

THE
SELF  HEALTH
REVOLUTION

Self Health 15 Minute Smoothie *(in the Morning)*

Put all the following ingredients in a blender on high for one minute. Pour into a large glass and drink to your Self Health. If traveling to the office or work, be sure to get a large portable cup and sip on this delicious smoothie throughout the morning. Remember, if there is an ingredient that you do not like, simply replace it with something you like better. Drink this smoothie before eating anything else.

1 cup of blueberries
1 cup strawberries
½ cup raspberries
½ cup blackberries

** If raspberries and blackberries are not available, substitute blueberries and strawberries. Frozen is okay too, especially wild harvested. Use Frozen if you like your smoothie more frosty.*

1 banana
1 powder pack of Nature's Way Primadophilus Intensive Probiotic (or crack one capsule and drop in powder)
2 tablespoons Nordic Naturals or Carlson's omega-3 fish oil
1-2 scoops Vibrant Health Green Vibrance powder
¼ cup whole leaf Lily of the Desert aloe vera gel (Inner Fillet Only)
1½ cups not-from-concentrate orange or apple juice
2 ounces green tea (You can use left over tea leaves from pot)
1-2 Teaspoons of raw dark honey to taste

Self Health Super Smoothie (serves 2-3)

½ cup of blueberries

½ cup strawberries

½ cup raspberries

½ cup blackberries

If raspberries and blackberries are not available, substitute blueberries and strawberries.

Frozen is okay too, especially wild harvested.

½ mango peeled and cut

½ organic kiwi peeled

½ apricot peeled

½ cup cherries deseeded

½ cup freshly cut pineapple

½ banana

1 broken capsule of Nature's Way Primadophilus Probiotic

2 tablespoons Nordic Naturals or Carlson's omega-3 fish oil

2 scoops Vibrant Health Green Vibrance powder

¼ cup whole leaf Lily of the Desert aloe vera gel (Inner Fillet Only)

¼ cup Not from concentrate black cherry juice

¼ cup Not from concentrate pomegranate juice

¼ cup Not from concentrate grape juice

¼ cup Not from concentrate cranberry juice

¼ cup Not from concentrate orange or apple juice

20 drops of organic clove oil (HerbPharm)

2 ounces green tea (You can use left over tea leaves from pot)

1-2 Teaspoons of raw dark honey to taste

For Ultra Self Health Smoothie:

Add Genesis Fusion 4 (Goji, Acai, Noni, Mangosteen)

Self Health 15 Minute Salad Mix *(at lunch and dinner)*

Simply toss the ingredients below into a very large salad bowl and mix thoroughly. You will use this large bowl as your source of salad for the next several days. If you are preparing this for lunch at work, put your salad in a bowl or a Ziplock bag with your dressing on the side. The Glad Press 'n Seal makes a great reusable cover for such a large salad bowl. I eat this fantastic salad twice a day before I eat anything else—once at lunch and once at dinner.

5 ounce box organic Earthbound Farms Fresh Herb Salad
5 ounce box organic Earthbound Farms Baby Spinach
5 ounce box organic Earthbound Farms Baby Arugula
10 ounce pack organic sweet grape or cherry tomatoes
12 ounce organic precut broccoli, carrots & cauliflower

Self Health Super Salad Mix

Add these ingredients to Self Health 15 Minute Salad Mix:

4 ounce pack of broccoli sprouts (BroccoSprouts brand) or Brocco Sprouts Salad Blend (broccoli, clover, and radish sprouts)
¼ ounce pack of organic mint (plucked)
¼ ounce pack of organic basil (plucked)
¼ ounce pack of finely chopped organic rosemary
5-ounce bunch of chopped fresh cilantro

Want to take your Self Health even higher? Spruce your individual salad up with:

Chopped onions, peppers (yellow, red, orange, white), cucumbers, mushrooms and asparagus.

Take it up another nutritional notch from there: with chopped radishes, okra, sweet potatoes, beet root (yellow and red), celery root, ginger root, and turmeric root. If you juice vegetables, save your leftovers in a Ziplock bag and spread them over your individual salads to boost your Self Health.

Self Health Three Pepper Guacamole

Mix the following ingredients in a large bowl. Leave the avocado seeds in the mix (keeps avocados fresh longer). Use mix as dip, topping or sauce. Eat as dip with organic blue corn chips. Store in Ziplock bag to take to work or a snack for later.

- 3 ripe organic avocados diced
- ½ chopped red onion
- 1 five ounce bunch cilantro chopped
- 1 larger or 2 small celery stalks chopped finely
- 1 ten ounce pack of organic sweet cherry tomatoes
- 4 cloves of fresh garlic pressed
- 1/8 cup fresh squeezed lime juice
- 1-2 Tablespoons raw dark honey to taste
- 1 teaspoon fresh ground peppercorns
- 1 teaspoon Lawry's seasoned salt (or generic seasoning salt)
- 1 teaspoon Tabasco Garlic Pepper Sauce (or pepper sauce)
- 2 fresh serrano peppers chopped finely
- 1 yellow chile chopped finely
- 1 small fresh jalapeno chile, chopped finely (add to taste)
- Pinch of curry (add to taste)

Self Health Mega Trail Mix

Mix following ingredients in large double-bagged Ziplock to maintain freshness.

- 2 cups raw sunflower seeds
- 1 cup raw pumpkin seeds
- 1 cup raw Brazil nuts
- 1 cup raw almonds
- ½ cup raw flax seed
- 1 cup dried goji berries
- 1 cup dried cherries
- 1 cup dried raisins
- 1 cup dried cranberries
- ½ cup dried apricots
- ½ cup dried prunes
- * Store in large Ziplock bag

Self Health Kick Tail Green Tea

Mix the following tea bags or loose tea in tea or hot water pot. Brew until water temperature is around 140 degrees or just slightly too hot to touch. Do not boil or overheat your tea or you will destroy the enzymes and nutrients you are seeking. Allow the bags or loose tea to remain in the pot for richer and more powerful tea. If you are like me and more adventurous about your Self Health, drink your tea totally unfiltered and chew on your tea leaves to get even more plant nutrients.

Budget Mix
White tea
Green tea
Green Rooibos Tea
Chai Tea
Oolong Tea
Premium Mix
Republic of Tea Full-Leaf Loose Tea
Silver Rain White Tea
Golden Yunan Black Tea
Milk Oolong Tea
Dancing Leaves Green Tea
Organic Raw Green Bush Rooibos
Matcha Green (not full leaf)

* Mix tea in container and store. Use as needed daily.