

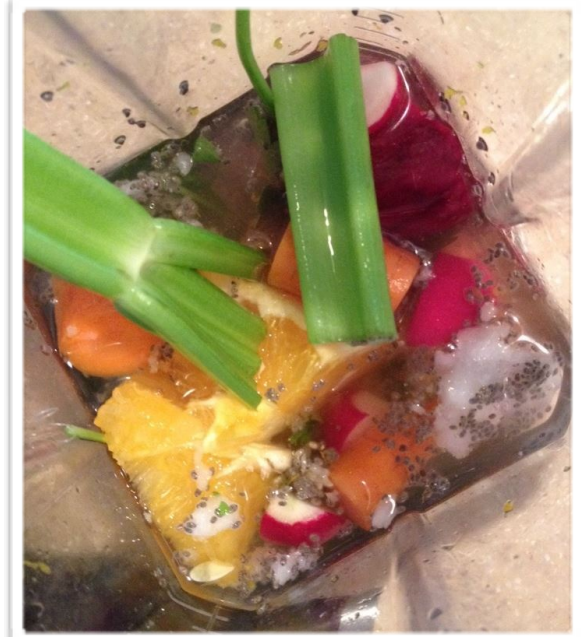
Thrive Kitchen

Heart Kidney Lung Smoothie



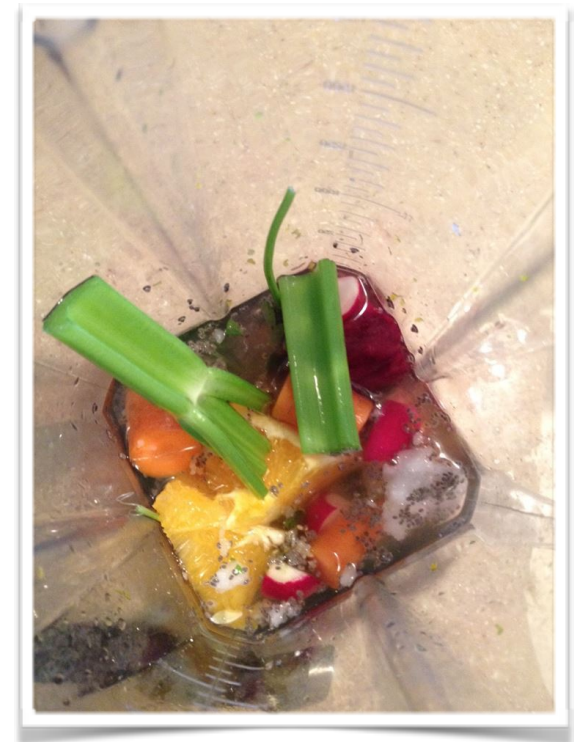
Ingredients

1/2 cup coconut water
1/2 cup filtered water
1 T. coconut oil
1 T. chia seeds
1 T. moringa powder
1 small bunch of parsley leaves
1/3 piece of celery stalk
1/3 piece of medium cucumber
1/3 piece of large carrot
1 small radish
1/4 medium beet
Zest from half orange
1/2 orange peeled
1/2 frozen banana chunks
4-5 pieces of frozen fresh pineapple



Instructions

Blend in high powered blender until smooth.



Nutrient Values

Beet

The nutrients in raw beets provide the perfect constituents to benefit health challenges such as:

- High cholesterol
- Vascular damage
- Congestive heart failure
- Fatigue
- Depression
- Migraines
- Gall stones & kidney stones
- Hormone imbalance
- Hypothyroidism

Raw beets are nutritional powerhouses, containing high levels of fiber, the right kinds of natural sugars, an impressive amount of carotenoids and antioxidants which help protect against heart disease and colon cancer. Beets are one of the richest sources of natural plant iron making them a powerful blood builder.

They also contain niacin, copper, potassium, folate, zinc, manganese, magnesium, phosphorus and vitamins C and K. Betacyanin is the substance which gives beets their rich red color. This pigment helps to substantially increase the oxygen-carrying ability of the blood.

Beets are high in betaine; an amino acid naturally present in fresh vegetables. Betaine stimulates the production of SAM-e, or S-adenosylmethionine. SAM e is formed from the essential amino acid methionine and adenosine triphosphate. SAM e is found in every living cell, where it is essential to 100 different cellular reactions. It also serves as a precursor to the synthesis of glutathione, a potent liver protector. Neurotransmitters such as noradrenaline, adrenaline, dopamine, serotonin, and histamine are also dependent on SAM e reactions.

Beets are potent liver cleansers and aid in thinning the bile, which allows it to flow more

freely through the liver and into the small intestine, which is where fat breakdown and peristalsis occur. When the bile is able to flow better, it reduces the chances of forming gallstones as well.

Beets also contain the mineral boron, known to balance sex hormones as well as detoxify heavy metals from the liver.

Beets contain soluble fiber known as pectin which also aids in the removal of toxins, heavy metals and excess hormones preventing them from being reabsorbed by the body.

French researchers have reported that betaine and the red pigment betanin promote the regeneration of liver cells and the conversion of triglycerides into transport fats. Beets are especially helpful for fatty degeneration of the liver. The beet is also a well-researched therapeutic cleanser for the kidneys.

I have never been fond of beets especially since my only exposure was pickled beets. However during my nutritional journeys I've learned the great benefits of adding raw beets to a weekly food plan.

Chia Seeds

Chia Seeds are the richest plant source of omega-3 fatty acids. They also contain 42% fiber, 21% protein and are high in calcium. Chia Seeds provide iron, magnesium, and potassium equal to 3 bananas. They are a natural energy boost and when consumed they expand several times their size to assist in decreasing the feeling of hunger. Due to chia seeds fiber content they are effective for constipation and other intestinal problems.

Chia seeds are also hydrophilic which means they are "water loving" and assist water entering your cells. This water-absorbing property makes it an excellent remedy for diarrhea.

Nutrient Values

Chia Seeds (cont.)

Chia seeds help the body maintain its fluid and electrolyte balance (which are thrown off when the body is suffering from diarrhea. Fluid balance is essential to kidney health. Kidneys are major detoxing organs that contribute to healthy blood pressure, body temperature regulation and beautiful skin).

These seeds also support healthy weight loss, cardiovascular function, immune system strength, mental health, joint condition and much more.

Chia Seeds may be consumed raw, ground, cooked, or as a gel. They can be added to almost any food to help create a feeling of fullness.

Coconut Water

Coconut water increases energy, strengthens the immune system, protects from bacteria and infections and helps you lose weight. Coconut water is abundant in the electrolyte minerals; calcium, magnesium and potassium. This makes it a great exercise recovery drink.

Coconut water is also a popular hangover cure. Alcohol inhibits antidiuretic hormone (ADH, also called vasopressin) and therefore prompts the body to eliminate more fluid than it otherwise would. This can result in slight dehydration, and coconut water immediately restores electrolytes lost from alcohol consumption.

Its affinity for the shoreline means that this generous seed can provide us with both essential dietary minerals and many trace minerals. As such, coconut water is known to dissolve kidney stones, increase virility and libido and even help glaucoma.

The mineral profile of coconut water is so similar to human plasma, that doctors have actually injected it intravenously to prevent dehydration.

Inside an unopened coconut, the water is sterile and free of any bacteria, fungus, or parasite. It can be safely injected directly into the bloodstream without harming the blood cells and is non-allergenic. This was a common practice in WWII and during Vietnam, when intravenous solution was in short supply. A patient can safely receive as much as one quarter to one third of the patient's body weight in coconut water intravenously.

Moringa Powder

According to the Ayurveda, the Moringa plant (leaves, seeds and root) is comprised of approximately 539 compounds capable of preventing 300 diseases. Moringa contains more than 90 nutrients and 46 different antioxidants which make it a powerhouse of nutrition.

Moringa leaf powder possesses all the normal benefits of GREEN LEAVES, that is to say the benefits of chlorophyll. It is a purifier and a natural detoxifier.

It is abundant in minerals especially magnesium, calcium, potassium, selenium, silica, sulfur, manganese, zinc and iron.

Moringa leaves contain three times more iron than spinach and seven times more potassium than bananas.

Moringa leaf powder is high in both vitamin A and E, both of which are potent antioxidants and immune system builders. It is also abundant in B vitamins, Vitamin C and Vitamin D.

Moringa contains all eight essential amino acids:

ISOLEUCINE – Helps in building protein and enzymes and creation of biochemical components within the body.

LEUCINE – Builds protein and enzymes along with isoleucine to enhance body's energy and alertness.

Nutrient Values

LYSINE – It is the first limiting amino acid needed to digest food proteins: without it, no matter how much protein is in the food, it will not be properly assimilated to use further in the body as building blocks. The body uses L-lysine to construct new proteins. Lysine insures the absorption of right amount of calcium by the body and aids in collagen formation and production of antibodies, hormones and enzymes. Lysine also maintains the balance of nutrients that reduce viral growth.

METHEONINE – Provides sulfur to the body and prevents hair, skin and nail problems. It helps lower cholesterol levels by increasing liver's production of lecithin. Methionine helps in reducing liver fat and bladder irritation.

PHENYLALANINE – Stimulates production of chemicals required to transmit signals between nerve cells and brain, thus reducing hunger pains. It also improves memory. It is necessary for the production of thyroxine, dopamine and testosterone.

THREONINE -Forms an important part of collagen, elastin and enamel proteins. Assists metabolism, prevents fat build up in the liver and boosts digestive and intestinal tracts.

TRYPTOPHAN -Supports the immune system and alleviates insomnia. Helps reduce anxiety, depression and migraine symptoms. Like lysine, tryptophan helps the body produce its own proteins.

VALINE – Promotes a sharp mind, coordinated muscles and calm mood. Moringa leaves contain approximately 30 different antioxidants. This along with their high sulfur and silica content, make moringa anti-aging. Moringa supports healthy hair, skin, nails and especially the brain. Moringa powder is prepared by grinding the dried leaves and is therefore considered a

raw product. It has a mild taste compared to most super green powders making it easy to hide in smoothies and other raw recipes.

Radishes

Radishes are a cruciferous vegetable like broccoli and cauliflower. They typically have a strong peppery taste but it is this nutrient quality that brings great health benefits. The "heat" in this little veggie may act as a natural diuretic, purifying the kidney and urinary systems and relieving inflammation. This also makes it beneficial in regulating blood pressure, edema and arthritic symptoms.

Ironically, radishes are considered to be a naturally cooling food and their pungent flavor is highly regarded in eastern medicine for the ability to decrease excess heat in the body that can build up during the warmer months.

Radish's high mineral and water content can help keep your body hydrated and your skin looking fresh and healthy all summer long! They also contain compounds that soothe rashes, dryness, and other skin disorders.

Radishes are high in fiber and vitamin C; 25% of the daily recommended value. They are an excellent source of folate, fiber, riboflavin, phosphorus, zinc and potassium, as well as good amounts of copper, vitamin B6, magnesium, manganese, and calcium.

Radishes can also relieve congestion, and prevent respiratory problems such as asthma or bronchitis. They have antibacterial, antifungal, and detoxifying properties and also inhibit red blood cell damage by supplying fresh oxygen to your blood.

Nutrient Values

Radishes (cont.)

Radishes are known to help in the removal of bilirubin, a condition evidenced by a yellow tinge in the skin, mucus membranes, or eyes, often present in newborns. As a natural cleansing agent, radishes stimulate quality bile and assist the digestive system in the break down and elimination of stagnant food and toxins built up over time. Therefore, radishes have a calming effect on the digestive system and can help relieve bloating and indigestion.

Additional phytochemicals in radishes include detoxifying agents called indoles, and the powerful flavonoids zeaxanthin, lutein, and beta carotene.

Radishes also contain an important isothiocyanate antioxidant compound called sulforaphane, a proven inhibitor of prostate, colon, breast, ovarian and other cancers.