

Greens: Your Key to **Vibrant Health**

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The Incredible Health Benefits of Greens

So what's the big deal about greens?

Greens are packed with nutrients, especially vitamin C, vitamin B6, calcium, iron, zinc, folate, lutein, beta carotene, chlorophyll and protein. **Yes, protein.** Greens contain a large percentage of calories as protein.

As you can see from the chart on the next page, one bunch of kale supplies above the recommended daily allowance for many of the essential amino acids, the building blocks of protein, and close to the RDA for many others -- all in roughly 225 calories.



Kale's Nutritional Kick

One bunch of kale, about a pound, supplies the following nutrients:

NUTRIENT	RDA	QUANTITY IN 1 LB. KALE
CALORIES	VARIES: 1500-3000 OR HIGHER	226
MINERALS		
CALCIUM	1000 MG	615 MG
IRON	10-15 MG	7.5 MG
MAGNESIUM	400 MG	155 MG
ZINC	15 MG	2 MG
COPPER	1.5 MG	1.4 MG
MANGANESE	10 MG	3.4 MG
VITAMINS		
FOLIC ACID	400 MCG	132 MCG
VITAMIN C	90 MG	547 MG
BETA CAROTENE	900 MCG	21,012 MCG
B1- THIAMIN	1.2 MG	.68 MG
B2-RIBOFLAVIN	1.3 MG	.68 MG
B3 -NIACIN	16 MG	4.8 MG
B6	1.3 MG	68 MG
PROTEIN	VARIES: 45-75 G	15 G
ESSENTIAL AMINO ACIDS		
HISTADINE	560 MG	313 MG
ISOLEUCINE	700 MG	895 MG
LEUCINE	980 MG	1051 MG
LYSINE	840 MG	895 MG
METHIONINE + CYSTEINE	910 MG	345 MG
PHENYALANINE + TYROSINE	980 MG	1298 MG
THREONINE	490 MG	668 MG
TRYPTOPHAN	245 MG	182 MG
VALINE	700 MG	820 MG

The chart above is offered as an illustration of the nutrient density of greens. A chart further down contains other greens and a few of the nutrients for comparison.

Green vegetables are the food most missing from modern diets, even those considered among the healthiest. The Standard American Diet (SAD) is approximately 5% greens. A healthy percentage is considered to be close to 50%, which is about what chimpanzees eat.

Green vegetables have many life giving properties. They strengthen the blood and immune systems, prevent cancer, and fight depression naturally by supplying a plethora of nutrients needed to make neurotransmitters. The fiber in raw greens helps to keep the digestive tract moving, and many people report that greens are energy-giving foods, increasing mental clarity and sustaining energy.

Greens contain a lot of antioxidants and are protective of many disease states. For example, it is a well-researched fact that the whole family of cruciferous vegetables helps to prevent cancer.

The cruciferous family includes:

- collards
- kale
- cabbage
- bok choy
- broccoli
- cauliflower
- Brussels sprouts
- mustard and mustard greens
- turnips and their greens
- arugula
- watercress
- kohlrabi
- horseradish
- and rutabaga



Studies have shown that eating foods in this vegetable family speeds the liver's ability to detoxify ingested toxins.

Many people ask if buying organically grown produce is worth it. Studies suggest that organic lettuce is definitely worth spending the extra money on, since it often tastes better, and since conventional lettuce leaves are sprayed directly with pesticides and herbicides that can be impossible to get off.

It is a good idea to **include a variety of greens daily**. There are many ways to include greens in your diet, including salads, soups, dips, dressings, marinades, slaws, roll-ups, and smoothies. Other ideas not in this book, but found in [Dried and Gone to Heaven](#) are veggie burgers, chips, and crackers. One of my favorite ways to eat greens is kale chips.

The table on the next page lists examples of the wide variety of greens available to us.



Choosing a Variety of Greens

LEAFY GREENS	HARD GREEN VEGETABLES	SEA VEGETABLES
ARUGULA	BROCCOLI	ARAME
BEET GREENS	CELERY	DULSE
BOK CHOY	ASPARAGUS	KELP
CARROT TOPS	CABBAGE	KOMBU
CHARD		HIJIKI
COLLARD GREENS	EDIBLE WEEDS	NORI
ENDIVE	DANDELION	SEA PALM
ESCAROLE	PURSLANE	
FRISEE	SORRELL	SPROUTS
KALE - CURLY	LAMBSQUARTERS	ALFALFA
KALE - LACINTO (DINOSAUR)	MALVA	BROCCOLI
KALE - RED RUSSIAN	PLANTAIN	RADISH
MIZUNA	CHICKWEED	CLOVER
MUSTARD GREENS	CLOVER	SUNFLOWER
RADICCHIO	MINER'S LETTUCE	BUCKWHEAT
ROMAINE LETTUCE	STINGING NETTLES	FENUGREEK
GREEN AND RED LEAF LETTUCE		MICRO GREENS
BUTTER LETTUCE	HERBS	
SPINACH	DILL	GRASSES
	BASIL	WHEAT
ALGAE	CILANTRO	BARLEY
CHLORELLA	FENNEL	KAMUT
SPIRULINA	MINT	RYE
BLUE/GREEN	PARSLEY	

On the next number of pages you'll find a chart with some of the nutritional benefits from select greens, as well as descriptions of some of the more widely available greens.

Major Nutrients in Greens

Green (per lb = 454 grams)	kCal	Protein grams	Carb. grams	Fiber grams	Calcium mg	Vita A IU	Vita C mg	Water %
Alfalfa	131.54	18.14	17.24	11.34	145.15	703	37.19	91
Broccoli	126.84	13.49	23.78	13.59	217.40	6985	422.20	91
Chard	86.18	8.16	16.78	7.26	231.33	14968	136.08	93
Chicory	104.33	7.71	21.32	18.14	453.59	18143	108.86	92
Collards	140.61	7.26	32.20	16.78	131.54	15104	105.69	91
Dandelion	204.12	12.25	41.73	15.88	848.21	63502	158.76	86
Endive	77.11	5.90	15.42	14.06	235.87	9298	29.48	94
Kale	226.80	14.97	45.36	9.07	612.35	40369	544.31	85
Kelp	194.79	7.61	43.35	5.88	761.04	525	13.59	82
Lamb's quarters	194.79	19.02	33.07	18.12	1399.79	52548	362.40	84
Lettuce: iceberg	58.97	4.54	9.53	6.35	86.18	1496	17.69	96
Lettuce: leaf	81.65	5.90	15.88	8.62	308.44	8618	81.65	94
Lettuce: romaine	72.57	7.26	10.89	10.89	163.29	11793	108.86	95
Mustard greens	117.93	12.25	22.23	9.07	467.20	24040	317.51	91
Spinach	99.79	13.15	15.88	12.25	449.05	30458	127.46	92
Turnip greens	122.47	6.80	25.85	N/A	861.82	34472	272.15	91
Watercress	49.89	10.43	5.90	10.43	544.31	21318	195.04	96
Zucchini	63.42	5.25	13.13	5.44	67.95	1540	40.77	95

Collard Greens

One of the milder of the sturdy greens, collards are an excellent source of folate, vitamin C and beta-carotene. Collards are especially high in calcium.

Bok Choy

Bok Choy is a Chinese variety of cabbage. It is an excellent source of vitamin C, beta-carotene and iron, as well as a good source of folate, vitamin B6 and calcium.

Kale

While sweet following a light frost, kale generally has a stronger flavor than collard greens and can be quite coarse and peppery when raw. The Lacinto (aka “dinosaur”) and red varieties are much more tender and less bitter than the more common curly leaf variety. To ensure a milder texture and flavor, choose smaller kale leaves. Marinating them softens them and makes them more tender. In addition to being an excellent source of vitamin C and beta-carotene, kale is also a good source of iron, vitamin B6, lutein and zeaxanthin.

Mustard Greens

Mustard greens have an even stronger flavor than kale, but milder varieties are grown in Asia and are sometimes available in the United States. They taste best when they are six to 12-inches long and have no seeds. They are best eaten in small quantities with a variety of other greens.

Swiss Chard

Swiss chard is a mild tasting green and is an excellent source of vitamin E, a nutrient that is usually only found in high-fat foods. It is also high in potassium, magnesium, vitamin C and beta-carotene. To preserve its crispness and sweetness, be sure to keep it chilled.

Spinach

Spinach is another mild tasting green, and contains carotenoids such as beta-carotene, lutein and zeaxanthin. Besides carotenoids, spinach is higher in folate than other greens.

Beet Greens

Rich in beta-carotene, vitamin C, iron and calcium, beet greens are often more nutritious than beets (with one exception: beets are higher in folate). They are best for eating when young and tender.

Turnip Greens

The leafy tops of turnips are one of the bitterest greens available, so they are not often eaten raw. Like beet greens, they are best for eating when they are quite young. Although both turnips and turnip greens are nutritious, the best source of vitamins and minerals is the greens, which are high in vitamin C, beta-carotene and folate.

Sea Vegetables

Sea vegetables are very rich in nutrients and phytochemicals. Some, like kelp, dulse and sea palm are delicate enough to eat straight from the bag. Others like arame, wakame and hijiki become more tender and appealing when they soaked in water to soften. Still others like kombu are usually not eaten, but used as a flavoring in soups and salads.



The Incredible Health Benefits of Sea Vegetables

Sea vegetables are generally underutilized and under appreciated in our Western Culinary regime. While there are thousands of different types of sea vegetables, we commonly use just a handful. For those who frequent Japanese restaurants, sushi and seaweed salad may be familiar menu items, but few, save for those on a macrobiotic diet, a raw foods diet or of Asian origin, serve these gems from the sea at home. They are simple to prepare and serve, and sea vegetables can add fun and diversity to your daily culinary repertoire. For example, the sweet, mild flavors of arame and wakame make them perfect choices for first timers.

Food manufacturers often use processed sea vegetables as thickeners or stabilizers in a variety of common products from instant pudding to toothpaste. As "hidden" ingredients, sea vegetables do not serve as significant nutritional values; however, as part of main meals, sea vegetables offer an abundance of otherwise hard to get nutrients.

Sea vegetables are loaded with chlorophyll, fiber, and minerals, including significant amounts of sodium, potassium, calcium, phosphorus, magnesium, iron, and many other trace minerals naturally found in the ocean. When reconstituted, sea vegetables expand three to seven times their original volume, so small amounts go a long way.

Available in dried form year-round, most sea vegetables are rehydrated before adding to salads, casseroles, or stir-fries. Some, like kelp, dulse, nori, and sea palm are delicate enough to eat straight from the bag. Others, like arame, wakame, and hijiki become more tender and appealing when soaked in water to soften. Still others, like kombu, are usually used only as flavoring in dishes.

To make a basic sea vegetable salad, soak the sea vegetables in water to soften. Drain and reserve the soak water for future use. I usually do equal amounts of sea and land vegetation, usually carrots or cucumbers. Combine the sea vegetable with the land vegetable and pour a sauce or marinade over them. Let it stand at least 15 minutes to absorb flavor. If cooking, dried sea vegetables can be added directly to soups or stews and to the cooking liquid of beans or rice.



Nutritional Aspects of Sea Vegetables

The following nutritional chart is courtesy RISING TIDE SEA VEGETABLES P.O. Box 1914
Mendocino, CA 95460 707-964-5663 <http://www.loveseaweed.com>

PER 100 GRAM SERVING (100 grams = ~3.5 ounces)	KOMBU	WAKAME	DULSE	NORI	ARAME	HIJIKI
CALORIES	241.0	262.0	264.0	318.0	267.0	236.0
PROTEIN (g)	7.3	12.7	21.5	35.6	12.0	10.0
FAT (g)	1.1	1.5	1.7	0.7	1.3	0.8
CARBOHYDRATES (g)	55.0	48.0	44.6	44.3	51.8	47.3
FIBER (g)	3.0	3.6	1.3	4.7	7.0	17.0
ASH (g)	22.0	18.0	22.0	8.0	-	-
CALCIUM (g)	800.0	1300.0	213.0	260.0	830.0	1400.0
POTASSIUM (g)	5300.0	7500.0	7820.0	510.0	3760.0	44000.0
SODIUM (mg)	3000.0	1100.0	1700.0	600.0	2900.0	14000.0
MAGNESIUM (mg)	760.0	950.0	271.0	380.0	-	1980.0
PHOSPHORUS (mg)	240.0	260.0	408.0	400.0	-	59.0
IRON (mg)	15.0	13.0	33.1	12.0	12.0	29.0
IODINE (mg)	150.0	13.0	5.2	1.4	98-564	40.0
NIACIN (mg)	5.7	10.0	1.89	10.0	2.6	4.6
VIT.A (I.U.)	430.0	140.0	663.0	11000.0	50.0	150.0
VIT.B-1 (mg)	0.08	0.11	0.073	0.25	0.02	0.01
VIT.B-2 (mg)	0.32	0.14	1.91	1.24	0.02	0.2
VIT.B-12 (mcg)	5.0	6.0	6.6	17.5	-	0.57
VIT.C (mg)	15.0	29.0	6.34	20.0	0	0

KOMBU = LAMINARIA DENTIGERA
WAKAME = ALARIA MARGINATA
DULSE = RHODO- MENIA PALMITATA

NORI = PORPHYRA PERFORATA
ARAME = EISENIA BICYCLIS
HIJIKI = HIZIKIA FUSIFORME

Sources for chart: U.S. Dept of Agriculture; Japan Nutritionist Assoc., Composition and Facts About Foods, Ford Heritage Health Research, Mokelumne Hill, CA 95245, 1698; Seaweeds and Their Uses, V.J. Chapman, Methuen & Co., Ltd., London, 1950; "Kelp", Roseann C. Hirsch, Bestways, "Food from the Sea", Mary Schooner, East/West Journal, Vol 1, No. 6; "Sea Vegetable Celebration" Erhart, Shep and Cerier, Leslie, Book Publishing Company, Summertown, TN 154-155; "Japanese Book of General Nutrition". Nutritional assays vary according to maturity of plant at time of harvest, drying techniques, storing techniques, etc.

Minerals and Trace Elements in Sea Vegetables

Sea vegetables provide all 56 minerals and trace elements required for the human body's physiological functions in quantities greatly exceeding those of land plants.

Examples:

- About 1/3 cup (1/4 oz.) serving of dulse or kelp gives up to 30% of the RDA, 4 times the iron in spinach, and more than kidney beans, apricots, and peas
- Magnesium is twice as abundant in kelp and alaria as in collard greens, and exceeds walnuts, bananas, potatoes, oatmeal, and even sockeye salmon.
- Sea vegetables present these essential nutrients to your body in a chelated, colloidal optimally balanced form so they are bio-available. Examples are:
 - Calcium (for skeletal health, healthy heartbeat, nervous system function)
 - Magnesium (activates enzymatic activity, essential for healthy heartbeat)
 - Potassium (naturally prevents high blood pressure, provides cellular energy)
 - Sodium (essential for the correct balance of body fluids - our internal "ocean")
 - Iron (as hemoglobin, transports and distributes oxygen to all your cells)
- Trace elements are especially essential to the countless enzymatic functions constantly occurring in your body. Examples are:
 - Chromium (works with insulin to regulate blood sugar)
 - Iodine (thyroid health)
 - Copper (protects nerve sheaths, builds supple arteries, required for iron absorption)

Iodine in Sea Vegetables

Dr. Ryan Drum, noted herbalist and sea vegetable gatherer, states in ***Therapeutic Use of Seaweeds*** (Proceedings of the 2001 Pacific Northwest Herbal Symposium) "Seaweeds, eaten regularly, are the best natural food sources of biomolecular dietary iodine... no land plants are reliable sources of dietary iodine."

You'd have to eat about 40 lb. of fresh vegetables and/or fruits to get as much iodine as you would from 1 gram of our whole leaf kelp. Unfortunately, not all iodine is good for us and the human thyroid cannot distinguish between life sustaining iodine-127 and radioactive iodine-131.

Ryan Drum warns, "The real reason for making sure that iodine consumption is at the high end is to insure a full body complement of iodine at all times as preventative medicine against the next nuclear disasters [whether from intentional radioactive pollution as the result of armed conflict or terrorism, nuclear power plant failures, or industrial contamination]. A full body load of iodine 127 from seaweeds (or any source) will tend to allow the body to reject topical and air and food-source iodine 131, particularly from fresh milk."

In general, brown sea vegetables (kelps) offer more bio-available organic iodine than red sea vegetables (dulse, laver, and nori).

We need between 150 and 1,100 micrograms in our daily diets to keep our thyroids healthy and prevent uptake of radioactive iodine. Healthy thyroids will "spill" unneeded iodine. But some people with sensitive thyroids, particularly nursing mothers, postmenopausal women, or anyone with an unusual thyroid dysfunction may have adverse reactions to excess dietary iodine (most often, if you decrease the intake of dietary iodine the condition goes away.) Consult with your health care practitioner if you have any questions about your consumption of iodine.



Sea Veggies and Vitamins

Sea vegetables contain significant amounts of vitamins especially the B vitamins. A serving of dulse (about 7g, 1/3 cup) provides about 10% RDA Vit B-2 (Riboflavin) and about 42% RDA Vit B-6.

Sea Veggies and Protein

The protein content of sea vegetables ranges from 16% to 28%. The red sea vegetables - dulse and laver - are higher than the browns - kelp and alaria. The amino acid composition of these sea veggie proteins is generally well balanced and contains all or most of the essential amino acids (the ones your body can't produce by itself). Thus the sea veggies provide higher quality protein than certain grains and beans that are lacking one or two essential amino acids, although the sea vegetables provide less quantity per serving. One of the more important amino acids found especially in kelp is glutamic acid, the basis for synthetic MSG. This amino acid naturally enhances flavors and tenderizes high protein foods like beans while aiding in their digestion. Glutamic acid also improves mental and nervous system activity; provides energy, and is thought to help control alcoholism, schizophrenia and the craving for sugar.

Sea Veggies and Fats

Sea vegetables are very low in fat. The ratio of omega-6 and omega-3 essential fatty acids is between 1.5 and 2 to 1 (the NIH suggests an optimal ratio of between 2 and 3 to 1). In addition, sea veggies contribute the minerals, vitamins, and trace elements needed for the optimum utilization of the omega-3's and 6's fatty acids.

Sea Veggies and Fiber

Sea veggies have their own unique fiber with interesting medicinal properties. For instance, alginic acid in kelp has been shown to be an important detoxifier for radioactive isotopes and heavy metals.

Sea Vegetable Characteristics and Photos

<p>Agar Agar</p> <p>Agar Agar is a clear, tasteless alternative to gelatin and comes in opaque flakes. It is also called kanten. It can be used to firm jellies, moulds, pies, and puddings. It dissolves into hot liquid then thickens at room temperature.</p>	
<p>Arame</p> <p>Arame is thin, black and wiry black. Dried, it is stiff and brittle. When rehydrated, it resembles spaghetti strands, only black. Arame is a good source of calcium, iodine, potassium, vitamin A and dietary fiber. Arame should be rinsed thoroughly then soaked in warm water for 10 to 15 minutes before using in recipes.</p>	
<p>Dulse</p> <p>Dulse is a reddish brown color, available in whole stringy leaves or powdered. It has a mild slightly salty taste and a chewy texture. It is a good source of potassium and protein. When pan-fried in sesame oil, dulse becomes light and crispy that some people say resembles bacon. Dulse can also be eaten straight from the package like a jerky or torn and tossed into salads, or mixed into coleslaw with shredded cabbage, carrots, scallions and olive oil.</p>	
<p>Kombu</p> <p>Kombu is a dark purple to black color, and usually comes in strips. The strips are tough and hard, and are generally eaten in soups and stews. It is an excellent source of iodine, calcium, magnesium and iron.</p> <p>The main way Kombu is usually used is by adding it, unsoaked or rinsed, in the cooking liquid for rice, beans and soups. The addition of kombu enhances the flavor of the dishes, and makes them more digestible. Kombu doubles its volume and readily soaks up water. I used Kombu as a teething aid for my youngest son. It is too tough to easily break apart, and provided a healthful alternative to conventional teething biscuits.</p>	

Nori

Nori is dark purple to marine green in color, and usually comes in square sheets; either toasted or untoasted, and is typically used for sushi rolls. Raw nori is dark purple to black in appearance, while toasted nori is dark green. Nori is a good source of iodine and vitamin C. It is probably the most widely used sea vegetable, popularized for its use in sushi. It can also be used as a condiment for rice, soups, salads, casseroles or grains when crushed into flakes or cut into strips.

**Sea Palm**

Brownish-green, ribbon shaped sea palm resembles a miniature palm tree. It has a sweet and salty taste and supplies vitamins A and D. Sea palm is delicious raw or sautéed and added to soups or salads. It can also be marinated and used alone or combined with other sea vegetables like arame and wakame and land vegetables, like carrots, daikon and cucumber in a sea vegetable salad. Sea palm can also be eaten dried.

**Wakame**

Deep grayish-green in color, about a fourth of an inch wide, wakame is the tenderest of sea vegetables when rehydrated. It is a good source of Potassium. When soaked for 10 minutes, wakame expands to seven times its original size. After being soaked then cooked, the long fronds of wakame become silky, almost melting in your mouth. Its mildly sweet flavor is a good addition to vegetable dishes. Wakame can even eaten raw as an easy snack right out of the bag.

**Hijiki**

Hijiki is probably the strongest tasting of the commonly used sea vegetables. In its dry form, it is very hard and brittle, but it softens when soaked. It has a similar look and feel to arame, but the strands are thicker and stronger tasting. It has the highest calcium content of all the sea vegetables. It is also abundant in iron, iodine, Vitamin B2, and Vitamin B3. It is known to regulate blood sugar levels and aid in weight loss.

**Algae**

Algae are single celled plants that are packed with easy to assimilate nutrients. Spirulina, wild blue green algae and chlorella are considered by many researchers to be among the best sources of protein, beta carotene, nucleic acids and chlorophyll of any plant or animal food on the planet. According to Paul Pritchard, author of Healing with Whole Foods, some forms of algae are thought to contain every nutrient required by the human body. They are high in essential amino acids, the building blocks of protein.



Green Beverages

Blended Greens

Blending greens has become very popular today, but the idea of blending greens for maximum nutrition was first introduced to the public by Ann Wigmore over 40 years ago.

Becoming raw, I knew that it was important for me to eat a lot of greens, but sitting down for hours each day chewing on salads just did not fit well into my schedule. So I would put my salad into the blender and then drink it.

I found some recipes in Ann Wigmore's books for what she called "energy soup" and used them as guidelines. As I did not always have on hand all the ingredients that she had in her recipes, I started to improvise. When I was in Chiropractic school, I would make one of these concoctions, put it into a jar, hurry off to school, and drink it when I got there. Needless to say, many of my classmates thought I was a nut case. I have now been making blended concoctions for over 20 years.



Through the years, I have read reports about the value of blending greens. Apparently a lot of the nutrition is locked in the cell walls and, due to the fibrous nature of the walls, chewing does not do a very efficient job of breaking them all down and releasing the nutrients within. Blending the greens releases more of the nutrition.

A book by Victoria Boutenko has been published called *Green For Life*. In it, she describes her love affair with blended greens and discusses a study she performed with the assistance of a medical doctor. She also provides some tasty recipes.



Based on my own experimentation and research, that of Boutenko in *Green For Life*, and Ann Wigmore in her book *The Blending Book*, I recommend that everyone consume at least one 32 ounce green smoothie or soup per day -- ideally at least a pound of dark greens per day. The ratio of greens to fruit should be at least 40:60.

On most days, I include at least one blended green drink that is almost or entirely green. It would be of most benefit to include the equivalent of at least one pound of greens per day in this manner. It will take some time to work up to these quantities, but hopefully, this book will help move you in that direction.

Green smoothies are very nutritious and easy to digest. When blended well, all the valuable nutrients in these fruits and veggies become homogenized, or divided into such small particles that it becomes easy for the body to assimilate these nutrients; the green smoothies literally start to get absorbed in your mouth.

Green Smoothies

Green smoothies are a delicious way for people of all ages to meet their daily greens needs. When made with a ratio of fruits to veggies of 60:40, the fruit taste usually dominates the flavor while the green vegetables tend to balance out the sweetness of the fruit.

Green smoothies can be a great food for children of all ages, including babies of six months or older, when starting to introduce foods other than mother's milk. As with the introduction of any new food, green smoothies should be introduced slowly to babies to assure that they are well tolerated.

Green smoothies are easy to make, and quick to clean up after. They can easily be freshly made at any juice bar, restaurant, or health food store. All you need to do is ask! I've done it. I got quizzical looks, but once I explained what I wanted... a fruit smoothie (on the menu) blended with a couple of handfuls of whatever green leafy vegetables they had on hand. It was pretty tasty, too.



I encourage you to start playing with green smoothies and to discover the many joys and benefits of this delicious and nutritious drink. By consuming two or three cups of green smoothies daily you will consume enough of greens for the day to nourish your body, and they will be well assimilated.

There are no real rules. Experiment. Find combinations you like. Start out using the milder greens like romaine lettuce and spinach.

Experiment by adding a little bit of the darker leaves, starting with the field greens and working up to kale and collard greens.

Include some sprouts or young shoots. Add lemon or lime. Add ginger. Add cinnamon or cardamom. The addition of the spices not only enhances flavor but the nutritional content as well.

I usually keep a variety of organic frozen fruits on hand to add to my green smoothies: all kinds of berries, cherries, mangoes, peaches and tropical mix.

An additional advantage of drinking your greens, rather than eating them as salads, is that you can greatly reduce the consumption of oils and salt in your diet.



If you're interested in learning how to use the healing power of greens to increase your energy naturally in just 7 days, please visit:

<http://www.GreenSmoothieCleanse.com>



Recipes

Basic Green Drink

Ingredients:

- leafy greens on hand such as dark green lettuces, kale, spinach, parsley, or any others
- enough water for blending

Directions:

1. Place a handful of green leafy vegetables in the blender.
2. Cover with water and blend until vegetables are completely pureed. Add enough water to fill the blender and blend until vegetables are completely dissolved.
3. Pour liquid into a 1 1/2 to 2 quart container and fill with water.
4. Shake well before drinking.
5. Sip throughout the day in place of water.

Note: Adding fresh ginger root, lemon or mint to the blend adds a nice flavor. The resulting beverage should be a pale green, translucent color.

Notes:

Marinated Greens

Ingredients:

- leafy greens on hand such as dark green lettuces, kale, spinach, parsley, or any others
- lemon, juice of (or lime)
- extra virgin olive oil, cold pressed
- sea salt

Directions:

1. Wash and chop the greens and put them in a bowl.
2. Sprinkle with salt and massage in. It will take a few minutes, but the greens will begin to wilt and soften. Allow them to sit while you make the marinade.
3. A basic marinade is lemon juice, oil and salt. Juice 2 lemons or limes and pour over greens. Massage in. The greens should wilt some more.
4. Add oil and seasonings. Massage again.
5. Add chopped or grated vegetables, herbs or garlic.

Note: You can also use a vinaigrette recipe, or make up your own.

Notes:

Spring Rolls

Ingredients:

- wrapper: cabbage, collard greens, kale or Swiss chard leaves
- filling: Any combination of the following ingredients:
 - thinly sliced, chopped or julienned vegetables such as carrot, celery, cucumber, jicama
 - Marinated mushrooms and/or marinated onions
 - Parsley, basil, cilantro or other fresh herbs, finely chopped
 - Any seasoned cream type sauce or pate

Directions:

1. If you have time and want a really soft wrapper, cover the leaves with salt and water and place in a bowl. Knead gently to work the salt into the vegetables. Place another bowl or a plate over them and put something heavy on the top plate...i.e. a jar of beans, a brick, a bag of nuts. Let it sit for 10 minutes while you prepare the other ingredients. Alternatively you can use a salad press or a sauerkraut crock.
2. Lay the leaf horizontally on the cutting board with the inside facing up. Cut off the thickest part of the stem.
3. Layer the vegetables and fillings on the leaf.
4. Roll the leaf around the filling, tucking in the edges as you go.
5. Serve whole or slice in half.
6. For an added touch for a company meal, spiralize a carrot, sweet potato or beet and “tie” a strand around the roll.

Notes:

Grapes and Greens Smoothie

Ingredients:

- 1 cup of grapes
- 1 lemon, juice of
- 3 cups spinach (about 1 bunch)
- 1 cup water
- 1/4 teaspoon cardamom
- 1/4-inch slice of ginger
- 1/4 teaspoon cinnamon

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency

Note: substitute spinach with romaine lettuce for a taste variation.

Notes:

Avocado Spinach Dressing

Ingredients:

- 1 large avocado
- 2 cups spinach, finely chopped (if preparing without a high powered blender)
- 1/2 apple
- 1/2 lime, juice of
- 1 1/2 cups water
- 1/2 teaspoon cayenne pepper
- 1 teaspoon sea salt

Directions:

Blend all ingredients until smooth & creamy.

Tip: Add a handful of dill, cilantro, or basil.

Notes:

Kale with Orange-Lime Sesame Marinade

Ingredients:

- 1 head kale, shredded or chopped into small pieces
- 1 teaspoon sea salt
- 2 tablespoons sesame oil
- 1 lime juiced
- 1 orange juiced
- 2 tablespoons sesame seeds
- 1 medium red bell pepper , diced
- 1 clove garlic
- 1/4 cup leeks or green onions, finely diced

Directions:

1. Rinse kale and place in a bowl. Cover kale with salt and massage until wilted.
2. Continue until the kale has shrunk in size and there is green water in the bowl. Drain the liquid, reserving for later. Add lime juice and massage again.
3. In a separate bowl, combine orange juice and sesame oil with a few teaspoons of the reserved liquid. Press garlic into the juice/oil mixture and stir or shake well.
4. Chop bell peppers and leeks or onions and add to kale.
5. Pour dressing over salad and toss well, squeezing with hands so that the marinade penetrated the kale. Allow to sit at room temperature for 15 minutes or longer before serving.
6. Sprinkle with sesame seeds and toss once again right before serving.

Tip #1: To further soften the kale, place another bowl on top of the salad and place something heavy in the bowl to press the salad down. Or use a salad press or sauerkraut crock, if you have one. **Tip #2:** Chopped up fresh herbs can enhance the flavors...i.e. cilantro, basil, dill.

Notes:

Spicy Lime Green Coconut Cilantro Soup

Ingredients:

- 2 - 3 cups (large handfuls) spinach
- 1 cup (large handful) cilantro
- 1/4 cup coconut cream concentrate (or young coconut meat)
- 2 limes, juiced
- 1/2 avocado
- 1/2 red pepper
- 1/8 - 1/2 jalapeño or other hot pepper
- 2 cloves garlic
- sea salt to taste
- 1/2 inch ginger, or to taste (optional)
- 1 - 2 cups water, or juice of fresh young coconut

Directions:

1. Put all ingredients in blender and blend until smooth and creamy.
2. Adjust seasonings and liquid to taste, and increase/decrease water to desired consistency.

Tip: Substitute red pepper with other mild pepper, such as an Anaheim or poblano pepper.

Notes:

Broccoli Hummus

Ingredients:

- 2 cups broccoli - stalks or florets or both may be used
- 6 tablespoons tahini
- 4 tablespoons lemon juice
- 1 clove garlic
- 1/2 teaspoon cumin, ground
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt

Directions:

1. Peel the outer skin of the broccoli stalks, if using them. Place all ingredients in food processor and process until smooth.
2. This recipe can be made with a variety of greens in place of or in addition to the broccoli.

Notes:

Land and Sea Slaw

Ingredients:

- 1/2 cup wakame
- 1/2 cup arame
- 1/2 cup sea palm
- 1/2 cup hijiki
- 1/2 cup grated daikon radish
- 1/2 cup grated cabbage
- 1/2 cup grated carrot
- 1/2 cup grated beet
- 1/4 cup lime juice
- 1/4 cup lemon juice
- 1/4 cup orange juice
- 1/4 cup sesame oil (may use olive, macadamia or flax, or a combination)
- 1 teaspoon tamari
- 1/4 teaspoon toasted sesame oil
- 1/2 teaspoon sea salt
- 4 cloves garlic
- 1 pinch cayenne (optional: use up to 1/2 teaspoon)

Directions:

1. Soak sea veggies at least 10 minutes in enough water to cover, until they soften.
Drain.
2. Grate land vegetables
3. Combine remaining ingredients in a small bowl to make dressing.
4. Combine land and sea ingredients into a large bowl and toss with dressing.
5. Adjust seasonings to taste.

Notes:

About the Author, Dr. Ritamarie Loscalzo



Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, is a leading authority on nutrition and health. She's an author, speaker, and health practitioner with over 2 decades of experience. She empowers clients to healthy living through education, inspiration, and loving care. She's a doctor of chiropractic with certification in acupuncture, a certified clinical nutritionist, a Diplomat of the American Clinical Board of Nutrition, and a medical herbalist.

Dr. Ritamarie's passion for creating delicious foods that support optimum health led her to develop recipes that not only taste great, they energize and heal as well.

She's been teaching the power of raw and living foods for over 2 decades and she lives the vibrant life that eating this way creates.

Because most people bite off more than they can chew when they embark on a new health regimen, Dr. Ritamarie focuses on simple, effective ways to change your diet to achieve optimal good health. She dishes out simple steps with a dash of fun to motivate you to achieve your health goals.

Having led thousands of clients to transform their bodies and lifestyles, both in person and through her online programs, she is helping change lives one bite at a time.

Dr. Ritamarie resides in Austin, Texas with her husband and sons. She can be reached at www.DrRitamarie.com.

For a **free packet of recipes and information** on creating optimum health through good nutrition, visit www.JumpstartYourEnergy.com.

Dr. Ritamarie's Books and Programs

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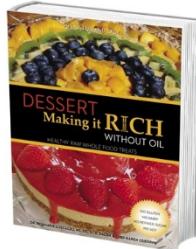


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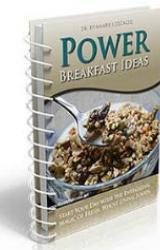
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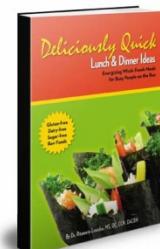
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