

Masters  
**Simplify**five

# *Five feel good smoothies*



*Chemaine's*  
MODEL HEALTH

# Beautiful hair

3 cups of organic super greens  
(kale, spinach, chard)

1/2 ripe avocado

1/2 cup of frozen berries

4 scoops of hydrolyzed collagen  
peptides

1 teaspoon coconut oil

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

# *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 coconut or  
macadamia milk

4 scoops of hydrolyzed collagen  
peptides

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

# *Stem cell boost*

**3 cups of organic super greens (kale, spinach, chard)**

**1/4 ripe avocado**

**1/2 cup of blueberries**

**1 teaspoon liquid chlorophyll**

**1 tablespoon of pumpkin seeds or pumpkin seed butter**

**4 scoops of hydrolyzed collagen peptides**

**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

2 Kiwi fruit

1 tablespoon L-Glutamine or one

1000mg mg capsule broken open

4 scoops of hydrolyzed collagen  
peptides

1 tablespoon of chia or flax seeds

1 cup unsweetened coconut milk

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

\*The addition of colostrum is optional here but a great consideration.

# *Thyroid and metabolism*

3 cups of organic super greens (kale, spinach, chard)

3 organic Brazil nuts

1 cup of orange juice

3 drops of Lugol's 2% iodine solution

Squeeze of lemon juice

4 scoops of hydrolyzed collagen peptides

Pack greens into a blender and add the orange juice. Fill in the rest of the blender cup with the nuts, iodine, collagen and lemon juice. Blend on high for 2-3 minutes.

Yes this is a weird flavor!