

# Healthy blender drink for your healthy self! Brightside August, 2014

By Dr. Derek Conte

## Why use a blender rather than a juicer?

- 1) You keep all the vitamins, minerals and fiber stored in the food skins, seeds and inner structure. It releases the nutrition much more slowly into the digestion, fortifying you for longer periods and cleaning you out much more with each bowel movement. Fiber is good exercise for your digestive tract, which is all muscle, and needs regular exercise! Also, 'juiced' drinks oxidize within minutes, while blender drinks can last for a couple of days and don't have to be consumed immediately.
- 2) Blenders require MUCH less food to do the job. You'll get 100% yield from your food instead of maybe 10% with a juicer. This saves a lot of money. You'll get a blender-full of total nutrition rather than a small cup of juice, so it can easily replace full meals and satisfy you. We ALL want to feel satisfied.
- 3) Blenders cost much less than juicers; a good OSTER "Beehive" 4270, 2-speed blender with a 600 watt motor, all-metal drive system, all-metal casing and heavy glass 48oz. vessel costs about \$50.00 at TARGET or on AMAMZON. And, trust me, 2-speeds is all you'll ever need! You can upgrade the standard 4-blade cutter to the 6-blade (#118530-001 for \$6.99) for much greater efficiency. It is NOT necessary to buy a VITAMIX blender for \$500.00 or even a NINJA blender for \$250.00. Good juicers can cost \$300.00-\$500.00 or more.
- 4) A blender is MUCH easier to clean. Just rinse and rack! Juicers require prompt and thorough cleaning.

So here we go! Finely chop the veggies so they blend more easily and to make room for everything and place them in the vessel. THEN add water up to 1/3 of the vessel after putting in the food. It doesn't matter if the fruit is over-ripe. It's all the sweeter and it doesn't need to be thrown away! One patient has neuropathy in her feet and arthritis in the knee that prevented her from doing a squat. After 10 days of doing this (even with some food slip-ups) she had significant improvement in the neuropathy and was able to easily do a squat. This implies that processed foods and grains can cause inflammation.

1 large leaf of Kale   1 handful of Spinach   1 small Carrot   1 small stalk of Celery   1 handful of Cilantro

1handful of Blueberries   3-4 Strawberries   1 Banana   1 small Apple or Pear

1 small slice of fresh Ginger   1 level teaspoon of "cracked-wall" Chlorella

2-3 tablespoons of Raw Agave Nectar to sweeten things up   1 full helping of creativity! Check on-line for more ideas.

Blend on "low" and slowly add ice to fill the vessel while blending one to two minutes or more, depending on your texture preference. Use more or less water to control thickness. This is a delicious and very nutritious drink. Consuming these foods raw yields a much higher nutritional content than cooked or even steamed vegetables. All the enzymes that make the body go remain intact. You will feel the difference in your life right away! You're going to love this. Do this for several days and see many health problems start to go away. When you eat solid foods in between, eat quality foods. No grains, sugar or junk!

Hints: Buy several containers of berries when they are on sale and freeze them in a zip-lock to keep well. Overripe bananas can be peeled and frozen too as any other fruit can. No need to waste! They taste even better when overripe from the freezer. Chlorella is a super-food from plants. "Cracked-wall" means the cell walls have been broken so that you can absorb all the power of this nutrient. Don't let the Cilantro and Ginger scare you off. They add great freshness and are balanced by the sweetness of the Raw Agave Nectar. The total cost of all this goodness is around \$1.00 per blender-full. It doesn't cost a lot to be healthy.

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