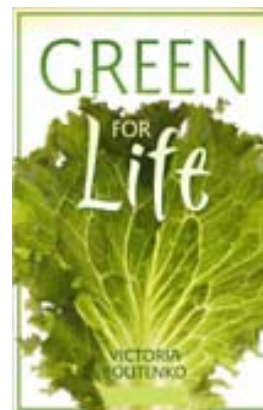




## GREEN SMOOTHIES

### Table of Contents:

**GREEN SMOOTHIES: THE MOST BALANCED MEAL EVER CREATED**  
**GREEN FOR LIFE TABLE OF CONTENTS**  
**WHAT WAS MISSING IN OUR FOOD PLAN?**  
**HOW CHIMPANZEES EAT**  
**THE GREEN SMOOTHIE RECIPES**



### See also:

**Vitamix, [www.vitamix.com](http://www.vitamix.com)**  
**Chlorophyll - Hemoglobin**

### Books:

**[Green For Life](#) by Victoria Boutenko**  
**[Heinerman's Encyclopedia of Healing Juices](#)**  
**By John Heinerman**  
**[Power Juices, Super Drinks](#) by Steve Meyerowitz**  
**[Guide to Diet and Salad](#) by Norman Walker**  
**[Rainbow Green Live Food Cuisine](#) by Gabriel Cousens, M.D.**  
**[Green Smoothie Revolution](#) by Victoria Boutenko**

### Articles:

### Websites:

**Raw Family, [www.rawfamily.com](http://www.rawfamily.com)**  
**Nutrient Calculations: [www.nutritiondata.com](http://www.nutritiondata.com)**

### Publications:

### Organizations:

### People:

**Victoria Boutenko**

### Integral Nutrition:

### Conventional:

### Terms:

## "GREEN SMOOTHIES: THE MOST BALANCED MEAL EVER CREATED"

Source: Victoria Boutenko, [www.rawfamily.com](http://www.rawfamily.com)

As the Russian proverb says: New is something old, that has been long forgotten. This summer I re-discovered green smoothies. What do I mean by green smoothie? Here is one of my favorite recipes: 4 ripe pears, 1 bunch of parsley and 1 big cup of water. Blended well. This smoothie looks very green, but it tastes like fruit. I like green smoothies so much that I bought an extra blender and placed it in my office, so that I could make green smoothies throughout the day. More than half of all the food I've had in last several months have been green smoothies. I have so much more energy and clarity that I have removed green juices from my diet. (Juicing has been something that I've been doing regularly for years.) Green smoothies have numerous benefits for human health.

**Green smoothies are very nutritious.** I believe that the ratio in them is optimal for human consumption: about 60% - ripe organic fruit mixed with about 40% - organic green vegetables.

**Green smoothies are easy to digest.** When blended well, all the valuable nutrients in these fruits and veggies become homogenized, or divided into such small particles that it becomes easy for the body to assimilate these nutrients, the green smoothies literally start to get absorbed in your mouth.

**Green smoothies, as opposed to juices, are a complete food because they still have fiber.**

**Green smoothies belong to the most palatable dishes for all humans of all ages.** With a ratio of fruits to veggies as 60:40 the fruit taste dominates the flavor, yet at the same time the green vegetables balance out the sweetness of the fruit, adding nice zest to it. Green smoothies are simply the best tasting dishes for the majority of adults and children. I always make extra smoothie and offer it to my friends and customers. Some of them eat a standard American diet. They all finished their big cup of green smoothies with complements. They were quite surprised that something so green could taste so nice and sweet.

**By consuming two or three cups of green smoothies daily you will consume enough of greens for the day to nourish your body, and they will be well assimilated.** Many people do not consume enough of greens, even those who stay on a raw food diet. The molecule of chlorophyll has only one atom that makes it different from a molecule of human blood. According to teachings of Dr. Ann Wigmore, to consume chlorophyll is like receiving a healthy blood transfusion.

**Green smoothies are easy to make, and quick to clean up after.** Many people told me that they do not consume green juices on a regular basis because it is time consuming to prepare green juices and clean the equipment after juicing, or to drive to the juice bar.

**Green smoothies are perfect food for children of all ages,** including babies of six or more months old when introducing new food to them after mother's milk. Of course you have to be careful and slowly increase the amount of smoothies to avoid food allergies.

**When you consume your greens in the form of green smoothies, you can greatly reduce the consumption of oils and salt in your diet.**

**Regular consumption of Green smoothies forms a good habit of eating greens.** Several people told me that after a couple of weeks of drinking green smoothies, they started to crave and enjoy eating more greens. Eating enough of green vegetable is often a problem with many people, especially in children.

**Green smoothies can easily be freshly made** at any juice bar, restaurant or health food store for the great convenience of health-oriented customers.

I encourage the readers of this article to start playing with green smoothies, and to discover the many joys and benefits of this wonderful delicious and nutritious addition to the menu.

Here are more ideas for your green creations.

Some of my favorite greens to add to green smoothies: parsley, spinach, celery, kale and romaine. My favorite fruits for green smoothies are: pears, peaches, nectarines, bananas, mangoes and apples. Strawberries and raspberries taste superb in green smoothies, when combined with ripe bananas.

## **GREEN FOR LIFE TABLE OF CONTENTS**

Source: *Green For Life* by Victoria Boutenko, [www.rawfamily.com](http://www.rawfamily.com)

1. Dare to Observe!
2. What Was Missing in Our Raw Food Plan?
3. How Chimpanzees Eat
4. Green Smoothie Revolution
5. Why Is It Hard to Love Greens?
6. Greens: A New Food Group
7. Abundance of Proteins in Greens
8. Fiber: "The Magic Sponge"
9. Greens for Homeostasis
10. The Significance of Stomach Acid
11. Roseburg Study
12. Greens Make the Body More Alkaline
13. Healthy Soil is More Valuable than Gold
14. Healing Powers of Chlorophyll
15. The Wisdom of Plants
16. Jaw Exercise
17. A Tribute to Dr. Ann

Testimonials

Testimonials of Roseburg Study Participants

Green Smoothie Recipes

## WHAT WAS MISSING IN OUR RAW FOOD PLAN?

Source: Chapter 2, *Green For Life* by Victoria Boutenko, [www.rawfamily.com](http://www.rawfamily.com)

My husband, our two youngest children, and I have been eating an only raw foods diet since January 1994, more than eleven years. We went on this radical diet out of complete despair when our medical doctors didn't leave us any chances to recover from our horrible illnesses.

My husband, Igor, had been constantly ill since his early childhood. By the tender age of 17 he had already survived nine surgeries. Having progressive hyperthyroidism and chronic rheumatoid arthritis, at 38 he was a total health wreck. I had to lace his shoes on rainy days because his arthritic spine would not bend. Igor's heart rate was 140+ most of the time, his eyes were tearing on sunny days and his hands were shaky. Igor constantly felt fatigued and was in pain almost all the time. Igor's "thyroid" doctor told him that he would die in less than two months if he would not agree to have his thyroid gland removed. His "arthritis" doctor told him to prepare to spend the rest of his life in a wheel chair.

I was diagnosed with the same disease that took my father; arrhythmia, or an irregular heart beat. My legs were constantly swollen from edema, I weighed 280 pounds, and I was continuously gaining more. My left arm frequently became numb at night and I was afraid that I would die and my children would become orphans. I remember always feeling tired and depressed.

Our daughter Valya was born with asthma and allergies and would often cough heavily all through the night. Our son Sergei was diagnosed with juvenile type 1 diabetes.

One day, after crying through the entire night, I decided that we had to take a *different* action if we wanted to get *different* results. That was when we started to try various healing modalities and eventually arrived at the idea of becoming raw foodists. At the time we didn't know anything about making fancy raw dishes or even that we could dehydrate flax crackers. Nevertheless, by turning off the pilot in our stove and discontinuing all cooking, we were able to heal all of our incurable, life-threatening diseases. Our health was improving so quickly that in three and a half months all four of us ran the Bolder Boulder 10K road race with the 40,000 other runners.

Even Sergei's blood sugar stabilized due to his new diet and regular jogging. Since beginning to eat raw food, he has never again experienced any form of diabetic symptoms. We were greatly surprised not only by how quickly our health was restored to normal. But by how much healthier we were than ever before. We have described the detailed story of our miraculous healing in our book *Raw Family: A True Story of Awakening*.

After several years of being raw foodists, however, each one of us began to feel like we had reached a plateau where our healing process stopped and even somewhat began to go backwards. After approximately seven years on a completely raw diet, once in a while, more and more often, we started feeling discontent with our existing food program. I began to have a heavy feeling in my stomach after eating almost any kind of raw food, especially a salad with dressing. Because of that, I started to eat less greens and more fruits and nuts. I began to gain weight. My husband started to develop a lot of

gray hair. My family members felt confused about our diet and seemed often to have the question, "what should we eat?" There were odd times when we felt hungry but did not desire any foods that were not "legal" for us to eat on a typical raw foods diet: fruits, nuts, seeds, grains or dried fruit. Salads (with dressings) were delicious but made us tired and sleepy. We felt trapped. I remember Igor looking inside the fridge, saying over and over again, "I wish I wanted some of this stuff." Such periods did not last. We blamed it all on overeating and were able to refresh our appetites by fasts, exercise, hikes, or by working more. In my family we strongly believe that raw food is *the only way to go* and therefore we encouraged each other to maintain our raw diet no matter what, always coming up with new tricks. Many of my friends told me about similar experiences at which point they gave up being 100% raw and began to add cooked food back into their meals. In my family, we continued to stay on raw food due to our constant support of each other.

A burning question began to grow stronger in my heart with each day. The question was, "Is there anything missing in our diet?" The answer would come right away: "Nope. Nothing could be better than a raw food diet.

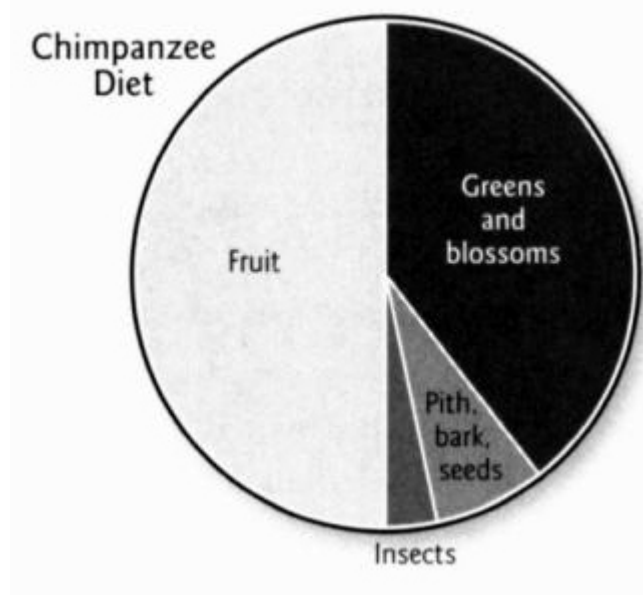
Yet, however tiny, the unwanted signs of less than perfect health kept surfacing in minor but noticeable symptoms such as a wart on the hand or a gray hair that brought doubts and questions about the completeness of the raw food diet in its present form. Finally, when my children complained about the increased sensitivity of their teeth, I reached a state where I couldn't think of anything else besides the health puzzle. I drove everybody around me crazy with my constant discussion of what could possibly be missing.

In my eager quest, I started collecting data about every single food that existed for humans. As my grandmother used to say, "Seek and ye shall find." After many wrong guesses, **I finally found the secret answer.** I found one particular food group that matched ALL human nutritional needs: *greens*. The truth is, in my family, we were not eating enough greens. Moreover, we did not like them. We knew that greens were important, but we never heard anywhere exactly how much greens were needed in our diet. We had only a vague recommendation to eat as much as possible. In order to find out how much greens we needed to eat, I decided to study the eating habits of chimpanzees since they are the closest creatures to human beings.

## HOW CHIMPANZEES EAT

Source: Chapter 3, *Green For Life* by Victoria Boutenko, [www.rawfamily.com](http://www.rawfamily.com)

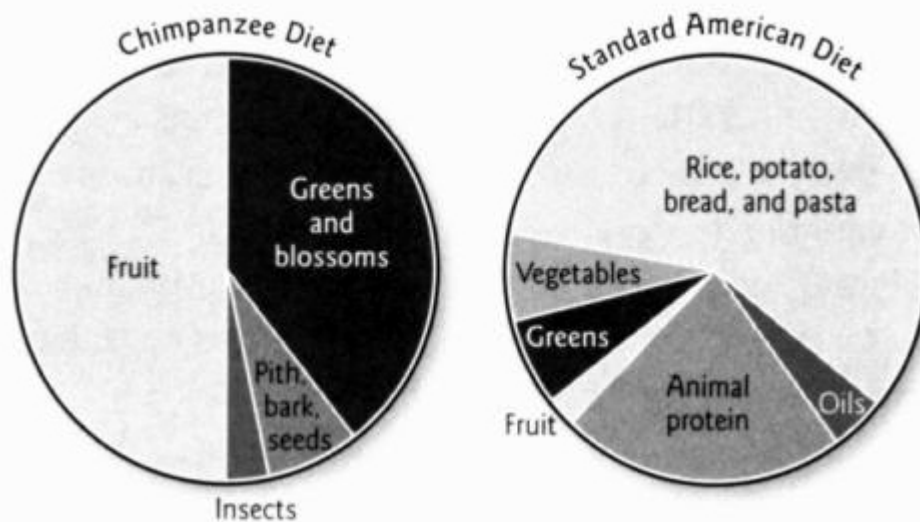
(starting pg 16)



As you can see, the two major food groups for chimpanzees are fruits and greens. Please do not confuse greens with root vegetables like carrots, beets, or potatoes. Also do not confuse greens with non-sweet fruits like cucumbers, tomatoes, zucchini, and bell peppers. Chimps eat only root vegetables in the case of drought or famine as a fall-back food. According to Jane Goodall, a world-famous researcher of chimpanzees, the percentage of time that chimpanzees spend eating greens in relation to the rest of their diet varies from 25-50% depending on the season. Two to seven percent of their diet is pith and bark (Piths are the stems and more fibrous parts of the plants.) When the trees are blooming, in March and April, chimpanzees consume blossoms, up to 10% of their ratio. Chimpanzees do not eat very many nuts, but their diet could be up to 5% seeds. Also, particularly in November, they consume small amounts of insects and even small animals, however, Goodall says this part of their diet is irregular and insignificant, as they could go months and months without consuming any animals, and seem to have no ill effects. There is other research that points out that wild chimpanzees' intake of insects and other animals never comprises more than 1% of their diet.

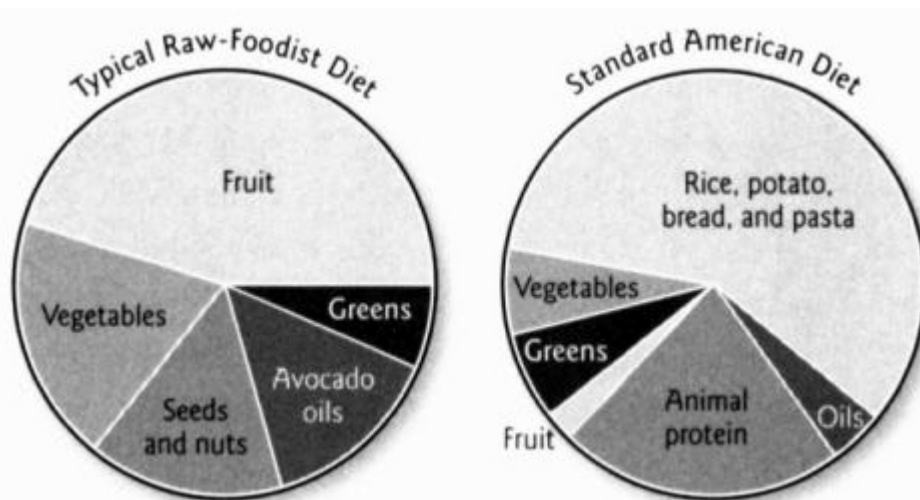
As long as I can remember, chimpanzees have been depicted with a banana or an orange in their hands, which definitely misled me to the assumption that they only eat fruit. To know that greens compose almost half of their diet was a revelation for me. My research gave me a solid idea that humans are supposed to eat far more greens than I would have guessed.





Let us compare the Standard American Diet (SAD) with the diet of chimpanzees. As you can see they look totally different. These two diets hardly have anything in common! We humans eat mostly things that chimpanzees don't eat at all, like cooked starchy foods, oils, butter, yogurt, cheese, hamburgers, etc. While most of our vegetables are roots, wild chimpanzees almost never eat root vegetables unless there is a draught and fruits and greens are unavailable. It is the intake of greens that has declined most dramatically in the human diet. Our consumption of greens has generally shrunk to the two wilted iceberg lettuce leaves on our sandwich.

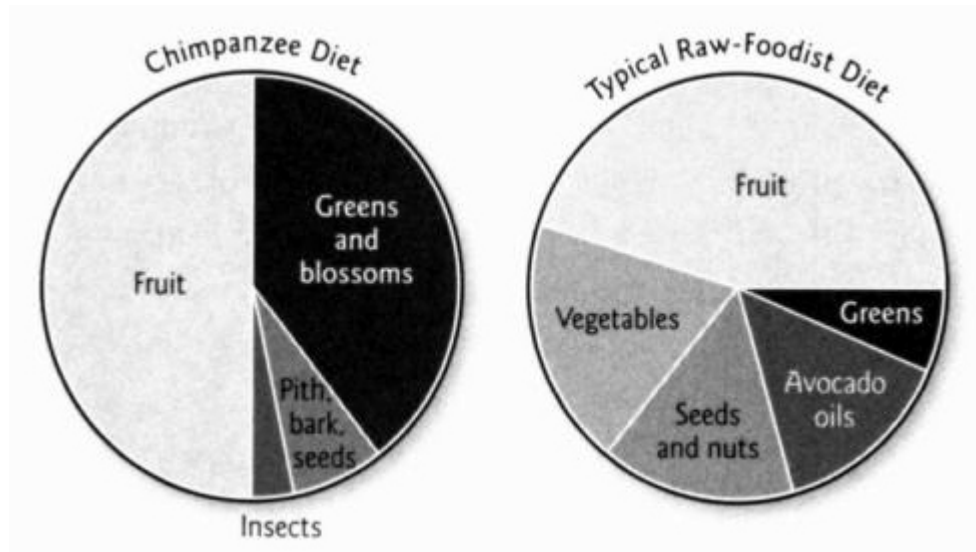
Let us compare the Standard American Diet with an average diet of a typical raw foodist.



I think that a raw food diet demonstrates a vast improvement over the regular diet. Firstly, all ingredients in a raw diet are uncooked, and full of enzymes and vitamins; thus the raw food diet is like a revolution in comparison with the SAD diet. That explains why so many people reported that they instantly felt better on a raw diet. We can see that raw foodists eat a lot of fruit, especially if we keep in mind that bell-peppers, cucumbers, zucchini, and tomatoes are also fruits. However, even though raw foodists typically consume noticeably more greens than people on an average mainstream diet, greens almost never constitute 45 percent of their food. So what do raw foodists eat in place of their missing greens? The answer is: most people on a raw food diet consume large amounts of fruits, nuts, and seeds. Often they use nuts as a substitute for carbohydrates, particularly when trying to mimic cooked

dishes with raw ingredients, even though nuts are 70-80% fat. Also, raw foodists increase their consumption of oils and avocados because the most common way of eating salads, their main staple, is to have it mixed with dressing, sauce, or guacamole. Another big quota in a typical raw diet belongs to root vegetables mostly due to juicing. Also, roots taste sweeter than greens and thus comprise a large portion of raw salads.

Considering all of these factors, when we compare the typical raw food diet with the chimpanzee diet, we can clearly see that there are two main ways to further improve our individual eating patterns: to increase our consumption of greens and to reduce our intake of nuts, seeds, and oils.



For example, based on how much fruit we consume in my family (about 4 or 5 pounds per day per person) I estimate that we need to eat about two good sized bunches of dark leafy greens per person per day.

Another striking characteristic aspect of the chimpanzee eating pattern is that they never eat in the late afternoon or evening. Chimpanzees wake up very early, at the first light of

**20**



# THE GREEN SMOOTHIE RECIPES!

Source: Victoria Boutenko, [www.rawfamily.com](http://www.rawfamily.com)

## Sweet Green Smoothies

### Mango-parsley

2 large mangos  
1 bunch parsley  
2 cups water

### Peach-spinach

6 peaches  
2 handfuls of spinach leaves  
2 cups water

### Mango-weeds

2 mangos  
1 handful of lambs quarters, stinging nettles, purslane, etc  
2 cups water

### Strawberry-banana-romaine

1-cup strawberries  
2 bananas  
1/2 bunch romaine  
2 cups water

### Pear-kale-mint

4 ripe pears  
4-5 leaves of kale  
1/2 bunch of mint  
2 cups water

### Finger banana-spinach

10 finger-bananas  
2 handfuls of spinach leaves  
2 cups water

### Bosc pear-raspberry-kale

3 bosc pears  
1 handful of raspberries  
4-5 leaves of kale  
2 cups water

### **Apple-kale-lemon**

4 apples  
½ lemon juice  
4-5 leaves of kale  
2 cups water

### **Kiwi-banana-celery**

4 very ripe kiwis  
1 ripe banana  
3 stalks of celery  
2 cups water

### **Pear-kale-mint**

4 ripe pears  
4-5 leaves of kale  
½ bunch of mint  
2 cups water

### **Raw Family Wild Banango**

2 cups lambsquarters (plantain, chickweed, etc.)  
1 banana  
1 mango  
2 cups water  
makes one quart

### **Blueberry Pudding**

1 stalk celery  
2 cups fresh blueberries  
1 banana  
2 cups water  
makes 1 quart

### **Valya's Favorite**

8 leaves Romaine lettuce  
5 cups watermelon  
1 cup water

### **Green Benevolence**

6 to 8 leaves Romaine  
1 cup red grapes  
1 medium orange  
1 banana  
2 cups water

### **Sweet and Sour**

6 to 8 leaves of red leaf

4 apricots  
1 banana  
¼ cup blueberries  
2 cups water

### **Freshness**

6 to 8 leaves Romaine lettuce  
½ medium honeydew  
2 cups water

### **Aloe Live**

1 cup apple juice  
1 banana  
1 mango  
1 small piece aloe  
5 kale leaves  
2 cups water

### **Mango-Parsley Pudding**

2 large mangos, peeled  
1 bunch parsley  
2 cups water

### **Summer Delight**

6 seeded peaches  
2 handfuls of spinach leaves  
2 cups water

### **Weeds for Kids**

4 mangos  
1 handful lambsquarters  
2 cups water

### **Strawberry Field**

1 cup strawberries  
2 bananas  
½ bunch romaine  
2 cups water

### **Chia Seed Green Pudding**

Soak 1 T chia seeds for 1 hour  
In 1 cup water

In one hour you will have 1 cup of chia jell.

Blend well:  
1 cup of chia jell

1 T chia seeds  
4 apples  
½ lemon, juiced  
4-5 leaves of kale  
1 sprig of mint  
2 cups water.  
Yields 1.5 quarts thick smoothie

### **Igor's Favorite**

½ bunch spinach  
4 apples  
½ whole lime with peel  
1 banana  
2 cups water

### **Minty Thrill**

4 ripe pears  
4-5 leaves of kale  
½ bunch of mint  
2 cups water

### **10 Fingers**

10 banana fingers  
2 handfuls spinach leaves  
2 cups water

### **Raspberry Dream**

2 bosc pears  
1 handful of raspberries  
4-5 leaves kale  
2 cups water

## **Savory Green Smoothies**

### **Victoria's Favorite**

6 leaves of red leaf lettuce  
¼ bunch of fresh basil  
½ lime, juiced  
½ red onion  
2 celery sticks  
¼ avocado  
2 cups water

### **Sergei's Favorite**

5 Kale Leaves

½ bunch fresh dill  
½ juiced lime  
3 cloves garlic  
¼ cup sun dried tomatoes  
2 cups water

### **Orion's Lemon Jalapeno Fresca**

½ lemon, juiced  
4 roma tomatoes  
2/3 bunch kale  
½ inch jalapeno pepper  
1 small clove garlic  
2 cups water

### **Shakti's Green Thai**

2 ½ cups spinach  
½ bunch cilantro  
1 clove garlic  
½ red bell pepper  
½ lime, juiced  
1 tsp stevia  
3 Roma tomatoes  
2 cups water

### **Green Delicious**

The whole point in making green smoothies is to consume more greens, especially without salt. However, we included salt in this extraordinarily tasty recipe. We found it useful for treating those of our friend who eat a mainstream diet.

5 leaves of kale  
¼ avocado  
3 cloves garlic  
juice of ½ lime  
2 cups water  
½ tsp salt  
2 Roma tomatoes

### **Nutritiously Bitter**

5 leaves kale  
¼ avocado  
3 cloves garlic  
¼ cup lime juice  
2 cups water  
1 bell pepper  
2 celery sticks  
½ bunch of Italian parsley  
2 cups water

## QUESTIONS AND ANSWERS

Sources: see below

### February 2006: Most Popular Green Smoothie Questions Answered by Victoria:

**QUESTION:** I have been on raw food for eight years and feel that my body is very clean. Why do I feel nauseous from drinking wheatgrass juice?

**ANSWER:** If you have read my book *Green for Life*, you are familiar with the part where I speak about all greens, without exception, containing alkaloids. Alkaloid build up is toxic. Wheatgrass also contains a small amount of alkaloids. If you begin to drink it on a regular basis, the alkaloids accumulate and the body rejects it.

This is why people get nauseous after drinking wheatgrass regularly for a while. When they take a break and come back to it, they can tolerate it better. Many people do not consume enough greens, and due to the fact that wheatgrass juice is almost 100% chlorophyll, the benefits of chlorophyll override the drawback of poisoning by alkaloids. That means, that even though people still get the alkaloid poisoning, the presence of chlorophyll in their body still helps to heal cancer, makes the body more alkaline and has other healing effects. That is why the green smoothies are so helpful, because when one begins to use a larger variety of greens in the form of green smoothies, one doesn't have to constantly drink wheatgrass juice. Just keep rotating and get as many different greens as you can.

**QUESTION:** I tested my urine and my saliva. My urine is very alkaline and my saliva is very acidic. I think I am still detoxing (four weeks raw now) because I have cold sores, rashes etc. Could that be why my saliva is acidic or is it not a good way to judge your PH level? I just don't understand why they are both so completely different.

**ANSWER:** Measuring your body pH by testing your urine is much more accurate than testing saliva. Alkalinity in saliva appears only after having the body's alkaline pH established for some time. Also, saliva changes more rapidly and more often than urine. You can do some experimenting: for example if you put a drop of honey on your tongue, the saliva instantly becomes very alkaline because the alkaline solution *amylase* (that helps digest sugar) will be present in the saliva.

If you put a teaspoon of any green smoothie or wheatgrass in your mouth, your saliva instantly becomes acid, because in order to digest greens, the saliva first has to become acid. Of course, greens are alkaline-forming once digested. So, testing pH by checking saliva is tricky. It has to be a long time between meals, you have to have your mouth clean and empty, and not even have food in SIGHT. That is why I don't recommend it. Urine doesn't change by what we look at, and thus is more reliable. The most accurate time to test saliva for alkalinity is in the morning as soon as you wake up.

**QUESTION:** What information can you give me about juvenile diabetes?



**ANSWER:** Here is a wonderful source for information on diabetes: <http://www.diabeticwarrior.com>. Patrick Lecky runs this website and he collects success stories of diabetics who have healed themselves in alternative ways! Also, be sure to check our Frequently Asked Questions (FAQs) on our website: [www.rawfamily.com](http://www.rawfamily.com)

**QUESTION:** Why is it so important that humans model their diet after chimpanzees? From my understanding, they only live an average of 50 years. They are usually riddled with parasites too.

**ANSWER:** Chimpanzees are genetically the closest creatures to humans. They share 99.4% of genes with humans. That is why, unfortunately, chimpanzees are used for medical research. However, chimpanzees have often demonstrated such a strong immunity, that doctors were not able to infect them with HIV or hepatitis C. In my book, I brought up the point that instead of making chimps ill with human diseases, researching how they are able to stay healthy may reveal immensely valuable information on human health. In captivity, chimpanzees do live much longer than in the wild because they are guarded against accidents and environmental dangers.

Chimpanzees are not only healthy, but have the ability to intuitively find and use healing herbs. Scientists from the Jane Goodall Institute described in their research that chimpanzees are familiar with natural ways of parasite control by eating medicinal herbs. On the other hand, any colonic therapist will tell you how so many humans are laden with all kinds of parasites.

**QUESTION:** I drove to three towns, at least eighty miles apart from each other and looked in more than five different health food stores. When I asked the produce person for lambsquarters, plantain, chickweed, stinging nettles, purslane, etc., they looked at me like I was nuts! For lambsquarters, they kept sending me to the meat department. Where, and how can one find the wild edible greens?

**ANSWER:** Even though it can be difficult for one to buy wild edible greens in the store, one still would greatly benefit from consuming them. That is why I put wild edible greens in my smoothie recipes. Here in Oregon we are already picking miner's lettuce in the woods, in fields, and along the rivers. This is the very first wild edible green in the season here, and it will be a whole month before we have chickweed. (yum!)

I don't have a way of recommending which wild plants are edible in your area since I am unsure of what weeds grow in your area. The best thing to do is to talk to people who plant flowers and bushes in parks. They can usually identify edible plants quite well. Another way to find out which plants one can eat is to talk to farmers, who need help weeding their organic gardens. In the summer, my children pick lambsquarters and plantain from a local farmer who *pays* them to pluck these pesky weeds from his fields. Once you learn to recognize a couple of edible weeds, it's a good idea to share your knowledge with others so that you can learn about still more scrumptious plants. This year, I plan to plant lots weeds in my own garden. I will report back to you how that works out for me.

**QUESTION:** How long should I blend my ingredients to make the green smoothie?

**ANSWER:** I usually blend my greens and fruits for 30-45 seconds. I always start on the low speed and turn it up to high.

**QUESTION:** How important is it to make good tasting smoothies?

**ANSWER:** Very important! Research shows that every delicious food leaves an imprint on the human brain, and as a result we only desire the most palatable foods. If the smoothie is not tasty, it is likely that one will stop drinking it. If it is palatable one will crave it!

**QUESTION:** It seems you talk about having an entire bunch of chard, or other greens, daily. Yet in your recipes, a smoothie only has 3-5 leaves from an entire bunch. Are you having more than 1 smoothie a day?

**ANSWER:** The goal is to eventually consume more greens in the smoothie than fruit. However, many of us are not used to consuming large amounts of greens. Also many don't have adequate hydrochloric acid to digest greens. For this reason, I recommend starting with more fruity green smoothies and slowly using more and more greens. As the body finds out the many benefits of greens, it becomes very excited and starts craving *greener* smoothies. Experiment with what amount of greens you find palatable and gradually add more greens so that you work up to the equivalent of one average-sized bunch of greens per day.

It is possible that you will start with a fruity green smoothie and progress to extremely green smoothies. Yet, there will be another change later. As you keep consuming green smoothies on a regular basis for many months, you will eventually reduce the total amount of green smoothies that you consume daily. This happens because the assimilation of nutrients increases and the body can get more nutrients from less smoothies, your body satisfies the most urgent needs for nutrients, it also becomes more alkaline and doesn't need as much greens as before.

Please remember to keep rotating your greens for variety!

## TESTIMONIALS

Source: [www.rawfamily.com](http://www.rawfamily.com)

### **GAINED FIVE KILOS AND AM VERY GRATEFUL**

I lost a lot of weight on a raw food lifestyle and my relatives were very concerned about my health. After I added green smoothies to my diet, I gained already 5 kilos! I make my smoothies of greens and bananas.

Thank you so much for your help and good luck for you and your family and with everything you're doing! ~A. G.

### **LIFELONG ANEMIA, FATIGUE AND DEPRESSION IS GONE**

At Christmas time I was given the book Green for Life by my mother. I live up in Seattle. My mom came up to visit and she gave me your book and showed me how to make a green smoothie. I've had

one almost every day since then (about a month). Within 2 weeks of starting them, I had an incredible energy boost. All my life I've been severely anemic and tremendously fatigued. This resulted in depression, emotional dependencies, and feelings of being afraid and overwhelmed by life. It felt like I was relating to people from a far distant place because I knew I didn't feel like they did and I didn't have a lot of energy to engage with them. I felt somehow outside of the human experience. Sometimes I wondered if I was going to make it.

Now, after drinking green smoothies, I have steady, reliable energy that carries me through the days with enthusiasm. I feel like I have a new chance at life - at age 44. I finally get to see what it is like to live with an adequate supply of energy. I can be more neat and organized and do much more than I could before. I drink less coffee and need less sleep. I wake up feeling alert in the mornings. ~K. B. (Seattle)

### **CRAVINGS FOR HEAVY, FATTY, SUGARY FOODS TURNED OFF**

The past three days I've drastically increased the amount of **greens** in my smoothies...and...MY CRAVINGS TURNED OFF. Just stopped. Bang. They're just *gone*.

I've now decreased the amount of fruit I was eating, and am finally losing weight! BROADCAST THIS INFORMATION TO THE WORLD! Do you know how exciting this is?

To have long-standing, strong cravings just vanish???? After years of cravings hell? There are millions just like me, who've suffered cravings hell. This is the solution! Thank you, Victoria, for a wonderful book! ~R. J.

### **STUDENTS AND THEIR PARENTS ENJOY GREEN SMOOTHIES**

Hi Victoria, I just want to thank you for all the research and work that you have put into learning about the benefits of green smoothies, so that confused raw foodists, such as myself, have an understanding of what our bodies really need. I am so excited that I have learned about such an important food group!

I was also able to get my husband to start drinking 1 quart of green smoothie a day as well...yeah!! I also have to tell you this story. I am an orchestra teacher in Las Vegas. In the beginning of one of my classes, I was drinking my green smoothie in front of my students. They were grossed out and shocked that I would drink something so green. I told them that the smoothie was delicious and very healthy and that they should try it. Immediately, the entire class was anxious about what fruits and greens to use and how to make their own smoothies. So I gave them a 5 minute lesson on why green smoothies are important and the variations they can use when creating their own smoothies. I've never seen a class so anxious to take class notes before to learn about the smoothies! The following day, half the class came back to tell me how they made the green smoothies at home and that they all LOVED it! They also gave some of the smoothies to their parents and they LOVED it! They then thanked me for taking out class time to tell them about the yummy drink and said that they are going to start drinking green smoothies from now on! That made my day! Thanks again for all that you do and I'm looking forward to seeing you again in Las Vegas. ~J.W. (Las Vegas)

## HIGH SCHOOL TEACHER SHARES HER HEALTH WITH STUDENTS

I am enjoying reading *Green For Life* book and sharing it with friends. I am a teacher in a High School. Some of my students are discovering the benefits of smoothies. We had a GIANT SMOOTHIE PARTY in our class: Each student brought their own cut up fruit and we enjoyed a healthy breakfast. I brought my Vitamix to school and it performed wonderfully to everyone's amazement. The green smoothies were delicious, and the kids will never forget this experience. I had also brought Sergei and Valya's *Eating Without Heating* book to show my kids the various delicious and healthy recipes. They all wanted to try something from the book..... I am really surprised at their reaction.

CONGRATULATIONS, Dear Victoria, for this wonderful book. I wish you and your family all the very best of HEALTH, and the rest usually follows naturally! From all of us here, to you, lots of love, hugs and good thoughts. D. G. (Canada)

## MY BUSINESS ROCKS BECAUSE OF THE GREEN SMOOTHIES!

Hi, Victoria! Only words like unbelievable, fantastic, incredible come to mind when I am writing to you. My business has literally gone bonkers since the introduction of the green smoothies. It is now my number 1 seller. My business has gone up at least 25 to 30 percent in just the last month and a half. That's just the business aspect. Everyone who is drinking the green smoothies is getting a lot of energetic transformation.

I have even featured your message of drinking two smoothies per day as part of my mission statement! My business rocks because of the green smoothie. Generally on a Saturdays we average from 30 to 40 customers, last Saturday we had 81 customers! It is a green smoothie revolution!

I would be honored if you used my comments, yes you could use my telephone 215-361-0116 and even my website: <http://www.arnoldsway.com>. It is going "nuts" here in Lansdale. Yesterday we had a potluck about 30 people. Every person gave a testimonial on the green smoothie.

With much respect, Arnold (Lansdale, PA)

**COMMENT FROM VICTORIA:** Curiously enough, the other most interesting experiment with selling green smoothies is also happening in Pennsylvania. A man bought an ice cream truck, painted it green, decorated it with quotes from my book, and is selling green smoothies to students at a university campus. What a neat idea!

Ever since I wrote the *Green For Life* book, I have been holding a vision that there will be green smoothie bars everywhere, and that people don't even have to have a Vitamix blender; they could go anywhere and buy a freshly made green smoothie at a reasonable price. In my dreams I came up with different names like for example "Weeds for Kids" or "Greens for Teens" in hopes to attract children and teenagers. My office assistant

Vanessa came up with a nice name for the green smoothie bar: **Sweet Greens**. Everyone! Please help me to make this dream come true.