

	Smoothie or juice recipe
Unsweetened coconut or almond milk	3 to 4 cups or more
Ground flax seeds	5 tablespoons
Myshroom® mushroom blend	8 to 12 or more teaspoons
A liquid mineral blend with fulvic acid (Vital earth or Sun Warrior brands or other)	2 tablespoons



**Makes about 3 – eight
to ten ounce glasses
from large vitamix
blender, model 5200, 64
ounce**

Optional additions

Silica (if not part of mineral blend)	30 mg
Bs – (Methylated), C and D3 and K vitamins	or Multi vitamin (follow instructions on label for dosage)
Ionized water or tea	1 cup or more
Glycine (see Dr. Joel Brind's studies on Glycine)	
Fresh organic greens of your choice	3 cups
Fresh organic fruit of your choice (*)	1/2 or more cups
Liquid multi vitamin	daily dose
Protein powder	6 tablespoons
Organic ground chia seeds	6 tablespoons
Organic ground cumin, and or turmeric	6 tablespoons
Organic Moringa powder	1 tablespoon
Organic Maca powder	1 tablespoon
Other vegetables	carrot, celery, cilantro, spinach, beet, etc.
Other spices	to your taste
Organic healthful sweetener if desired:	

1 - 4 tablespoons depending on the amount of smoothie or juice made or the size of blender or juicer used) A natural sweetener: Stevia, erythritol, honey, etc. Stay away from all forms of cane sugars and corn syrup or artificial sweeteners.

(*) Organic fruits ideas: Pears, Peaches, Apples, Blueberries, Strawberries, Bananas, Melons, Kiwi, Mangos, Papayas, Pineapples, Raspberries, Grapes, Cranberries, Cherries. (Do not use any chocolate – many have heavy metals) [Eliminate cane sugars, wheat and gluten grains from your diet]