

Green Drinks



Green vegetables are among the most alkalizing and cleansing of foods. Greens are also rich in vitamins and minerals; they are easy to digest and slenderizing. I believe that God clothed the Earth in green because these plants are meant to be our food and medicine.

The chlorophyll in green plants produces oxygen in the presence of sunlight. In our bodies it helps to build red blood cells because of its similarity to hemoglobin. Thus, chlorophyll is a blood builder. Consuming chlorophyll rich plants improves our blood's ability to carry oxygen, and to rid our cells of acid wastes* providing all around improvements in health and wellbeing. Green drinks help many with their weight loss programs because one reason for obesity is over-acidity, per Dr. Robert O. Young, biochemist and author of *The pH Miracle*.

An easy and delicious way of getting more green power into your diet is to make Green Drink. Its pineapple juice base makes it delicious to most—even those who are “put off” at first by its beautiful jade color. Of course, it may be made with other juices or with plain water.

Green Drink

Yields 2 quarts or more*

2 c. water

1 qt. raw greens** (try half romaine lettuce and half spinach, chard, cilantro or parsley)

1 – 12 oz. can frozen pineapple juice, thawed

1qt.+ pure water

Carefully select greens, wash under running water and coarsely chop; place in the blender with 2 cups of water. Affix cover and hold it down; turn to low then increase speed as the pieces become finer. Blend until the liquid is dark green.

Strain through cheesecloth or mesh strainer into a non-metallic container. Pour strained green juice into a 2 quart jug. Add thawed juice and stir, then add enough water to fill to the top. Affix lid and shake to mix juice. Shake again before serving. Drink within 24 hours for the greatest benefit.

Variations: Replace pineapple with orange or other juice. For a totally raw, high enzyme beverage, replace frozen concentrate with 5 to 6 cups of cubed raw pineapple***. Add it to the blender along with greens. After straining, add enough water to make at least 2 quarts. Powdered *super foods* (below) may also be added to boost nutrients.

*You may prefer to add an extra quart of water to make 3 quarts from a 12 ounce can of concentrate, to dilute the fruit sugar. It will still taste good.

**Avoid raw cabbage family greens like turnip tops, mustard greens and cabbage; these contain a natural chemical (goitrogen) which blocks iodine absorption in the thyroid, causing hypothyroidism—low output.

***Raw pineapple contains bromelain, an enzyme that helps to break down proteins and, when taken on an empty stomach, soothes inflammation.