
1 handful corn salad (Mâche)
1 orange
1 stalk of celery
Some water

WITH ROMAINE LETTUCE

1/2 pineapple
200 g of strawberries
2 peaches
1 banana
1 small head of romaine lettuce
Some water

WITH BABY SPINACH

1/2 pineapple
3-4 bananas
2 handfuls of baby spinach
Some water





◀ RED BERRIES AND FENNEL

- 300 g of strawberries
- 150 g of raspberries
- 2 pears
- 2 handful of lettuce
- 1 slice of fennel (app. 2x2 cm)

DARK BERRIES WITH KALE

- 150 g of blackberries
- 170 g of blueberries
- 2-4 bananas
- 1 apple
- 1 bowl of kale or baby spinach
- Some water

RED BERRIES AND BASIL

- 300 g of strawberries
- 150 g of raspberries
- 4-5 bananas
- 2-3 handfuls of baby spinach
- 1-2 handfuls of basil





◀ WITH SPRING ONIONS

- 2 apples
- 2 pears
- 4 dates
- 2 handfuls of baby spinach
- 1 spring onion or 1 handful of cut chives
- Some water

WITH PARSLEY

- 3 apples
- 2 bananas
- 1-2 slices of pineapple
- 1-2 handfuls of bok choy or iceberg lettuce
- 2 handfuls of parsley
- Some water

WITH DILL

- 4 apples
- 2-3 peaches
- 1-2 handfuls of fresh dill
- 2 handfuls of butternut lettuce
- Some water





◀ WITH DATES AND SPINACH

2-3 pears
10-12 dates
2 handfuls of baby spinach
Some water

WITH LEMON BALM

4 pears
1/2 cucumber
1 kiwi
1 head of lettuce
1 handful of lemon balm
2 bananas
Some water

WITH MINT

4-5 pears
4 bananas
1 handful of mint
2-4 leaves from a head of lettuce
Some water





◁ KIWI WITH PARSLEY

8 yellow kiwis
1/2 package of green grapes
2 handfuls of parsley
1 handful of baby spinach
1-2 mangoes
Some water

SHARON WITH PARSLEY

5 sharon (kaki / persimmons)
300 g of strawberries
1 handful of parsley
1/2 head of iceberg lettuce
Some water

PEACHES WITH MINT

3 bananas
4 peaches
1 mango
1 handful of mint
2 leaves of iceberg lettuce
Some water





◁ ORANGES WITH BASIL

4 oranges
1 slice of pineapple
1 handful of basil
1/2 head of lettuce
2 bananas
Some water

PEACHES WITH THYME

6 peaches
4 dates
2 handfuls of baby spinach
1 handful of fresh thyme
Optional: 2 bananas
Some water

PAPAYA WITH PARSLEY

1-2 papaya (no seeds)
4-6 bananas
4 dates
2 handfuls of parsley
Some water



◀ MANGO WITH CELERY

1 mango
4-6 bananas
1 handful of lemon balm
1-2 stalks of celery
1 handful of baby spinach
Some water

BANANAS WITH FENNEL

6-8 bananas
5-7 dates
1/3 - 1/2 head of iceberg lettuce
1 slice of fennel (app. 2x2 cm.)
3 leaves of mint
Some water

BERRIES WITH KALE

200-250 g of blueberries
200-250 g of blackcurrant
2-4 bananas
2-3 apples
2 handfuls of kale
Some water





◁ TINA'S FAVORITE

1/2-1 pineapple
2 handful of baby spinach
1-2 handfuls of lemon balm
Some water

JANIK'S FAVORITE FOR KIDS

2 apples
2 pears
2 bananas
2 handfuls of baby spinach
Optional: 1/2 orange
Some water

MORTEN'S FAVORITE

1/3 - 1/2 pineapple
1-2 handful of spinach
1 apple
170 g of blueberries
1-2 bananas
Some water





◁ WITH AVOCADO

350 g of sweet cherry tomatoes
1 red bell pepper
1 avocado
100 g romaine lettuce
2 spring onions
1 handful of basil
5 g chives
Juice from 1/2 lemon
Optional: garlic if you are not ill
Some water

WITH CUCUMBER

1 cucumber
1 apple
1 pear
1-2 handfuls of cilantro or parsley
1-2 stalks of celery
Some water

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