
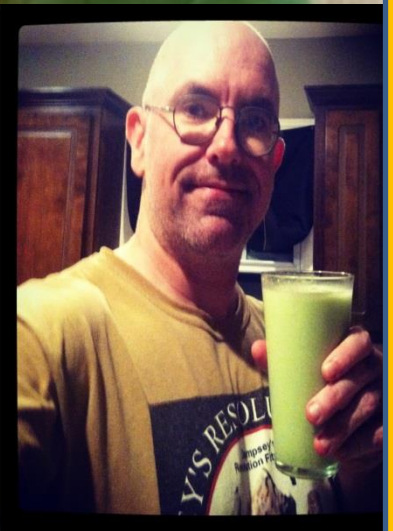
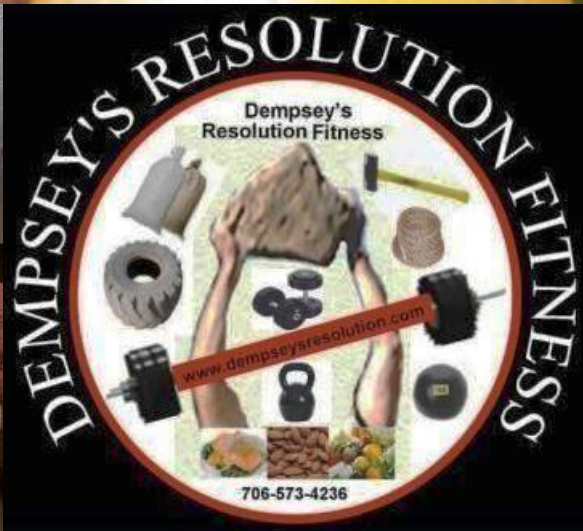




Smoothie and Infused Water Recipe Book

Great drinks to keep you healthy, lean and fit



By
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Disclaimer and Warning

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any nutrition or exercise program.

These recommendations are not medical guidelines. This book is for educational purposes only and is not intended to treat, cure or heal any medical condition, ailment or disease. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates any changes to your nutrition program. This program is designed for healthy individuals 18 years and older only, who have medical clearance. User assumes all liability and risk.

The Truth About Detoxing

There is no magic pill, potion, drink, shake, lotion or any other product that can detox your body.

Your body has a very efficient and natural detox system. This detox system is an advanced, multifaceted system with your kidneys and liver as the large main components.

By ingesting more water and nutrients and ingesting less inflammatory and toxic materials, you improve your health and allow your body's natural detox system to operate more efficiently.

The actual water infused drinks and smoothies do not detox anything by themselves. The increased antioxidants, vitamins, minerals and water allow your body to operate in a healthier, more optimal state.

The combination of mindset, lifestyle and behavior change, nutrition improvement and exercise allows your body to do the detoxing.

There is no secret formula that can replace your healthy body's ability to detox. Don't be fooled. It takes hard work and dedication to get in great shape.

These drinks and smoothies will help you get healthier and step towards your goals. But they will not do it for you. It is up to you to take the necessary actions. Good luck and great health to you!

How to make a smoothie or water infused drink

Smoothie:

Peel any fruit or vegetables with a tough peel like lemons, limes, oranges etc...

Chop it all up into smaller pieces to make blending easier

Put it all into your blender

Add filtered water and ice (optional)

Blend until smooth and creamy

Pour into glass and sweeten with raw honey or stevia to taste

Infused Water:

Dice up all fruits and vegetables

You can keep the skins on as they will not be eaten

Put all ingredients into a 1 gallon jug or jug size of choice

Add filtered water until fairly full

Place in the fridge overnight or at least a few hours to let the juice seep into the water

Pour with a strainer into your glass and add ice if preferred and raw honey or stevia to taste.

Add these smoothies and waters to your daily intake usually 1-2 times a day. You can make big servings or individual servings by simply adjusting the amounts of everything.

Cucumber Mint



½ cucumber
6 mint leaves
1 lemon, juiced
Filtered water
Stevia to taste
Blend and serve

Avocado Smoothie



A smoothie with
1 avocado, peeled and diced
1 tbsp. extra virgin olive oil,
1 raw egg, no shell
1 cup plain Greek yogurt,
1 lemon, peeled and diced
1 lime, peeled and diced
stevia to taste
and filtered water.
Put all ingredients in a blender and mix.
Serve cold

Mango Smoothie



smoothie and water infusion recipe:

1 cup pineapple,

1 mango,

1 lemon,

1 lime,

1 orange,

1 small half inch piece ginger,

1 small half inch piece turmeric,

stevia to taste

filtered water

You can make a smoothie
or infused water with this combo

Raspberry Smoothie



½ cup raspberries

½ cup cranberries

8 mint leaves

½ cup plain Greek yogurt

Filtered water

Stevia to taste

Blend and serve

This is one serving

Ginger Ale Recipe



1 cup peeled, finely chopped ginger

2 cups purified water

raw honey to taste

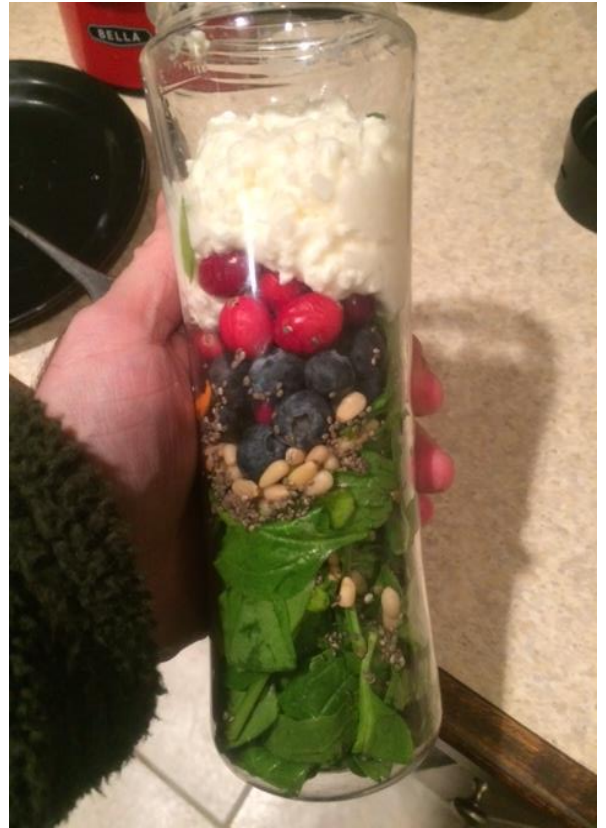
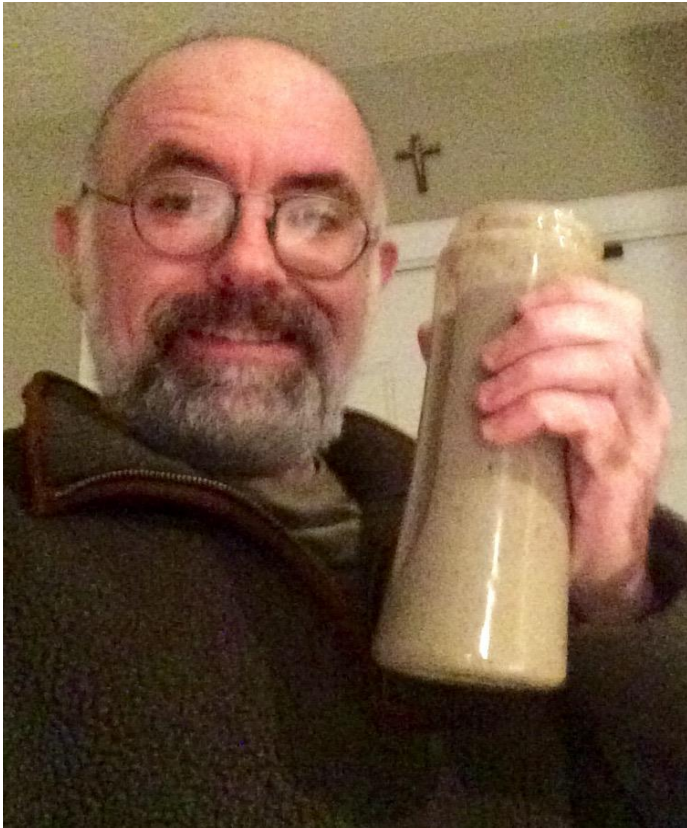
1 lime juiced

Boil 2 cups of water, add ginger, lower heat
and simmer for 5 min

Strain water and add lime juice and honey to taste

Serve cold

Spinach Smoothie



2 tbsp. raw organic apple cider vinegar

¼ cup pine nuts

¼ cup chia seeds

1 cup baby spinach

½ cup low fat cottage cheese

¼ cup blueberries

¼ cup cranberries

Filtered water

Stevia to taste

Blend and serve

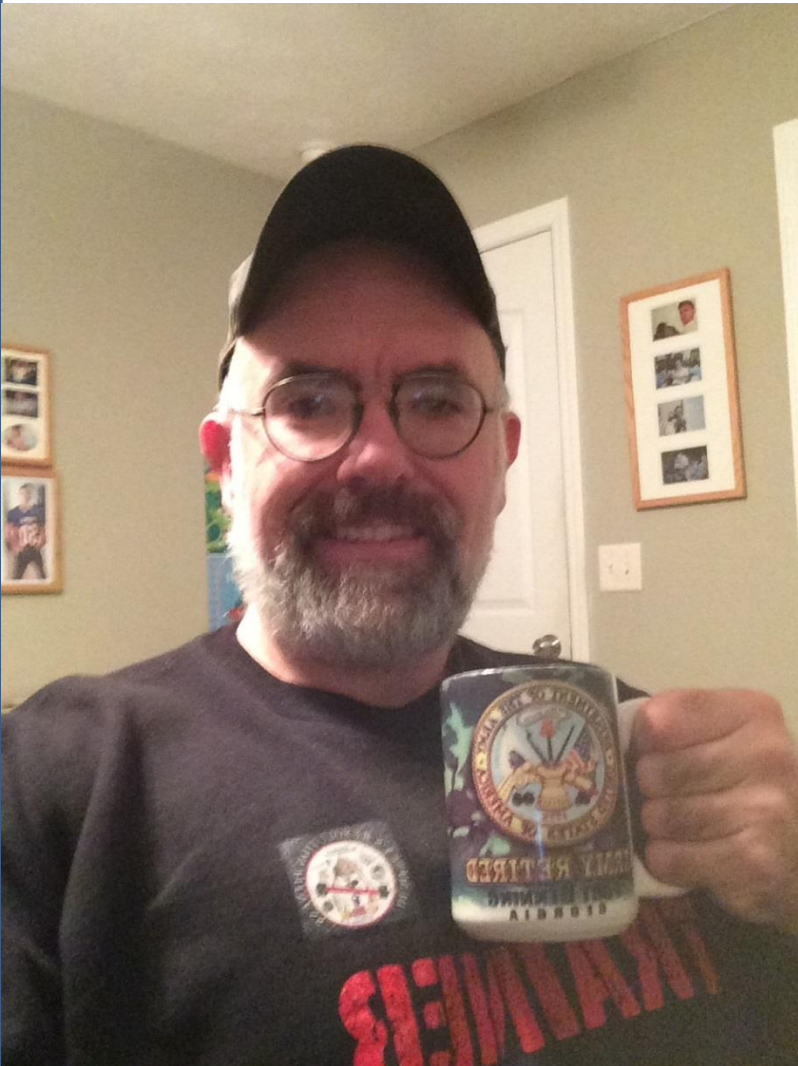
This is one serving

Cucumber Smoothie



½ cucumber
6 mint leaves
1 lemon, juiced
Filtered water
Stevia to taste
Blend and serve
This is one serving

Golden Tea or Milk



This drink can be made into a tea with milk or without.

1 lemon, juiced

1 (1 inch) piece of turmeric, sliced into small pieces

1 (1 inch) piece of ginger, sliced into small pieces

2 or more tbsps. of raw honey

1 cup of filtered water, hot

Optional for milk version – 2 tbsps. almond or coconut milk

Juice the lemon, cut up the ginger and turmeric,

heat up the water, add the lemon juice

and turmeric and ginger slices to the hot water,

then pour in the honey and optional milk and stir.

Let it set for a few minutes and then drink up.

You can strain out the ginger and turmeric if desired.

Blueberry Smoothie



Mike made this one.
½ cup of blueberries
½ cup of blackberries
1 lemon, juiced
Raw honey to taste
Filtered water
Blend and serve
This is one serving

Cranberry Water



1 cup cranberries, diced

1 cup blueberries, diced

1 small half inch piece of turmeric , diced

1 small half inch piece of ginger, diced

Stevia to taste

Filtered water

Grapefruit Smoothie



Smoothie ingredients:

1 grapefruit, peeled and diced

1 cup of spinach,

1 cup of plain Greek yogurt,

½ cup cranberries,

1 lemon, peeled and diced

1 lime, peeled and diced

1 small half inch piece of ginger, diced

1 small half inch piece of turmeric, diced

stevia to taste

filtered water

Blend and serve

Post Workout Smoothie



2 scoops [prograde](#) workout
2 cups almond milk
stevia to taste
filtered water
blend and serve (ice optional)
Drink right after your workouts or have
before and after your workout

<http://dempseysresolution.getprograde.com/pre-and-post-workout-drink.html>

Power Greens Smoothie



2 cups organic power greens
(baby kale, baby chard, and baby
spinach)

1 cup plain Greek yogurt

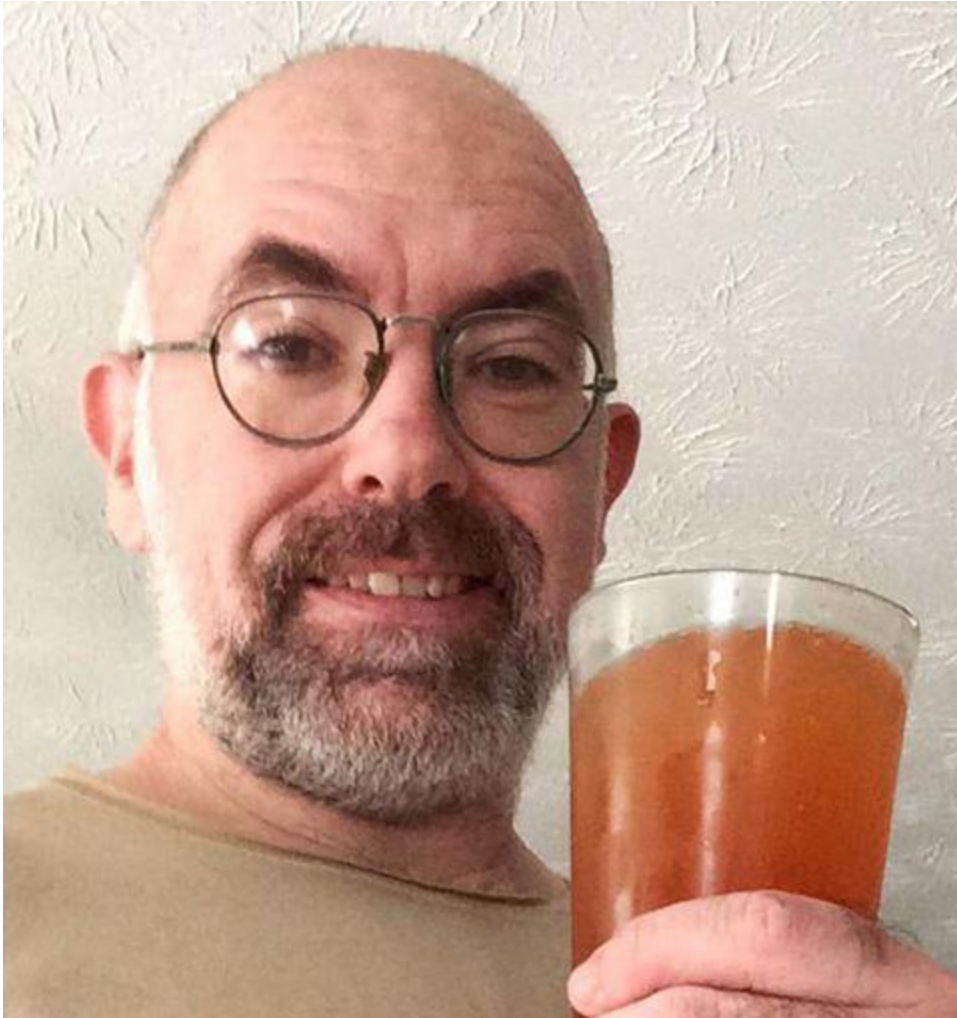
1 tbsp. extra virgin olive oil

raw organic honey to taste

filtered water

blend and serve

Cinnamon Water



1 cup of Ceylon cinnamon powder
4 lemons, diced
filtered water
stevia to taste

Note:

The two major types of cinnamon used in food preparation are Ceylon cinnamon and Cassia cinnamon. Ceylon cinnamon (*Cinnamomum verum* or *Cinnamomum zeylanicum*), native to Sri Lanka, is also known as “true cinnamon.” This is NOT the predominant spice typically sold as cinnamon in the United States.

Celery Smoothie



½ celery stalk

4 parsley stems

1 handful of power greens

Filtered water

Stevia to taste

Blend and serve

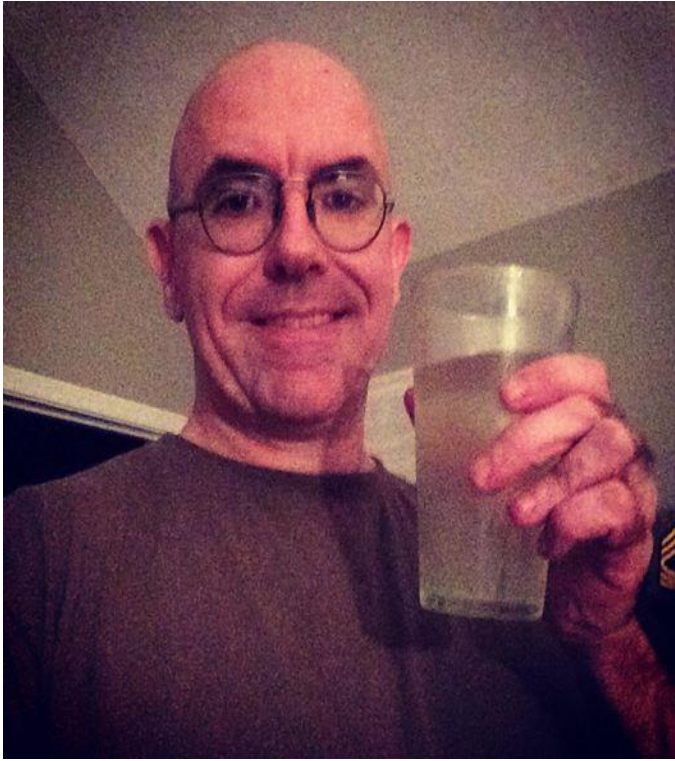
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Lemon Water



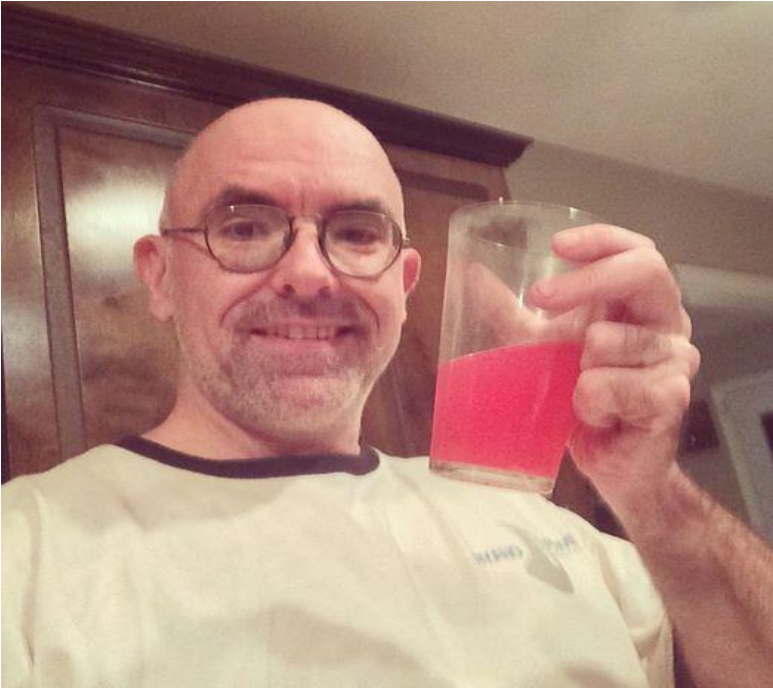
6 lemons, diced
filtered water
stevia to taste

Pear Water



1 Pear, diced
1 lime, diced
1 lemon, diced
1 small half inch
piece of ginger, diced
filtered water
stevia to taste

Pomegranate water



1 pomegranate, diced
1 lemon, diced
1 lime, diced
1 small half inch piece
of ginger, diced
filtered water
stevia to taste

Spinach Smoothie



2 cups baby spinach
1 cup plain Greek yogurt
1 tbsp. extra virgin olive oil
filtered water
stevia to taste
blend and serve

Honey Water



6 lemons, diced
filtered water

after allowing the lemons to soak, pour a glass
and add 2 tbsp. of raw honey, stir and enjoy

Strawberry Pineapple Water



1 cup strawberries, diced
1 cup pineapple, diced
Filtered water
Stevia to taste

Blueberry Mint Smoothie



1 cup blueberries
8 mint leaves
1 half inch piece of turmeric
1 half cup of pine nuts
1 lemon, juiced
1 lime, juiced
Filtered water
Stevia to taste
Blend and serve
This is one serving

Grapefruit Water



1 grapefruit diced

1 orange, diced

1 lime, diced

1 lemon, diced

1 cup cranberries, diced

1 small one inch piece of turmeric, diced

1 small one inch piece of ginger, diced

Filtered water

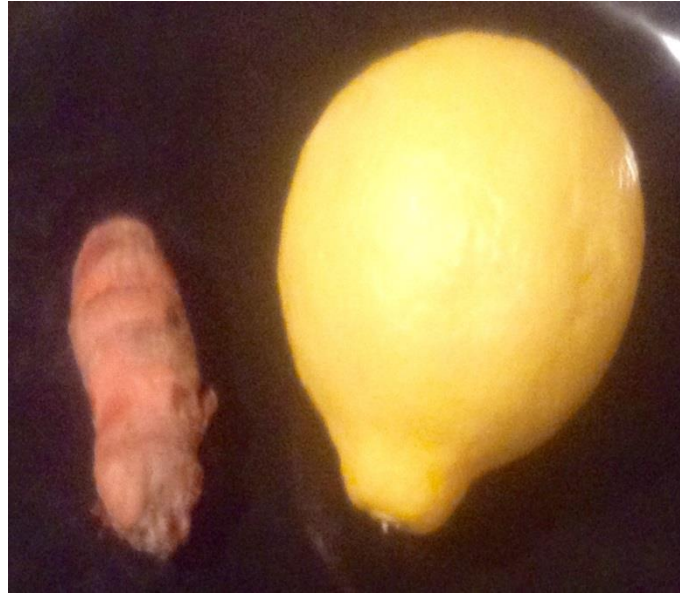
Stevia to taste

Pineapple Smoothie



2 cups of diced pineapple
2 cups of plain Greek yogurt
1 cup diced pecans
Filtered water
Blend and serve
Stevia to taste

Lemon and Turmeric



1 lemon, juiced
1 one inch piece of turmeric
Stevia to taste
Filtered water
Blend and serve
Can also be heated for a tea.

Health Benefits of Certain Fruits and Vegetables

Here I've listed a bunch of fruits and vegetables that are commonly used in infused water drinks and smoothies. While I can't list every single fruit and vegetable, the ones included will give you the general idea of their main benefits.

Fruits and vegetables are full of anti-oxidants, vitamins, minerals, fiber and a mix of protein, fats and carbs. These fruits and vegetables do not perform any miracle cures by themselves. They do provide your body with the necessary nutrients that allow your body to perform at optimal levels and be protected and nourished against free radicals and other harmful toxins and diseases.

By reducing the amounts of toxins and inflammatory elements that you ingest while strengthening your body with nutrients, you can achieve a healthy and fit body.

The complete package for health and fitness includes a positive mindset, healthy lifestyle and behaviors, a good nutrition program and exercise.

Reminder: always check with your doctor before beginning any exercise or nutrition program.

There are no shortcuts.

Benefits of Pineapples

Pineapples are a funny-looking fruit with a serious impact on health, and their health and medicinal benefits include 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. It is also a storehouse of huge health benefits due to its wealth of nutrients, vitamins, and minerals, including potassium, copper, manganese, calcium, magnesium, vitamin C, beta carotene, thiamin, B6, and folate, as well as soluble and insoluble fiber, and bromelain.

Benefits of Pears

The health benefits of pears include their ability to aid in weight loss, improve digestion, improve heart health, regulate the body's fluid levels, reduce blood pressure, increase cognitive ability, prevent cancer, promote wound healing and tissue repair, defend against birth defects, boost the immune system, reduce inflammation, increase the metabolism, improve circulation, protect against osteoporosis, while guaranteeing healthier skin, eyes, and hair. The contents of the fruit, and the mineral, vitamin, and organic compound content of pear species is the reason for its vast health potential. Some of these active and effective components are potassium, vitamin-C, vitamin K, phenolic compounds, folate, dietary fiber, copper, manganese, magnesium, as well as B-complex vitamins.

Benefits of Cranberry

The health benefits of cranberry include relief from urinary tract infection, respiratory disorders, kidney stones, cancer, and heart disease. It is also beneficial in preventing stomach disorders and diabetes, as well as gum diseases caused by dental plaque. Phytonutrients, which are naturally derived plant compounds, are present in cranberries and have been found to prevent a wide range of health problems. Cranberry is rich in antioxidants, vitamin C and salicylic acid. Cranberry provides energy, protein and carbohydrates. In terms of minerals, it contains calcium, magnesium, iron, phosphorus, sodium, potassium and zinc. It also contains vitamins like thiamin, riboflavin, niacin, vitamin B-6, E (alpha tocopherol) and vitamin K (phylloquinone).

Benefits of Pomegranates

Pomegranates have antioxidant, antiviral and antitumor properties. They are said to be good sources of vitamins, since it includes vitamin A, C and E, as well as folic acid. This fruit consists of three times as many antioxidants as both wine or green tea. It is said to be a healthy powerhouse. Pomegranates are known mostly for curing problems related to the heart and for maintaining effective and healthy blood circulation. Other health benefits include being a cure for stomach disorders, cancer, dental conditions, osteoarthritis, anemia and diabetes. Pomegranates contain high levels of antioxidants called flavonoids. These flavonoids are known to be effective in counteracting various cancer radicals. People that face high risk of prostate and breast cancer should start drinking the juice of this fruit, as it will help them to reduce the risk of developing cancer. Regular consumption of pomegranates can reduce the PSA levels in the body and aid in the fight against existing cancer cells in the body.

Benefits of Clementines

Health benefits of clementines include relief from digestive troubles, better cardiovascular health, strengthened immune system and optimum balance of electrolytes in the body. The enriching nutrients present in clementines contribute in building strong bones and supports in muscle contraction and relaxation. Furthermore, bioactive molecules present in clementines make it an anti-cancer fruit and also contributes in smooth functioning of the brain. Clementines provides essential vitamins such as vitamin C (ascorbic acid) and folate to the body. Clementines are a good source of healthful bioactive components such as limonoids and flavones glycosylates. In addition to this, it offers very few calories and also adds fiber content to the diet.

Benefits of Blackberry

Health benefits of blackberry include better digestive health, strengthened immune defense, healthy functioning of heart, prevention of cancer and relief from endothelial dysfunction. Blackberry provides cognitive benefits and aids in enhancing memory, weight management, keeping the bones strong, healthy skin, improved vision and disease-free eyes, normal blood clotting and may also serve as a valuable food during pregnancy owing to an impressive gamut of healthful nutrients.

Vitamins provided by blackberries include vitamin A, vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B6, folate, vitamin C (ascorbic acid), vitamin E (alpha-tocopherol) and vitamin K (phylloquinone). Mineral wealth of blackberries include calcium, iron, magnesium, phosphorous, potassium and zinc.

Blackberries are also a good source of amino acids and essential dietary fiber without offering any harmful cholesterol.

Benefits of Kiwi

Health benefits of kiwi include improved digestive and cardiovascular health. The affluence of antioxidants in the kiwifruit proves valuable in various medical conditions such as cancer, insomnia, macular degeneration and diabetes. Flavonoids-rich kiwi is beneficial during pregnancy, contributes in keeping the skin healthy and promotes the absorption of iron in the body. Anti-microbial properties of kiwi guards against a range of pathogens and strengthens the immune defense of the body. Kiwi is an excellent source of vitamin C (ascorbic acid). Others vitamins including vitamin A, folate, vitamin E (alpha-tocopherol) and vitamin K (phylloquinone) are also present in good amounts. The mineral wealth of kiwi fruit includes tremendous quantity of potassium along with other minerals such as calcium, magnesium and phosphorous. All these vital nutrients in kiwifruit come with an additional bonus of dietary fiber.

Benefits of Raspberries

Rich in vitamins, antioxidants and fiber, raspberries are a delicious fruit with many health benefits. Raspberries have a high concentration of ellagic acid, a phenolic compound that prevents cancer, thereby stopping the growth of cancer cells and eliminating the progress of some cancers. Raspberries are excellent sources of vitamin C, manganese and dietary fiber. Raspberries are also rich in B vitamins, folic acid, copper and iron. This berry has the highest concentration of antioxidant strength amongst all fruits. This is due to its high concentration of ellagic acid, anthocyanins, gallic acid, quercetin, cyanidins, catechins, pelargonidins, kaempferol and salicylic acid. However, yellow raspberries and other pale-colored fruits have a much lower percentage of anthocyanins. Thus, raspberries can be considered as one of the best natural treatments for cancers.

Benefits of Mangoes

Mangoes are very low in saturated fat, cholesterol and sodium. They are also an excellent source of dietary fiber and vitamin B6, as well as a good source of vitamin A and vitamin C. Mangoes are rich in minerals like potassium, magnesium and copper, and they are one of the best sources of quercetin, betacarotene, and astragalin. These powerful antioxidants have the power to neutralize free radicals throughout the body. Ailments like heart disease, premature aging, cancer and degenerative diseases are due to these free radicals that damage the cells. They are rich in potassium and magnesium, and mangoes are great natural remedies for high blood pressure patients. They also contain selenium, calcium, iron and phosphorus. Mangoes are said to be vitamin powerhouses as they are rich in riboflavin, vitamin B6, A, C, E, K, niacin, folate, thiamin and panthothenic acid. These components help you to avoid a host of diseases that can come from deficiencies of these vitamins and minerals.

Benefits of Lemon

The health benefits of lemon include its use as a treatment of throat infections, indigestion, constipation, dental problems, and fever, internal bleeding, rheumatism, burns, obesity, respiratory disorders, cholera and high blood pressure, while it also 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. The health benefits of lemons are due to its many nourishing elements like vitamin C, vitamin B, phosphorous, proteins, and carbohydrates. Lemon is a fruit that contains flavonoids, which are composites that contain antioxidant and cancer fighting properties. It helps to prevent diabetes, constipation, high blood pressure, fever, indigestion and many other problems, as well as improving the skin, hair, and teeth.

Benefits of Grapefruits

The health benefits of grapefruits are wide-ranging and nearly unmatched by any other fruit. A glass of chilled grapefruit juice, especially in winter, helps seriously boost your levels of vitamin C, which gives grapefruits a high place amongst various citrus fruits. It's packed with the benefits derived from various nutrients and vitamins, including potassium and lycopene. Along with these, it also contains calcium, sugar and phosphorous. Grapefruits are high in fiber and low in calories, and they contain bioflavonoids and other plant chemicals that protect against serious diseases like cancer, heart disease, and the formation of tumors. Grapefruits increase the body's metabolic rate, lower insulin levels and give you a feeling of fullness and normality. It assists the human body in fighting various conditions like fatigue, fever, malaria, diabetes, constipation, indigestion, urinary problems, excess acidity and many more.

Benefits of Cherries

The health benefits of cherry include a boost to eye care, a stronger immune system, relief from infections, anti-aging properties, and improved digestion. Cherries are store houses of antioxidants such as vitamin-C and flavonoids. They effectively neutralize free radicals and protect us from all ailments associated with aging or the action of oxidants, such as weakening of the heart and nervous system, loss of vision, macular degeneration, hair loss, wrinkling of skin, loss of libido, as well as cancer of the colon and prostate. The antioxidants (Vitamin-C, Carotenoids and Flavonoids) also boost immunity and protect us from bacterial, viral and fungal infections, particularly those of the colon, urinary tract, intestines, and excretory system as well as coughs and colds. They are also very effective in giving protection against flu and other fevers. The flavonoids, carotenoids and vitamins like vitamin-A and C are extremely powerful anti-carcinogenic compounds. They efficiently inhibit the growth of cancerous cells as well prevent the triggering of new cancerous growths, free radicals being the main culprit behind them.

Benefits of 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. In addition to antioxidants, they have many other nutrients, vitamins, and minerals that contribute to overall health. These include folate, potassium, manganese, dietary fiber, and magnesium. It is also extremely high in vitamin C! Together, these components are responsible for the overwhelming health benefits of strawberries.

Benefits of Cranberry

The health benefits of cranberry include relief from urinary tract infection, respiratory disorders, kidney stones, cancer, and heart disease. It is also beneficial in preventing stomach disorders and diabetes, as well as gum diseases caused by dental plaque.

Phytonutrients, which are naturally derived plant compounds, are present in cranberries and have been found to prevent a wide range of health problems. Cranberry is rich in antioxidants, vitamin C and salicylic acid. Cranberry provides energy, protein and carbohydrates. In terms of minerals, it contains calcium, magnesium, iron, phosphorus, sodium, potassium and zinc. It also contains vitamins like thiamin, riboflavin, niacin, vitamin B-6, E (alpha tocopherol) and vitamin K (phylloquinone).

Benefits of Lime

The health benefits of lime include weight loss, skin care, improved digestion, relief from constipation, eye care, and treatment of scurvy, piles, peptic ulcer, respiratory disorders, gout, gums, urinary disorders, etc. The high levels of soluble fiber found in limes make it an ideal dietary aid to help regulate the body's absorption of sugar into the bloodstream, reducing the occurrence of blood sugar spikes that are a serious risk to diabetic patients. In addition to vitamin-C, lime contains special compounds called Flavonoids (Limonoids such as Limonin Glucoside) which have antioxidant, anti-carcinogenic, antibiotic and detoxifying properties that stimulate the healing process of peptic and oral ulcers. The high potassium content of limes is very effective in removal of the toxic substances and the precipitates which get deposited in kidneys and the urinary bladder. The disinfectant properties of limes also help cure infections in the urinary system.

Benefits of Blueberries

These “superfood” berries are packed with antioxidants and rank number 1 in the world of antioxidants. This is mainly due to presence of Anthocyanin, a pigment responsible for the blue color of the blue berries. The abundance of vitamin-C is also a big factor for this impressive claim as well. You can prevent signs of aging like wrinkles, age spots, cataracts, osteoporosis, hair loss, dementia, and Alzheimer’s disease by eating blueberries and getting the most out of the antioxidant potential! Blueberries contain special groups of antioxidants called carotenoids (lutein, zeaxanthin etc.), flavonoids (like rutin, resveritrol, quercetin etc.), and other antioxidant compounds like vitamin C, vitamin E, vitamin A, selenium, zinc and phosphorus. The vitamins, sodium, copper, fructose and acids improve digestion. Being very rich in antioxidants like Anthocyanin, vitamin C, B complex, vitamin E, vitamin A, copper (a very effective immune builder and anti-bacterial substance), selenium, zinc, and iron (promotes immunity by raising hemoglobin and oxygen concentration in blood), it can seriously boost your immune system and prevent infections.

Benefits of Avocados

The health benefits of avocado include weight management, protection from cardiovascular diseases, diabetes, treating osteoarthritis and enhancing the absorption of nutrients for the body. It also reduces the risk of cancer, liver damage and Vitamin K deficiency-related bleeding. Avocado helps in keeping eyes healthy and protecting the skin from signs of aging and the harmful effects of UV rays. It also helps in maintaining blood sugar levels and has antioxidant properties. It even helps to increase circulation, boost cognitive abilities, and build stronger bones! Avocado seeds are used for the treatment of diabetes, inflammatory conditions, and hypertension, as well as for improving hypercholesterolemia and it lowers the risk of metabolic syndrome. Avocados are rich in various nutrients, vitamins and minerals. Avocados are also a good source of monounsaturated fatty acids, and they have a low sugar content. Avocados contain calcium, iron, magnesium, potassium, copper, manganese, phosphorus and zinc. They also contain minerals such as vitamin C, B6, B-12, A, D, K, E, thiamin, riboflavin, and niacin, and they are a great source of dietary fiber.

Benefits of Cucumber

Cucumbers are rich in vitamins A, C, and folic acid while the hard skin of cucumbers is rich in fiber and a range of minerals include magnesium, molybdenum, and potassium. Additionally, cucumber contains silica, a trace mineral that contributes greatly to strengthening our connective tissues. Cucumbers are known to heal many skin problems, under eye swelling and sunburn. Cucumbers also contain ascorbic and caffeic acids which prevent water loss, therefore cucumber is frequently applied topically to burns and dermatitis. Cucumber benefits range from preventing acidity to keeping skin well-toned. Cucumber has high alkaline levels, thus regulating the body's blood pH and neutralizing acidity. It regulates blood pressure and contributes to the proper structure of connective tissues in our body, including those in the muscles, bones, ligaments, cartilage, and tendons. Cucumbers help to normalize body temperature. Cucumber juice is diuretic, so it is able to prevent kidney stones. Cucumbers also counter the effects of uric acid, which prevents inflammation in from conditions like arthritis, asthma, and gout.

Benefits of 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. It is a source of vitamins like folate, niacin, vitamin A, B6, C and traces of the rest of the essential vitamins. Other important elements, including thiamine and riboflavin, which are used in various reactions in our body, are also found in spinach. Spinach offers a wide range of benefits to most of our physiological processes. It helps with blood pressure, eyesight, bones and muscles, metabolic activity, Atherosclerosis and Strokes, ulcers and fetal development.

Benefits of Celery

Celery is rich in vitamin C, it lowers cholesterol, prevents cancer, manages pain from arthritis, helps weight loss, detoxifies the body, reduces high blood pressure, and promotes overall health in a vast number of ways. Celery contains minerals such as calcium, sodium, copper, magnesium, iron, zinc, potassium. It contains fatty acids and vitamins including vitamin A, C, E, D, B6, B12 and vitamin K. It also contains thiamin, riboflavin, folic acid and fiber. The health benefits of celery include the following: reduce blood pressure and cholesterol, cancer fighting, helps joints, immune system, diabetes and much more..

Benefits of Kale

Kale can help lower cholesterol, fight cancer, aid in weight loss, improve eyesight, improve blood glucose control in diabetics, lower blood pressure, improve bone health, lower the risk of developing asthma and more. Kale is loaded with vitamins and minerals such as vitamins A, K, C, B6, B1, B2, B3, Manganese, Calcium, Copper, Potassium, Magnesium, Iron and Phosphorus..Kale also has anti-oxidants such as flavonoids quercetin and kaempferol. They have powerful cardioprotective, blood pressure lowering, anti-inflammatory, anti-viral, anti-depressant and anti-cancer effects. Kale contains very little fat, but a large portion of the fat in it is the omega-3 fatty acid called alpha linolenic acid.

Benefits of Parsley

Parsley provides nature's best carotenoids and is a nutrition powerhouse of a few known anti-cancer and anti-inflammatory phytonutrients and flavonoids (lutein, zeaxanthin, apiole, rutin and apigenin).

It is rich with chlorophyll, vitamin A, B, C, and K, folate and iron. It has high beneficial mineral contents like calcium, magnesium, manganese, phosphorus, potassium, sodium, vanadium, and zinc. Parsley helps with Anemia, Atherosclerosis, Arthritis, Bladder/kidney/urinary tract problems, Cancer, Free radicals, Heart health, Immunity, Vision, and Wound healing.

Benefits of Turmeric

Turmeric is used for arthritis, heartburn (dyspepsia), stomach pain, diarrhea, intestinal gas, stomach bloating, loss of appetite, jaundice, liver problems and gallbladder disorders.

It is also used for headaches, bronchitis, colds, lung infections, fibromyalgia, leprosy, fever, menstrual problems, and cancer. Other uses include depression, Alzheimer's disease, water retention, worms, and kidney problems. Turmeric contains curcumin, a substance with powerful anti-inflammatory and antioxidant properties. Curcumin delivers a one-two punch against free radicals. It blocks them directly, then stimulates the body's own antioxidant mechanisms.

Benefits of Mint Leaves

Mint is a great appetizer or palate cleanser, and it promotes digestion. It also soothes stomachs in cases of indigestion or inflammation. Mint is a quick and effective remedy for nausea. Mint is very effective in clearing up congestion of the nose, throat, bronchi and lungs, which gives relief for respiratory disorders that often result from asthma and the common cold. Mint is a natural stimulant, and the smell alone can be enough to charge your batteries and get your brain functioning on a high level again. It also stimulates the digestive enzymes that absorb nutrients from food and consume fat and turn it into usable energy. Current research shows that certain enzymes that can be found in mint may help prevent and treat cancer. Mint has small amounts of protein, fat and carbs. It also has vitamin C, A, B6, calcium, magnesium, folate, iron, manganese, potassium, and riboflavin.

References:

<https://www.organicfacts.net/health-benefits>

<http://authoritynutrition.com/>

<http://juicing-for-health.com/>

21 Day Detox Challenge

If you are interested in a whole food program that allows you to lose weight while improving your health, the detox challenge is a great option.

You cut back on inflammatory and toxic foods while eating healthy choices. You receive a detox manual, recipes, meal plans, grocery list, a startup video, and nutrition tips. There are 3 levels of the program so you can choose which is right for you. The program is all digital and available for download online.

It is on sale now for a limited time.

Check it out here:

<http://www.dempseysresolution.com/detox.html>

Dempsey's Resolution Fitness

<http://www.dempseysresolution.com>

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