Beautiful hair

3 cups of organic super greens (kale, spinach, chard)
1/2 ripe avocado
1/2 cup of frozen berries
1 tablespoon of chia or flax seeds
1 teaspoon coconut oil

Pack greens into a blender and add seeds. Fill with water to the top level of the greens. Fill in the rest of the blender cup with the avocado, berries and oil. Blend on high for 2-3 minutes.

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Anti-inflammatory

3 cups of organic mixed greens
1/2 cup of pomegranate
1 inch of fresh ginger
1/4 teaspoon of turmeric or cinnamon
1 cup of unsweetened almond milk

Pack greens into a blender and then pomegranate. Add the almond milk. Top with the ginger and turmeric or cinnamon. Blend on high for 2-3 minutes.

Stem cell boost

3 cups of organic super greens (kale, spinach, chard)
1/2 ripe avocado
1/2 cup of blueberries
1 teaspoon liquid chlorophyll
1 tablespoon of pumpkin seeds or pumpkin seed butter

Pack greens into a blender and add seeds. Fill with water to the top level of the greens. Fill in the rest of the blender cup with the avocado, berries and seeds. Add the chlorophyll last. Blend on high for 2-3 minutes.

Gut support

3 cups of organic greens

1 Kiwi fruit

1 tablespoon L-Glutamine or one 500 mg capsule broken open

1 tablespoon hydrolyzed collagen peptides

1 tablespoon of chia or flax seeds

1 cup unsweetened coconut milk

Pack greens into a blender and add kiwi. Add coconut milk. Fill in the rest of the blender cup with the seeds, collagen and glutamine. Blend on high for 2-3 minutes.

Thyroid and metabolism

3 cups of organic super greens (kale, spinach, chard)
3 organic brazil nuts
1/2 cup of blueberries or pomegranate
1 tablespoon of pumpkin seeds or pumpkin seed butter
3 drops of Lugol's iodine solution
Squeeze of lemon juice

Pack greens into a blender and add berries or pomegranate. Fill with water to the top level of the greens. Fill in the rest of the blender cup with the nuts, pumpkin, iodine, and lemon juice. Blend on high for 2-3 minutes.

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