

Chapter 1

DAILY GREENS FOR VIBRANT HEALTH

To everything in which there is the breath of life –

I have given every green plant for food.

And it was so.

Genesis 1:30

If someone told you that with one simple lifestyle practice you could:

- ✓ Experience increased energy and mental clarity
- ✓ Look more radiant and feel more vibrantly alive
- ✓ Strengthen your immune system
- ✓ Slow aging and free radical damage
- ✓ Experience improved digestion
- ✓ Free yourself of unwanted body fat and toxins
- ✓ Experience sound sleep
- ✓ Feel more rested upon waking
- ✓ Decrease unhealthy addictions and cravings
- ✓ Help to achieve your health and weight goals
- ✓ Increase your cardiovascular health
- ✓ Slow down the progression of diseases and in some cases reverse them
- ✓ Become healthier and stronger—no matter what your age

Would you be willing to adopt the practice into your daily routine?

What if this lifestyle practice was also practical, easy to implement, affordable, and only took 10 minutes a day? All this is possible, and more, by simply consuming an abundance of dark green leafy vegetables in a tasty drink once or twice a day. Ingesting green leafy vegetables in the form of delicious blended drinks, or **green smoothies**, can serve to refresh, renew, reinvigorate and rejuvenate your entire body.

The practice of consuming freshly blended green drinks, or **green smoothies**, on a daily basis enables the cells of your body to restore health and revitalize the immune system. The human body was actually created to thrive on the plants of the Earth. Every edible green leafy vegetable contains easily assimilated nutrients and phytochemicals that God knew we would need in order to live in optimal health. These phytochemicals are antioxidants and health-promoting compounds that our bodies need in order to live free of disease and maintain superior health. Dark green leafy vegetables are nutritional powerhouses with few rivals, and blending the leaves of these nutritious green vegetables unleashes the power within them.

GOD KNEW THE NUTRITIONAL NEEDS OF YOUR BODY

When God created man and woman, He placed them in a garden and told them to eat freely of what grew there. His divine plan for us from the beginning was to live a life of abundant health and vitality as we consume the foods He carefully designed to meet our nutritional needs. Fresh fruits and vegetables, including leafy greens, are authentic designer foods, created for the nourishment of our bodies. Sadly, many of us have so distanced ourselves from these original guidelines and healthy foods, that we no longer enjoy the divine, abundant health that is our birthright.

Current nutritional guidelines for Americans set by the USDA (www.mypyramid.gov) recommend that adults consume between two-and-a-half to three cups of vegetables each day to maintain health. These guidelines further state that a minimum of three cups per week should be dark green leafy vegetables. For most of us this simply doesn't happen. Few people ingest more than a small bowl of lettuce or chopped spinach as a daily salad. Many initially find greens less than palatable and therefore feel it is impossible to increase their consumption on a regular basis. For some, the only greens consumed are a couple of pieces of lettuce when it appears as a condiment on a hamburger.

I want you to know that not only are dark green leafy vegetables beneficial in conquering many of your health challenges, but that it is actually possible to make them absolutely delicious and palatable. The secret is to blend them with just enough fresh fruit to mask

the slight bitterness of the green. In a day's time, it is possible to consume a pound of kale, a head of romaine lettuce and a handful of parsley—and to genuinely enjoy it in the process! What's more, by achieving this level of intake, the benefits to your health will be phenomenal.

A while ago, a good friend of mine, Letitia, began drinking these blended **green smoothies**. Almost immediately she noticed a surge in energy. Within a day or two she became euphoric. It was as though a cloud had lifted from above her. She became so happy that her work associates couldn't help but notice her refreshed attitude and exuberant joy, and wanted to know all about her newfound discovery—**green smoothies**. By consuming fresh leafy greens in a daily blended green drink, Letitia was now getting the much needed vitamins, minerals, trace elements and phytonutrients her system required to function optimally and perform at its best.

Not everyone will react in the same way as my friend Letitia did when she began drinking green smoothies, as each of us is uniquely different with individual biochemical needs. As you improve your nutrient intake by consuming **green smoothies** made with enzyme rich, fresh leafy greens, your body will initiate a response almost immediately. You may begin to experience health, wholeness and well-being beyond what you have ever thought possible. In fact, your body may, for the very first time, naturally come into balance and robust health.

EVERYONE CAN BENEFIT FROM GREEN SMOOTHIES

Of all the various health regimens, supplements, and herbal elixirs that I have tried in my lifetime (and there have been many), the addition of consuming fresh **green smoothies** has made the greatest impact by far in my life. Because of the effect drinking them has had on my life, this is one lifestyle practice I will continue to consistently follow. With the regular consumption of **green smoothies**, I experience boundless energy and mental clarity. My body feels stronger and more physically fit. There is a calmness within and my temperament is peaceful and balanced. My sleep is sound and I wake feeling rested. There is a glow about my skin and a bounce in my step. Cravings for unhealthy foods and sugar are nonexistent. And I simply feel great!

Blended **green smoothies** made with fresh leafy greens offer an extraordinary nutritional experience for young and old alike. Toddlers and children love them when mixed with sweet fruits like bananas or berries. They are also a terrific nourishing drink for the elderly, who are sometimes nutritionally challenged. **Green smoothies** are the ultimate “fast food”—easy to prepare and quick to clean up after. While it’s not always possible to make perfect food choices, **green smoothies** can help to fill in the gaps and provide your body tremendous benefit at the same time.

YOU WERE CREATED TO LIVE IN VIBRANT HEALTH

Vibrant and robust health need not be elusive in your life any longer. Disease-free living and abundant health is achievable. Consuming leafy green vegetables can go far in boosting your immune system and helping you to build strong bones. Because greens are so nutrient dense and low in calories, they are ideal for helping you achieve your perfect body weight. In addition they can help to stabilize blood sugar and to avoid diabetes, heart disease and many degenerative conditions that plague so many people today. By implementing this one simple lifestyle practice into your daily health regimen, your cells and tissues are flooded with living nutrition, phytochemicals and enzymes in an easily digestible form. You too can begin to enjoy the abundant health that you were created to experience!

In the following chapter we will begin to explore some of the science behind **green smoothies**. We will look at the incredible ability of the body to regenerate and heal itself as well as a variety of the medically proven benefits of consuming an abundance of leafy greens on a regular basis. If you want to skip the science behind the greens and jump right in to begin experiencing the many benefits for yourself, I encourage you to fast-forward to Chapter 8 and start today to add these life-giving drinks to your daily regime!

