



Enhance your energy with Green Smoothies

Victoria Boutenko has been studying nutrition since she came to the United States from Russia. Her husband had hyperthyroidism, rheumatoid arthritis and diabetes. Victoria's daughter had allergies and asthma. Her son was diagnosed with juvenile diabetes. Victoria herself had edema and weighed over 280 pounds. She decided to work on their illnesses with nutrition. She developed several recipes for "Green Smoothies". These combine greens – lettuce, spinach, chard, etc – with fruits to make them palatable. By blending the greens, you make these nutrients readily available to the body. Greens have large amounts of nutrients.

Victoria, in conjunction with Dr. Paul Fieber, conducted a month long study on green drinks in Roseburg, Oregon. Twenty seven participants from the small town of Roseburg agreed to drink one quart of green drink each day. Everything but the green drink remained the same – they didn't change the rest of their diet or their exercise patterns. In that one month, changes included: more energy; clearer skin; weight loss up to 10 pounds; better digestion; reduced asthma symptoms; better sleep; and better moods.

Here are several recipes for Green Drinks:

Green Benevolence

Blend well:

6-8 leaves of Romaine lettuce

1 cup of red grapes

1 medium orange

1 banana

2 cups water

Yields 1 quart of smoothie

Strawberry Field

Blend well:

1 cup strawberries (fresh or frozen)

2 bananas

½ bunch romaine

2 cups water

Yields 1 quart of smoothie

Blueberry Refresher

Blend well:

1 cup strawberries (frozen)

1/3 cup frozen blueberries

2 bananas

2 handfuls spinach

2 cups water

Yields 1 quart of smoothie

If you like a little extra sweetness, add a little raw unfiltered honey. You can drink half of the smoothie and store the rest in the refrigerator for later as well. To learn more about Green Smoothies, check out Victoria Boutenko's book, Green for Life.