

## Beverages for Vibrant Energy

### Transcript

Hello and welcome. This is Dr. Ritamarie Loscalzo and we are here for our presentation on *Beverages for Vibrant Energy* in the *Energy Recharge* program. We are going to be talking about our Energy Recharge Beverages. These are beverages that can give you energy, increase your vitality, and help to repair and restore function to your body.

These are foods that are whole and natural, rather than the typical processed beverages that are so common in our society: soft drinks, alcohol, coffee, all sorts of drinks, even juices, fruit juices, bottled fruit juices. These are not foods that enhance your energy. The ones that we will be talking about today are the ones that absolutely enhance your energy. So let's begin.

As with most of my presentations, I'm going to be telling you that the information I'm presenting to you, isn't intended to replace one-on-one relationship with a doctor or a qualified healthcare professional. It's not medical advice. It's a sharing of my knowledge with you from my research and my experience from clinical, from seeing people, from reading literature, and experimenting on my family and myself.

I encourage you to make your own decision based on your research, using my input as part of that research, and also in partnership with your qualified healthcare professional, particularly if you are under the care of a professional and you are on medication or something similar. I just need to make that clear at the beginning.

Let's talk about Energy Recharge Beverages. There are seven different types of beverages that we are going to be covering and I would encourage you to experiment with the ones that you haven't yet experimented with. We are providing you with a beverage recipe guide that goes along with this presentation that you can play around with.

There are seven different types. The first one is what I call a Gut Rejuvenator Drink. It's a combination of essential oils, lemon and water, that you can take at the beginning of the day to help jumpstart your system. There is also flavored water, which I absolutely love to do. It's a way to get over the 'I need something flavorful and tasty on my tongue' because that's when you turn to those soft drinks and other artificially flavored drinks or fruit juices.

This is a way to get your water to taste really good, and not only encourage you to hydrate better (which was our lesson of last week), but to really enjoy the taste. The other thing we are going to look at is blended green drinks a.k.a green smoothies, but not necessarily green smoothies.

They may be green soups because they don't have fruit in them and they are more savory. We'll look at these. We will also look at powdered green drinks, which are powders of dehydrated green foods that you can put in a glass, or in a jar, and shake it up with water. You can take them on the run. We will look at green juice, which is actually done through a juice extraction machine. It gets rid of the pulp. It just takes concentrated nutrients.

Also chia seed energy drinks: chia seed is an amazing little seed and it's been used by the Aztecs and the Tarahumara Indians in South America as an energy drink that their athletes use before events. Then finally we'll look at some protein shakes, which ones are good, which ones are bad.

With each of these categories we will be looking at what are the benefits of this type of a drink, how you can make it, and the pros and cons. Some are very time consuming to make, others are very quick to make. There is always that tradeoff between ideal and real. Ideally, we are all making three quarts of fresh pressed green juice everyday that provides us with amazing plethora of nutrients that our body needs. In reality, we don't all have the time for that.

We are going to look at the trade offs. However, there are times and circumstances where it is better for you to make the time and that is when you have a really debilitating disease, like cancer or an autoimmune disease, and there is no other choice. There is no other way, because really only you can get your body in a state where it can be better.

In those cases you may be doing the things that you may not normally do just to maintain your health, or to improve your health in a general sense. Let's start with my favorite AM Gut Rejuvenator drink. This whole thing started after I attended an herbalist conference. We were talking about digestion and how the best way to get your digestion jumpstarted in the morning is with this Gut Rejuvenator drink.

You basically put peppermint oil, lemon oil, the juice of a fresh lemon (it could be a lime if you choose) and water. This is my particular recipe because I make a big batch of it. You may not want to make a big batch. Maybe you'll only make 16 ounces of it and you can cut everything in half. The ingredients listed here on the slide are 32 ounces of water, the juice one lemon or lime, two drops of peppermint oil, two drops of lemon oil.

If you are only going to have 16 ounces, then you would want to cut the drops of lemon oil and peppermint oil down to one drop each, and use the juice of half a lemon. If you are only having 8 ounces at a time, make two batches together: make a 16-ounce batch and save some for the next day.

Quite frankly, I love to sip this drink. I generally make sure that I take in at least 12 to 16 ounces first thing in the morning before I put any food in my system.

Oftentimes, the rest of it I sip throughout the morning. It's very easy to make. You put the water in a jar or a cup. I prefer mason jars; 32-ounce mason jars with the wide mouth lids. I put the water in there, I add the lemon, I add the peppermint oil and lemon oil, shake it up really well and then I drink it, and it's really good. They break down fats, they help to de-clog your digestive tract and make it ready for you to absorb your food, really awesome drink.

One variation on the Gut Rejuvenator drink happened to occur when I had a really good friend visiting me from out of town and I shared this drink with her and she loved it.

But then she got to look at my collection of essential oils and she asked, 'Why do you always just use peppermint and lemon?' I explained about the oils being helpful for the gut in the morning. And she said, 'Well let's experiment, let's try some others.' So she started putting basil in her water.

After that, every time we'd get a glass of water throughout the day, we put different essential oils in it, and we played around and we came up with some nice recipes. I've shared a few of those recipes in the PDF file that accompanies this. Here is one general way to do it: take 32 ounces of water (or 16 if you want less), the juice of ½ - 1 lemon or lime, and then add anywhere from 1 to 4 drops of essential oil (any combination).

I wouldn't go above 4 drops of essential oil for the 32 ounces because essential oils are very strong and you don't want to make it too strong. Same as before, you put it in a mason jar, you put the lid on, you shake it up, or you put in a glass and you stir it up with a spoon.

For those of you who are weaning yourself off sodas or soft drinks, and you really like that sparkling, get yourself some good sparkling water and you can pour that into the beverage instead of regular water, or half and half with regular water. That way you have this soda-like concoction that you can sip throughout the day.

If you really want something sweet, add a few drops of concentrated stevia to the mix, and shake that up and then you'll have a sweeter tasting beverage. I personally just love the flavors of the essential oils and I've tried many combinations.

I've come up with some combinations that I really like and one of the things that you will see in the recipe guide is one called the 'Italian Immune' drink. I call it immune because it's got the thyme, oregano and basil oils in it, and these are antiviral and very supportive of your immune system. There is also a Thai one in there that has lemongrass and basil, and there are any numbers of combinations depending on what essential oils you have.

I've actually given it to you in your PDF. Here is the 'Italian Immune Booster Water': 32 ounces of water, 2 drops of basil, one drop of oregano, one drop of thyme, shake it or stir it. It's delicious, absolutely delicious. So let's talk about blended green drinks a.k.a green smoothies. As I said earlier it's not necessarily a green smoothie. It might be a green soup.

It might be a savory beverage that you may not want to call a smoothie because it doesn't have fruit.

There are several ways that you can do this. When introducing green smoothies, people usually start with more fruit than greens so about 60% fruit 40% greens, has a nice yummy flavor, very easy to get used to, great for kids. If you do not have Candida issues that you know of, if you don't have digestive issues that you know of, if you don't have blood sugar issues, then this is the way to go.

But if you tend towards having problems with yeast overgrowth, with digestive upset or with blood sugar irregularities (ups or down or have a family history of diabetes), or yourself have been told you have either diabetes or pre-diabetes, also known as insulin resistance, then I would recommend that you go for the less sweet versions.

There are a number of recipes in the recipe guide. There's also a lot of those recipes in the green cleanse that you will be getting access to within the next month or so in the program. The other way to do it is to shift the ratio 40% fruit and 60% greens and still not be concerned about the type of fruit. Some of those may have bananas, pineapples and grapes, which are very sweet fruits.

If you do have an issue with sugars, with Candida or with blood sugar, then I recommend the very low fruit smoothies and the low glycemic ones; we have some recipes for that. Then there are the no sweet fruit, where you can add tomatoes, cucumbers or even red bell peppers in your smoothies to give them that sweet kind of a flavor.

You can also use lots of herbs and spices to give them a really nice flavor. So what's the benefit of blended greens? Well, when you break the cell walls with the blade of your blender it releases a lot of the nutrients that you may not be releasing when you chew. Quite frankly most of us do not chew well enough. We don't chew till the food is completely dissolved, which means that we don't always release all the nutrients from the cell walls of the vegetables.

That's the advantage of blending; it makes it easier to eat large volumes. For example, I made a smoothie the other day, and I'm not recommending this smoothie necessarily for you unless you are hardcore already, but I put an entire 16 ounce box of prewashed baby arugula.

I used that version of it because I was short of time and it helps me to be able to get lots of veggies without having to do a lot of work with cutting and washing and all that. So I started with a 16-ounce box of prewashed baby arugula. I added to that a box of something called power greens, which is again prewashed baby greens containing greens like kale, collard greens, chard, and spinach.

I took a whole box of sunflower sprouts and a whole box of broccoli sprouts. I put that all in the blender. I put the juice of two to three lemons plus some ginger and avocado, and I blended that up. It was yummy, it actually was very tasty and I was taking in almost two pounds of greens.

It actually, because I didn't put water in it, didn't even fill up a full *Vitamix*. If you don't know what a *Vitamix* is, it is a high speed blender with very high capacity, it has a 64-ounce container, and I love to make a big batch of smoothie in there, and then drink it as my breakfast and lunch. Not to say I'm not eating any food. I would also eat salads and lots of other really yummy, delicious and nutritious meals that have nuts and seeds and veggies in them.

Blended cream drinks are really advantageous, a great way to get lots of greens in, a great way to up your nutrition, and they tend to fill you up so that it decreases your calories in case you are trying to drop some weight. Let's look at a couple of recipes. This one is an example of one of those beginner-type green smoothies with lots of fruit: about 60% fruit and 40% greens.

It starts with two cups of papaya, if you don't have access to papaya then use two cups of mango. You then add one whole fresh mango, or you can get frozen mango. You can add half a pineapple or you can get a bag of frozen pineapple, and then 3 to 4 cups of spinach. Now if you've made this a few times and you find that it's too sweet then you'd add more of the spinach.

Spinach is a great green to start with if you are just starting out with green smoothies because it's so mild. Other mild ones include Romaine lettuce (very mild), and most of the sprouts. Others, like kale and arugula, are stronger. If you're not used to making smoothies, you may want to start with a smaller amount to begin with and maybe mix it with spinach.

So maybe  $\frac{3}{4}$  spinach and  $\frac{1}{4}$  kale and then gradually increase it. I used to do that, I used to have a hard time getting a lot of kale in, but now I'm used to it. I've learned how to flavor it and it's, quite frankly, really yummy. Here is an example of a very low glycemic fruit smoothie. In fact the only real fruit in it is blueberries, and it's only one cup.

So it has blueberries, lemon, two cups of field greens or one head of romaine lettuce. Now you can increase that, but if you are just starting out, that's where I would start. You can increase that up to four cups of greens, which is what I really like. A medium avocado is optional. You can add fresh mint or two tablespoons of dried mint, and two to four cups of water. This is a really hearty, very creamy, but tangy smoothie because of the lemon and it's very low glycemic for most people.

If you tend towards blood sugar problems, we will be talking later in the course about how to measure your blood sugar and determine if you handle fruit okay in your smoothies.



Some people do wonderfully and some people actually have their sugars go up from drinking a green smoothie, in spite of the fact that you will hear a lot of people that say 'oh yeah you can have lots of fruit in your smoothies as long as you have it with your greens.'

Quite frankly I used to believe that and I've experienced that said. I had diabetics who'd been able to take sweet green smoothies just fine, whereas they couldn't take the fruit on their own. But each of us is individual, and as we go further and further through the program you're going to learn how to determine for yourself what works; sounds good?

Let's talk about one of my favorites of all times, 'Tomato Basil Green Drink'. This one has no fruit in it. Instead it has tomatoes, which are botanically considered a fruit, they are just not sweet in the sense of sugar sweet. It has two tomatoes, one cucumber, two stalks of celery, ¼ cup of fresh basil or you could use a tablespoon of dried basil, or as much as you want, to taste.

Two to four cups of greens your choice, one avocado, and one to two cups of water. And I want to say that your choice is always your choice in these recipes. Whenever you see a green smoothie recipe, you don't have to use the type of green that's listed in the recipe. You can always choose the type of green that you want to choose.

Then there is the avocado: one avocado gives it the creaminess. If you are concerned about the fat or working at dropping weight you could cut the avocado to a half of an avocado or a quarter of an avocado. Personally I add a whole avocado because if I don't then I don't get enough calories and my weight starts to plummet. Then blend everything and you can adjust the seasonings and lemon to taste. It's really divine.

Let's talk about what we do if we want to get some green drinks in us, but we are on the run. I'm on the run a lot. I'm sure you are on the run a lot. You're going back and forth. When I travel and I'm in airports, this is the way I get my greens in and they are powdered greens.

It's just a really easy way to get concentrated greens. They have been dehydrated, they are fresh, you buy a good brand, they are organic, and you just mix them up with water, be on the run and go. Some of them even come in single serving sized bags, or little foil packets for cooked meals on the run.

I'll always carry two or three of those little packets in my purse or my backpack wherever I'm going so that if I'm stuck, if a plane is delayed or I'm stuck between and I'm taking longer than I would like to get a meal, I can just pop one of these into a water bottle and shake it up and drink it. You can also add them to smoothies, or you can add them to protein powder shakes, and we'll talk about protein powder shakes in a little bit.

There are many tasty options, so many tasty options. If you find a green powder and it doesn't taste that great, that's where your essential oils come in.

Add a couple of drops of peppermint, add some lemon oil, add any of a variety of oils. I have a large variety of oils: anise, basil, cilantro, lemon, lime and lemongrass. I have so many of them and I can just play around with these protein powders and make them taste really great.

These powders are available online at all health food stores. As I go through the types I'm going to show you some of my favorite ones and some of the ones I've seen look good and maybe I haven't tasted all of them. I've tasted most of them and I'll let you know where you can get them, whether they are local health food store ones or online.

This is the *Amazing Grass* 'Green Superfood'. I see this all the time at the health food stores and I've had them in a little mini. This is actually mine opened up to taste, I did a taste study before I created these presentations. This green one also comes as a big bottle. I've never bought it that way, I always get the little packets and keep them in my purse.

*Amazing Grass* greens powders, you've got 'Wheat Grass', and Barley 'Grass & Wheat Grass'. There is *Garden Of Life*, they make a product called 'Perfect Food Raw' and this one is available at most local health food stores. There is a link on your PDF for you to get it.

*Health Force Nutritionals* makes a variety of green powders, and I have every single one of them. I love them and I use different ones on different days. I use these for variety. The 'Vitamineral Green' I use a lot. I love the 'Elixir of the Lake', which is a blue-green algae. In addition to making beverages, what I often do with these is sprinkle some on my salads. It doesn't change the flavor much and it adds a tremendous amount of nutrition.

Let's talk about juices. The pros of juices are loaded with nutrition, extremely loaded with nutrition. Cons are you need an expensive machine in order to juice. You need a juicer and juice extractors run anywhere from about \$100 at the low end up to \$2000 on the high end, so from a regular consumer perspective about \$500.

I have a *Green Star* juicer, which I absolutely love and I don't use as much as I would like to use because of the time it takes to make the juice and clean up. I do use it a two or three times a week. I love that juicer, it's a \$450 juicer but it's phenomenal at what it does. It takes wheat grass and green leaves and just sucks them through, you don't have to use a lot of effort.

There are other juicers for much less. *Breville* makes one and there are a whole bunch of different juicers. Maybe later on in the course we'll go through an equipment piece where we can show you some of the different juicers and food processors, and we'll do a review of all of them.

Here is one of my favorite juices and it's called 'Cool as a Cucumber'. It's got a zucchini and a cucumber, kale, lemon juice, ginger and (optional) a green apple.

I will say that I don't put the green apple in because my blood sugar is sensitive and I make it with more kale than in the recipe. But I've given you the consumer version of it. I actually put a whole bunch of kale in it and it's pretty yummy. I may add a little bit more ginger; I usually use a whole inch long piece of ginger. Ginger gives it a really nice flavor. It also is a really good anti-inflammatory.

One thing you have to watch for is, if you tend to have a hot constitution, you tend to be hot, then ginger is probably not a choice for you to use all the time.

We will talk more later in the program about how to determine your constitution: 'hot', 'cold', 'dry', 'wet', some of the constitutional indicators that Chinese and Ayurvedic medicine use to assess people and decide what kinds of foods are good for each person. We will be using some of those things later on in the program. This juice is wonderful.

Let's talk about our next category of *Energy Recharge Beverages*, which include 'Chia Energy Drinks'.

The ingredients for this one are: two tablespoons of chia seeds, a few drops of whatever essential oil you would like, the juice of one lemon or two limes (your combination), and then enough water to fill a quart sized mason jar about an inch from the top, so that you can shake it really well. Chia seeds, if they don't have enough room when you shake it, will clump up.

We'll learn a lot more about chia seeds in our lesson on essential fatty acids because they are an amazing source of omega 3 fats. They are also considered an energy beverage in many countries, the Aztecs and the Tarahumara Indians in South America, as well as other native tribes, have been using chia for a really long time in energy beverages.

They make what they call chia fresco where they will use something like this and they add sweetener.

You can do that if you want. I prefer not to use sweeteners and I think if you are in this program, and you are having energy issues, you probably shouldn't be using sweeteners, but stevia would work if you really feel like you want some sweetness to the beverage.

Personally I'm fine with the essential oils but everybody is in a different place with this. This is a wonderful drink. Not only is it filling, not only is it energizing and great for your endurance, but it also helps to lower your blood sugar. We will talk a lot more about chia when we come to our blood sugar balancing lessons. You can make so many different kinds of chia beverages. I will sit with it and sip it throughout the day.

Let's talk about protein powder drinks. We've got sprouted brown rice versus simple brown rice, is how I put it. Over the last couple of years sprouted brown rice powders have taken the market by storm. Brown rice powders have been around for a really long time.



Rice tends to be hypoallergenic. Although there are some people who are allergic to it. I have worked with them.

Sprouted brown rice tends to be more digestible because they sprout the rice before they extract the protein. You have a better amino acid profile because the protein has been broken down already. You can also get combinations: brown rice, hemp and pea protein, are common. I have also seen one blend from the *Sun Warrior* company called 'Cranberry Protein.'

That's a new one on me I've never seen that before. And there is one that also has sachinchi protein. Maybe that's one that's either the *Garden Of Life* or that might be *Vega* protein. Let me say a word about whey. A lot of people want to know about whey protein and I will just give you my opinion. There are other people who rave about whey protein.

My studies have shown that whey protein actually raises your insulin levels without raising your blood sugar levels. You may think that it's doing just fine in your body because the blood sugar isn't going up but because it raises your insulin levels it's still contributing to insulin resistance.

That's one of the reasons I stay away from it. It's also from animal milk, I don't know that they can guarantee that it's completely free of casein. Most of them don't and maybe one or two brands that do. Casein is the milk protein that's like glue and it's the milk protein that was found in a China study to be the one that's most carcinogenic.

I like to stay away from that. I think there are enough good proteins on the market that you don't need to have whey, although if it comes down to it, and you really feel strongly towards the whey, I would make sure it's a cold processed whey protein. So choose the vegan protein you like the best and that makes you feel the best.

I stay away from the animal protein powders just because they tend to be more contaminated than the vegan ones, the plant source. Although I have on occasion recommended a fish protein to someone who had a really severe leaky gut and nothing else was working. There is a protein powder that is made from white fish that helps with leaky gut.

There have been times when I have used it when people really needed it, but for the most part I think that I recommend more the vegan proteins. You want to alternate your protein powders to prevent from getting bored, and also to prevent you from getting allergies because these are proteins and protein is what your body becomes allergic to.

The other thing you can do is you can add flavors to your protein powder. On the bottle it may say 'put it in so much water, put the scoops in, shake it up and drink it'. Flavors just make it more exciting and interesting. Flavors like cacao and vanilla, and stevia and xylitol for sweeteners, and then your essential oils and your flavor extracts.

There is a company called *Medicine Flower* that actually makes flavor extracts from all sorts of things. Now I've got a whole bunch of them, I probably have almost everything they make to test them out and there are certain ones that I like better than others. Their chocolate is phenomenal. The cherry is exquisite. The hazelnut is just amazingly delightful.

The vanilla is pretty good, the almond is pretty good, the coconut is quite flavorful. The walnut is actually pretty good. As for the others they have, I'm neither hot nor cold on, they are just okay. But those are the ones that I really love the best; chocolate, vanilla, cherry, coconut, and hazelnut. Hazelnut is probably my all-time favorite, and hazelnut chocolate together is pretty amazing.

They can make any protein powder, any beverage, any nut milk, any green powder beverage work wonderfully for you. What I didn't say is why you want to be drinking protein powders. There are several reasons. One is, oftentimes in this busy life that we lead, we tend not to chew our food really well.

We tend to eat on the run when we are in a state of stress and our digestion isn't working properly. A variety of things affect your stomach acid and cause it to go down as you age. What happens when that occurs is that you don't digest your protein as well as you should. On the one hand it is better to get your food from whole food, your protein from whole plants, and there is abundance of it in your greens, hemp seeds, pumpkin seeds and chia seeds.

However, we don't always do that. As I mentioned, a quick, convenient way to get a good meal on-the-run is to take some protein powder and some green powder, put them in a jar, shake it up, and get a quick in-between meal so you don't have to resort to eating whatever happens to be around in a restaurant or airport, wherever you might be.

The protein powder drinks do taste better when you put them in the blender. I like to put them in the blender. I would put ice or frozen berries to get a smooth creamy one. You can put a little bit of avocado in there if you like and you can add a lot of flavor to that. I oftentimes put in a lot of medicinal herbs.

In our 'extras' segment we are going to go into some of the elixirs that we can make, and some of the herbs that we can add to our drinks that will make them more supportive of the adrenals, or the thyroid, or the gut. We'll go into a lot more of the detail about the various herbs when we get to the individual body system sections.

So let's look at some of the protein powders that are available. I love *Sun Warrior*. They have the 'Warrior Blend', which is a combination of pea, hemp and cranberry protein. Then they have the *Sun Warrior Protein*, which is the sprouted and fermented rice protein. In each of the different varieties, they have different flavors: vanilla, natural and chocolate. I love the *Health Force Nutritionals* (also called *Warrior Power Nutritionals*). They have natural and vanilla.

They also just came out with a chocolate, which I haven't tried yet, but they are excellent protein.

Of these, I think the natural is just the sprouted rice protein, whereas the chocolate also has some blue-green algae or chlorella (something green in it), and a little bit of hemp as well. Some people do really well on certain protein powders. Other people don't and they do well on different ones.

I know someone who does really well on the *Health Force Nutritionals* and then what happens when she takes the *Sun Warrior* (which seems to be very similar), she gets congestion in her nose. So really pay attention to which ones suit you best, as well as which ones taste the best. This is one I haven't tried yet (*Sprout Living* 'Epic Protein'). I put it in because I found it. It's raw, it's vegan, it's organic and it's something that I'm ready to try.

This one I also haven't tried yet, *Boku Super Protein*, and this is also supposed to be raw, and vegan, and organic. And we've got links for you in this presentation, and this presentation is also available to you as a downloadable PDF file. You can go in and you can click on the links if you are looking at it on your computer, or you can write them down and go to these links.

This is another one I haven't tried. It's an organic brown rice protein (from *Swanson*) but I don't think this particular one is sprouted. You will have to look into that to see. But we are including things for completeness. This is one of the new kids on the block (*Vega One*) and I really enjoy it. It has more than just the protein powder, it has extra greens and other things in there as well, and its flavor is vanilla chai, which I love.

It's got ginger and nutmeg and cardamom and all those wonderful chai flavors, but I think it's a little bit too sweet for me. It's got stevia as a sweetener so what I started to do was half this with some plain brown rice protein, or the Warrior Blend protein, and make a combination. I have also used the combination of chia seeds as a protein powder.

The thing you do need to watch out for, from my personal experience, is make sure you've soaked your chia seeds first and then you add your protein powder. Because if you put the protein powder in and then add the dry chia seeds they don't actually pump up the way they should. They just kind of get coated with the protein powder and it's kind of slimy and not very appetizing.

This is another one that I haven't tried (*Juvo Raw Green Protein*). It's got a lot of green proteins in it: leafy green proteins, green powder, plus the protein powder. Another one is *Peaceful Planet*. They've had protein powders on the market for a very long time. They had pea protein and now they have this 'Inca Meal', which is sprouted rice protein but they still have their pea protein as well.

Chia is not technically a protein powder, but there are some protein powders that have some greens in them with the chia. And it makes for a really, really nice on-the-run beverage. You can see these little packets of single serving size that you can carry around with you again. When you are travelling it really works well.

And that's it. I am really excited about all these different beverages that you will have an opportunity to try. And I encourage you, as an action item for this week, to pick something you haven't done before. Pick a particular type of beverage that you are interested in trying, and go for it.

The other action item I would encourage you to do would be to make sure you have some sort of green drink every day. That could be a green juice, a green smoothie, or a green powder beverage. I would encourage you to do it every day and work yourself up to between a quart and two quarts a day. When you start to do this your level of health and energy just dramatically rises. Thank you so much for being here and we will see you soon.