

SMOOTHIES THAT HEAL

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SMOOTHIES THAT HEAL

Smoothies that Heal is filled with recipes which teach you how to make smoothies for weight loss, acne, eczema, allergies, arthritis, diabetes, high blood pressure and urinary tract infections (UTIs). Healing Smoothies also contains recipes of healthy smoothies for managing menopause, chronic pain, depression and stress.

Smoothies that Heal also teaches you about the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your healthy smoothies.

Smoothie Recipe for Acne

Apple Banana Smoothie

Ingredients

1 cup banana slices

1 cup plums slices

½ cup orange juice

4 ice cubes (optional)

Instructions

Blend all the ingredients until you get a smooth consistency. Serve immediately.



Nutrient Notes

Bananas are good sources of vitamins B6, C and biotin (vitamin H or coenzyme R). Bananas also contain minerals like manganese, potassium and copper. Bananas are also good sources of fiber. Bananas have a low glycemic index of 62 which makes them useful for managing acne. Bananas are also added to smoothies to make them creamy and to sweeten them naturally.



Oranges are good sources of vitamin C which is a potent antioxidant that protects the cells from the free radical damage that causes premature aging and degenerative diseases. It is also required for collagen production and healing of the skin. Vitamin C also helps reduce acne scarring. Orange juice is also a good source of vitamin A, vitamins B1, B9, calcium, potassium, vitamin C and fiber. Orange juice has a glycemic index of 46 to 53 which makes it beneficial for managing acne.



Plums have a low glycemic index. They are therefore useful for managing acne since they do not trigger breakouts.



For more recipes of smoothies for acne read [Healing Smoothies by Dr. Elizabeth Wan](#).

Smoothie Recipe for Allergies

Banana Pineapple Smoothie Recipe

Ingredients

1 cup banana slices

1 cup pineapple cubes

½ cup water

1 tablespoon local honey

Instructions

Blend all the ingredients until you get a smooth consistency. Serve immediately.



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Nutrient Notes

Bananas are good sources of vitamins B6, C and biotin (vitamin H or coenzyme R). Bananas also contain minerals like manganese, potassium and copper. Bananas are also good sources of fiber. Bananas are also added to smoothies to make them creamy and to sweeten them naturally.



Honey, and especially local honey, is used to relieve allergy symptoms since it contains pollen from flowers in the patient's locality. This pollen helps desensitize the patient's immune system from the effects of pollen.



Pineapples contain bromelain which is an enzyme that is also an effective natural allergy remedy since it reduces inflammation and swelling of the airways.



For more recipes of smoothies for allergies buy [Healing Smoothies by Dr. Elizabeth Wan.](#)

Smoothie Recipe for Arthritis

Green Mango Smoothie Recipe

Ingredients

1 cup baby spinach

1 cup banana slices

1 cup mango cubes

½ cup water

1 tablespoon honey (optional sweetener)

Instructions

Blend all the ingredients them until you get a smooth consistency. Serve immediately.



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Nutrient Notes

Bananas are good sources of vitamins B6, C and biotin (vitamin H or coenzyme R). Bananas are good sources of potassium which decreases bone loss. Bananas also contain minerals like manganese and copper. Bananas are also good sources of fiber. Bananas are also added to smoothies to make them creamy and to sweeten them naturally.



Mangoes are good sources of vitamins A and C which are potent antioxidant that protect cells by neutralizing the free radicals that cause premature aging and degenerative diseases.



Spinach contains omega 3 fatty acids which have anti-inflammatory properties that are useful for dealing with the inflammation associated with arthritis.



For more recipes of smoothies for arthritis buy [Healing Smoothies by Dr. Elizabeth Wan.](#)

Smoothie Recipe for Chronic Pain

Banana Oregano Smoothie Recipe

Ingredients

2 cups bananas slices

1 cup strong oregano tea (3 teaspoons dry oregano and 1 cup of boiling water)

Instructions

Prepare the strong oregano tea by steeping 3 teaspoons of dry oregano in 1 cup of boiling water for 20 minutes.

Add 1 cup of the strong oregano tea to the other smoothie ingredients and blend until smooth. Serve immediately.



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Nutrient Notes

Bananas are good sources of vitamins B6, C and biotin (vitamin H or coenzyme R). Bananas also contain minerals like manganese, potassium and copper. Bananas are also good sources of fiber. Bananas are also added to smoothies to make them creamy and to sweeten them naturally.



Oregano has potent anti-inflammatory properties.



For more recipes of smoothies for chronic pain buy [Healing Smoothies by Dr. Elizabeth Wan](#).

Smoothie Recipe for Depression

Avocado Ice-Creamy Smoothie Recipe

Ingredients

½ cup avocado cubes

½ cup milk

½ cup dark chocolate pieces

1 tablespoon soybean oil

Instructions

Blend all the ingredients until smooth. Serve immediately.



Nutrient Notes

Avocados are good sources of vitamins C and E which is a potent antioxidant that protects the cells from free radical damage. Avocados are also good sources of omega 3 fatty acids. These essential fatty acids are useful for managing depression. Avocados are added to smoothies to give them a creamy texture.



Chocolate, and specifically dark chocolate with at least 75 percent cocoa, contains antioxidants which protect the body from the free radical damage that causes degenerative diseases and premature aging. Chocolate is used for depression since it raises serotonin levels and imparts a feeling of emotional wellbeing.



Milk raises levels of serotonin and imparts a feeling of emotional wellbeing. It also contains vitamin D which makes it doubly effective for dealing with depression.



Soybean oil is a good source of omega 3 fatty acids. These essential fatty acids are useful for managing depression.

For more recipes of smoothies for depression buy [Healing Smoothies by Dr. Elizabeth Wan](#).

Smoothie Recipes for Diabetes

Avocado Grape Smoothie Recipe

Ingredients

½ cup avocado cubes

1 cup grapes

1 cup yogurt

Instructions

Blend all the ingredients until you get a smooth consistency. Serve immediately.



Nutrient Notes

Avocados are good sources of vitamins C and E which is a potent antioxidant that protects the cells from free radical damage. Avocados are also good sources of omega 3 fatty acids. These essential fatty acids are useful for managing the inflammation in the body. Avocados are also high in fiber which helps regulate blood sugar levels. Avocados also have a very low glycemic index which makes them beneficial for diabetes. Avocados are added to smoothies to give them a creamy texture.



Grapes have a low glycemic index that ranges from 43 to 53. They are therefore beneficial for the management of diabetes. Consuming grape juice and grape extracts has also been linked to better blood sugar and insulin regulation.



Yogurt: Low-fat yogurt contains protein and good carbohydrates that prevent blood sugar spikes. Research has linked eating a serving of yogurt each day to a reduced risk of type 2 diabetes.



For more recipes of smoothies for diabetes buy [Healing Smoothies by Dr. Elizabeth Wan](#).

Smoothie Recipe for Eczema & Psoriasis

Banana Mango Smoothie

Ingredients

1 cup banana slices

1 cup mango slices

½ cup water

Instructions

Put the milk and fruits in the blender in this order. Blend them until you get a smooth consistency. Serve immediately.



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Nutrient Notes

Bananas are good sources of vitamins B6, C and biotin (vitamin H or coenzyme R). Bananas also contain minerals like manganese, potassium and copper. Bananas are also good sources of fiber. Bananas are also added to smoothies to make them creamy and to sweeten them naturally.



Mangoes are good sources of vitamins A and C which are potent antioxidant that protect cells by neutralizing the free radicals that cause premature aging as well as ensure healthy skin.



For more recipes of smoothies for eczema and psoriasis buy [Healing Smoothies by Dr. Elizabeth Wan](#).

Smoothie Recipe for High Blood Pressure

Beetroot Yogurt Smoothie

Ingredients

- 1 cup banana slices
- 1 cup mango slices
- 1 cup yogurt with live cultures
- 1 inch piece of beetroot

Instructions

Blend all the ingredients until you get a smooth consistency. Serve immediately.



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Nutrient Notes

Bananas are good sources of potassium which is useful for lowering high blood pressure. Bananas are also good sources of manganese and copper as well as vitamins B6, C and biotin (vitamin H). Bananas are also good sources of fiber. Bananas are also added to smoothies to make them creamy and to sweeten them naturally.



Beetroots are good sources of vitamin C, which is a potent antioxidant that protects the cells from free radical damage that causes premature aging and degenerative diseases. They also contain minerals like calcium and potassium. Research has shown that drinking beetroot juice lowers blood pressure. Beetroot juice has also been shown to help a person exercise for a longer duration.



Mangoes are good sources of vitamins A and C which are potent antioxidant that protect cells from the free radical damage that cause premature aging and degenerative diseases. Mangoes are also good sources of potassium which makes them good for lowering high blood pressure.



Yogurt is a good source of calcium and magnesium which can help lower high blood pressure naturally.



For more recipes of smoothies for high blood pressure buy [Healing Smoothies by Dr. Elizabeth Wan.](#)

Smoothie Recipe for Menopause

Grape Yogurt Smoothie

Ingredients

1 cup banana slices

1 cup grapes

1 cup yogurt

Instructions

Blend all the ingredients until you get a smooth consistency. Serve immediately.



Nutrient Notes

Bananas are good sources of potassium which decreases bone loss. Bananas are also good sources of manganese and copper and vitamins B6, C and biotin (vitamin H). Bananas are also good sources of fiber. Bananas are also added to smoothies to make them creamy and to sweeten them naturally.



Grapes are good sources of boron which helps reduce the risk of osteoporosis in postmenopausal women. Grapes are also good sources of potent antioxidants which prevent degenerative diseases. Grapes also contain copper, vitamins K and B2.



Yogurt is a good source of calcium which is an important mineral because of the bone loss that occurs after menopause. Low-fat yogurt contains filling protein and good carbohydrates that prevent blood sugar spikes.



For more recipes of smoothies for menopause buy [Healing Smoothies by Dr. Elizabeth Wan.](#)

Smoothie Recipe for Stress Management

Chocolate Banana Smoothie Recipe

Ingredients

2 cups bananas slices

½ cup milk

½ cup dark chocolate pieces

Instructions

Blend all the ingredients until smooth. Serve immediately.



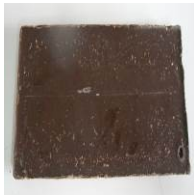
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Nutrient Notes

Bananas contain the amino acid tryptophan which is used by the body to make serotonin. They are therefore useful for managing stress since serotonin results in a feeling of emotional wellbeing. Bananas are good sources of vitamins B6, C and biotin (vitamin H or coenzyme R). Bananas also contain minerals like manganese, potassium and copper. Bananas are also good sources of fiber. Bananas are also added to smoothies to make them creamy and to sweeten them naturally.



Chocolate, and specifically dark chocolate with at least 75 percent cocoa, contains antioxidants which protect the body from the damaging free radicals that are produced in large amounts during stress. Dark chocolate also contains antioxidants called flavonoids which are thought to lower levels of cortisol and other stress hormones. Chocolate is used for stress management since it raises serotonin levels and imparts a feeling of emotional wellbeing.



Milk raises levels of serotonin and imparts a feeling of emotional wellbeing. Milk is also rich in calcium which makes it effective for dealing with stress related insomnia since the calcium reduces tension by reducing muscle spasm and reducing anxiety. Milk also contains phenylalanine which has been shown to enhance the production of dopamine by the brain.



For more recipes of smoothies for stress management buy [Healing Smoothies by Dr. Elizabeth Wan.](#)

Smoothie Recipe for Urinary Tract Infection (UTI)

Pineapple Cinnamon Smoothie

Ingredients

- 1 cup banana slices
- 1 cup pineapple cubes
- 1 cup yogurt
- ½ teaspoon cinnamon

Instructions

Blend all the ingredients until you get a smooth consistency. Serve immediately.



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Nutrient Notes

Bananas are good sources of vitamins B6, C and biotin (vitamin H or coenzyme R). Bananas also contain minerals like manganese, potassium and copper. Bananas are also good sources of fiber. Bananas are also added to smoothies to make them creamy and to sweeten them naturally.



Cinnamon has antibacterial properties which have been shown to suppress the bacteria that cause urinary tract infections.



Pineapples contain bromelain which is an enzyme that has been shown to help clear urinary tract infections (UTI). Pineapples also contain vitamin C which has been shown to reduce UTIs.



Yogurt: Research has shown that taking yogurt with probiotic bacteria prevented urinary tract infections (UTIs) in women who were prone to developing them.



For more recipes of smoothies for urinary tract infections (UTIs) buy [Healing Smoothies by Dr. Elizabeth Wan](#).

Smoothie Recipe for Weight Loss

Apple Cinnamon Smoothie Recipe

Ingredients

1 cup banana slices

1 cup apple slices

½ cup water

½ teaspoon cinnamon

Instructions

Blend all the ingredients until you get a smooth consistency. Serve immediately.



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Nutrient Notes

Apples are rich in pectin fiber which helps reduce snacking between meal by lowering blood glucose levels and helping you feel fuller longer. Their high fiber content also prevents the blood sugar surges that are associated with food cravings. This makes apples great for losing weight.



Bananas contain around 105 calories per banana and they are thus good for weight loss since they are also good source of fiber which makes them filling foods. By helping a person feel full for longer they help reduce snacking and calorie intake. Bananas also contain resistant starch which helps the body's metabolism increase and thus it is able to burn more fat. Bananas are good sources of vitamins B6, C and biotin (vitamin H). Bananas also contain minerals like manganese, potassium and copper. Bananas are also added to smoothies to make them creamy and to sweeten them naturally.



Cinnamon is used for weight loss because it is a thermogenic spice which increases the body's metabolism and helps it burn more fat. Cinnamon also helps regulate blood glucose levels by reducing the insulin surges that occur after meals and contribute to food cravings.



For more recipes of smoothies for weight loss buy [Healing Smoothies by Dr. Elizabeth Wan.](#)

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About the Author

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

Visit her blog at <http://HealingSmoothies.blogspot.com/>
