



**OPTIMUM WELLNESS**  
NATURAL HEALTH SOLUTIONS

# 20 Super Charged Alkalising Smoothies

420g  
6 WEEK  
SUPPLY



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R 395

...Just add Miracle Collagen

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Never stop taking your medication unless advised to do so by your health practitioner.

We highly recommend adding Miracle Collagen to your smoothies. You can buy your Miracle Collagen at [www.miraclecollagen.co.za](http://www.miraclecollagen.co.za). Order any of the combo packs you will receive a a FREE bottle of Vitamin D3. All orders come with free door to door, nationwide delivery. You can chat to one of our health consultants should you need further advice or support. We are a SMS, call or Whatsapp message away.

**Brought to you by Optimum Wellness - Natural Health Solutions**

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**Some material in this book are pulled from the following sources:**

Green Smoothie Joy by Cressida Elias

Green Smoothies and Protein Drinks by Jason Manheim

The Green Smoothie Miracle by Erica Palmcrantz

The Healthy Green Drink Diet by Jason Manheim

The Healthy Juicer's Bible by Farnoosh Brock



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# Let's get juicing!

This little book on alkalising your body with green smoothies that will help you get started in your juicing journey, as your as your journey to regaining an optimum health status.

You will find 20 Alkalising Smoothies in this book that will support you in neutralising the acidity in your body that builds up in your body due to bad eating habits and stress. Over time this acid build may lead to joint, muscle and bone pain.

We highly recommend adding *Miracle Collagen* to your smoothies so that it supports you in rebuilding your bones and joints, with the bonus being that you have an even more delicious way to have your *Miracle Collagen*. *Miracle Collagen* is currently available online from [www.miraclecollagen.co.za](http://www.miraclecollagen.co.za)



The best thing that you can do for your body, is to start juicing. Juicing/Blending/Extracting are all very similar. We will not go into the details of each one this book.



What is important to know though, is that by juicing, you are essentially bursting the cells of the vegetables and fruits open to release the powerful and healing micro-nutrients that is easily and rapidly absorbed by your body.

It is also the safest and simplest way to detox, lose weight and reverse aging. Juicing allows you to take much more nutrients in your body than you would if you had to sit down and eat a whole plate of fruit and vegetables. Saving you time and energy.

By juicing, you are taking into your body the food in its raw and natural state. Therefore, you will get the most nutritional value from them. Today is the best day to start juicing if you have not already done so as yet.

It is recommended that you have your juices in the morning until midday. You should be aware that when you start juicing, you may notice that you need to go to the toilet due to extra bowel movements. This is nothing to worry about, it is merely your body detoxing itself and cleaning you out. The way to perfect health, begins with a clean and well maintained gut.





# 22 tips on juicing

1. Use filtered or spring water instead of tap water. Even better is coconut water.
2. If you are diabetic, use less fruit that are high in sugar. These may include, Bananas, Tangerines, Cherries, Grapes, Pomegranates, Mangos, Figs.
3. Buy fresh organic fruit and stay away from GMO food as much as possible.
4. You can buy fruit when they are on special, chop and peel, and then freeze them for later use. This will save time and money.
5. Wash your fruit thoroughly before consuming. They contain chemicals and pesticides.
6. Stay away from cows milk, as it causes inflammation and can flare up your sinus's. It also contains substances such as antibiotics and growth hormones. Try soy, rice or almond milk, which are more delicious. You can get calcium from Moringa leaves (powder), which you can add to your smoothies. There are plenty other sources of calcium. A simple Google search will help you find them.
7. Adding ice to your smoothie will chill it so that it makes drinking it and even more enjoyable experience.
8. When you make your smoothie, you must consume it within 30 minutes or you will lose the value of the nutrients available for you. Your juice is "alive" in those 30 minutes and when ingested goes straight to work in your body.
9. Try a different smoothie every day to keep your excited and your taste buds going.
10. The amount of smoothie yielded when you are making it, is sometimes enough for 1 to 3 people. Share with family and get them involved in juicing as well. A family that eats healthy stays together longer.

**11.** Feel free to be creative when juicing. If you do not have a specific fruit or vegetable, substitute it with another, or simply leave it out or double up on another fruit you may have. Make up your own smoothies with your favourite fruit and vegetables!

**12.** Add superfoods/supplements to your smoothies to supercharge them! These include: Acai Berries, Goji Berries, Barly Grass, Wheat Grass, Chia Seeds, Moringa Powder, Miracle Collagen, Cocoa Powder, Mangosteens, Hemp Seeds, Flax Seeds, Almonds, Black Seeds.

**13.** Add dates and honey (or Stevia) to your juice if you need to sweeten it, but never add sugar.

**14.** If you are unsure about which blender/juicer to buy, we suggest buying what is known as an extractor. It is sort of a hybrid of a blender and a juicer. The cost for this is roughly \$100 (R1500). Do not let this put you off from starting. Most people have a standard blender at home. Start with this. Your excuses will only make you more sick. Take positive action towards being healthy today. You may even be able to pick them up for half that price on ebay or Gumtree.

**15.** Not all fruit and vegetables are suitable for juicing. Do not juice potatoes, onions, parsnips, eggplant and squashes.

**16.** When juicing, make sure to drink plenty of water. We cannot emphasize the importance of water in healing and staying well. It further helps to detox and clear out your system.

**17.** If you are looking for more smoothie ideas beyond this book, then go into your local health restaurant, and take a picture of their menu. You do not need to be a Michelin star chef to make smoothies. You can make any smoothie that they offer in any restaurant. Be aware though, that they may add ice cream or yoghurt to your smoothie. At best, opt for the non dairy option. If you must have yoghurt, go for a non sweetened plain version.

**18.** One of the positive side effects of juicing is that you will notice that you will feel more energetic, have mental clarity and focus, with great vitality. Take advantage of this, by exercising. If you want to be healthy, then simply MOVE.

**19.** How do you know if you should leave the peel on a fruit or vegetable when juicing? The answer is simple. Can you eat it with the peel as a whole fruit or vegetable? If the answer is yes, then you may keep the peel. It really is up to you and what you prefer. The value of keeping on certain peels, is that they add to your fibre intake to further clean you out by scrubbing out the mucoid plaque in your colon.





**20.** Try a 3 to 5 day Juicing detox. For these days, only have juices. It is a quick way to reboot your body. Make sure to have your fruit in the morning and vegetables in the afternoon and evening. Consult with your health practitioner before embarking on any diet.

**21.** Stay away from other/cooked food for about an hour after juicing. Your stomach must digest and absorb the nutrients in the juice before taking in more food. Besides, you will be quite full after having your juice.

**22.** The best medicine in the world is found in "God's" Pharmacy, and not "Man's" Pharmacy. Hippocrates said it best, "Let food be thy medicine and medicine be thy food." Sadly, the value of the micro-nutrients in our food has been declining over the years. This is why our bodies are really struggling to heal itself and so it begins to break down. Therefore, our vision at Optimum Wellness, is to provide natural solutions, in the form of education or supplements that support you in giving your body everything it needs to be in peak, optimum health.

**If you would like to attend a workshop in your city to learn more about juicing and staying healthy, please drop an email to [support@optimumwellness.co.za](mailto:support@optimumwellness.co.za), and we will consider visiting your city.**



# Avocado Lime Breakfast Smoothie



## Ingredients

*1/4 cucumber  
2 cups spinach  
200g frozen Broccoli  
1/2 avocado  
2 small limes, peeled  
1/2 cup ice  
1/2 cup organic soymilk / coconut milk*

## Method

*Add ingredients into a powerful  
high-speed blender and blend  
until smooth and creamy.  
Serve into a bowl and enjoy!*

## Notes

Substitute soymilk or coconut milk with water. Do not use cows milk.

Avocado is loaded with heart-healthy monounsaturated fatty acids and can lower cholesterol and triglyceride levels. It is also loaded with powerful antioxidants that can protect the eyes. Avocado extract may help relieve symptoms of arthritis. Multiple studies have shown that extracts from avocado and soybean oil, called avocado and soybean unsaponifiables, can reduce symptoms of arthritis of the bones, called osteoarthritis.



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# Heart-Healthy Beet Juice



## Ingredients

1 large cucumber  
1 medium beetroot  
2 medium carrots  
1 cup of spinach  
1 cup of kale  
1/2 cup of water  
1cm piece ginger

## Method

Chop all your veggies up into bite-size pieces and then run them through a cold-press juicer such as this and then enjoy within 15-minutes to experience maximum nutrient benefits!

## Notes

Beetroot can have the following benefits: lower your blood pressure, boost your stamina and detoxification support. Beets are a unique source of betaine, a nutrient that helps protect cells, proteins, and enzymes from environmental stress. It's also known to help fight inflammation, protect internal organs, improve vascular risk factors.

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# Alkalizing Super Shake



## Ingredients

*1/4 cucumber*  
*2 large kale leaves*  
*1cm ginger, 1/2 avocado*  
*1/2 cup coconut water*  
*1/4 cup fresh mint*  
*1 tbsp. fresh parsley*  
*Juice of 1 lime, 1 tsp. coconut oil*  
*1 tsp. chia seeds*

## Method

*Add Ingredients into a powerful high-speed blender, and blend until smooth. Serve and enjoy within 15-minutes for ultimate nutrient benefits.*

## Notes

If possible soak the chia seeds overnight before use to enhance the living enzymes and health benefits. Please ensure that your coconut oil, is cold pressed, virgin and organic. Coconut oil is high in natural saturated fats. Saturated fats not only increase the healthy cholesterol (known as HDL) in your body, but also help to convert the LDL “bad” cholesterol into good cholesterol. Having a teaspoon of Coconut oil in the morning can improve memory and brain function. Perfect for any student or person whose lifestyle demands that you are always alert.

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# Cinnamon Bun Smoothie



## *Ingredients*

*1 cup coconut milk (or soymilk)*  
*1 large handful of spinach*  
*1 frozen banana*  
*2 tbsp of raw almond butter*  
*1 pitted date*  
*3/4 tsp. cinnamon*  
*1 tbsp hemp seeds, 1/2 cup ice cubes*

## *Method*

*Put all ingredients into a blender and mix until smooth.  
Serve and enjoy!*

## Notes

Cinnamon is loaded with antioxidants. It has anti-inflammatory properties as helps the body fight infections and repair tissue damage. Cinnamon has been linked with reduced risk of heart disease, the world's most common cause of premature death. In people with type 2 diabetes, 1 gram of cinnamon per day has beneficial effects on blood markers. It reduces levels of total cholesterol, ldl cholesterol and triglycerides, while hdl cholesterol remains stable. Cinnamon is well known for its blood sugar lowering effects. Apart from the beneficial effects on insulin resistance, cinnamon can lower blood sugar by several other mechanisms. First, cinnamon has been shown to decrease the amount of glucose that enters the bloodstream after a meal. Second, a compound in cinnamon can act on cells by mimicking insulin. This greatly improves glucose uptake by cells, although it acts much slower than insulin itself.

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# Summer Citrus Smoothie



## Ingredients

*1/2 cup coconut water*  
*1 grapefruit*  
*1 handful spinach*  
*1/2 cucumber*  
*1/2 heart of romaine lettuce*  
*Juice of 1/2 lime*  
*1 frozen banana*

## Method

*Add ingredients into a powerful high-speed blender and blend until smooth and creamy. Serve into a bowl and enjoy!*

## Notes

Grapefruit works as an excellent appetite suppressant as compared to many other substances and foods. Grapefruits are also beneficial in the treatment of fatigue, so it can help you to dispel your general tiredness caused from routine or boring work. Drinking equal amounts of grapefruit juice and lemon juice can be a refreshing and delicious way to quickly boost your energy levels. Fresh grapefruit juice creates an alkaline reaction after digestion. The citric acid of the fruit is contained in the human body and thus, increases the effect of the alkalinity reaction after digestion. The juice extracted from the grapefruit is beneficial in preventing acid formation and many other diseases that arise due to the presence of excess acidity in the body.

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# Summer Wild Berry



## Ingredients

*1 large handful of spinach*  
*1/4 cup blueberries*  
*1 Tbsp. raw almond butter*  
*1 Tbsp. chia seeds*  
*1 Tbsp. ground flaxseed*  
*1 Tbsp. hemp seed powder*  
*1 Tbsp. coconut oil, 1 cup coconut milk*

## Method

*Add ingredients into a powerful  
high-speed blender and blend  
until smooth and creamy.  
Serve into a bowl and enjoy!*

## Notes

If possible soak the chia seeds overnight before use to enhance the living enzymes and health benefits. Chia seeds are among the healthiest foods on the planet. Chia seeds are loaded with antioxidants. It contains a decent amount of protein. By weight, they are about 14% protein, which is very high compared to most plants. They are high in many important bone nutrients. Chia seeds are high in several nutrients that are important for bone health. This includes calcium, phosphorus, magnesium and protein. The calcium content is particularly impressive... 18% of the rda in a teaspoon. Gram for gram, this is higher than most dairy products. Chia seeds may be considered an excellent source of calcium for people who don't eat dairy.



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# Amazing Acai & Sprout Smoothie



## Ingredients

*2 cups spinach*  
*1 cup green lentil sprouts*  
*2 cups water*  
*1 large pear*  
*1 tbsp acai berries*  
*1/2 tbsp of camu camu*  
*1 avocado*

## Method

*Blend spinach and green lentil sprouts with water. Add the chopped pears, acai, camu camu and mix again. Add the scooped out avocado. Dilute with water until desired consistency is reached.*

## Notes

The acai berry is one of the healthiest berries you will ever find. Similar to red wine, research shows that acai berries are extremely high in anthocyanins, a form of plant antioxidant associated with the ability to lower cholesterol levels in the blood stream. They are also rich in plant sterols that provide cardio-protective benefits to our cells. It does this by preventing blood clots, improving overall blood circulation, and relaxing the blood vessels. Acai berries may contribute to an ability to slow or reverse typical processes of aging related to oxidative damage. One berry holds ten times the amount of antioxidants as grapes, and two times the amount of blueberries.

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# Green Pear Smoothie



## Ingredients

- 2 large handfuls of kale*
- 2 cups water*
- 2 large pears*
- 1 cup blue berries (frozen)*

## Method

*Blend chopped kale with the water. Add pieces of pears and blueberries and mix again. Dilute with water for desired consistency.*

## Notes

Use ripe pears for a smoother and creamier smoothie.

Kale is being called “the new beef”, “the queen of greens” and “a nutritional powerhouse.” Kale is low in calorie, high in fiber and has zero fat. Per calorie, kale has more iron than beef. Kale is high in Vitamin K which can help protect against various cancers. It is also necessary for a wide variety of bodily functions including normal bone health and blood clotting. One cup of kale is filled with 10% of the RDA of omega-3 fatty acids, which help fight against arthritis, asthma and autoimmune disorders. Kale has more calcium than milk, which aids in preventing bone loss, preventing osteoporosis and maintaining a healthy metabolism.

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# Fresh! Pick me up Smoothie



## *Ingredients*

*1 cup mint*

*1–2 cups water*

*2 pears*

*1 tbsp lime juice*

*Optional: 1/2 cup ice cubes*

## *Method*

*Blend chopped mint with one cup of water. Add cut-up pears and lime juice, and mix again. Dilute with more water until desired consistency is reached.*

## Notes

Serve with ice cubes for a really fresh and delicious smoothie. Mint is also good for digestion.

Mint, the popular herb has several benefits which include proper digestion and weight loss, relief from nausea, depression, fatigue and headache, treatment of asthma, memory loss, and skin care problems. It is a great appetizer or palate cleanser, and it promotes digestion. It also soothes stomachs in cases of indigestion or inflammation. The strong aroma of the herb is very effective in clearing up congestion of the nose, throat, bronchi and lungs, which gives relief for respiratory disorders that often result from asthma and the common cold.

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# Green Kiwi Smoothie



## Ingredients

- 1/2 cucumber
- 1 kiwi
- 2 cups lettuce
- 1 tbsp lemon juice
- 1 avocado
- 1 tbsp lemon juice
- 1-2 cups of water

## Method

*Cut the cucumber and kiwi into chunks. Mix together with lettuce, scooped-out avocado, lemon juice, and water. Dilute with water until desired consistency is reached.*

## Notes

Kiwi is a fruit that isn't too sweet and gives the smoothie a tart, fresh taste reminiscent of yogurt. Kiwi fruits can also help us to manage our blood pressure. A study found evidence that the bioactive substances in three kiwis a day can lower blood pressure more than one apple a day. Long term, this may also mean a lowered risk for conditions that can be caused by high blood pressure, like strokes or heart attacks. Kiwis are also high in Vitamin C, making it another powerful antioxidant.

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**R1995** **SAVE R700**

# Green Passion Smoothie



## Ingredients

- 1 cup spinach
- 2 cups water
- 3 passion fruits
- 2 bananas

## Method

*Blend the spinach with water. Scoop out the pulp from the passion fruit and add together with peeled and sliced bananas. Mix. Add more water until desired consistency is reached.*

## Notes

Passion fruit gives this smoothie a tart flavor, and the creaminess derives from the banana . . . Exotic! Passion fruit is good in vitamin-C, providing about 30 mg per 100 g. Consumption of fruits rich in vitamin-C helps the human body develop resistance against flu-like infectious agents and scavenge harmful, pro-inflammatory free radicals. The fruit carries very good levels of vitamin-A, and flavonoid antioxidants such as  $\beta$ -carotene and cryptoxanthin- $\beta$ . Current research studies suggest that these compounds have antioxidant properties, and along with vitamin-A are essential for good eyesight. Vitamin-A also required for maintaining healthy mucosa and skin.



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# Green Grape Smoothie



## Ingredients

*2 cups crisp lettuce*  
*2 cups water*  
*2 cups green grapes*  
*1 pear*

## Method

*Blend the crispy salad with water. Seed grapes and cut the pear into pieces. Add the remaining ingredients and blend again. Dilute with more water until desired consistency is reached.*

## Notes

Whenever you buy grapes, you should look for organic ones with seeds.

Grapes also have some special components that make them even more essential to our health, giving them "super food" status. Grapes contain powerful antioxidants known as polyphenols, which may slow or prevent many types of cancer, including esophageal, lung, mouth, pharynx, endometrial, pancreatic, prostate and colon. The resveratrol found in red wine famous for heart health is a type of polyphenol found in the skins of red grapes. Eating foods that are high in water content like grapes, watermelon and cantaloupe can help to keep you hydrated and your bowel movements regular.

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# Col. Mustard Greens



## *Ingredients*

*2 cups mustard greens*  
*2-3 roma tomatoes*  
*1/4 avocado*  
*1 small zucchini*  
*1 lime*  
*Favorite herbs to taste*

## *Method*

*Add ingredients into a powerful high-speed blender and blend until smooth and creamy.*  
*Serve into a bowl and enjoy!*

## Notes

Works well with fresh oregano, basil, or dill, but feel free to experiment with other fresh herbs. Arthritis is caused due to the accumulation of excess uric acid in the body. This uric acid is a waste product that is normally removed through urination. But when excess uric acid builds up, it worsens the pain and inflammation of arthritis. The citric acid found in citrus fruits like limes dissolves the uric acid, causing the elimination of greater amounts through urine. Lime also possesses anti-inflammatory properties that can help ease pain and inflammation.

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# Ginger Green Smoothie



## Ingredients

*2 handfuls of kale  
2 cups water  
6 soaked figs, soaked 2–4 hours  
2cm ginger*

## Method

*Chop the kale and mix with 1 cup of water. Add figs and peeled, chopped ginger and blend again. Add water until desired consistency is reached.*

## Notes

Ginger contains very potent anti-inflammatory compounds called gingerols. These substances are believed to explain why so many people with osteoarthritis or rheumatoid arthritis experience reductions in their pain levels and improvements in their mobility when they consume ginger regularly. In two clinical studies involving patients who responded to conventional drugs and those who didn't, physicians found that 75% of arthritis patients and 100% of patients with muscular discomfort experienced relief of pain and/or swelling. If you regularly have indigestion, heart burn and gas, try having a cup of ginger tea after your meal. It will most certainly help.

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# Berry & Melon Smoothie



## Ingredients

- 1 cup of raspberries*
- A few chunks of cantaloupe melon*
- 1 banana*
- 2 handfuls of spring greens*
- 1–2 cups of water*
- Optional Extras: A handful of sprouted broccoli or alfalfa seeds*

## Method

- Add ingredients into a powerful high-speed blender and blend until smooth and creamy.*
- Serve into a bowl and enjoy!*

## Notes

Raspberries are loaded with potassium and a low content of sodium. They are actually well known because of its high potassium content. This helps the blood vessels relax and maintains proper blood pressure. Several components of raspberries, such as potassium, folate, and various antioxidants are known to provide neurological benefits. Folate has been known to reduce the occurrence of Alzheimer's disease and cognitive decline. Potassium has been linked to increasing blood flow and enhance cognition, concentration, and neural activity. One cup of raspberries contains 41 percent of the mineral manganese, which is an essential cofactor in a number of enzymes important in energy production and antioxidant defenses.

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# Pineapple Detox Smoothie



## Ingredients

*A little grating of ginger*  
*1 cup of pineapple*  
*1 avocado*  
*1/4 cucumber*  
*Several leaves of Romaine lettuce*  
*2 cups water*  
*Optional Extras: Celery for further detoxing*

## Method

*Start by blending the cucumber and pineapple with a little water. Then add the rest of the ingredients and speed up the blender to make smooth.*

## Notes

Who knew that pineapples can serve as a natural cough remedy? This fruit contains Vitamin C an important enzyme called bromelain. Bromelain has been known to help reduce the production of phlegm as well as mucus built up in the respiratory tract and even the sinus cavities. This enzyme is also a potent anti-inflammatory agent, and has the ability to fight infections, and kill off bacteria. Studies have shown that the juice from fresh pineapples may actually be able to suppress coughs more effectively than traditional cough medicines! The bromelain also reduces inflammation associated with joint and muscle pain. When you first think about pineapples, you probably wouldn't associate them with having bone health benefits, however, they actually do! The high manganese content assists in strengthening bones as well as aiding in growth, and overall repair. One single serving of pineapple can provide you with up to 70% of your daily requirement of manganese!



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# Zingy Spring Green Smoothie



## Ingredients

- 1/2 squeezed lemon*
- 2 handfuls of kale or spinach*
- 1 apple*
- 1 frozen banana*
- 1 avocado*
- 1 tbsp of chia seeds*
- 1-2 cups of water, 1 cup of ice*

## Method

*Blend all ingredients apart from the ice until smooth, then add the ice and smooth it up.*

## Notes

Low in fat and even lower in cholesterol, spinach is high in niacin and zinc, as well as protein, fiber, vitamins A, C, E and K, thiamin, vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper, and manganese. In other words, it's loaded with good things for every part of your body! Abundant flavonoids in spinach act as antioxidants to keep cholesterol from oxidizing and protect your body from free radicals, particularly in the colon. The folate in spinach is good for your healthy cardiovascular system, and magnesium helps lower high blood pressure. Studies also have shown that spinach helps maintain your vigorous brain function, memory and mental clarity.

Have you added *Miracle Collagen* to your smoothie to support with bone, joint and muscle health?

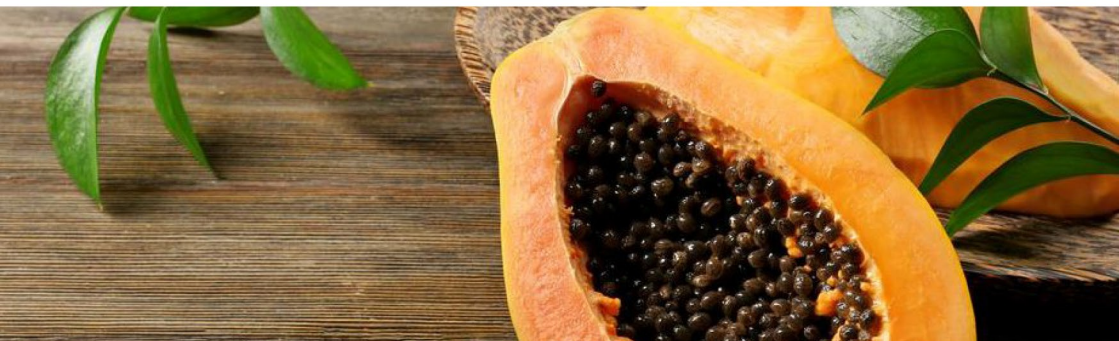


# R895

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# Quick Green Smoothie



## Ingredients

- 1 handful of spinach*
- 1 small handful of parsley*
- 1 frozen banana*
- 1 papaya (seeds removed)*
- A couple ice cubes*
- 1-2 cups of water*

## Method

*Mix all ingredients in a blender until smooth. The parsley tastes quite strong, so add more banana if you are not used to it or make with just a sprig or two.*

## Notes

Papaya contains several unique protein-digesting enzymes including papain and chymopapain. These enzymes have been shown to help lower inflammation and to improve healing from burns. In addition, the antioxidant nutrients found in papaya, including vitamin C and beta-carotene, are also very good at reducing inflammation. This may explain why people with diseases that are worsened by inflammation, such as asthma, osteoarthritis, and rheumatoid arthritis, find that the severity of their condition is reduced when they get more of these nutrients.

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# Wake Me Up Green Smoothie



## *Ingredients*

*1 cup of spinach*  
*1 stalk celery*  
*A chunk of cucumber*  
*1 frozen banana, 1 cup of raspberries*  
*1/2-1 avocado*  
*1 cup of cantaloupe melon chunks*  
*1-2 cups of water*

## *Method*

*Add ingredients into a powerful high-speed blender and blend until smooth and creamy. Serve into a bowl and enjoy!*

## Notes

If you're prone to joint pain, lung infections, asthma, or even acne, eating celery on a daily basis can bring you some relief.

A component called butylphthalide gives celery its color and flavor. That same component also reduces bad cholesterol. If you eat two stalks of celery every day, you can actually reduce your cholesterol level by seven points. Phthalide is another compound found in celery—it has been proven to increase circulatory health and lowering blood pressure.

Have you added *Miracle Collagen* to your smoothie to support with bone, joint and muscle health?

# Avocado BlueBerry Breakfast Smoothie



## Ingredients

- 1 apple*
- 1/2-1 avocado*
- 1 cup of blue berries*
- 2 handfuls of spinach*
- 1 tsp of cocoa powder, 1 tbsp of instant oats*
- 1 cup of water or green tea (chilled)*
- 1/2 cup ice cubes*

## Method

*Add ingredients into a powerful high-speed blender and blend until smooth and creamy. Serve into a bowl and enjoy!*

## Notes

Blue Berries bring you the brightest ray of hope, for they are laden with anti oxidants and rank number 1 in the world of anti oxidants. This is mainly due to presence of Anthocyanin, a pigment responsible for the blue color of the blue berries. The anthocyanin, the selenium, the vitamins A, B-complex, C and E, the zinc, sodium, potassium, copper, magnesium, phosphorus, manganese etc., among others, can prevent and heal neurotic disorders by preventing degeneration and death of neurons, brain-cells and also by restoring health of the central nervous system. It is hard to believe that these berries can also cure serious problems like Alzheimer's disease to a great extent. A new University of Michigan Cardiovascular Center study suggests that blueberries may help reduce belly fat and risk factors for cardiovascular disease and metabolic syndrome.

Have you added *Miracle Collagen* to your smoothie to support with bone, joint and muscle health?



~~R2695~~

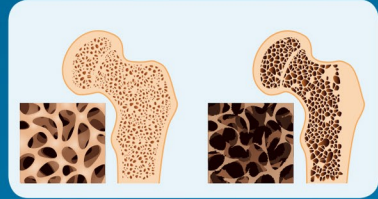
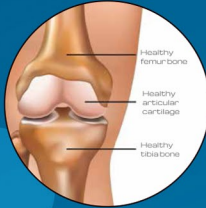
**R1995**

**SAVE R700**



# Hydrolized MIRACLE COLLAGEN™ L-GLUTAMINE

**ENSURING OPTIMUM BONE AND JOINT HEALTH  
FOR A PAIN FREE ACTIVE LIFESTYLE**



## MIRACLE COLLAGEN™ L-GLUTAMINE

**420g  
6 WEEK  
SUPPLY**



**R495**

- Increases bone strength ●
- Restores bone mass density ●
- Reduces bone and joint pain ●
- Improves mobility and agility ●
- Regenerates joint cartilage ●
- Rebuilds connective tissue ●
- Anti - aging and longevity ●

## MIRACLE COLLAGEN™ L-GLUTAMINE COMBO

- **L-Glutamine** - Important in the growth of fibroblast cells which build collagen to give the body its structure. Improves gut health and digestion.
- **Vitamin C 5000mg** - Increases absorption of Miracle Collagen™, repairs Adrenal Fatigue from stress and reduces arthritic symptoms.
- **MSM** - Lowers pain, reduces inflammation, relaxes muscle, improves flexibility and increases strength of connective tissue.



**FREE  
VALUE  
R 395**

**SPECIAL PRICE  
R895  
VALUE R1335**

