

# 10 DAY GREEN SMOOTHIE CLEANSE



Jump-start your weight loss,  
increase your energy level,  
clear your mind,  
and improve your overall health.

## How to Use Powerful Smoothies to Increase Your Health in EVERY Way

Over the years, good old fashioned nutrition has become sorely overlooked. Too often we focus on trying to improve our health using confusing and elaborate fitness programs, fad diets or mysterious supplements. In reality though, the key to good health is very simple:

- Get lots of sleep
- Get lots of exercise
- Spend time outdoors
- Eat your fruit and vegetables

The problem is that most of us fail on every single one of these factors. And to be fair, we are not entirely to blame. Our modern lifestyles actually make it very difficult for a lot of us to meet these goals and simply aren't *conducive* to a well-balanced diet or getting lots of activity.

In terms of exercise, activity and time outdoors, we need to contend with our working schedule. Most of us will get up in the morning and head straight into work by taking some form of public transport or driving. When we do this, we *are sitting*.

We then get to work and what do we do there? We continue to sit of course! Sit in the dark. While being stressed out.



## THE ENDLESS HEALTH BENEFITS OF SMOOTHIES

### The Endless Health Benefits of Smoothies

We all know that we're supposed to eat our five fruit and veg a day. What less of us understand is *why* that is so important and how precisely this helps to improve our health.

The answer is that eating your five a day provides you not just with the 'fuel' to power you through your activities but also the raw materials that your body uses to build and maintain your body. This is what you are *made* out of.

When you don't get enough of the crucial nutrients that are found in fruits and vegetables, you start to see your mental performance deteriorate, you become more likely to get ill, you feel hungry throughout the day and even your mood takes a hit. But what's worse, is just how much long-term damage is caused when you continue to be malnourished for long periods of time. If you have a deficiency in any major micronutrient and you don't do anything to fix it, then the damage will build up cumulatively over time.

Perhaps the best way to illustrate this, is just to show you what some of those crucial nutrients actually *do* for you...

## **Vitamin C**

Vitamin C is something we *all know* is highly good for us. But do you really know *why* it is so good for you?

For starters, vitamin C does amazing things for the immune system and this makes your body more fortified against outside invaders. In real terms, that means you're less likely to get colds, flus or any other type of illness. And in turn, that means you're less likely to have to take long periods of time off of work or exercise. This also means you're less likely to see the damaging effects of 'pro inflammatory cytokines' that are released when we're ill. These make us experience 'brain fog'.

You are probably aware that you have brain fog when you're unwell. But what about those 'lower level' infections and illnesses that affect you the rest of the time and that you're probably completely unaware of? You might not see the physical symptoms of being 'ill' but that doesn't mean you're performing optimally. Vitamin C can help that.

Moreover, vitamin C is also a great option if you want to get antioxidants in your diet. Antioxidants are substances that move around the body and combat the action of 'free radicals'. Free radicals are meanwhile compounds that damage the cell walls when they come into contact with them and this can lead to the visible signs of ageing like wrinkles and age spots! Vitamin C will help to protect you against these and that means you look more youthful over time.