

A close-up photograph of a glass filled with a vibrant green smoothie. A single fresh mint leaf is perched on the rim of the glass, partially submerged in the frothy liquid. The background is a soft, out-of-focus light green.

GREEN

100
Recipes

Smoothie
Detox

Green Smoothie Detox : 100 Recipes

by Sarah Smith

Smashwords Edition

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GREEN SMOOTHIE FOR DETOX



Benefits of Green Vegetable

Green smoothies are nutritious.

Green smoothies are easy to digest.

Fiber: High intake of dietary fiber may reduce your risk of developing heart disease, diabetes, premenstrual syndrome, and colon cancer.

Cruciferous vegetables, e.g. kale, have been studied more extensively in relationship to cancer than any other health condition. Cruciferous vegetables' nutrient richness stands out in three particular areas:

- Antioxidant nutrients,
- Anti-inflammatory nutrients, and
- Anti-cancer nutrients in the form of glucosinolates.

Without sufficient intake of antioxidants, our oxygen metabolism can become compromised.

Phytonutrients: Plant foods contain a variety of unique nutrients such as phytoestrogens, indoles, isothiocyanates, and flavonoids. Emerging research indicates that these nutrients may help prevent cancer, heart disease, and other degenerative diseases.

Green Vegetable Choices

Cruciferous vegetables



Collards, kale, cauliflower, arugula, cabbage (green), Chinese cabbage, bok choy, Brussels sprouts and broccoli.

Research of this family of vegetables indicates that they may provide protection against certain cancers.

Cruciferous vegetables contain antioxidants (particularly beta carotene and the compound sulforaphane). They are high in fiber, vitamins and minerals.

But, raw cruciferous vegetables contain thyroid inhibitors known as goitrogens. It is desirable to eat raw cruciferous vegetables fermented or cooked with other veggies.

End of this Sample book.

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