



Green Smoothies and Juices

This little book is based entirely on my own experience regarding food.

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Contains:

Introduction: fresh food

Green smoothies based on FAQ

More Q&A

Green smoothie Vs. Green Juice

Raw vegetarian / vegan (GREEN) milk

Water

For recipes and more info go to:

www.shiningmama.com

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Why green smoothies?



I used to be sick all the time and feel terribly cold, even in the summer evenings. Not so in the last more than two years. I had no cold or flu, no pains and I even lost some of my baby fat (it's still an ongoing process) – and I feel better and better every day.

For the ones who know me, some phrases of this e-book are not written the way I usually talk.. I would only say "bad stuff" ..:-) For the purpose of this book I felt it would be wise and useful to name the "bad stuff" by their appropriate names ☺

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I just love fresh fruit salads but what is even better: blend your fresh fruit salads, together with some kale, into yum green smoothies! That's what a green smoothie is, basically: a salad in a glass.

Introduction: Fresh Food

This little book is based entirely on my own experience regarding food. I healed myself from all kind of ailments that, to spare you, I will not mention here (but I might do somewhere on my website if you are interested). I used to be sick all the time and feel terribly cold, even in the summer evenings. Not so in the last more than two years. I had no cold or flu, no pains and I even lost some of my baby fat (it's still an ongoing process) – and I feel better and better every day.

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Disclaimer:

Keep shining!.. and please note:

None of the claims, products or programs from this website have been evaluated by any government health body. The advice given here is not intended to diagnose, cure or prevent any disease OR act as a substitute for a (face to face) consultation with a qualified medical doctor AND, as such, should not be constructed as medical advice.

Should you have any persistent symptoms or problems, please consult your doctor.



Fresh raw food

1. Fresh raw food.

I am going to get a bit "Adam&Eve" on you ☺ Humanity, ever since A&E, has eaten apples and fresh stuff found in the bushes or under the trees. Had leaves and bananas, banana leaves and coconuts. That is what they had eaten for millions of years..

Even if you do not believe in this God that made your body and the fruits for a reason, I still feel it could be fare to say that the human body's most logical food is the fresh raw things that we could find around in nature, without having to put up much effort..

To give an example (that seems logical to me, how about you?: if I am alone in nature, it would be much easier for me to go eat some fruit from a tree and eat some leaves, than to go and make a

weapon, hunt down an animal, make fire, cook it and only than eat it.

Scientifically seen, the raw foods have enzymes that match amazingly good with our stomach juices. Those enzymes help your body extract maximum nutrition from what you eat - and use that nutrition to promote health and youth.

So, number 1 on my list of preferred foods is fresh raw food, as fresh as possible. If you are be able to cultivate your own, that would be, in my eyes, ever best.

Two modern variants of fresh food are (also in order of my preferences):

(continued)

2. Fresh raw frozen food

..especially the fruits, cause the leaves are getting much too mushy to be used raw (for me!). The vitamins, minerals, enzymes, the taste and the structure of the fruit stays pretty much the same and the losses are minimal. Great smoothies and ice can be made with this one..

3. Raw dried food..

These would be the:

- raw (super)foods (cacao powder, chlorella, spirulina, etc) and
- the ones made at home. I am the proud owner of a sweet Sedona dehydrator and I use it to make dehydrated snacks and such, that both me and V (my son) enjoy.. (When me and V do not eat them instantly, our friends may enjoy them, too:-))

The loss of goodies (enzymes, minerals, life) in this kind of food is also minimal.

Maybe another modern category **(1-2-3?)** would be the combination of all the above or of any two of them, like the raw gourmet food that can be found in raw restaurants and cafes (like Cafe Gratitude in LA).

I personally have never been there but saw some vids about it) or the stuff I make at home or for the Farmer's market.

Coming back to Adam and his Eve, after some millions of years of developing, human race discovered the fire and the weapons and started cooking stuff that they could not / would not eat raw..

Here is where it gets all messed up and complicated but as I said, I am going to attempt to make it simple.

At this point I will only say that modernity went further and further and invented all kind of stuff - like the supermarket, the trans-fats and the hydrogenations....

So on my scale the next ones in line are:

4. Cooked foods that come from fresh foods (aka whole foods)

These are foods that you can name, being it meat, fish or vegetables, etc. Fresh means for me: no preservatives, just the original produce.

Manners of cooking least harmful for food are BLANCHING, BOILING and STEAMING. Nutrient loss - enzymes, probiotics and some amino acids - takes place in all these processes but not as much as in the next categories.

Once again, if you can choose, go with organic.

If you can combine all the above, even if you also eat the "NO"s from time to time - or even regularly - you will most probably promote your health

and your body will be happy.



Number 1 on my list of preferred foods is fresh raw food, as fresh as possible. If you are able to cultivate your own, that would be, in my eyes, ever best.

Next in line:

Processed foods:

5. Refined wheat and sugar

Refining and processing (cane) sugar and whole grains has had far-ranging detrimental effects on the health of the entire western civilization.

It has resulted in losses of minerals, vitamins, enzymes, fiber, antioxidants, probiotics, proteins, essential fats and phytonutrients. It renders the food into an "empty calorie" source with little or no nutritional value.

These things are here for some two hundred years and on the surface it may seem they save(d) some lives.. Something less known is that they also take lots.. They do it slower, though,

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Personally, I am not very scientific in nature, I just go with what seems logical to me and what feels good. I trust my body to tell me what's good.

then the big diseases from the distant past, so it's less obvious for the ones who do not intently look.

Something else which is less known (and has little popularity) is that by planting these crops for thousands of years, the grains and sugar sources of today have little to no resemblance to the original molecular structure.. In fact they are enormously far from the initial nutrient rich grains and cane..

Starting with this category there is actually not much difference between Organic (organic) and NO (not organic)..

Just that the bad stuff does not get better with cooking or processing, as the good stuff gets bad.. (I know! It does not make any sense and still, we all use it because it's readily there)

6. Bleached, deodorized foods..

Refining, bleaching and deodorizing processes applied to seeds, nuts and bean crops - usually to produce commercial cooking oils - are extremely harsh processes and render the final product almost void of any food value but with more "taste" than ever.

Besides a major loss of nutrients, food molecules are permanently damaged, rendering the foods toxic on a cellular body level, and increasing risks of cancer, inflammation and permanent degenerative changes.

7. Brownd or baked foods (especially the commercial ones!!)

BROWNING foods in the oven, over

a grille or in a barbeque, causes basic chemical changes to the food that pose dangers to health.

Very recently, compounds called "acrylamides" - formed in starches during high-temperature cooking - have been proven to increase cancer and inflammation, and damage to the central nervous system (you can Google it).

Damaged food molecules are toxic to humans.

In the same category is the magnetron, the "beautiful" invention of the last years, that recent studies have shown it modifies the basic core of the (water) molecule.

Personally, I am not very scientific in nature, I just go with what seems logical to me. If you're looking for science, you're not going to find it in this book.

For me, all I have to know is: if it modifies the cell of the stuff I am eating, I don't wanna put it into my body, or my child's body, or any body I love, including yours.

8. Fried foods

These are well-known to be a toxic health hazard.

I say well-known but I had no idea until a few years ago when I started researching.

Most people do not know and/or do not care.

Research has proven that rates of cardiovascular disease and other

(continued)

degenerative disorders are forever rising due to increase in consumption of fried foods and "fast foods".

Dangers include toxicity from damaged molecules and increased cancer, inflammation, and degenerative changes, as well as increased cardiovascular disease.

Plus that the commercial food (found in all those boxes in the supermarket) in this category has all kind of other processes done to it, like the next one in line:

9. Hydrogenated foods.

These ones are really the worse you can consume in the family of processed foods.

In the hydrogenation process, oils are superheated and exposed to hydrogen in attempts to "saturate" the unsaturated molecular bonds (in order to increase the shelf keeping from a few weeks to "forever young").

Besides saturation, hydrogenation creates TRANS FATTY ACIDS, which have been tied to increases in cardiovascular disease, cancer, diabetes and to generally compromised immune and reproductive function.

10. GMO's

King of modified cells. These are recently "invented" and in December 2012 the biggest

manufacturer of GMO's (Monsanto) got free hand in USA from Obama.

A sad, sad, sad moment in the history of humanity and I really hope we will survive this as a species.

Somewhere here and not related to food but related to what we put into our bodies are the **vaccines**. I am not going to talk about it now but if you are surprised about me saying it, please research the vaccines a bit more in depth before you subject yourself and your children to receiving them.

And maybe a word of caution about using just any kind of **plastic stuff to keep your food** and drinks in - as there are some categories of plastic that are really bad.. I am also not going to get into it right now but you can read more about it here (link in the ebook). Avoid, if possible, the really bad ones. As we are surrounded by plastics and some new studies showed that new babies are now (anno 2013) 100% exposed to BPA (a compound of some types of plastic), try to clean your micro environment of the worst types.

I have friends who eat all this "bad stuff" - because this is the society where we live in, most of us.

And I get it: with all the pressures our beloved society sets on us all, we have less and less time to cook and prepare our family's foods.



As with everything, please do the best you can at every moment and improve in time, little by little: we do better when we know better. In the same time I learned the hard way, when I learn something I want to apply everything at once and get frustrated at not getting it all right.. Please do not do like me in this respect. ☺

The financial side of things must also be considered but please look at your possibilities and change what you can in your diet, to promote health and wellbeing.

And if you are still reading: a big **thank you!!!** I appreciate you taking the time to think about your health because I feel this is the way to improve all our lives (including mine!) on this beautiful planet: one at a time and starting with each body.

As a conclusion, when you want to give your body a break, as a principle, all that is already prepared is less digestible. If cooking is more difficult, try to eat more (organic!) green smoothies and fresh fruit, honey and natural produce.

One way to transition to a healthier eating pattern would be to give your body a break by eating fresh (raw) stuff - try it for 21 days - and then try to keep the "after 5's" (in my list above) under 5% of what you eat, or eliminate them completely.



After reading the list above please understand that my recommendation is that the green smoothies or juices you make are all organic and raw. Sometimes I complement my recipes with Superfoods – by definition raw – but the best basis will always be: raw, organic, fresh fruit, vegetables and green leaves.

green smoothies

Here is a bit of an introduction to the green smoothies, loosely based on the FAQ I get. :-)

Facts: We do not eat enough greens. People forgot to eat greens. We have no time any more for greens. We do not have the teeth for greens any more..

We do not eat enough of that color, period. (and no, I do not refer to mold!).

Our brothers the chimpanzees eat between 70% and 90% greens. They do not eat only bananas; they only do that in the cartoons. :-) When specialists looked at what chimpanzees normally eat in their own natural environment, it's mostly leaves. They chew on leaves most of the day.

While I do not entirely know if Darwin was right to say that we "come from" monkeys (haha, don't ask, otherwise this lil article will be about UFO's...:-)), what I believe, based on what science says, is that the chimps are as closely to our DNA as it gets.

Q: Why green smoothies?

I don't know about you (I'd like to, though, please let me know), but I cannot go from tree to tree or stay close to the ground in my garden and pluck & chew on my leaves the whole day:-) And if I think about how much salad I should eat to make up for my salad & green-less years, I get this enormous green mountain before my mind's eye..

Is there a solution to this humongous problem? You've guessed, there is, as you are about to read below.

I'll cut to the chase. Green leaves are good for you. Raw green powders are good for you.

And because they are good but do not seem so yummy (at least in the beginning) - it's a good idea to mix them with fresh or frozen raw stuff, blend them together smooth (hence: "smoothies", wink wink) and drink 'em.

Also, drinking the greens allows you to get in your body much more leaves than you would even consider chewing.

How to drink 'em

To begin with, please do use organic material. Please, for yourself and for Mamma Earth. Ok?



And if you cannot buy everything organic, let the leaves be organic. Peel deep everything that can be peeled and is non organic.. Do not ever buy non-organic grapes, they are the most sensitive to pesticides (and so are you!)..

(google "the dirty dozen" for more of the fruits and vegetables that are best avoided if non organic)

Make your green smoothies yummy. "Not yummy" = you cannot stick with it.

Make them sweeter if you need to in the beginning, in time you will like them less sweet. Mine went from sweet to sour and bitter – and I do not even notice it anymore.. (I notice it when I have guests and serve them green smoothies for beginners – I find those too sweet..)

Do not compare yourself to any-body when drinking your green smoothies.

If people make remarks about the color.. Forgive them coz they don't know what they're saying.. (I'm still in the Easter mood, could you tell?)

If your smoothie tastes "bad" (aka "non drinkable") right after you made it (following a recipe, or not) - "repair" them easily with raw organic honey (or a banana) and lemon juice. Add the cleanest water you can come by. Keep in mind to add little extras at a time so that you can control the taste.

While you drink 'em, chew a bit

on 'em, even if they are so smooth and yummy that you would like to gobble 'em up.

Chewing your smoothie blends it with your mouth liquids (ok, saliva, but that does not sound so yummy for some) and that tells your stomach what's coming. Don't you want to tell your stomach what's coming? It's up to you, but chewing a bit on your smoothie helps your digestive system produce what it needs to make the smoothie go where it should go.

I am one of those people who mostly do not want to chew on the green smoothie although I know it's good for me. I am just so thirsty every time, you know?

See? I'm honest. In this case, better do as I say, not as I do.. :-P



As to time in the day to drink your green smoothie, I mostly like to start my day with it. It's best if you drink it immediately after you made it, but they keep fresh in the fridge for a while. If somebody is sleeping or you do not want to make time for it in the morning (before you go to work,) you can make it the evening before and put it in the fridge.

Keep your green smoothies FRESH & YUMMY

Please keep your smoothies (green or not) in glass containers. (see above about plastics)..

Your green smoothie is also ok the next morning but not as good as immediately after you make it. It oxidizes slightly and after a while you will also be able to taste the difference.

That said, even after 48 hours, a green smoothie is a million times much better for your body than fresh ham and eggs, and 10 gazbillions times better a Big Mac :-)

Q: Do I have to drink a green smoothie every day?

You do not have to but I surely hope you'll decide to. After a while it's less complicated to make, like any habit you get used to. And you can alternate it with green juices when your body asks you to.

My own experience with the green smoothie was so extraordinary that it made me want to share it with every person I met on the street, in the metro, the train, FB, you get the picture.

You can read about it here (link), if you did not

do so already.

I think and feel it is amazing and sad that not everybody knows about the green elixirs.

It is a simple change and it is not addictive (well, it is after a while, because your body will crave health, but not addictive like cocaine or tobacco – or chocolate for that matter!).

It makes you much healthier, gives you energy that the coffee cannot even dream of and it makes you shine from inside because chlorophyll (the green stuff in leaves) is, like the famous Boutenko's say, "liquid sunshine", light turned into cells, cells turned into light.

Q: Do I need to buy a Vitamix?

Ehmm, yes and no. I did not have a Vitamix for more than a year while drinking green smoothies.

In the beginning I had a few really cheap blenders that lasted few months each. They either:

- grew other green kind of strands of stuff (aka mold) in different places I could not reach to clean, but my smoothie was reaching,
- or completely broke after me using it intensively. Money thrown out of the window.

What I also experienced is that a cheap blender is less powerful and does not blend as good. You have to put 10 times more work into making the same amount of smoothie, while getting much less quality.

I bought my Vitamix in a rush of adrenaline one day, after breaking the 5-th cheap blender.

If I were not on adrenaline, I would've probably bought a Blendtech:-)

As it is, Vitamix was my best friend since, in the non-talking world. (Ehmm, Vitamix sounds kinda like 3 horses screaming while blending.. but is not talking yet.)

At the time the Vitamix appeared into my life, I already had a Hurom slow juicer that was my best friend before the Vitamix. That's how the world goes round:-) There was life before Hurom and life after I got the Hurom. Now it's the same with the Vitamix..

Q: Books I've read about green smoothies and vids on YouTube I've seen

I probably have seen EVERY vid out there until a few month ago (writing, October 2013) - when I decided to stop looking:-) And I've read more than 10 books only on green smoothies, plus lots & lots of others on raw food. I am making it easier for you right here and give you the shortcuts.

I am by all means no inventor of the wheel of green drinks; I just use this one wheel gladly.

What started me on the green smoothies was a garl I saw one day on Auntie YouTube. She was holding a green stuff glass in her hand and told us what was in it.. I will soon interview her and thank her personally, as I really believe the green smoothies saved my life. She showed me a basic method and I was hooked.

She showed her light to the world and she touched me. I give it forward to you and you and you.

Before seeing that garl or getting any information about green smoothies, I tried a few times to make a green smoothie (that was before I got smart with Youtube) and managed to make some disgusting ones.. Like the one I made with the staff mixer when my son was a few months old.. I can

tell you, that one made history in a BAD way.

Q: What if I do not like the color of my green smoothie?

I am just lucky that way: green is my favorite color.

If only looking at my green stuff pictures makes you gag, you can still go around it and make it muddy color or purple or whatever color appeals to you. Mix it with many blueberries or strawberries, or other fruit that is strong colored. In the winter you can have the frozen ones.

Another proven method is closing your eyes. ☺

Please do not let the color of your glass keep you from getting all the health benefits the greens will give to your system. (thank you!).

Q: How to make the best smoothies?

Following my recipes is a good start.

Or ,if you have the time and the strength, give it a go at searching on YouTube, there are thousands of free recipes.

If you feel adventurous and want to start experimenting right away, please avoid starchy stuff.

Do not put cabbage and fruit in your smoothie; it will lead to some explosions in your intestines that would make Fukushima jealous... Not that I'm making fun about that, I'm not.. Neither would you, if you experienced the above.

Yes to leaves and fruit together (tomatoes and cucumbers are also technically fruit).

If you are a starter (which maybe you are if you got that far into this book), you can also make some fruit smoothie of any kind and add raw green powder stuff..

Start gently. Some green powders have a stronger taste than others.

I was ambitious and put 3 spoons of Spirulina in my first 0.5l Spirulina smoothie..

Ehhhm don't do that.. It will have a strong taste and might throw you off.

Rotate your greens! It's important.

I will not get into the why at this moment (very scientific and kinda long) but please do not drink spinach smoothies for 1 month every day. There are lost of yummy leaves out there, let yourself be surprised. If you follow my recipes here day by day you will be safe with that.. I rotate my greens as much as possible. If not, just buy once a week a few kinds of leaves and rotate



them within the weeks.

As a beginner you could use around 100-150g of green leaves in a 2l smoothie so that should give you an idea of what to buy. Also, if you are the only one who drinks green smoothies in your house, you might want to start by making less than 2l.. From the beginning I had 2l of green drinks a day – but I was really dehydrated and I only recently felt I want to drink less than that.

Arugula - do not use much of it when you start (not more than 100g in a smoothie), it has a very strong taste that could throw you off.

There are also a lot of wild healthy amazing greens out there (and maybe in your back yard if you are not close to a polluted street..

Try mint and cilantro, basil, parsley and other known herbs to make it even tastier.

Best powders (because of their chlorophyll content):

- Chlorella (most chlorophyll)
- Spirulina
- Blue green algae
- barley grass powder
- wheat grass powder, etc

You can best use powders when you cannot get the fresh leaves - or to supplement if your smoothie is not green enough. Believe me: after a while you'll be surprised but you'll find yourself thinking in these terms.. :-D

Do you feel cold? You can make your smoothie with a bit of warm water (do not cook it!).

Or use some cayenne pepper and / or ginger. Turmeric works also but it is more for long term.

A few months of the green smoothies gave me so much internal power that for the first time in my life I felt warm in the winter.

One last mention: the green raw milks are also "green smoothies" but the fresh fruit & leaves work best for every day.

I recommend having the green milks only once in a while (intuitively, in the winter more often than in the summer, at least that is how it works for me).

And listen to your body. You know best what's good for you if you start really listening. I feel it's important to get past that layer of "I want to eat chocolate/sausage every day at every meal for the rest of my life" and drinking yummy green smoothies every day can help you do that in a natural way.

If you got reading this far it means you are interested in the green smoothies (either that or you really-really like my humor!).

I am really glad to inspire you to drink the green stuff and if you have questions, please let me know via the contact form on shiningmama.com.

Q: do I have to rotate everything I use in my smoothie or just the leafy greens?

Only the leafy greens in my opinion and experience. To say that shortly and simply (it has science behind it, which I've read, but I am going to explain it very simply here) it is because if our body gets too much of one leafy green kind, it develops a kind of reaction to it and starts seeing it as poison.

If you find a recipe that works for you and for as long as you love it, use that and rotate all the greens so that you eat/drink maximum 2-3 days the same thing. There are amazingly many leafy greens out there, even if you buy only the seasonal ones. In my recipes I use a lot of spinach, purslane, lettuce and kale, and I rotate them per week. You can also do that, depending on what you can buy.

I also recommend having at least one, better more than one, raw green powders in the kitchen, with as much chlorophyll as possible. You can maybe make your favorite fruit smoothie and add only a green powder to it.

Once in a few days you can also make a green milk. It's not so fresh and for me it feels less amazing after I drink it in the morning but it's possible and quite delicious.

Q: Could I / Should I drink green smoothies every day?

You could and you can.

But: In my early days I did it a few times without a system and a few times with a system. This last year I used a system. With that I mean: with a recipe booklet, a few more in depth principles, a map of possible combinations and so on. It is possible to just go in the kitchen and combine what you have but it does not always work: the smoothie might be not so tasty and you could get frustrated.

You should also be able to vary the taste, from sweet to tasty, to sour and back so that it does not become boring.

Sticking to drinking green drinks depends on variation and success, juts like anything else.

Also, depending on your fridge (how big it is) and where you shop (how far the organic produce shop or the farmers market are) you could also buy ahead for at least a week.

There is also something to be said about doing it in a kind of a group setting, even if it's virtual and the only thing you participate with is reading every day's prompts.

I regularly start green smoothies or juices intensive so keep an eye on www.ShiningMama.com.

..As for the "should", you certainly do not have to drink more that one smoothie per day to start feeling the wellness that it brings in your body. Depending on how much you stick to it, the quantity you drink per day and your body, you can feel the positive effects after a few days or after a few weeks.. Some people start losing weight immediately and do not "feel anything", others feel that the green smoothies are amazing for their body and health but do not loose any weight - and anything in-between..

The thing is, I recommend just sticking with it if you can make your smoothies part of your day. You



will see in time what they bring to you. It is not at all necessary to alter the rest of your day, you may eat that chocolate if you really want to.

What I found is that the green smoothies changed my way of looking at and feeling around food, also my habits and desires. Slowly.:-) But so surely! Drinking greens made me desire more and more fresh foods and greens..:-)

Also, like I mentioned, my initial desire for sweet smoothies gave way to a need for sour and bitter smoothies (the so called "die hard":-))..

On the other hand, it is possible that you don't drink enough green smoothies for your body to be able to change. Again, it depends on lots of factors, but from my experience the bottom line should be 1 liter per day, a few days per week.

I've had clients that had 0.5l per day, 3 times a week.. That can be too little to have a real effect. You can do it but you won't feel many effects, I believe.

Of course, like I already said, a green smoothie is much-much-much better than a Big Mac.. If you do the Big Mac, please consider making other choices..



Q: Can I give my (small) children green smoothies?

Certainly. Children tend to not have our preconceived ideas about what color our food should be so they won't make funny faces seeing the color; especially if you give a good example and if you start early.

If you have older children, I believe it is vital that you suggest to them to start drinking green smoothies. As teens, eating "normal" meals probably means not eating too many green leaves..

Be aware, though, that the first 20-30 green smoothies you give to your child should be ***de-licious!***. Children tend to associate taste with color more easily. If they do not like it once, they won't try it next time..

Make it super smooth, nicely smelling, sweet and amazing, fresh and a in pretty glass with whatever fruit they fancy hanging fresh as garnering.

Actually, it may be a good idea to make one of these for yourself, too:-)

Q: Why make it a smoothie?



Please see your smoothie as a pre-chewed big salad in a glass. You do not have to chew at it for hours (except a bit to let your stomach know what's coming). If you have a powerful blender it is said that the breaking of the structure goes to the cellular level – that way your smoothies are much easier to digest. Also, we are actually not used to chewing any more so our teeth are not able to chew everything to the cellular level (compare 10 min chewing on salad with your smoothie and you'll see what I mean..). It is more efficient for our body to take it in if it's smoothied :-)..

Q: What is the difference between green smoothies and green juices?

This is a great good big question:

green smoothie versus green juice

To Green Smoothie or to Green Juice; that is the question. ☺

This is a classic one and by no means an already debated and done with question.

A. What is the difference between green smoothies and green juices?

and

B. What's best to drink?

I have read and listened extensively to everything I could find on the subject and I could not find a good "fit for all" answer for B.

So I will first answer to A and at the end I will also give you my "call" on B. :-)

		Green smoothies (GS)	Green juices (GJ)
Resemblances	Color & Health	They are both very healthy because by drinking any of them we get some raw green stuff inside that we otherwise do not get:-)	
	Original materials:	You can use the same recipes for both smoothies and juices because it is the combination of taste that makes or breaks a recipe.	
Differences	Consistency	a GS uses the whole fruit/leaf and includes in the end result the whole thing, pulp and juice of the produce in your smoothie, mostly together with water;	a GJ is the juice of the fruit and vegetables and any liquid present in the leaves; the end result is pure juice on one side and on the other side the pulp;
	Making of + machinery	for a GS you use a blender; you'll need water, fruit, vegetables, leaves and any other stuff that you want to mix in your smoothie	for a GJ you use a juicer*; it separates the juice present in your materials from pulp, You do not mix anything with water, you just extract the "water" from your materials;
	<i>Material quantities:</i>	in my experience I need around 3-5 times more basic materials for the same quantity of juice (which is of course quite logical) as for the same quantity of smoothie, depending on the produce and the machinery. You may consider how to choose between GS and GJ for logistical reasons (how much you can buy at a certain time). Also, please consider your budget.	
	<i>Digestion:</i>	GS takes more time to digest because it also contains pulp; the pulp stays moist and starts rearranging the "furniture" in your digestive system; it moistures you from the inside out, during a longer period of time. It also starts moisturizing your old "crap" (excuse my French), thus giving it an "incentive" to also take the highway, if you know what I mean (and we all have that inside, I can assure you, some in humongous quantities)..	GJ is digested almost instantly (around 10 minutes); because it's green and hopefully not extremely sweet it will not mess up with your sugar levels. It's wise to think about that a bit if you know it might be an issue. The nutrition in the GJ is readily available to you and instantly taken in as you drink.

	Nutrition	The same quantity of GJ contains 3-4 times nutrients than a GS (also logical if you think about it).. That is of course because a GJ is the essence of what you use. A big advantage of he juice is that it's made only from the perfect distilled water inside the fruit, vegetables and leaves, while for the smoothie you need water to blend with - and, as I will be able to read in the BONUS, very clean water is harder to come by..
	Time**	I consider that if you want to do the juicing well you would need to use a slow juicer (or a masticator), eventually coupled with a juice-press, if you really want to get juice-fancy ☺. You'd have to help a bit this kind of machine, by cutting everything into small pieces. It takes enormous time to do, especially in the beginning.

*There are two types of juicer:

- the centrifuge, that extracts juice by the means of a very quickly turning centrifugal mesh (thus the name); and
- and the slow juicer that extract the juicer by means of pressure against the mesh (more technical stuff here)

Generally speaking a slow juicer extracts more nutrients and more juice than a centrifuge and the pulp left is less wet. The juice that is extracted with the slow juicer oxidizes slower – and you can keep it in the fridge for up to 24 hours.

**If you want to buy a centrifuge juicer, it's better to have a big "professional" one so that you can throw everything inside, like big apples and a celery stem bush :-) That would save you some time. Than again, if you have kids that like to experiment... Better keep an eye on them☺

With a small centrifuge (I used to use and still have a great little Phillips), you still have to cut everything and you also get less quantity and quality juice compared to a slow juicer.

But.. if a small centrifuge is all you have – cut the produce in small pieces and drink the juice asap.

Also, a juicer of any kind takes more time to clean than any blender.

Bottom line on time: to make a smoothie you need much less time than to make a juice. If you use a system and get used to it, you can make 2 l of smoothie in 10 minutes or less per day - plus maybe 30 min one time a week to organize your system.

At the moment of this writing (September 2013) I use a Hurom slow juicer and a Vitamix blender and am in love with both.



This summer (2013) I drank green juices and before I had many months of green smoothies. I listen to my body and feel what it needs.

In the "health world" there is a whole controversy about what is good "for you", the smoothie or the juice.

Some will say juice, others will say smoothie and as with all things, everybody will get emotional about it ☺

In my opinion and with all the respect, the only way to measure what is "good for me" is trying it myself for a longer period of time (a few weeks or more) so that I feel precisely what it does to me. The same goes for you, I believe.

I had long periods of (and I love!) both. At all times it was and is very important to me to have the machines that are good for making juice and respectively smoothie from the leafy greens.



Both the Hurom and Vitamix have their advantages and I love using them; they are both good for the leafy greens.

If you decide to juice, you can still use my recipes, please multiply the quantities accordingly ☺

Raw vegetarian/vegan (green) milk

Vegetarian (you can make it even vegan, by not using honey) milk is really delicious, healthy and nourishing.

(For Dutch friends: er is een NL versie van dit artikel; ga alsjeblieft naar de Haagse BosrtvoedingsGroep website en zoek daar bij bv pers – vegetarische melk van Ioana)

Because you do not use any "real" milk, is the vegetarian variant "lactose free" and thus very good for the ones who are allergic to (cow) milk or to lactose (the "sugar" in the milk).

This vegetarian variant also contains really healthy, body friendly "fats" for you.

As always, please use organic stuff to make it.

My invitation for you is to experiment with materials and to use in the beginning whatever you have in the house.



(and that goes also for the blender.. :-)).

You can make vegetarian/vegan milk from:

- nuts: cashews, walnuts, hazelnuts, almonds, pecans, brazil nuts, etc;
- seeds: wheat, rice, Chiaseeds, flaxseeds, sesame, sunflower seeds, pumpkin seeds, hemp seeds (with peel or not..), quinoa, etc.

At the moment of the writing I have made a few videos around making vegetarian milk (more to come). Mine is "vegetarian" and not "vegan" because I use honey; honey is not considered a vegan product.

Look on Youtube for me (Ioana Voiculescu) – raw milk

(or on my website www.shiningmama.com, for your convenience on every page I have a "search button")

As a principle: the rawer (not or less cooked) the milk, the better your body can digest and use it. The big secret for a milky milk is to sprout the nuts and seeds (for rice: search for whole rice). You do that by putting them in (you know, the cleanest possible) water for at least overnight. If you prefer to let your seeds and nuts longer in the water - you could do that up to 24 hours but you'd have to wash them at least once in 8 hours. As a note to that, nuts tend to have a sweet spot when they get soft and sweet inside, if you let them sit for longer periods of time they loose much of their taste. Experiment – by that I mean, taste ☺. As an indication, it happens somewhere after 8-12 hours of soaking.

After 24 hours you can rinse them and either put them in the fridge so they do not go bad or you could let them sprout further outside water (this goes more for seeds than nuts, I found).

I have the simplest system possible and I manage to sprout a lot of stuff but if you want to look more into that, more info soon on ShiningMama.com

Your digestion works generally best with raw materials because raw fruit and vegetables have enzymes that connect and react very well with your stomach and digestive system. This helps your body take the most vitamins and minerals it needs from the food you ingest.

Nuts and seeds on the contrary have the so called "enzyme inhibitors" so that a seed or a nut does not start to make a plant or a tree in the "wrong" conditions. They need water and a good place to "trick" them into sprouting - and that is also how and when the enzyme inhibitors are dissolving. Not only that the seeds and nuts are becoming more digestible but when they start to sprout they also bring tremendous energy to your milk (or if you eat them, directly to you :-). Imagine the energy they unleash to make a tree or a plant:-) That is what's going into you (yay!) :-)

Please be aware that both seeds and nuts take a lot of water in, cover them at least two times the volume they have dry and check after a while if they are still underwater. Chia seeds swallow as much as 9 times water / their volume when dry.

Soaking time: to be on the safe side you can let them soak over night: 8-12 hours (or over day if you go to work early in the morning).

How: just in a jar, covered lightly, with a cheese-cloth or a plate on top (so that you do not get any kind of flying protein in your milk).

Where: just on the kitchen table will do.

Equipment:

- you'll need a *blender*: the stronger the blender, the tastier and efficient use of materials you'll experience. You could also use a hand-mixer if you do not have anything else: it just takes a lot more time and you will have more "pulp" (the remains of the seeds/nuts after you strain it) at the end; it does make you some milk, though.
- you'll also need a *strainer*: you can use a normal (big) strainer but your milk will oxidize [1] quickly (depending on what you use, between 1/2 hour and a few hours); it also can get a metallic taste and you'll be left with big pieces of pulp that digest less easy - and it's also not so nice to drink:-); better use a cheese cloth or a nut milk bag, get the organic ones if possible (or make a nut milk bag yourself if you are handy like that);

You want to use cooked material? That is also possible. Cook it lightly in filtered water and you can use the cooking water in your milk.

Please note: cooked and non organic, or through a metallic strainer, your milk is still much healthier and tastier than any pasteurized milk of any kind.

Making the milk:

Throw in your blender (from a small distance, please!):

- the nuts and/or seeds - around one handful per 1l water (if you want more concentrated milk, like for yogurt, use less water);
- a pinch of salt (try real organic salt and not "table salt" - examples: pink Himalayan, Celtic or sea salt);
- for more taste, put some (a pinch or more) herbs or spices in: a pinch of cinnamon, cardamon, whatever you like;
- a bit of sweet: I use honey but if you want it vegan you can always try maple syrup, agave syrup or anything in that line; I use a table spoon per liter water; it does not make it very sweet, it just gives it some taste;
- 1l water (as clean as possible);



Blend. Strain. Drink:-)

It goes without saying; if you have a smaller blender (a personal blender in EU or a Nutribullet, for example), please change the quantities accordingly.

You can use this milk for everything you used the other one:-) Cakes, pudding, smoothies, pancakes, you get the picture.

It's best when fresh but you can also keep it in the fridge for 2 days. Use glass bottles or jars, please.

Go on and experiment with different tastes, you will probably have your favorites and least loved.

Tips:

- you can make instant milk from peeled hemp seeds (you do not have to soak or strain them);
- if you have a powerful blender, like Vitamix, Blendtech or others in that family, you also do not have to strain soaked cashews milk (unless you really want to);
- Chia seeds milk is better for your digestive system (and tastes better) with pulp;
- Brazil nuts milk has a powerful "earthy" taste;
- Rice milk is more efficient and for some of us more digestible if the rice is cooked; also try wild rice or risotto;
- almonds with peel: you can use them like that and leave the peel on for the whole process, in my opinion it does not have much effect on taste or color, especially if you have a powerful blender; or you can easily peel them after soaking (it takes immense quantities of patience but some people have that).. 😊

Possible recipes:

- in place of chocolate milk from the supermarket, make your own with the vegan/vegetarian milk; eventually use raw cacao powder; you can also add superfoods and such, in small quantities if you give the milk to the kids and you do not want them to notice; I just made

one for V. before I went on to write this article, I used peeled hemp seeds, raw cacao, a bit of cinnamon, some raw cashews pasta, plus a bit of honey (and shhh, I also put in some chlorella);

- make a Green Smoothie! Use chlorella, spirulina or other green powders: put it in your milk, drink it in place of the daily coffee; add a bit of something sweet and you have a powerful green smoothie that gives much energy and is also healthy;
- mix your milk with (frozen) (organic!) fruit for different colors or tastes (V. asks for a different color milk sometimes, like orange or yellow, purple, or red);
- using the brazil nuts (I actually do not soak them anymore, I did not notice any changes when I did) you can add less to no sweet stuff and more salt and some garlic (or any herbs you like) and you have a great raw "champignons" soup:-); It really tastes like mushroom soup and you can also warm it up a bit if you feel like it. If you want it raw, do not go above 42 C. It is a really powerful soup so do not make too much:-)
- you can also make a raw pudding from the Chia seeds, add less water and after soaking them for a while you can mix them with fruit, honey or whatever. Blend it for a better "pudding" appearance;

Enjoy!:-)



[1] Oxidation from Wikipedia:

Oxidation is any chemical reaction that involves the moving of electrons. Specifically, it means the side that gives away electrons.

Oxidation has a negative effect on the (any) body. It leads to cells being destroyed and that is why it's seen as one of the most important causes of getting old or sick.

This is the reason we'd better eat or drink non oxidized stuff:-) Coffee oxidizes like crazy, if you wanna know.. (if you don't want to know, it still does);

Water

Water - we need it so so much.

Me, I love to swim in it, I love the rain and the snow and I have to live near a bog one.. I also need to "take it" internally - aka drinking:-) we all do, right?

I know I will swear in some people's churches saying this but the tap water?? No good.

It is full with - literally – s**t, excuse my French.

Please don't get me wrong. I am really grateful that it comes from the wall, I am really happy that I can readily shower inside whenever I want to. But I could do without all the additives and all the other stuff that are today in our tap water. And from our tap water it spreads everywhere in the clouds, rivers and the seas.. and in our bodies. Fluoride in huge quantities and all kind of organic stuff I would not want in my body if I could choose. Depending on country it's better or worse.

And if you look at the cellular level, water wants to go in curves and all out pipes are, well, not curved. For more info - if you are still reading:-) - go to Masaru Emoto's books.

In the last years there are also interesting and scary studies that say that our water has now pronounced traces of all the hormones that the women take (remember the pill?), putting the whole hormonal system in danger - for men and women.

And even scarier than scary - now our tape water contains radioactive traces from all the chemotherapy..

So what to do about it?

As David Wolfe says: *you have a filter or you are the filter.*

I prefer to have a filter:-)

Mine is not so fancy at the moment as I am sparing for a total reverse osmosis filter system:-)

What I do RIGHT NOW with my water (and I believe you can, too), is:

- I use a Britta filter. It is from Plastic but the filters have some kind of sand in them that filters at least all the visible stuff and it give my tap water a better taste...
- I put my filtered water in a glass bottle in the fridge with stones like amethyst, quartz crystals, etc, whatever your stone of preference is. And I also write loving words on the glass bottle and on the containers.

For the ones who believe only what they see (and their tap water is not brown so they think it's clean) - you can try it for yourself: just let tap water sit for a few days in your kitchen in a deep plate. Eventually fill it again, after a while you will see a grayish white film on your plate.. Try that also with clean water..

Cannot show you the radiation, you will have to believe me:-)

While I probably cannot get all the bad stuff out of my water with my method, improving your tap water is something you may want to consider.

Also, my system at the moment does unfortunately nothing with the shower and bath water - and please be aware that your skin drinks during one shower more water than you can drink in three days!

Better solutions yet:

- a reverse osmosis system;
- a distilling system;
- after the 2 above you can make it even better by a system that enhances and gives life to your water (like love.. and for the ones who find love BS.. well, there are other more "material" systems to energize your water);

Best of all = spring water.

I know we do not all have access to that.. In the Netherlands I have yet to see a spring with my own eyes!. And the bottled spring water is expensive.. (if you want to consider bottled water, please verify the source 3 times and buy it in the glass bottles..)

One last thing that I feel is very important: consider that the best possible water is available right now to you in your organic fruit and vegetables.

When you juice, you get the full benefits of that perfect water..

And if you drink the green smoothies, please consider doing something about the water that you put in them - but the water in your other smoothie materials (if organic) is also the best water possible..

Ps: for recipes and ideas for a weekly shopping list please visit:

<http://www.shiningmama.com/nourishing.html>

and

<http://www.shiningmama.com/empowering-tips.html>

and while you are there, there are also other yummy tips, tricks and lovely blogs for you to enjoy.

I always love to hear from you!

Please feel free to contact me on my website, on the contact page. (or call me!)

If you encounter any bumps in your road to health and a happier you, please let me know whether I could somehow support you.

And, if you did not so already, come on up at ShiningMama.com and subscribe for my GreenZine ☺

