

SMOOTHIE DAY -- AUGUST 8TH 10AM - 12PM (BOTH OFFICES)



JUMP START JUICE -- *Energy Boosting Smoothie Recipe*

1 serving contains:

- 1 Medium Banana (peeled)
- 1 cup Blueberries
- About $\frac{3}{4}$ cup Vanilla Almond Milk
- 2-3 Ice Cubes

SUPER C SMOOTHIE -- *Immunity Boosting Smoothie Recipe*

1 serving contains:

- 1 Cup Almond Milk
- 8-10 Strawberries (tops removed)
- Spinach Leaves (amount is your choice)
- 1-2 Sprigs Fresh Mint
- 1 tbsp Lemon Juice
- 2-3 Ice Cubes

THE STRESS SUPPRESSOR -- *Stress Relieving Smoothie Recipe*

1 serving contains:

- 1 Cup Spinach Leaves
- $\frac{3}{4}$ Cup Almond Milk
- 1 Cup Pineapple Chunks

HEALTHY INGREDIENTS = HEALTH & WELLNESS BENEFITS

ALMOND MILK:

The health benefits of almond milk include the improvement of vision, weight loss, stronger bones and a strong, healthy heart. It helps in building strong muscles, maintaining ideal blood pressure and maintaining a properly-functioning kidney. It is also a good alternative for nursing mothers' milk.

SPINACH:

The health benefits of spinach include improved eyesight, healthy blood pressure, stronger muscles, the prevention of age-related macular degeneration (AMD), cataracts, atherosclerosis, heart attacks, neurological benefits, bone mineralization, anti-ulcerative and anti-cancerous benefits, skin protection, healthy fetal development, and boosted growth for infants.

BANANAS:

The health benefits of bananas include helping with weight loss, reducing obesity, curing intestinal disorders, relieving constipation, and curing conditions like dysentery, anemia, tuberculosis, arthritis, gout, kidney disorders, urinary disorders, menstrual problems, and burns. They are also good for reducing blood pressure, protecting heart health, modifying the metabolism, improving the immune system, reducing the severity of ulcers, ensuring healthy eyes, building strong bones, and detoxifying the body.

PINEAPPLE:

Pineapples have a serious impact on health, such as their ability to improve respiratory health, cure coughs and colds, improve digestion, help you lose weight, strengthen bones, improve oral health, boost eye health, reduce inflammation, prevent cancer, increase heart health, fight off infections and parasites, improve the immune system, and increase circulation.

STRAWBERRIES:

The health benefits of strawberries include improved eye care, proper brain function, relief from high blood pressure, arthritis, gout and various cardiovascular diseases. The impressive polyphenolic and antioxidant content of strawberries make them good for improving the immune system, preventing against various types of cancers, and for reducing the signs of premature aging.

BLUEBERRIES:

These “superfood” berries are packed with antioxidants and rank number 1 in the world of antioxidants. You can prevent signs of aging like wrinkles, **age spots**, cataracts, **osteoporosis**, **hair loss**, **dementia**, and Alzheimer’s disease. Blueberries can prevent and heal neurotic disorders by preventing the degeneration and death of neurons. These essential nutrients also protect brain cells and help to restore the health of the central nervous system, and can keep your memory sharp for a very long time. Additional blueberry benefits include gastrointestinal/digestion support; cancer prevention; heart disease cure; boosted immunity/less infections; and can act as an antidepressant.

LEMON:

The health benefits of lemon include treatment of throat infections, indigestion, **constipation**, dental problems, **fever**, internal bleeding, rheumatism, **burns**, obesity, respiratory disorders, cholera and high blood pressure, and it even benefits **hair** and **skin** care. Known for its therapeutic property since generations, lemon helps to strengthen your immune system, cleanse your stomach, and it is considered a blood purifier. Lemon juice, especially, has several health benefits associated with it. It is well known as a useful treatment for kidney stones, reducing strokes and lowering body temperature. As a refreshing drink, lemonade helps you to stay calm and cool.

MINT:

The health benefits of fresh mint include its ability to treat indigestion, **respiratory problems**, **headache**, nausea, **fever**, stomach and bowel spasms, as well as for pain relief.