



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## The Healthy Green Drink

**“I think you will find these drinks will increase your energy, effectiveness and perhaps add quality to your personal evening.”**

One of the greatest blessings in my life is that I get to work closely with one of my brothers three days a week in the same office. By the way, he's the genius behind the Wellness Minute. For the last month, he has been making an 8 ounce green drink in the afternoon and shares it with me. Of course, I am a big fan of alkalizing the body with fruits, vegetables, and supplements.

Here's how he makes his afternoon green drink. He uses a NutriBullet blender, fills half of it with pre-washed, organic greens, usually a mixture of dark greens like kale and spinach. He adds one medium size carrot, a stalk of celery, one and a half cups of water or almond milk, 1/2 of a frozen banana, and 1-2 scoops of an

organic green supplement called NitroGreens. One scoop for one person, and 2 scoops for 2 people.

He feels that the right amount of water is important. If it's too thin, it doesn't have that satiety factor. Everyone has their own thickness preference. Sometimes he will add a tablespoon of Mixed EFAs, which is an oil blend from sesame seeds, walnuts, hazelnuts, and apricots. Sometimes, he adds a couple of scoops of isolated whey protein, but always a few veggies and the NitroGreens.

Now here's what is interesting. I have a pretty clean diet. I eat well and take the appropriate supplements. So, I feel really good most of the time. But after two or 3 weeks of those

afternoon veggie cocktails, I began to notice a subtle shift in energy, mood, and mental clarity. It didn't WOW me, but now I get really perky when I hear that blender going, because I feel a difference when I drink the drinks.

You can make your own green drinks with ingredients from your local grocer and by adding NitroGreens. NitroGreens is made from organic heirloom seeds. Some are sprouted like kale, broccoli, and cauliflower. The grass seeds like barley, wheat, kamut, oat, and alfalfa are grown and then juiced. Also, beets and carrots are grown and juiced. The grasses are harvested early to make sure they are gluten free, non GMO, and pesticide free.

This is a transcript from a “video magazine” we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.

Dr. Abbas Qutab designed NitroGreens to increase nitric oxide naturally. Dr. Qutab understands the value of organic greens as detoxifiers and metal chelators. NitroGreens mixed alone may be a little strong for some people, but by cutting the dose and by adding fruits and vegetables, it goes to a whole new level.

The list of drinks is endless based on your taste and the availability of fruits and veggies in season. Some people have added organic nut butters, avocado, even organic chocolate to the vegetable cocktails for variety.

I think you will find these drinks will increase your energy, effectiveness, and perhaps add quality to your personal evening. I know when I am less stressed, either physically or emotionally, my personal times at home are more vibrant. When I get overwhelmed at whatever the task and don't eat right, my evenings seem shorter.

You can purchase NitroGreens through your clinician. Give NitroGreens a try, and begin to develop your own favorite blends. Find your favorite ingredients and every afternoon you will look forward to hearing the sound of the blender too.



This is a transcript from a "video magazine" we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.