

THE POWER OF

ChewTM

Green
Goddess
Goodness

By Eloise Nelson PhD



About Eloise Nelson, PhD.

Eloise Nelson, Ph.D. has 34 years experience in nutrition, natural health care and exercise training. As a 55 year-old mother of three boys, (ages 23, 19 and 11), Eloise has extensive personal and professional expertise in the area of pre and post-natal nutrition. She wrote and Produced the nationally distributed smoking-cessation program: Stop Smoking—Start Living™ (1992), and authored the transformational 14 day series, The Gourmet Cleanse and Rejuvenation Program™ (2005). She continues to teach seminars based on its principles. In 2006, Eloise was asked to formulate the recipes for the Live Juice Smoothie Bar at the world class spa, Miraval, in Tucson, AZ. Eloise is the Director of New Product Development for Organic Food Company, LLC; Boulder, CO, where she has formulated organic snack foods and organically grown supplements for 15 years that are sold in 50 states and 13 countries. She also serves as head of OFC's in-house nutritional department, educating staff, consumers and health care practitioners regarding the benefits of proper nutrition.

Green Goddess Goodness (GGG)

**"Rock
your world
with this
nutrient
dense
smoothie
designed to
stabilize and
fuel your
body for
hours."**

*1 Banana
1 Apple
1 Pear
1 cup Apple Juice,
unpasteurized if possible
1 cup Coconut Water or Purified
Water
3 sprigs Kale, Dinosaur
1 T. Coconut oil
1 t. Cinnamon
½ cup Vanilla Yogurt
5 drops Vanilla Stevia*

Place the banana, apple, pear, romaine lettuce, kale, coconut oil, cinnamon, yogurt, vanilla stevia in blender. Cover with the liquid ingredients and blend until smooth. Pour, Serve and Enjoy!



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Green Goddess Goodness (GGG) cont.

This lively drink will

Lift and stabilize your energy throughout the day with this flavorful smoothie. Green is goodness for alkalizing. Coconut oil will keep you satisfied and help you absorb your fat soluble vitamins and minerals for building strong bones.

Nutrition Profile:

Calories: 520

Protein: 31g

Carbs: 38g

Fat: 21g

Fiber: 21g

Net Carbs: 17g

Vanilla Goat Yogurt is an easily digested source of complete protein that provides many alkaline minerals including calcium and magnesium. Yogurt is a cultured product that includes friendly bacteria which boosts the immune system.

Apples



Apples provide a great source of pectin, a soluble fiber as well as an insoluble fiber, which regulates cholesterol levels. This reduces stroke, hardening of the arteries and heart attack. Eating 2 apples a day has shown to reduce cholesterol levels by 16%. Additionally they are rich in antioxidants including vitamin C, the carotenoids beta-carotene and beta cryptoxanthin. Apples also provide flavonoids, catechin, epicatechin and quercetin along with phytosterols. These nutrients support lung health. Apples are one of the fruits that are sprayed heavily with herbicides and pesticides so purchase them organically grown as often as possible. Serving Size: 1, Calories: 65, Protein: 3g, Carbs: 17g, Fat: 0g, Fiber: 3g

Bananas



Bananas are a cooling sweet fruit that lubricates the body by building essential fluids. Bananas are easily digested, soothe the stomach in case of inflammation or ulcers and are a good source of energy. Bananas contain a high amount of fiber, which relieves constipation and feeds healthy intestinal bacteria. They provide nutrients, which build and support the muscular system. Banana vitamins include C, A, B1, B2, B3, which aid in energy production and B6 which supports the nervous system as it is a component for producing serotonin, melatonin, epinephrine, norepinephrine and GABA. B6 is required for the absorption of B12. Minerals include iron, potassium, phosphorus, magnesium, sodium and calcium. Serving Size: 1, Calories: 108, Protein: 1g, Carbs: 27g, Fat: 0g, Fiber: 2g

Cinnamon



Cinnamon is a warm digestive aid that assists in stabilizing blood sugar levels while increasing sensitivity to insulin. Cinnamaldehyde, the essential oil and active component functions as an anti-microbial killing fungus and yeast growth. It works as an anti-inflammatory as it inhibits the inflammatory fatty acid called arachidonic acid. Cinnamaldehyde is also useful in the blood stream as it prevents excessive platelet clumping and balances cholesterol levels. Cinnamon provides fiber, vitamin C, choline, iron, manganese and thiamine. Manganese is essential for thyroid function and strong bones. The antioxidants in cinnamon work as a food preservative. Serving size: 2t., Calories: 12, Protein: 0g, Carbs.: 0g, Fat: 0g, Fiber: 3g

Coconut Oil



Coconut oil is a medium chain triglyceride/ good fat source containing 50-55% Lauric acid that supports metabolism. It is shelf stable for up to five years (no need to refrigerate). Lauric acid is predominant in Mother's milk and is converted into monolaurin in the body where it strengthens the immune system. Monolaurin destroys lipid coated viruses such as HIV, influenza and herpes as well as heliobacteria (ulcers) and giardia lamblia. Functions as an antifungal and reduces candida. Medium Chain Fatty Acids (MCFA) speed up metabolism as they do not require bile salts to digest, they are not stored in the liver and are bio-available for instant energy release, placing less strain on the liver, pancreas and digestive system. Coconut oil regulates blood sugar and is the ideal fat for people dealing with diabetes. Additionally, coconut oil detoxifies the liver, builds healthy lipoproteins (LDL and HDL), provides a healthy raw material for producing

hormones, fats (for cellular repair and reproduction) and bile for fat digestion and assimilation of vitamin A, D, E and K (prevents osteoporosis). Coconut oil protects the skin from skin cancer and wrinkling as coconut oil is stable in heat and oxygen. The small molecular structure is easily absorbed through the skin promoting softness, while reducing skin inflammation. MCFA helps prevent heart disease (does not promote sticky blood platelets), stroke and hardening of the arteries. Coconut oil is a great source of iodine which promotes functionality of thyroid, reducing hypothyroidism. Make sure to purchase non-hydrogenated organic extra virgin coconut oil. Serving Size: 1 T., Calories: 120, Protein: 0g, Carbs.: 0, Fat: 14g, Fiber: 0

Coconut Water



Coconut water is identical to human blood plasma which makes up 55% of human blood. Coconut water hydrates the body and is one of the highest sources of essential natural electrolytes. Electrolytes provide nervous system and muscular energy. Serving Size: 11 oz., Calories: 60, Protein: 1g, Carbs.: 15g, Fat: 0, Fiber: 0g

Kale



Kale is an excellent source of vitamin C. One cup of kale supplies approximately 90% of the RDA for vitamin C. Vitamin C is the primary water-soluble antioxidant in the body. Vitamin C disarms free radicals which prevents damage both inside and outside cells. Free radical damage inside the cell, to DNA (genetic code), may potentially result in cancer. Cellular turnover happens quickly in the digestive system, so this is one area where antioxidant protection from free radicals is required, to prevent colon cancer. Free radical damage to cel-

ular structures can result in painful inflammation. Vitamin C, has shown to prevent free radical damage that triggers an inflammatory response in conditions such as asthma, osteoarthritis, and rheumatoid arthritis. Free radicals also oxidize cholesterol. Oxidized cholesterol sticks to artery walls, creating a build up in plaque which may block blood flow, causing a heart attack or stroke. Vitamin C can squelch free radicals, and help prevent the oxidation of cholesterol. Vitamin C is essential for the proper function of a healthy immune system as white blood cells must have it for proper function. Vitamin C and sugar compete for absorption so sugar inhibits the proper absorption of Vitamin C and suppresses the immune system. Vitamin C prevents colds and reoccurring infections. Kale provides a wonderful source of vitamin A, which is essential to lung health. People who smoke are often deficient in vitamin A, which leads to lung disease. Kale provides the trace element manganese which helps produce energy from protein and carbohydrates. It is involved in the synthesis of fatty acids that are important for a healthy nervous system and in the production of cholesterol that is used by the body to produce sex hormones. Manganese is also a critical component the antioxidant enzyme called superoxide dismutase (SOD). SOD is found inside the body's mitochondria which is the oxygen-based energy factory inside the cell. SOD neutralizes free radical damage that is produced during energy production. Kale (leafy greens) contain high amounts of vitamin E complex, which supports brain function, cell signaling (communication between cells), prevents oxidative stress in healthy tissue and protects the skin from UV light damage. To receive maximum health benefits from leafy greens consume at least 3 serving (1 cup equals 1 serving) per day. They can easily be blended into smoothies. When you consume fat soluble vitamins with oil (coconut oil, for example) absorption is increased. Kale contains an enzyme called myrosinase which converts dormant plant nutrients into their active state. Breaking down the cell wall in a blender or cutting it into thin slices activates myrosinase. Vitamin C in-

creases the enzyme activity, which is provided in fruit. Cooking kale destroys myrosinase. Kale is a wonderful source of fiber for motility and the elimination of toxins and waste. Additional vitamins found in kale include vitamin K and folic acid. Minerals provided in kale include calcium, magnesium, phosphorus, potassium, sodium and iron. Serving Size: 1 cup, Calories: 37, Protein: 3g, Carbs: 7g, Fat: 0g, Fiber: 3g

Pears



Pears are an excellent source of fiber which binds to cancer causing cells in the colon and eliminates them. Pears are a source of copper which is a component of red blood cells and the antioxidant Super Oxide Dismutase (SOD). SOD is used by the immune system as part of the clean up crew, after white blood cells attack pathogens. Pears contain vitamin A, C, Folic acid, K and small amounts of B vitamins. They are a source of minerals including calcium, copper, iron, magnesium, manganese, phosphorus, potassium and selenium. Serving Size: 1, Calories: 59, Protein: 0g, Carbs.: 26g, Fat: 0g, Fiber: 2g

Romaine Lettuce



Romaine Lettuce is nutritious, very low in calories and high in water content so it is a perfect diet food. Romaine is satiating as it provides an adequate source of soluble and insoluble fiber which is essential for proper elimination. Romaine lettuce contains chromium an important mineral which stabilizes blood sugar. Chromium is one of the trace elements which compose the Glucose Tolerance Factor (GTF). GTF sensitizes cells to insulin. Insulin is the hormone which signals cells to open and receive glucose

through the cell wall. This is beneficial for the prevention of Type II Diabetes and for supporting people who have Type II Diabetes. Romaine is a great source of Folic Acid and B6 which are critical nutrients for converting homocysteine into SAMe and Glutathione. Studies show excessive levels of homocysteine in the blood damages arteries resulting in cardiovascular and heart disease, weakening the immune system and accelerating the aging process. Serving Size: 2 cups, Calories: 16, Protein: 2, Carbs.: 3g, Fat: 0g, Fiber: 2g