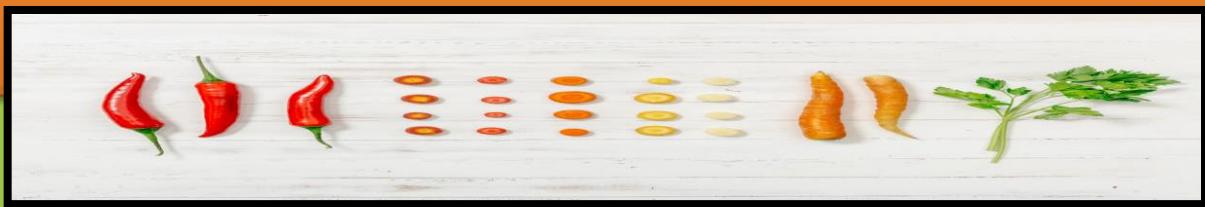


Love 4 Life Wellness

FRESH SMOOTHIES AND JUICING RECIPES



www.love4lifewellnes.com



Living Your Best Life Right Now!!

Hi I'm Melesha, Certified Holistic Health Coach, CHHC



I'm Melesha Bailey, my education from the Institute for Integrative Nutrition is one of my greatest accomplishments that has led me to my practice as a healthy lifestyle coach and mentor. I am the proud owner of Love 4 Life Wellness, LLC. www.love4lifewellness.com, in Springfield Missouri.

I also work at the local YMCA as a Wellness Coach and volunteer my time as a lead health advocate as part of a publication called Unite with educating those that have disparities regarding access to health education and resources.

I specialize in helping individuals deal with stress, reach their weight loss goals, and improve their digestive health. I also coach around chronic pain and other chronic illnesses. For years I suffered with, fibroid tumors, excessive bleeding, fibromyalgia, chronic pain, obesity and being overly medicated. The tipping point was when I was diagnosed as a borderline diabetic. I knew enough was enough and I had to get a hold of my health. I suffered for a long time before I learned core nutritional solutions from the Institute for Integrative Nutrition. I believe in the power of food, and I believe that disease can be prevented as well as managed with a whole foods diet, physical activity, a spiritual practice, good relationships and doing the work that nourish from the inside out. I also personally use as well as include essential oils and nutraceuticals in my health coaching and practice.

My motto is: Living Your Best Life Right Now

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Fresh Juicing



Juicing is one of the best ways to prevent disease and help your body fight against cancer. It's easy to whip up a green juice full of incredible disease fighting nutrients. They protect and support your body against

foreign invaders and toxic chemicals that could lead into cancer.

The benefit of fresh juicing is that the body can absorb the live nutrients directly into the blood stream; this can give the immune system a boost quickly without the work of digesting the fiber. Fiber is also very important and one should also eat plenty of whole fruits and vegetables.

It's important that we consume fresh fruit and vegetables on a daily basis to provide our cells a healthy environment to thrive in. Broccoli is known as one of the most potent cancer fighting vegetables due to its high content of sulforaphane, which can actually help to flush out cancer causing chemicals.

Cilantro is a potent herb that also contains many cancer fighting benefits. Due to its high antibacterial compounds, cilantro can help to fight off bacteria and fungi, plus it's amazing for flushing out heavy metals, particularly, mercury from our system. A toxic buildup of mercury can cause many health problems, cancer being one of them.

And lastly, cucumber. This delicious and refreshing veggie is great for protecting our kidneys, due to its diuretic benefits, but cucumber contains unique compounds known as Cucurbitacins. Currently there is research being done on the benefits of these compounds for fighting cancer.

Now get to the kitchen and start making your cancer fighting green juice!

Cancer Fighting Green Juice



1 cup broccoli
1 cup cucumber
2 cup romaine lettuce
1/2 cup cilantro
1/2 green apple *optional
1 lime

Ingredients:

- 1cup broccoli
- 1 cup cucumber
- 2 cup romaine lettuce
- 1/2 cup cilantro
- 1/2 green apple *optional
- 1 lime

Instructions: Wash your produce and run through a juicer.

=]Depression Zapper



Ingredients:

Dark green vegetables pack a lot of nutrients, especially folate, which plays a role in the production of serotonin in the brain. The more serotonin we have the better we feel. This juicing recipe is a great source of folate. Men who consumed high levels of folate from green leafy vegetables enjoyed a reduced risk on lung cancer. Women who consumed more leafy greens were 44 percent less likely to get breast cancer, according to an Iowa Women's Health Study.

4 broccoli spears

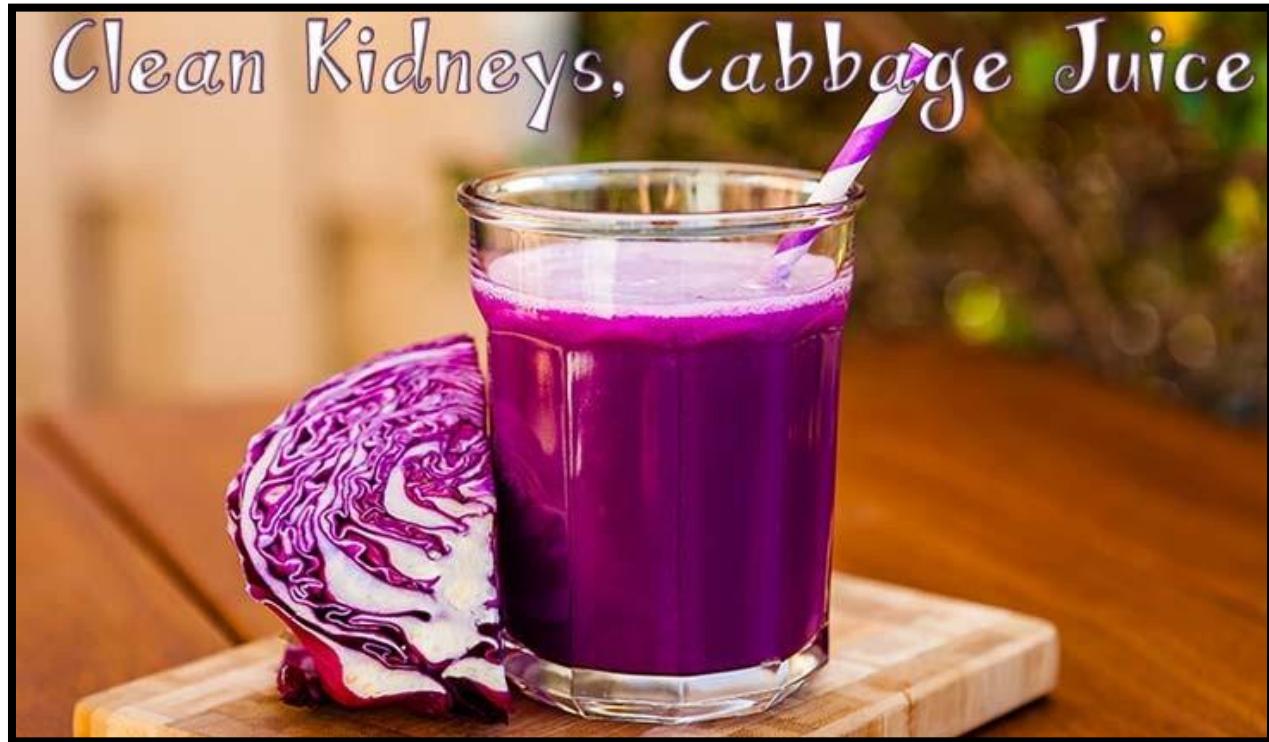
$\frac{1}{2}$ cup spinach leaves

3 Swiss chard leaves

$\frac{1}{2}$ bell pepper

Instructions: Wash your produce and run through a juicer.

Clean Kidneys, Cabbage Juice



Our kidneys work very hard; why not show them a little love? Purple cabbage has a vibrant beautiful color when juiced and tastes quite sweet, unlike green cabbage which can be a little bitter. Cabbage is a master healer to the gut and digestive system, and loaded with phytonutrients known to guard against cancer and cleanse your kidneys too.

Clean Kidney Cabbage Juice:

- 1 head fennel, chopped
- $\frac{1}{4}$ green apple
- 3 cups purple cabbage, chopped

Instructions: Wash your produce and run through a juicer.

3 Juice Recipes to Keep Your Brain Young and Your Body Fit:

Keeping away dementia and other age-related brain diseases can be prevented by living a healthy lifestyle, which according to recent University of Illinois research, includes crunching down on some celery! In the study it was shown that celery is rich in a unique compound called luteolin that blocks molecules in the brain that trigger inflammation, a key cause of brain aging. If you're not a big celery fan, luteolin is also found in carrots, peppers, dandelion, spinach, sage, cauliflower, chamomile, parsley, and thyme, but one of the easiest ways to get celery in your body is by juicing it! Celery is also used to purify the blood and reduce inflammation in the body which can help to clear skin.

1. Mood Booster Juice:

- 3 ribs celery
- 1/2 small beet
- 1 cup blueberries

2. Brain Booster Juice:

- 2 ribs celery
- 1 carrot
- 2 cups spinach
- 1 lime, peeled

3. Inflammation & Clear Skin Juice:

- 2 ribs celery
- 1 carrot
- 1 cup parsley
- 1 cup cucumber



Instructions: Wash your produce and run through a juicer.

Juice for Bone Protection/Osteoporosis

French researchers found that a flavonoid called phloridzin that is found only in apples may protect post-menopausal women from osteoporosis and may also increase bone density. Boron, another ingredient in apples, also strengthens bones.

The high content of vitamin K is essential in anchoring calcium in bones, making it important to bone health.



Ingredients:

- Apples (granny smith) - 4 medium
- Celery - 3 stalk, large
- Kale – 2 long leaves
- Lemon (peeled) - 1 fruit
- Spinach - 4 cup

Instructions: Wash your produce and run through a juicer.



Start Your Day with this Fiber Rich and Hormone Friendly Green Smoothie!

Need to get more fiber into your diet? What about balance your hormones? Generally, these are two things most of us want to keep in mind in order to improve and optimize our health. In this smoothie recipe you're loading up on vitamins, minerals, antioxidants and fiber. You will also enjoy the healthy hormone balancing fats for glowing skin and more energy.

Ingredients:

- 1 kiwi, peeled or unpeeled
- half cup kale
- half green apple, cored
- half lemon, juice only
- 1 tsp. honey or 1 pitted date optional for added sweetness
- 1 tbsp ground flax
- half cup coconut water or coconut milk (or sub any nut milk you choose)

Instructions: Blend in the blender on high until smooth and enjoy.

Apricot Bliss Smoothie



Apricots are one of the favorite summer treats, and you can freeze them when they are in season to enjoy year round. Rich in Vitamin A to protect your eyes, Vitamin C to protect you from free radical damage, potassium to encourage good heart function and fiber to nourish the intestines. These little fruits are super nourishing.

You can change this recipe up a little if you like by using mango or papaya in place of the banana. All three options will taste great.

You can also switch up the herb and use ginger, cinnamon, allspice, nutmeg or cloves in place of or in combination with the mint.

Ingredients:

- 1 cup fresh or frozen apricots
- 1 fresh or frozen banana
- 5-6 mint leaves, stems removed
- 1 cup coconut or almond milk

Instructions: Place all ingredients in a blender, blend and enjoy!



Easy Detox Smoothie

Ingredients:

- half green apple or pear
- half cup spinach
- 1 kiwi
- 1 tbsp. chia or hemp seeds
- half cup water or coconut water

Instructions: Place all ingredients in a blender, blend and enjoy!

Chocolate Hazelnut Smoothie, Rich in Vitamin E!



You can avoid fillers and sweeteners like cane sugar by creating your own nut milks at home, which can make a very tasty drink, thick and creamy. This Chocolate Hazelnut Smoothie rich in Vitamin E is wonderful for your skin and hair. You can toss some greens in here and easily mask the flavor with the rich tones of hazelnut and chocolate, and a nutty accent from the hemp seeds. You can most certainly enjoy this nutritional smoothie for breakfast!

Hazelnut Milk:

- 1 cup hazelnuts, soaked in water overnight and rinsed
- 3-4 cups of water
- ½ tsp of vanilla bean powder
- 1/8 tsp of Himalayan or sea salt

Instructions: Once your hazelnuts have soaked overnight, rinse them off thoroughly and blend with 3-4 cups of water and vanilla bean. Filter through a mesh nut milk bag and store in a glass jar for 3-4 days in the fridge. You can also add a tsp or two of maple syrup or honey for sweetener if you wish.

Chocolate Hazelnut Smoothie:

- Half avocado
- Half banana
- 2 tbsp cacao
- 1 tsp maca powder *optional
- 1 tbsp hemp seeds or hemp oil (or both)
- 1-2 cups hazelnut milk
- 1 cup spinach or leafy green*optional

Instructions: Blend your ingredients together until smooth and enjoy.

Citrus Cold Buster Smoothie



Limes are a part of the citrus family which you most likely know means that they are a great source of the all-important vitamin C. But limes can do so much more than prevent scurvy! Limes are also great sources of calcium and folate and have been shown in studies to help prevent cancers of the colon, stomach and blood.

- 1 orange, peeled
- 1 lemon, peeled
- 1 lime, peeled
- 2 dates, pitted
- 2 cups green leaf lettuce
- 1 cup water or coconut water

Instructions: Peel your citrus fruits, pit your dates and blend together until smooth. Due to the citrus, this smoothie is best enjoyed right away and can become bitter if let to sit.

Sources:

The Everything Juicing Book
www.youngandraw.com
www.juicerecipes.com