

Can a Kale Smoothie Change My Life?

A kale smoothie is actually a delicious drink that could change your life and help you get off of many medications while improving your overall health. Most people in the United States suffer from diseases of excess such as obesity, diabetes, high blood pressure and high cholesterol to name a few. These ailments are due to caloric overconsumption as well as high salt, cholesterol, fat, and sugar in the diet among other issues. Genetics can play a role, but you can improve your environment so you do not have to end up like Uncle Bob who had his first heart attack at 45.

While most people are filling up on fast, cheap, addictive foods that are not good for them, they are not getting enough fruits and vegetables! A kale smoothie is a sneaky way to get your green vegetables and it is FUN!! **Kale is high in calcium, micronutrients and minerals as well as phytochemicals that prevent cancer and decrease degenerative diseases.**

Recipe

- 1 banana
- 1 apple (can substitute pear)
- 2 or more kale leaves (best is Dinosaur or Lacinto Kale but you can use any)
- water

BLEND! It's soooo easy!!

**You can get creative by adding flax seeds or other fruit/veg combinations.
Have fun!**

So instead of eating a heavy dinner just have a kale smoothie and watch your weight decrease, your blood pressure normalize, your cholesterol plummet and you can probably reduce the dosages or get off your medications!!! People will notice your beauty and vibrant health. They will want to know your "magic formula," so keep a few copies of this handout to share with others.

By Pamela Wible, M.D.