

HOW TO MAKE HEALTHY SMOOTHIES

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HOW TO MAKE HEALTHY SMOOTHIES

How to Make Healthy Smoothies teaches you how to choose the best fruits, vegetables, nuts and seeds to make smoothies that treat acne, allergies, arthritis, chronic pain (anti-inflammatory), colds (immune boosting), constipation, depression, detoxification, diabetes, eczema, high blood pressure, menopause, pregnancy, stress management, urinary tract infections (UTIs), weight gain and weight loss.

How To Make Healthy Smoothies

Step 1

The first step in making healing smoothies is to choose 1 fruit or vegetable that treats your condition.

Arthritis Smoothie Recipe

If you want to make a smoothie to treat arthritis you can use pineapples because they contain bromelain which reduces inflammation in the joints.

1 cup pineapple cubes

1 cup banana slices

½ cup milk or water

[To learn more read Healthy Smoothie Recipes for Arthritis by Dr. Elizabeth Wan](#)

Diabetes Smoothie Recipe

If you want to make a smoothie to treat diabetes you can use strawberries since they have a low glycemic index of 40. This is important since it means that they do not cause rapid blood sugar rises after consumption.

1 cup strawberries

1 cup banana slices

½ cup milk or water

[To learn more read Healthy Smoothie Recipes for Diabetes by Dr. Elizabeth Wan](#)

Constipation Smoothie Recipe

If you want to make a smoothie to treat constipation you can use pears since they are good sources of fiber.

1 cup pear slices

1 cup banana slices

½ cup water

[To learn more read Healthy Smoothie Recipes for Constipation by Dr. Elizabeth Wan](#)

Step 2

The second step in making healing smoothies is to choose fruits which will make your smoothie creamier and even sweeten it naturally.

Chronic Pain Smoothie Recipe

If you want to make a smoothie to treat chronic pain you can use avocados since they contain omega 3 fatty acids which have anti-inflammatory properties.

1 cup cherries

1 cup avocado cubes

½ cup water

[To learn more read Healthy Smoothie Recipes for Chronic Pain by Dr. Elizabeth Wan](#)

High Blood Pressure Smoothie Recipe

If you want to make a smoothie to treat high blood pressure you can use bananas since they are good sources of potassium that helps lower blood pressure.

1 cup kiwifruit slices

1 cup banana slices

½ cup milk or water

[To learn more read Healthy Smoothie Recipes for High Blood Pressure by Dr. Elizabeth Wan](#)

Acne Smoothie Recipe

If you want to make a smoothie for acne you can use mangos since they are good sources of vitamin A and C which are required for healthy skin.

1 cup plums

1 cup mango cubes

½ cup orange juice

[To learn more read Healthy Smoothie Recipes for Acne by Dr. Elizabeth Wan](#)

Step 3

The third step in making healing smoothies is to choose the liquid you will use to make it more fluid.

Menopause Smoothie Recipe

If you want to make a smoothie to manage the symptoms of menopause you can use soy milk since it contains phytoestrogens which have effects that are similar to those of estrogen in the body. This is important since estrogen levels decline during menopause.

1 cup grapes

1 cup banana slices

½ cup soy milk

[To learn more read Healthy Smoothie Recipes for Menopause by Dr. Elizabeth Wan](#)

Weight Gain Smoothie Recipe

If you want to make a smoothie to gain weight you can use grape juice since 1 cup of grape juice contains around 150 calories.

1 cup avocado cubes

1 cup banana slices

½ cup grape juice

[To learn more read Healthy Smoothie Recipes for Weight Gain by Dr. Elizabeth Wan](#)

Detox Smoothie Recipe

If you want to make a smoothie for detoxification you can use filtered water to help the body remove wastes.

1 cup banana slices

1 cup fresh cilantro

½ teaspoon chlorella

½ cup filtered water

[To learn more read Healthy Smoothie Recipes for Detoxification by Dr. Elizabeth Wan](#)

Step 4

The fourth step in making healing smoothies is to add healing seeds and nuts. This is an optional step.

Depression Smoothie Recipe

If you want to make a smoothie to treat depression you can use flaxseeds (a.k.a. linseeds) because they contain omega 3 fatty acids which are useful for managing depression.

1 cup orange slices

1 cup banana slices

½ cup milk or orange juice

1 tablespoon flaxseeds

[To learn more read Healthy Smoothie Recipes for Depression by Dr. Elizabeth Wan](#)

Eczema Smoothie Recipe

If you want to make a smoothie to treat eczema you can use sunflower seeds because they contain omega 3 fatty acids which are useful for managing eczema.

1 cup mango cubes

1 cup banana slices

½ cup water

1 tablespoon sunflower seeds

[To learn more read Healthy Smoothie Recipes for Eczema by Dr. Elizabeth Wan](#)

Menopause Smoothie Recipe

If you want to make a smoothie to manage the symptoms of menopause you can use walnuts because they contain phytoestrogens which have effects that are similar to those of estrogen in the body.

1 cup grapes

1 cup banana slices

½ cup soy milk

1 tablespoon walnuts

[To learn more read Healthy Smoothie Recipes for Menopause by Dr. Elizabeth Wan](#)

Step 5

The fifth step in making healing smoothies is to flavor the smoothie. This is an optional step.

Allergies Smoothie Recipe

If you want to make a smoothie to treat allergies you can use local honey because it contains pollen from local flowers which can help desensitize the immune system from the effects of pollen.

1 cup apple slices

1 cup banana slices

½ cup apple juice

1 tablespoon local honey

[To learn more read Healthy Smoothie Recipes for Allergies by Dr. Elizabeth Wan](#)

Stress Management Smoothie Recipe

If you want to make a smoothie to manage stress you can use dark chocolate because it raises serotonin levels and imparts a feeling of emotional wellbeing.

1 cup blueberries

1 cup banana slices

½ cup milk

½ cup dark chocolate pieces

[To learn more read Healthy Smoothie Recipes for Stress by Dr. Elizabeth Wan](#)

Weight Loss Smoothie Recipe

If you want to make a smoothie to lose weight you can use a thermogenic spice like cayenne pepper which helps the body burn more calories.

1 cup banana slices

1 cup grapefruit slices

½ cup grapefruit juice

½ teaspoon cayenne pepper

[To learn more read Healthy Smoothie Recipes for Weight Loss by Dr. Elizabeth Wan](#)

Step 6

The sixth step in making healing smoothies is to add protein especially if you want to drink them instead of a meal. This is an optional step.

Colds and Flu Smoothie Recipe

If you want to make a protein smoothie to treat colds and the flu you can use almond butter since compounds found in almond skins were shown to help the body fight viral infections.

1 cup strawberries

1 cup banana slices

½ cup orange juice

2 tablespoons almond butter

[To learn more read Healthy Smoothie Recipes for Colds and Flu by Dr. Elizabeth Wan](#)

Pregnancy Smoothie Recipe

If you want to make a protein smoothie for pregnancy you can use peanut butter because it is a good source of chromium which helps the building of protein in the baby's tissues and regulates blood sugar levels.

1 cup mango cubes

1 cup banana slices

½ cup orange juice

2 tablespoons peanut butter

[To learn more read Healthy Smoothie Recipes for Pregnancy by Dr. Elizabeth Wan](#)

Urinary Tract Infection Smoothie Recipe

If you want to make a protein smoothie for urinary tract infections (UTI) you can also use yogurt with live cultures because it has been shown to prevent UTIs.

1 cup cranberries

1 cup banana slices

½ cup cranberry juice

½ cup yogurt with live cultures

[To learn more read Healthy Smoothie Recipes for Urinary Tract Infections by Dr. Elizabeth Wan](#)

Step 7

The seventh step in making healing smoothies is to thicken them. This is an optional step.

Acne Smoothie Recipe

If you want to thicken a smoothie to treat acne you can use chia seeds since they provide omega 3 fatty acids that are useful for reducing the inflammation associated with acne.

1 cup plums

1 cup mango cubes

½ cup orange juice

1 tablespoon chia seeds

[To learn more read Healthy Smoothie Recipes for Acne by Dr. Elizabeth Wan](#)

Weight Loss Smoothie Recipe

If you want to thicken a smoothie for weight loss you can use ice and since it has zero calories.

1 cup banana slices

1 cup grapefruit slices

½ cup grapefruit juice

½ teaspoon cayenne pepper

4 ice cubes

[To learn more read Healthy Smoothie Recipes for Weight Loss by Dr. Elizabeth Wan](#)

Arthritis Smoothie Recipe

If you want to thicken a smoothie for arthritis you can add cream cheese since it contains calcium.

1 cup pineapple cubes

1 cup banana slices

½ cup milk or water

2 tablespoons cream cheese

[To learn more read Healthy Smoothie Recipes for Arthritis by Dr. Elizabeth Wan](#)

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About the Author

Dr Elizabeth Wan is an integrative medicine doctor who knows that a healthy diet can prevent and reverse many lifestyle diseases.

Visit her blog at <http://healingsmoothies.blogspot.com/> and join her newsletter to receive smoothie recipes or follow her on Twitter at [@DrElizabethWan](#)
