

JulieForbes, N.D. recommends that you start the day with a basic smoothie prepared as follows:

In blender, combine:

- * **Medium whole fruit/berries** (apple or banana, etc.)
- * **1/2 cup fruit juice/milk of your preference and dietary restriction**
(use 100% juice)

- * **1.2 TBSP yogurt**(if dairy sensitive, use acidophilus product)

To this, you may be asked to add one or all of the following::

1 t -T cold pressed flax seed oil-Essential Balance is a good choice(source of quality essential fatty acids), Increase slowly

- * **1 heaping tsp lecithin granules**

- * **2-4 capsules of Nutrizyme**
(or equivalent powdered vegetable enzyme products with full spectrum vitamins and minerals)

7 drops liquid beta carotene (70,000 IU)

(Available through many professional clinics.)

1 TBS protein powder

(Dr. Forbes often uses Nutrabiotic RiceProtein Powder since it is a good source of hypoallergenic protein for most people)

Optionally:

For qualities of intestinal balance, consider:

1/2 cup goats milk-(contains secretory A, lactoferrin and IgG's) and or Probiotic powdered Bifidus, Lactobacillus

Keep this recipe on your refrigerator for easy reference