

Power Green Smoothie for Wellness

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EthniciTea Herbals, Inc.

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Ingredients:

- 1 Cup of Bok Choy (organic)
- 1 Cup of Mango (in season fresh or frozen)
- 3-4 Dates to sweeten to taste (organic)
- 1 Tablespoon Spirulina (organic)
- 2 Sprigs of Parsley (organic)
- 1 – 2 leaves of Basil (organic)
- 1 Cup of Fresh Spring Water (Alkaline (Kangen) or Spring Water)

Combine all ingredients into a blender. Pulse at high speed until smooth. Pour mixture into a beautiful glass of your choice and enjoy! See nutrition benefits on next page!

*29 Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.
Genesis 1:29-31 New International Version (NIV)*



- 1. Increasing Energy**
- 2. Increased Intuition**
- 3. Cooling & Hydrating**
- 4. Fiber Rich**
- 5. Vitamins & Minerals**

Nutritional Benefits:

Bok choy:

[Potassium](#), calcium, and magnesium are all present in bok choy.

They can help decrease [blood pressure](#) naturally.

According to [an article](#) in the *American Journal of Clinical Nutrition*, people should increase their intake of potassium. Some evidence shows that consuming 4,700 mg of potassium daily decreases blood pressure caused by high sodium intake.

Mango:

The fiber, [potassium](#), and [vitamin](#) content in mangoes all help keep the arteries working and reduce the risk of [heart disease](#). A [2014 study](#) from Japan found that carotenoid-containing fruits and vegetables such as mangoes may reduce the risk of [colon cancer](#).

Dates:

Did you know that dates are free from [cholesterol](#), and contain very little fat? Including them in smaller quantities in your daily diet can help you keep a check on cholesterol level, and even assist in [weight loss](#). So start loading up on dates today.

Parsley:

Parsley contains many powerful [antioxidants](#) that can benefit your health.

Antioxidants are compounds that prevent cellular damage from molecules called free radicals. Your body requires a healthy balance of antioxidants and free radicals to maintain optimal health. The main antioxidants in parsley are: flavonoids, carotenoids and Vitamin C

Basil:

According to the book 'Healing Foods', the basil contains a range of natural antioxidants, which can help protect body tissues against free radical damage. Free radicals are unstable atoms. To become stable, they take electrons from other atoms and form chains. These chains of free radicals cause oxidative stress to the body and cause more damage to the cells. To reduce the oxidative stress in the body, one must up the intake of antioxidants. Basil contains two important water-soluble flavonoid antioxidants, known as orientin and viceninare. These potent antioxidants strengthen immune system, protect cellular structure, DNA and delay effects of skin ageing.

Water:

Water helps to deliver oxygen throughout the body! Blood is more than 90 percent water, and blood carries oxygen to different parts of the body

Cartilage, found in joints and the disks of the spine, contains around 80 percent water. Long-term [dehydration](#) can reduce the joints' shock-absorbing ability, leading to joint pain.

Water forms saliva which helps us digest our food and keeps the mouth, nose, and eyes moist. This prevents friction and damage. Drinking water also keeps the mouth clean. Consumed instead of sweetened beverages, it can also reduce tooth decay.

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