

13 Power Smoothies for Life: Foundation for An Ageless Diet

Why Smoothies?

Have you ever set an intention to follow a new dietary plan, to support health or weight loss, only to find it impossible to eat all of the nutrients that your body needs on a daily basis? Have you found it difficult to get your omega-3/omega-6 fatty acid ratio in balance and keep it that way? Have you found it impossible to eat enough raw greens and vegetables every day? Do you have a health condition that refuses to heal, no matter what you do?

I was seeking a way to be confident that I am getting all of the nutrients that I need every day to live in vibrant health. And I wanted to enjoy my foods, enjoy the flavors and textures, and make sure my husband enjoyed his foods, too. These easy and fast smoothie recipes have evolved from exactly that desire. We have done the research and tested them through time. I am excited to finally offer them here, and hope that you will enjoy wonderful results just as we have!

More History

My husband Michael and I began drinking these smoothies some time after completing the Ultimate Candida Diet program (see at this link: <https://www.thecandidadiet.com/ultimate-candida-diet/>).

We had long ago (over 20+ years), shifted into a predominantly veggie diet, with organic whole foods, only pastured organic animal products, and wild caught salmon, and eventually gluten free. This had been serving us well for years, but nearing our 60's, Michael and I both began to notice some deterioration in our vision, along with a few other symptoms of "aging", despite our conscious diet, and taking supplements every day for superior nutrition.

We began to increase fruits in our diet, very consciously, after a year of avoiding them. Fructose (the sugars in fruits) can be problematic for those who have had candidiasis, and those with pre-diabetic tendencies or diabetes. Yet certain fruits provide natural enzymes, vitamins, and anti-oxidants that the body must have to be healthy. We then that limiting fructose consumption to under 30 grams per day, by using specific amounts of fruit in the recipes, seemed to keep the candidiasis at bay for us. (Check out more information on fructose at www.mercola.com).

Moving Toward The Goal of Vibrant Health

If you tend to enjoy a sweeter flavor, as I do, try adding birch xylitol or pure stevia, the only truly natural plant based sweeteners that contain no fructose or sugars. **Avoid adding any extra fruit, honey, maple syrup, sugar, agave syrup, artificial sweeteners, or any other sweeteners**, as the sugar level for these smoothie recipes is an important factor for success.

I can report that within 2 weeks of starting these daily smoothies, I saw improvement in several areas, including energy level, emotional stability, and reduced inflammation in my hands. These conditions and more have steadily improved as I have continued with the daily smoothies.

Michael has also seen great results. His vision is improving, and his energy level is great. (We also use my herbal eyedrops recipe on our website at www.whitesagelanding.net)

These smoothies are a tool that can help you reach your goal of vibrant health. Like any tool, they work best when used properly. Drink your smoothie(s) every day. Use a different recipe every day. Drink up to 3 daily if you want to see quicker results. If you are trying to lose weight, you can replace 1 meal with a smoothie every day. And enjoy your path to vibrant health!

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1 Blackberry Dream Smoothie

POWER NUTRIENTS:

Lutein
Zeaxanthin
Omega-3
Anti-oxidants
Protein

NUTRITIONAL INFO 1 serving:

Protein: 4 g
Fat: 2.5 g
Fiber: 9.2 g
Sugars: 6.5 g
Carbohydrates: 32 g

PREP TIME: 5 minutes

SERVES: 2

INGREDIENTS:

1/2 c. frozen blackberries
1/2 banana, peeled
2 T. coconut cream
1 T. chia seed
3 ice cubes
1-1/2 cups water (more if you like your
smoothie thinner, less if you like
it thicker)
1/4 t. chlorella
3 tablets Mercola Multivitamin Plus

TO MAKE:

Place all ingredients in blender and blend on high until smooth. Note: You may need to run it through two cycles to liquify the tablets.

Optional: 1/2 t. stevia herb powder or xylitol; 2 drops cassia CO2 extract



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2 Orange Veggie Smoothie

POWER NUTRIENTS:

Lutein
Zeaxanthin
Vitamin B6
Vitamin B12
Vitamin C

NUTRITIONAL INFO 1 serving:

Protein: 3 g
Fat: 0.5 g
Sugars: 12 g
Carbohydrates: 24 g
Fiber: 4.3 g

PREP TIME: 5 minutes

SERVES: 2

INGREDIENTS:

1/2 small red beet
1 carrot, chopped
1/2 apple, peeled
1/2 banana, chopped
1/2 t. bee pollen
1 cup baby kale or power greens
2 cups water (more if you like your
smoothie thinner, less if you like
it thicker)
1 t. chopped ginger root
Juice from 1/2 lemon
3 tablets Mergol Multivitamin Plus

Optional: 1 t. stevia herb powder or xylitol; 2 drops lemon essential oil

TO MAKE:

Place all ingredients in blender and blend on high until smooth. Note: You may need to run it through two cycles to liquify the tablets.



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3 Goji Banana Smoothie

POWER NUTRIENTS:

Lutein
Zeaxanthin
Omega-3
Vitamin C
Vitamin B12
Zinc

NUTRITIONAL INFO 1 serving:

Protein: 7.2 g
Fat: 3.2 g
Fiber: 7.8 g
Sugars: 12.3 g
Carbohydrates: 27.1 g

PREP TIME: 5 minutes

SERVES: 2

INGREDIENTS:

1/2 c. chopped kale
1 banana, peeled
1 c. coconut water
2 t. bee pollen
1/2 c. chopped spinach
1-1/2 cups water (more if you like your smoothie thinner, less if you like it thicker)
1/4 c. goji berries
1 T. coconut oil or coconut cream
1/4 t. chlorella
3 tablets Mercola Multivitamin Plus
Optional: 1 t. stevia herb powder or xylitol

TO MAKE:

Place all ingredients in blender and blend on high until smooth. Note: You may need to run it through two cycles to liquify the tablets.



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4 Salad Bowl Smoothie

POWER NUTRIENTS:

Lutein
Zeaxanthin
Vitamin C
Vitamin B12
Zinc

NUTRITIONAL INFO 1 serving:

Protein: 9.2 g
Fats: 12.1 g
Sugars: 6.5 g
Carbohydrates: 10.5 g
Fiber: 16.1 g

PREP TIME: 5 minutes

SERVES: 2

INGREDIENTS:

1/2 cucumber
1 c. spinach
1 c. chopped tomatoes
2 T. chopped green onion
1/2 c. chopped lettuce
1-1/2 cups water (more if you like your
smoothie thinner, less if you like
it thicker)
1/4 c. raw almonds
1 sprig Italian parsley
1 T. flax seed
3 tablets Mergola Multivitamin Plus

Optional: 1 clove fresh garlic, 1/4 t. unrefined sea salt, 1/4 t. cumin

TO MAKE:

Place all ingredients in blender and blend on high until smooth. Note: You may need to run it through two cycles to liquify the tablets.



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5 Berry Berry Grape Smoothie

POWER NUTRIENTS:

Lutein
Zeaxanthin
Vitamin B12
Vitamin B6
Zinc
Selenium

NUTRITIONAL INFO 1 serving:

Protein: 7.8 g
Fats: 27.2 g
Sugars: 11.2 g
Carbohydrates: 27.9 g
Fiber: 6.8 g

PREP TIME: 5 minutes

SERVES: 2

INGREDIENTS:

1/2 c. frozen or fresh blueberries
1/2 cup fresh grapes
1/2 c. coconut milk
1/2 c. fresh or frozen bilberries
1/3 c. raw cashews
3 raw Brazil nuts
1 T. fresh mint or 1 drop peppermint essential oil
1-1/2 cups water (more if you like your
smoothie thinner, less if you like
it thicker)
3 tablets Mercola Multivitamin Plus
Optional: 1/2 t. stevia herb powder or xylitol

TO MAKE:

Place all ingredients in blender and blend on high until smooth. Note: You may need to run it through two cycles to liquify the tablets.



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6 Apple Pie Smoothie

POWER NUTRIENTS:

Lutein
Zeaxanthin
Vitamin A
Vitamin B12
Vitamin C
Omega 3

NUTRITIONAL INFO 1 serving:

Protein: 6.1 g
Fats: 14.5 g
Sugars: 11.6 g
Carbohydrates: 23.4 g
Fiber: 7.8 g

PREP TIME: 5 minutes

SERVES: 2

INGREDIENTS:

1 apple, chopped
1 stick celery, chopped
1/2 cucumber, chopped
1 c. chopped spinach
1/3 c. raw almonds
1 T. flax seed
1/2 t. cinnamon powder OR 1 drop cassia EO
1/4 t. clove powder OR 1 drop clove EO
1/2 t. ginger root, fresh or powder OR 1 drop ginger EO
1-1/2 cups water (more if you like your
smoothie thinner, less if you like
it thicker)
3 tablets Mercola Multivitamin Plus
Optional: 1/2 t. stevia herb powder or xylitol

TO MAKE:

Place all ingredients in blender and blend on high until smooth. Note: You may need to run it through two cycles to liquify the tablets.



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7 Carrot Orange Smoothie

POWER NUTRIENTS:

Lutein
Zeaxanthin
Vitamin A
Vitamin B12
Vitamin C
Beta-carotene
Selenium
Zinc

NUTRITIONAL INFO 1 serving:

Protein: 15.3 g
Fats: 7.1 g
Sugars: 14.3 g
Carbohydrates: 25.2 g
Fiber: 6.6 g

PREP TIME: 5 minutes

SERVES: 2

INGREDIENTS:

2 carrots, chopped
1 cup fresh or frozen strawberries
1 orange, peeled
1 c. chopped spinach or kale
Juice from 1/2 lemon
1 T. pumpkin seeds
1/2 t. ginger root, fresh or powder
1-1/2 cups water (more if you like your
smoothie thinner, less if you like
it thicker)
3 tablets Mercola Multivitamin Plus

Optional: 1/2 t. stevia herb powder or xylitol; 3 drops sweet orange essential oil

TO MAKE:

Place all ingredients in blender and blend on high until smooth. Note: You may need to run it through two cycles to liquify the tablets.



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8 Green Garden Smoothie

POWER NUTRIENTS:

Lutein
Zeaxanthin
Vitamin A
Vitamin B12
Vitamin C

NUTRITIONAL INFO 1 serving:

Protein: 5.2 g
Fats: 2.9 g
Sugars: 32 g
Carbohydrates: 48 g
Fiber: 10.7 g

PREP TIME: 5 minutes

SERVES: 2

INGREDIENTS:

1 banana
1 apple, chopped
1 pear, chopped
1/2 c. chopped spinach
1/2 c. baby kale
1/2 c. romaine lettuce
Juice from 1/2 lime
1 T. flax seeds
1-1/2 cups coconut water (add water if you like your smoothie thinner, use less if you like it thicker)
3 tablets Mercola Multivitamin Plus
1/4 t. chlorella
Optional: 1 t. stevia herb powder or xylitol

TO MAKE:

Place all ingredients in blender and blend on high until smooth. Note: You may need to run it through two cycles to liquify the tablets.



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9 Cherry Vanilla Smoothie

POWER NUTRIENTS:

Lutein
Zeaxanthin
Vitamin A
Vitamin B12
Vitamin B6
Vitamin C
Protein

NUTRITIONAL INFO 1 serving:

Protein: 5.2 g
Fats: 7.8 g
Sugars: 30.6 g
Carbohydrates: 45 g
Fiber: 7.8 g

PREP TIME: 5 minutes

SERVES: 2

INGREDIENTS:

1/2 c. fresh or frozen cherries, pitted
3 dates, pitted
1 scoop SunWarrior Vanilla protein powder
1/2 c. chopped spinach
1/2 c. kale
1 T. chia seeds
1/2 t. bee pollen
1 T. coconut oil
1-1/2 cups water (add more if you like your smoothie thinner, use less if you like it thicker)
3 tablets Mercola Multivitamin Plus
Optional: 1 t. stevia herb powder or xylitol

TO MAKE:

Place all ingredients in blender and blend on high until smooth. Note: You may need to run it through two cycles to liquify the tablets.



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10 Berry Heart Smoothie

POWER NUTRIENTS:

Lutein
Zeaxanthin
Vitamin A
Vitamin B12
Vitamin B6
Vitamin C

NUTRITIONAL INFO 1 serving:

Protein: 6.8 g
Fats: 8.5 g
Sugars: 10.1 g
Carbohydrates: 20.3 g
Fiber: 9.9 g

PREP TIME: 5 minutes

SERVES: 2

INGREDIENTS:

1/2 c. golden berries (gooseberries)
1 c. frozen or fresh blackberries
2 c. fresh kale
1/4 c. raw almonds
1/4 t. cinnamon
1/4 c. plain yogurt
1-1/2 cups water (add more if you like your smoothie thinner, use less if you like it thicker)
3 tablets Mercola Multivitamin Plus

TO MAKE:

Place all ingredients in blender and blend on high until smooth. Note: You may need to run it through two cycles to liquify the tablets.

Optional: 1 t. stevia herb powder or xylitol; 1 drop clove or nutmeg essential oil



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11 Mango Pineapple Smoothie

POWER NUTRIENTS:

Lutein
Zeaxanthin
Vitamin A
Vitamin B12
Vitamin B6
Vitamin C

NUTRITIONAL INFO 1 serving:

Protein: 2.9 g
Fats: 1.1 g
Sugars: 24.5 g
Carbohydrates: 31.7 g
Fiber: 4.8 g

PREP TIME: 5 minutes

SERVES: 2

INGREDIENTS:

1 c. chopped mango
1 c. pineapple, chopped fresh or frozen
1 c. chopped spinach
Juice of 1/2 lemon or lime
1/2 t. ginger root powder, or fresh
1-1/2 cups coconut water (add more if you like your smoothie thinner, use less if you like it thicker)
3 tablets Mercola Multivitamin powder
Optional: 1 t. stevia herb powder or xylitol

TO MAKE:

Place all ingredients in blender and blend on high until smooth. Note: You may need to run it through two cycles to liquify the tablets.



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12 Blueberry Peach Smoothie

POWER NUTRIENTS:

Lutein
Zeaxanthin
Vitamin A
Vitamin B12
Vitamin B6
Vitamin C
Omega 3
Zinc

NUTRITIONAL INFO 1 serving:

Protein: 3.4 g
Fats: 11.1 g
Sugars: 10.8 g
Carbohydrates: 17.9 g
Fiber: 5.5 g

PREP TIME: 5 minutes

SERVES: 2

INGREDIENTS:

1 chopped and pitted peach
1/2 c. blueberries, fresh or frozen
1/2 c. chopped spinach
1/4 c. walnuts
1/ T. flaxseed
1/2 t. bee pollen
1-1/2 cups water (add more if you like your smoothie thinner, use less if you like it thicker)
3 tablets Mercola Multivitamin Plus
1/4 t. chlorella

Optional: 1 t. stevia herb powder or xylitol

TO MAKE:

Place all ingredients in blender and blend on high until smooth. Note: You may need to run it through two cycles to liquify the tablets.



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13 Chocolate Special Smoothie

POWER NUTRIENTS:

Lutein
Zeaxanthin
Vitamin B12
Vitamin B6
Vitamin E
Selenium
Zinc

NUTRITIONAL INFO 1 serving:

Protein: 9.1 g
Fats: 15.4 g
Sugars: 4.9 g
Carbohydrates: 16.2 g
Fiber: 4.6 g

PREP TIME: 5 minutes

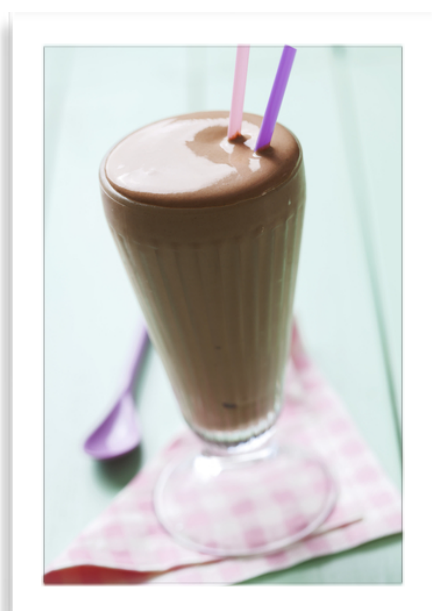
SERVES: 2

INGREDIENTS:

1/ c. strawberries, fresh or frozen
1/2 c. raspberries, fresh or frozen
1 egg, pasture raised
1/2 c. coconut milk or 1/4 c. raw cashews
1 T. organic cocoa powder or dark chocolate chips
1 c. water (add more if you like your smoothie thinner, use less if you like it thicker)
3 tablets Mercola Multivitamin Plus
Optional: 1 t. stevia herb powder or xylitol

TO MAKE:

Place all ingredients in blender and blend on high until smooth. Note: You may need to run it through two cycles to liquify the tablets.



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The Power Nutrients

Certain nutrients are considered critical to the human body to have every day. Without them in the daily diet, deficiency or imbalances begin to manifest. Over an extended period of time, this results in disease, chronic conditions, fatigue, aging, and eventually organ and system malfunction.

Amazingly, the human body is resilient. It can “make do” with too little of these most critical nutrients, for awhile. But eventually, over time, a deficient body will pay the price with signs of aging, or a degenerative disease such as cancer or diabetes.

The following are the nutrients that we have focussed on as being critical for health and regeneration. We always suggest that you get these nutrients in whole food form, as opposed to supplementing with pills or capsules, for several reasons.

Whole foods are made by Nature. Whole foods contain a variety of nutrients rather than one isolated vitamin or mineral. When Nature’s vast intelligence puts these nutrients together, along with plant fibers, phytosterols, and other living elements, the whole is always better than the parts.

Synthetic vitamins and nutrients do not have the same life force (also called “qi” or biogenic energy). They are made with cheaper forms, or forms that are easier to make in the laboratory. And many times they do not perform the same way in the body.

Sometimes long term deficiency should be supplemented for a time, in order to be corrected. But these smoothie recipes, consumed at the rate of 1 to 3 daily, will go a long way toward regenerating any degenerative condition. And they cost less than pills!



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Omega-3

The animal based omega-3 fats (DHA and EPA), are known for their beneficial effects on the heart and circulatory system, eyes and vision, liver, skin, and cognitive decline. They also reduce inflammation and benefit brain function and nerve regeneration. Omega-3 has been shown to protect against breast cancer, reduce cancer cell growth, and help repair DNA.

It helps protect against anxiety disorders and depression; prevents age related eye disorders; and decreases the occurrence of ADHD and autism in children; reduces blood clots, inflammation, and the risk of heart disease; and reduces the symptoms of diverse conditions including psoriasis, ulcerative colitis, diabetes, lupus, Crohn's disease, multiple sclerosis, and rheumatoid arthritis.

Plant based omega-3 (ALA), has been connected with decreased nerve damage in diabetes, and enhancing the body's ability to reduce blood sugar in type 2 diabetes. It also decreases inflammation, strengthens the cardiovascular system, and helps autoimmune diseases. To really get the best nutritional value, use both animal and plant based omega-3's every day.

Suggested Food Sources

Some choice food sources containing animal based omega-3 (DHA and EPA), are:

Wild Caught Alaskan Salmon

Mackerel

Krill

Sardines

Anchovies

Shrimp & other shellfish

Some choice food sources containing plant based omega-3 (ALA), are:

Flax Seeds

Chia Seeds

Hemp Seeds

Broccoli

Pumpkin Seeds

Walnuts (Raw)

Spinach

Organic Grass Fed Organ Meats

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Lutein, Zeaxanthin, and Astaxanthin

Lutein, zeaxanthin, and astaxanthin are very important carotenoids, found in the macula of the eye—the small central area of the retina, responsible for detailed central vision. They protect against cataracts, macular degeneration, and visual loss due to aging. They are the nutritional super-powers of anti-oxidants.

The human body can not make lutein or zeaxanthin. It is entirely dependent on the foods we eat to get its supply of these vital nutrients. Zeaxanthin is found in many brightly colored foods such as orange peppers, papaya, oranges, nectarines, black currants, and bilberries, as well as marigold flowers.

Both of these nutrients are also found in organic, pastured egg yolks. Though the total content is lower than that of the vegetable sources listed, it exists in a highly absorbable form, nearly ideal for the human body. We suggest only pasture raised chicken products, to avoid the salmonella exposure that can come from commercial eggs.

Cooking egg yolks damages the lutein and zeaxanthin, so it is important to eat them raw or slightly cooked (poached or soft boiled). Adding an egg to your smoothie or salad can increase the lutein and zeaxanthin absorption from the whole meal by 9 times!

Astaxanthin is found in wild caught Alaskan salmon, and krill. This may be the most powerful anti-oxidant of all when it comes to protecting the eyes. It is difficult to eat enough of it from foods to get the benefits, so this vital nutrient is one that we suggest supplementing, as a part of your personal ageless diet program.

Suggested Food Sources

Some choice food sources containing lutein are:

Kale	Swiss Chard
Spinach	Broccoli
Turnip Greens	Bussels Sprouts

Some choice food sources containing zeaxanthin are:

Orange Peppers	Black Currants
Papaya	Bilberries
Oranges	Nectarines

Some choice food sources containing both lutein and zeaxanthin are:
Organic Pastured Egg Yolks (raw)

Some choice food sources containing astaxanthin are:

Wild Caught Alaskan Salmon	Krill oil supplement
Lobster	Shrimp
Crawfish	Crabs
Algae or Chlorella	Arctic Shrimp

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Beta-carotene and Vitamin A

The human body converts beta-carotene into vitamin A (retinol). It is a precursor of vitamin A, which is necessary for healthy skin, hair, eyes, immune system, mucous membranes, vision, and for reducing the symptoms of aging.

Beta-carotene is best when eaten in our foods, as supplementation has been shown to increase the likelihood of developing cancer and heart disease in some studies. Once again, it points to the higher truth that nutrients are usually best when we eat them in real food, just as Nature made them.

Signs of vitamin A deficiency include hazy vision, night blindness, acne, dry or scaly skin, depleted immune system, dandruff, dry hair, throat or mouth infections. It is also a key nutrient for developing heart, lungs, kidneys, bones, and eyes in a developing fetus.

Suggested Food Sources

Some choice food sources containing beta-carotene are:

Sweet potatoes	Carrots
Spinach	Squashes (butternut, pumpkin, Hubbard)
Sweet peppers-red or orange	Apricots
Kale	Mango

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Zinc

Zinc plays a role in over 500 biochemical reactions in the human body. It is a critical nutrient for the brain, eyes and vision, building muscle, losing weight, and rebuilding the immune system. All aspects of mental health are reliant on zinc, including memory, mood, focus and vision, and cognizance. Taste and smell are dependent on zinc, and zinc deficiency is indicated by loss of taste.

The most common early signs that our body may give of zinc deficiency are moodiness, lack of appetite, and a diminished sense of taste or smell.

Suggested Food Sources

Some choice food sources containing zinc are:

Green Peas (in moderation)

Mushrooms

Sea Vegetables

Oysters

Organic Grass Fed Liver

Beans (in moderation)

Spinach

Pumpkin Seeds

Organic Grass Fed Beef

Pistachios



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Selenium

Selenium is a key nutrient for endocrine health. It supports and regulates the thyroid gland. It is critical to helping the thyroid produce hormones, and protecting cells from oxidative stress. It has anti-aging properties that can delay or eliminate mental decline related to age. It is one of the rare substances that can help the body eliminate mercury and toxic heavy metals, so is great for detoxification programs. It is also important for reproductive and cardiovascular health.

Signs of low selenium levels include brain fog or foggy thinking, poor memory and reduced cognitive function. Fatigue, lowered immune system response, and cuts or bruises that take a long time to heal, all may be indicators of selenium deficiency.

Suggested Food Sources

Some choice food sources containing selenium are:

Brazil Nuts

Chia Seeds

Organic Pastured Eggs (raw/raw yolks)

Alaskan Wild Caught Salmon

Shiitake Mushrooms

Pinto Beans (in moderation)

Oysters

Organic Pastured Turkey

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Vitamin B6

Known as the mood vitamin, Vitamin B6 effects the cognitive function of the brain. It increases serotonin levels, and protects nerves. It also plays a significant role in preventing macular degeneration. It is important in maintaining blood sugar balance, heart health, immune system health, and the absorption of magnesium.

Deficiency signs include increases in PMS symptoms and anemia, as well as irritability and mood swings, fatigue, muscle pain, confusion, anxiety, and depression. It can also lead to chronic inflammation. It is needed every day, as it is not stored in the body.

Suggested Food Sources

Some choice food sources containing vitamin B6 are:

Pistachios (raw)

Hazelnuts (raw)

Organic Grass Fed Liver

Yellowfin Tuna

Alaska Wild Caught Salmon

Pacific Cod Fish

Dried Herbs Including Chili Powder, Paprika, Garlic (powdered or fresh), Sage, Oregano, Basil, Spearmint, Chives, Turmeric, Rosemary, Dill, Marjoram



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Vitamin B12

Vitamin B12 is a key nutrient for blood health, nervous system and brain health. Nearly 40% of Americans are deficient in this nutrient. Vitamin B12 plays a key role in creating energy on a cellular level. It replenishes the myelin sheath on nerves, protecting them from free radical damage. It helps the brain in a similar way, which can protect against some forms of dementia, and moodiness. It also has a beneficial effect on blood sugar levels, bone marrow, and helps maintain and regulate DNA.

Common signs of vitamin B12 deficiency include anemia, memory loss, fatigue, balance issues, numbness, and breathlessness. Over a long period of deficiency, it can result in nerve damage creating weird sensations like pins and needles, pain, or numbness. Anxiety and depression can also be signs of deficiency, as well as blurry vision, double vision, sensitivity to light, and vision loss.

Suggested Food Sources

Some choice food sources containing vitamin B12 are:

Atlantic Mackerel	Sardines
Organic Grass Fed Beef Liver	Organic Grass Fed Lamb
Alaskan Wild Caught Salmon	Organic Grass Fed Beef
Organic Pastured Eggs (raw/raw yolks)	
Organic Grass Fed Plain Yogurt with live cultures	

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Vitamin D3

Vitamin D3 is created by the body in the presence of sunshine. It is a critical nutrient to assist in the absorption of calcium. It must be accompanied by vitamin K2 as well.

Vitamin D3 deficiency has been inked to breast cancer, colon and prostate cancer, depression, heart diseases, and weight gain. It is also linked to autism, chronic pain, diabetes, osteoporosis, and auto immune diseases. Signs of deficiency include skin conditions such as eczema and psoriasis, seasonal depression, weakened immunity, dementia, and autoimmune diseases. Stress factors, tooth decay, and general body pain can also be signs of vitamin D3 deficiency.

Suggested Food Sources*

Some choice food sources containing vitamin D3 are:

Sardines

Wild Caught Alaska Salmon

Atlantic Mackerel

Organic Pastured Eggs (raw/raw yolks)

Wild Caught Shrimp

Yogurt

Vitamin D3 with K2 supplements—for those who live in cloudy places

*The best source—it is generally suggested that 25-30 minutes of full sun exposure every day is better than supplementation for those who live in the lower half of the USA. Tanning beds with UV-B light can substitute if necessary.



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Vitamin E

Vitamin E is critical for many body processes, including facilitating the proper function of organs, enzymatic activities, and neurological processes. It balances cholesterol in the blood, and facilitates the reversal or prevention of hardening of the arteries. It fights inflammation and boosts immunity. Vitamin E is known to strengthen capillary walls, moisturize skin, and help skin retain youthful flexibility. It also plays a crucial role in balancing the endocrine system. It helps improve vision, several forms of dementia, and cancers.

Some signs of vitamin E deficiency are difficulty walking or walking with an unsteady gait, muscle weakness, vision problems, and abnormal eye movements.

Suggested Food Sources

Some choice food sources containing vitamin E are:

Almonds (raw)	Hazelnuts (raw)
Mangoes	Avocados
Butternut Squash	Spinach
Sunflower Seeds	

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Vitamin K2

Vitamin K2 works together with vitamin D and calcium, to maintain calcium levels in bones and teeth. It is produced by bacteria in your digestive system, and helps blood vessels and bones. It is a part of the process of blood clotting. It is also used to reduce inflammation throughout the body.

Vitamin K2 deficiency can lead to heart disease, osteoporosis, tooth decay, and cancer. One warning sign is excessive bruising and bleeding, including bleeding gums and nose. Taking steroids can lead to a deficiency of vitamin K2.

Suggested Food Sources

Some choice food sources containing vitamin K2 are:

Organic Grass Fed Liver Sausage
Organic Grass Fed Yogurt w/live cultures
Organic Pastured Egg Yolks
Fermented Sauerkraut & Vegetables

Natto (a Japanese fermented food)
Organic Grass Fed Butter
Organic Grass Fed Beef & Chicken Livers



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Protein

Protein is one of the body's building blocks for building muscle, bones, and enzymes. Precision is important when it comes to protein. Too much protein triggers aging, weight gain, diabetes, kidney problems, dehydration, metabolic diseases and cancer. Too little protein can result in low energy, fatigue, poor concentration, pain in muscles and joints, and blood sugar changes leading to diabetes.

There are consequences to the consumption of too much and too little—because your body can only use a certain amount of protein at each meal. More than enough results in excess strain on kidneys, and not enough results in deficiency.

To find out how much protein your body needs, visit this link on Dr. Mercola's website (http://www.mercola.com/nutritionplan/beginner_proteins.htm) to find a calculation based on your body weight. (Most average adults need a figure somewhere between 30 and 70 grams a day, less than most Americans consume).

Suggested Food Sources

For those needing more protein, these are some suggestions for the best sources available. Be sure to get a balance of plant and vegetable based proteins every day.

Sun Warrior Vegan Protein Powders	Organic Grass Fed Eggs (raw/raw yolks)
Organic Grass Fed Yogurt w/live cultures	Organic Grass Fed Meats
Organic Grass Fed Poultry	Wild Caught Fish
Chlorella	

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Bee Pollen

Bee pollen is one of Nature's true superfoods. It is known to improve stamina and vitality, decrease the effects of aging, assist recovery from chronic illness, build new blood, prevent infectious diseases, reduce cravings, and regulate the intestines.

It is naturally anti-biotic, protective against radiation, and has anti-cancer qualities. Bee pollen treats allergies, and has many beneficial effects on the blood. It is rich in proteins, free amino acids, vitamin B complex and folic acid, and is considered a complete food, having all the nutrients necessary to sustain life. This could be a valuable addition to every smoothie that you make!



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How to Make Your Own Recipes

In the next section, you will find a list of essential smoothie ingredients. Use this list to make your own new smoothie recipes, by substituting different nutrient-dense foods and ingredients into the basic smoothie formula. The possibilities here are endless!

The Basic Smoothie Formula

1 to 3 varieties of fruits (1/2 to 1-1/2 cups total)

1 to 3 varieties of leafy greens (1/2 to 2 cups total)

1 variety of nuts (1/4 c. total) OR 1 to 2 varieties of seeds (1 to 4 T. total)

1 or more varieties of liquid foods—yogurt, coconut milk, coconut water, water, egg, or a combination

Sweetener—Xylitol or stevia herb (1 tsp. or to taste)

Every day additions: Chlorella, Mercola Multivitamin Plus, bee pollen, protein powder

Essential Smoothie Ingredients

Get all of the vital nutrients you need by using these power packed natural foods. We can all grow stronger, see better, feel more energetic, and be happier, by using these key ingredients in smoothies every day. All foods in bold make good smoothie ingredients.

Essential Berries for Life

Goji Berries

Cherries

Grapes

Biberries

Pomegranates

Golden Berries

Blueberries

Black Currants

Blackberries

Cranberries

Strawberries

Choice Seeds for Life

Flax seeds

Pumpkin Seeds

Chia Seeds

Hemp Seeds

Choice Nuts for Life

Walnuts

Pistachios

Almonds

Hazelnuts

Brazil Nuts

Macadamias

Cashews

Pecans

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Choice Citrus Fruits

Lemons
Grapefruits
Limes

Oranges
Pineapples

Choice Tree Fruits for Life

Peaches
Nectarines
Pears

Plums
Apples
Apricots

Choice Tropical Fruits for Life

Papaya
Banana (in moderation)

Mango
Guava

Essential Greens for Life

Kale
Lettuces
Beet Greens

Spinach
Chard
Collards

Choice Power Vegetables for Life

Carrots
Tomatoes
Celery
Broccoli

Cucumbers
Beets
Sweet peppers
Garlic (in moderation)

Choice Supplemental Additives for Life

Chlorella
Mercola Multi-Vitamin Plus
Bee Pollen
Organic Grass Fed Yogurt with live cultures

Sun Warrior Protein Powder
Organic Grass Fed Eggs (raw/raw yolk)

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More of the Story—How to Achieve Vibrant Health

Today is the beginning of the rest of your life! Now that you have started using the smoothie recipes every day, and are beginning to experience improvement and movement toward your goal of vibrant health, there are more pieces to the puzzle that you will want to explore.

There are many possible ways to get to a state of elevated health, and each of us has a unique path to navigate on our way. Yet there are certain tools, lifestyle changes, spiritual choices, and dietary guidelines that will bring us greater results, at a faster rate. Here are just a few of these that Michael and I have found to be truly worth mentioning if you really want to make a permanent difference in your life.

Candida Cleansing

Candidiasis is a rampant condition in our culture, that few people recognize or understand. It is the precursor to many diseases, including cancer, aging, diabetes, heart disease, and many others. If you can not seem to get well, no matter what changes you make in your life, you should investigate the website www.theultimatecandidadiet.com. They offer the most effective candida diet program that I have experienced, and I have experimented with many cleanses and programs for this condition.

Whole 30 Food Program

The Whole 30 program is based on the New York bestseller book titled [The Whole30: The 30 Day Guide to Total Health and Food Freedom](#), by Melissa Hartwig. It is a 30 day program that has changed the lives of millions of people. Basically, it promotes eating only real, whole and natural foods, for 30 days.

Once a person has experienced 30 days of this, it is expected that the improvement in how one feels is substantial enough to keep a person from ever returning to their old habits and way of eating. This is an easy way to support your body and bump it up into a higher level of health. It has worked for many people, and is worth your time.

Nutritional Typing

At www.mercola.com, you will find loads of information for creating health. One great tool is the free Nutritional Typing test that helps one identify their unique nutritional type. Especially if you do not have success with healing a disease or condition, nutritional typing can help you understand what your unique body needs, not a one-size-fits-all solution.

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Herbal Cleansing and Detoxification

There are many herbs and natural supplements that can assist in removing parasites, detoxification of blood and organs, and targeted detox of mercury and other heavy metals. Though the daily smoothies in this book contain elements that will gradually detoxify the body over time, there are instances in which one will greatly benefit by using more than just foods to accomplish this. This is especially true when dealing with complex health conditions or degenerative diseases such as cancer or diabetes.

At White Sage Landing, we offer a variety of effective herbal formulas for specific cleansing and detoxification purposes. Our website is www.whitesagelanding.net.

In the case of needing more direct guidance, an herbalist or practitioner can assist in laying out a clear path for healing. A starting point: www.americanherbalistsguild.com.

Healing from Addiction

One thing that will limit your ability to move into a state of vibrant health, is addiction. Smoking; drinking sodas, coffee, or alcoholic drinks; eating junk foods or fast foods; over-exercising; using pharmaceutical or recreational drugs; even spending too many hours on social media; all of these and many more can be addictions.

Addiction is defined as “A brain disorder characterized by compulsive engagement in rewarding stimuli, despite adverse consequences”. If you have an addiction (or believe that you may have an addiction), you will not be able to use will power to change it on your own. There are many 12 step programs, and other forms of help and support. Find help in your area at www.addiction.com. Twelve step programs are very successful, and are available for free.

More Fantastic Tools for Vibrant Health

Michael and I have found wonderful support in our personal journeys of reclaiming vibrant health. At different times, we have turned to the following types of support with great success.

- **Home or professional colonics.** Colon cleansing is one of the fastest and best ways to detoxify your body. Cancer, diabetes, etc. respond particularly well to this treatment.
- **Chiropractic adjustment** opens electrical flow and clears nerve blockage, which can keep us from healing.
- **Acupuncture** opens subtle energy flows throughout the body, supporting healing.
- **Rolfing** realigns muscles and relieves non-beneficial muscular patterns that may continue to pull the spine out of alignment.
- **Deep tissue massage** or **myofascial release**, can relieve tension, release muscle patterns, stimulate circulation, and improve nerve function.
- **Yoga** or **Tai Chi**, walking, aerobics, and weight enhanced exercise all play a part in keeping our physical body in its best condition for optimal health.

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Other Considerations for Advancing on Your Path

Our world is now filled with literally hundreds of thousands of synthetic or non-natural chemicals, that did not exist even a century ago. We are constantly exposed to substances in our food, clothing, water, and air that our bodies have no ancestral history of dealing with, meaning no adaptation in our DNA.

If you think you can separate yourself from these pollutants by staying in your home, think again! The products in our homes, from paints, stains, adhesives, plastics, even wood products and synthetic carpeting, are filled with petrochemicals that outgas into the air we breathe. Much of our clothing is now made from acrylic or polyester, both petroleum based substances that contain phthalates.

The detergents that we use to clean our clothing, hair, hands, laundry, etc. are loaded with chemicals that contain a variety of carcinogens and endocrine disrupters. Our towels and bedsheets are treated with phthalates, our foods, pans and water bottles can contain BPA; our drinking water is full of pharmaceuticals; in short our world is filled with toxic chemicals and it is not possible to get away from them entirely.

However, the greatest power is knowledge! Just knowing about this means that you can make more educated choices. Read the labels on your shampoo, body care products, cleaning products, and skin cremes. Hunt for the brands with the least amount of chemicals, to limit your exposure. Even purchasing real cotton or silk clothing and bedsheets, instead of polyester or acrylic, can have a major impact on your skin's health. Is it not wonderful to know the power to choose vibrant health is yours?

Throw away your chemical based cleansers! Forget about “anti-bacterial hand cleaner”—the chemicals in that bottle break down your immune system and make you more vulnerable to bacterial infection, while adding to the list of antibiotic-resistant bacteria strains. Use essential oils instead, which work with your body—not against it.

It may not be possible to avoid chemicals anymore in our world, but you can certainly take steps to decrease your exposure. These choices support your immune system and reduce aging and degenerative conditions.

This is a long term commitment to your health and your quality of life. Take one step at a time. Start with your cleansers and body care products. Throw them away and replace them with natural ones, or make your own with hydrosols and essential oils. Baking soda and vinegar can do amazing things! You will find plenty of recipes for all sorts of cleansers online, run a google search for “natural cleaning products recipes”. Check our website for healthy, high frequency ingredients to work with.

Michael and I wish you many blessings on your road to vibrant health. Trust and faith, balanced with intention and action, are the lanterns that light your path. May you reach all of your goals and live your dreams!