

# A Green Smoothie Daily

We all need more greens - they contain magnesium, nature's tranquiliser!

First thing in the morning is a great kick start to the day  
Please don't OD. Start with a small glass daily and see if it agrees.

These are nutrient dense & easy to absorb. The blender does the chewing for you. These are better than juices because of the fibre.

You can play around with the ingredients according to taste

It can be as few or as many ingredients as you have to hand.  
Leave out what you don't like  
Less fruit is better but make it so you love the taste.

1 - 2 apples  
lemon juice to taste  
2 - 4 "cucumber  
celery - ½ - 1 stick  
wedge pineapple 2 " wide  
handful lambs lettuce & or kale  
a sliver of raw ginger  
water - decide what consistency you'd like - not too thin

**Other foods you could add a little of for variation**  
green lettuce, pointed cabbage, soaked flax seeds, alfalfa

## **Alfalfa Contraindications**

Aspirin delays clotting, so taking alfalfa could interfere with the anticoagulant effects of aspirin/ blood thinners. Alfalfa should not be used while aspirin or anti-clotting medication is being taken on a regular basis.

**Pregnancy** In animal studies, alfalfa caused muscles in uterus to tighten. Potentially, this tightening could cause a miscarriage, so alfalfa products should not be taken if pregnant.

## **Warfarin**

Most of these foods are contraindicated while you're on Warfarin.