



Week 2.

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How Are You Feeling?

"I'm officially on Day 3 and feel really crappy. I'm waiting for these symptoms to subside....if they ever do." Jeremy

"I have been experiencing diarrhea ever since I started drinking green smoothies. Is there something that I can do to help this go away? I want to continue with the smoothies, but I am getting afraid that something is wrong."

These are some actual comments submitted to me from people who are just starting up with green smoothies.

Is that how you're feeling too?

If you haven't been on a highly plant-based diet for a while, chances are by now you may be experiencing some really unpleasant cleansing reactions (detox). If you have been eating a healthy diet, these symptoms may come later on, in stage 2 or 3, when you deepen the cleanse.

I've had many readers report to me that the experience various symptoms that range from mildly unpleasant to quite unbearable.

"I spent the afternoon and evening (really until I went to bed) in misery!! Achy muscles, head ache, stomach ache, gassy and nauseous. Yesterday was the third day in a row I needed a small afternoon nap. I was starting to think I was pregnant again!!"

"Wow. This is my 4th or 5th green smoothie day and I almost went to the doctor thinking something was wrong. I am having severe detox I guess. I could not go to work today. I feel like a truck has run over me, have slept most of day and sever headaches for 3 days now. Metallic taste in mouth as well. Definite Flu like symptoms. I just to ok some Advil which I hated to do but was very uncomfortable and I am increasing my water intake. Hope this ends soon." Lisa

"Yep I am here big time, 4 days and counting, everything seems to be heading through very quickly along with an aching back. Oh well guess that is what happens when you have eaten junk for a long time. Am also oil pulling twice a day to try and speed things up." Cathy

"Oh wow. I'm on day two of a juice cleanse (it's my second) and I'm having a hard time functioning... Body aches, chills, nausea, exhaustion, diarrhea, pounding headache and joint pain. I have three little ones at home and just can't do this. I never experienced this the first time- and I did a 7 day fresh juice fast...Any thoughts on why???" P.

"6. Eliminate all animal products: meat, fish and dairy, even if just for a few days and see how you feel' What am I supposed to eat? I have a toddler, I need food to keep up. Suggestions?" B. Davis

When I started drinking green smoothies a couple of years ago I remember having terrible flu-like symptoms, with a mucus in the back of my throat for about five weeks. To say I felt awful is an understatement.

The good news is in most cases these reactions are short lived. They are simply a manifestation of your body using good building and cleansing materials that you are providing, and an opportunity to discard the toxic waste materials.

It is important to go through this discomfort and take good care of yourself during this period, because this is the only way you are truly going to get better.

You may be feeling that you don't have time to do that, or you are too busy with your work, your kids, or whatever else responsibilities you have to be bothered with this healthy eating stuff. After all, who cares if you eat your greens, and whether or not you eat junk, or skip your meals.

If this is you, remember that you cannot be taking good care of others, if you don't take care of yourself FIRST. You cannot be doing your best in life, accomplishing what you are here to accomplish, supporting all the people that depend on you (this can be your family, your friends, or even just YOU) to the best of your ability.

Put Your Oxygen Mask on First

We KNOW we're supposed to take care of ourselves, but we also still too-often put ourselves at the end of our todo list – if not last.

When you fly on an airplane, the flight attendant instructs you to put your oxygen mask on first, before helping others. Why is this an important rule for ensuring survival? Because if you run out of oxygen, you can't help anyone else with their oxygen mask.

The immediate response is, "No way, I need to take care of my kids (husband, mother, best friend, stranger in the seat next to me...). I have a busy schedule, lots of responsibility at work, etc." The idea clashes with our instinct. Taking care of ourselves first often feels like a selfish thing to do, and a waste of precious time - when so much needs to be done, like, yesterday.

"Put your oxygen mask on first" is an important metaphor for those of you who run around taking care of everything and everyone else except yourself.

What does it really mean? Simply put: If you don't put your mask on first, you won't be there for all those other people when they need you. You will be unconscious.

If you don't take care of yourself, you can experience health problems, burnout, stress, fatigue, reduced mental effectiveness, anxiety, frustration, inability to sleep, (and even death).

Are you experiencing any of these symptoms?

It's time to let go of the guilt and the excuses, and put your oxygen mask first by:

- Eating right
- Getting enough rest
- Exercising regularly
- Having your physicals regularly
- Spending time every day on a renewal activity
 - Sit quietly at least 10 minutes
 - Listen to uplifting music
 - Read an inspiring book
 - Write in your journal
 - Write a list of what you are grateful for
- Cutting down your stress with laughter
 - Watch a funny movie or T.V. show
 - Reading a funny book or comic

Remember, it isn't selfish to take care of yourself, it's necessary!

Why Do I Need to Detox?

Do I need to even answer that question?

Our bodies naturally detoxify every day. Detoxification is a normal body process of eliminating or neutralizing toxins through the colon, liver. However, although the human body is very skilled at filtering out environmental and dietary toxins through the liver, kidneys, lungs, and skin, just like any other filter, prolonged use without proper cleaning can reduce efficiency and cause toxic build up.

Food preservatives, pesticides and herbicides, genetically engineered foods, estrogen-mimicking chemicals leaking from plastic bottles and containers, hormones, antibiotics and drugs infused into the meat and fish, mercury in fish, chemicals in skin care products, chemicals in water that we drink, pollution in the air we breathe in – there is just so much that your body needs to handle every day.

No wonder our bodies are breaking down and we are feeling sluggish or out of sync! Symptoms of internal toxic build up include lack of energy, chronic fatigue, acne and other skin breakouts, constipation, allergies, dark urine, weight gain, respiratory problems, and chronic diseases.

Anybody can benefit from a periodic cleansing. It's a way to recharge, rejuvenate, and renew. Especially in the spring, when the body is coming out of what might be called hibernation. It's a way you can jump-start your body for a more active life, a healthier life.

Natural Detox Cleanse Reactions On Green Smoothie Diet

Here are some natural detox cleanse reactions that you may experience when you start adding green smoothies and freshly made juices to your diet:

- * headaches
- * digestive disturbances
- * skin breakouts or rashes
- * feeling of sluggishness or weakness
- * intestinal gas
- * mucus in the back of the throat
- * mood swings
- * and other

The good news is that those reactions rarely last longer than a couple of days or weeks.

By drinking green smoothies you will be replacing lots of other foods – especially the unhealthy ones – in your daily diet. So, not only does a green smoothie detox give your digestive system a break, but by eliminating added sugar and other additives in the processed foods, saturated fats, and alcohol, it also rids your diet of things that can exacerbate health issues.

The longer you've been eating the S.A.D. (Standard American Diet), and the worse your diet, and the weaker your inherited constitution, the more likely you are to have tough time detoxing.

Note: If a “cleansing reaction” lasts longer than 2 weeks, it's possible that you may be looking at a food sensitivity.

If they are really unpleasant, maybe you may want to reduce the amount of the smoothies and juices that you are drinking temporarily, drink more water, rest more and follow the tips for healthy detox below.

Detox cleanse: You may have to endure some unpleasant symptoms, but just think about the benefits of cleansing your body!

What to Do About Cleansing Reaction?

10+ Tips for Healthy Detox

1. Keep drinking green smoothies and juices every day.

If possible, use [organic greens and fruits](#) (especially the ones on the Dirty Dozen list – in the United States alone, more than one billion pounds of pesticides are deliberately released into the environment every single year. Among these are some of the most dangerous synthetic chemicals manufactured today.).

2. Add some fresh ginger and lemon juice to your smoothies, and rotate your greens (don't use the same greens all the time).

If you're really having intense detox symptoms you can't handle or feel like they're more detrimental than helpful to your cleanse, there are several things you can do to resolve the situation. The first thing to do is add 2 or 3 tablespoons chia seeds into your next juice. Just be sure to stir the combination well and let it sit for at least 10 minutes to let the chia seeds gel. This gel is incredibly nutritious and is very healing to your digestive system. It helps absorb the toxins and adds enough bulk to push them out of your body.

You can always take a day off of your juice fast and switch to green smoothies for that day before resuming the remainder of your juice fast. While it's not ideal to break a fast early it's certainly better to drink some green smoothies for a bit than to go off of it completely. This way your body has more of a sensation of fullness and you get in a little bowel cleansing fiber without disrupting your cleansing. Just be sure that if you feel you need to eat solids they must be raw fruits and vegetables like celery or apples.

3. Consume lots of raw fruits and vegetables. Salads, snacks, etc.

4. **Drink extra water** to help flush out toxins faster. Also, drink infusions using lemon, ginger, senna, milk thistle, star anise, fennel, and other herbs made with warm or hot water.

5. **Rest and limit stressful life situations** along with detoxifying your body. Yoga and meditation are two simple and effective ways to relieve stress.

6. Sweat in a sauna so your body can eliminate wastes through perspiration.

7. Dry-brush your skin to remove toxins through your pores. Special brushes are available at natural products stores.

8. Exercise. Even walking is beneficial, if done regularly. Running, swimming, yoga, dancing, or whatever else you like. Jumping on a mini-trampoline or jump-roping will invigorate you and help cleanse your lymphatic system.

9. Massage your intestines. Before you get out of bed in the morning, deeply massage your transverse colon (you may use a tennis ball or your hands), starting lower right in your pelvis, straight up to the level of your navel, across to a couple inches inside the left hipbone, and down.

10. Spend time every day on a renewal activity:

- Sit quietly at least 10 minutes
- Listen to uplifting music
- Read an inspiring book
- Write in your journal
- Write a list of what you are grateful for
- Watch a funny TV show, stand up comedy or movie

11. I don't want to overwhelm you with too many things at once, so stage one is mostly about adding, not elimination. However, that doesn't mean that you cannot start eliminating undesirable foods from your diet and harmful products from your home.

<<**I know this may not be easy for you. Don't worry. You'll be getting more information how to do that successfully in Stage 2 (Week 4, 5, 6+).**>>

Here are some things to eliminate to deepen the cleanse effect:

- **Eliminate or minimize caffeine, processed foods, simple sugars, salt, smoking, and alcohol.** This will make your symptoms feel worse - temporarily, but you'll feel better eventually, I promise.
- **Eliminate or minimize all animal products:** meat, fish and dairy, even if just for a few days and see how you feel (more tips and recipes on how to do that successfully in Stage 2).
- **Eliminate or minimize use of chemical-based household cleaners and personal care products** (cleansers, shampoos, deodorants and toothpastes), and substitute natural alternatives.

Whatever you do, please, don't abandon your new routine. Keep in mind that your body is doing good, necessary work, you ARE burning fat, eliminating toxins, and the discomfort is temporary.

If you are trying to lose weight, this you will start seeing results soon. When you replace high-calorie foods with low-calorie, high-nutrition foods (green smoothies!), weight loss will follow. You will start feeling lighter and more energetic soon!

Tips for Dealing with Detox Symptoms

Mild detox symptoms are fine, but you don't want them to become so intense they take over your life and make you really ill. In fact, if you do feel ill, you may be reabsorbing toxins rather than removing them.

1. If the detox feels too intense, drink lots of water and get as much rest as possible. If it still feels like too much, you may reduce the amount of smoothies and juices temporarily, to slow down the symptoms, but don't abandon the routine.

If you're really having intense detox symptoms you can't handle or feel like they're more detrimental than helpful to your cleanse, there are several things you can do to resolve the situation. The first thing to do is add 2 or 3 tablespoons chia seeds into your next smoothie or juice, or simply mix it with water and some lemon juice. Just be sure to stir the combination well and let it sit for at least 10 minutes to let the chia seeds gel. This gel is incredibly nutritious and is very healing to your digestive system. It helps absorb the toxins and adds enough bulk to push them out of your body.

2. If a "cleansing reaction" lasts longer than 2 weeks, it's possible that you may be looking at a food sensitivity, or some other health issue, so you may want to consult your doctor.



Natural Detox Cleanse Reactions on Green Smoothie Diet:

Here are some natural cleanse reactions that you may experience when you first start adding green smoothies to your diet:

- * headaches
- * digestive disturbances
- * skin breakouts or rashes
- * feeling of sluggishness or weakness
- * intestinal gas
- * mucus in the back of the throat
- * mood swings
- * and other

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* Tips for Easier Detox*

- * Eliminate caffeine, processed foods, simple sugars, and alcohol.
- * Drink extra water to help flush out toxins faster. Drink infusions using lemon, ginger, milk thistle, star anise, fennel, and other herbs.
- * Eliminate all animal products: meat, fish and dairy.
- * Eliminate chemical-based household cleaners and personal care products.
- * Rest and (if possible) limit stressful life situations. Yoga and meditation are two simple and effective ways to relieve stress.
- * Sweat in a sauna and dry-brush your skin to remove toxins through your pores.
- * Exercise. Jumping on a mini-trampoline or jump-roping will invigorate you and help cleanse your lymphatic system.

greenreset.com/detox-cleanse

More Green Smoothie Recipes

These recipes are for approximately 1 quart of smoothie, or two generous servings. You can have one serving once you make it and save another one for later. All recipes can be kept for up to 12 hours as long as you add enough water (great when traveling). When refrigerated, the smoothie will last for up to 48 hours, after that it begins to turn funky. If you want to store your smoothies for a longer period of time, keep them in your freezer.

The quantities for each recipe ingredient are not exact, and can be adjusted by you to your liking. That's because making green smoothies is not an exact science. There are MANY variations to this same recipe. The amount of greens will vary when because you can pack them tightly or loosely. Sometimes I like to add less liquid to make my smoothies thicker and more creamy. Other times, I add more liquid to make a thinner drink, which is an easy way to reduce the number of calories per glass of smoothie.

I certainly add more greens now than I used to initially. I also use lots of celery in almost all my smoothies - they are mild tasting, very filling, while being also very low in calories. If I desire a smoothie that is more filling, I add a piece of avocado, some nuts and seeds, and/or between a quarter up to one cup of oats or a few tablespoons of nut butter to the recipe. Enjoy!

Spinach, Apple, Banana Smoothie

1 1/2 cup of water or coconut water (more or less to desired consistency)
2-4 cups loosely packed greens (spinach, lettuce, kale, chard, bok choy, or collard)
2 stalks celery
1 apple, cored
2 bananas

Green Raspberry, Banana, Celery Smoothie

1 1/2 cup of water, or enough water to blend into desired consistency
2-4 cups loosely packed greens (spinach, lettuce, kale, chard, bok choy, or collard)
2 celery stalks
1/2 cup of raspberries
1/2 cup of strawberries
2 bananas

Romaine Lettuce, Pineapple, Mango Smoothie

2 cups of water or coconut water (more or less to desired consistency)
1 small pineapple, peeled, cored, and chopped
1 large mango, peeled, cored, and chopped
1 small head romaine lettuce
a tiny piece of fresh ginger

Kale, Berry, Banana Smoothie

2 cups of water, or to desired consistency
4 leaves kale
2 celery stalks
2 bananas
1 cup of strawberries or blueberries or raspberries

Lettuce, Apple, and Mango Smoothie

2 cups of water, or to desired consistency
2-4 cups leaves of green leaf lettuce
2 ripe mangoes, peeled and pit removed
2 apples
1 banana

Arugula, Lettuce, Pear Smoothie

2 cups of water or coconut water (more or less to desired consistency)
1 small bunch of arugula leaves
1 banana
2 pears
1/2 cup frozen raspberries

Spinach, Celery, Mango Smoothie

1 cup water, or to desired consistency
2 cups of spinach
2 stalks celery
2 sweet yellow mangos

Dandelion Smoothie

1 cup water or coconut water (more or less to desired consistency)
1/2 bunch dandelion

1/2 small watermelon
1/2 cup strawberries
1 cup of grapes

Kale, Strawberry, Peach Smoothie

2 cups of water, or coconut water (more or less to desired consistency)
1 small bunch green kale
1 pint strawberries
3 small peaches

Green Apple, Banana, Lime Smoothie

1 1/2 cup of water, or to desired consistency
2-4 cups loosely packed greens (spinach, lettuce, kale, chard, bok choy, or collard)
2 apples
1/2 whole lime with peel
2 bananas

Green Blended Soups

Green smoothies are great, but they are sweet-tasting, and sometimes we want a more savory flavor. They are also usually blended until very smooth -- like baby food -- which is important if you add hard-to-chew greens, such as kale or collard greens. However, for variety, you may want to add some crunchiness to your meals.

Green blended soups and salads are made of vegetables and greens, that are blended at lower speeds than smoothies, for shorter times and with or without adding water.

The best ingredients for blended salads include cucumbers, tomatoes, celery, peppers, and zucchini, with only delicate greens added, such as spinach or lettuce. The reason not to add hard and bitter greens such as kale is that you are only blending the mixture to a consistency of thick salsa or stew - and these ingredients would make it unpalatable.

You will want to add lots of herbs, such as basil, dill, parsley, cilantro, and other for outrageously delicious taste.

You also want to add a little bit of sweetness for even more yumminess. I like to add some sweet fruits, for example, a piece of a sweet pear, apple, a few strawberries, or grapes, but you may choose to add a little bit of honey, agave syrup, or some other sweetener to make the blended salad even more delicious.

Creamy Avocado Energy Soup Recipe

So, I'd like you to try this soup recipe that I put together in a spur of the moment --just to illustrate the process of how YOU can come up with your own recipes. I wanted to make a blended salad, but did not have the usual juicy ingredients in my kitchen that are required for salad, such as tomatoes and cucumbers.

I blended the tougher ingredients first – in this case celery with a piece of avocado and some water to create a soup base, and then added other ingredients on low speed to add texture.

Ingredients For Soup Base

1 large stalk celery
2 lettuce leaves
1/2 small avocado

Blend well on high speed. This will create a nice creamy base.

Ingredients For Texture

1 small zucchini
1/2 pear or a teaspoon of agave (for sweetness)
fresh basil leaves to taste (from my window garden)
a small piece of green onion

Blend on lowest speed that will get the job done. You may just chop these ingredients and mix them with the liquid and a pinch of salt. Pour into a bowl and enjoy! Makes one serving.

More savory soup recipes:

Celery Soup

4 stalks celery
1 cup fresh parsley
1 tomato
Juice of 1 lemon
1 tablespoon agave nectar
¼ teaspoon sea salt
2 cups water

Cucumber-Mango Soup

2 cucumbers
2 celery stalks
1 avocado
1 mango, cored and peeled
1 lemon, peeled

Mediterranean Soup

3 cups spinach
3 stalks celery
1 red bell pepper
1 avocado
1 cucumber
1 jalapeno pepper
1 lime, juiced
1 spring oregano
1 spring thyme
2 cups water
Yields 3 quarts

Cucumber-Dill Soup

2 cucumbers
½ bunch dill
1 avocado
4 leaves lettuce
2 stalks celery
1 lime, juiced
3 cloves garlic

Thai Soup

2 cucumbers
5 leaves lettuce
1 large avocado
1 lime, juiced
2 cloves of garlic
½ inch fresh turmeric root or ½ teaspoon of turmeric powder
½ inch fresh gingerroot or ¼ teaspoon dried ginger powder
2 cups water

Blend on lowest speed that will get the job done. You may just chop these ingredients and mix them with the liquid and a pinch of salt. Pour into a bowl and enjoy! Yields 2 quarts.



7 Tips for Successful Green Reset Routine

1. Prepare your smoothie first thing in the morning in the amount that your family usually consumes in one day, 1/2 quart or more per child, one or two quarts per adult.

Pour enough smoothie into a glass for everyone to drink in the morning, and keep the rest in the refrigerator or other cold place, but not the freezer. If you are going places and want to take your smoothie with you, put it in a bottle or coffee mug. That way you minimize the chance of spilling it, and - if you use non-transparent container - others will not notice the green color of your drink.

2. Drink your smoothie by itself, not as part of a meal.

To get the most nutritional benefits of your green smoothie, don't consume anything with it. You can eat anything you want about 30-40 minutes after your smoothie.

3. Sip your smoothies slowly, mixing it with saliva for better digestion.

4. Stick to the basic green smoothie recipes as much as possible, i.e., smoothies made with leafy greens and ripe fruits only, especially if you have digestive issues.

Even though I provide some recipes for smoothies that contain starchy vegetables, nuts, seeds, grains, etc., all these ingredients slow down the assimilation of nutrients in your digestive tract and may cause gas for some people.

5. Don't put too many ingredients into one smoothie, such as five different fruits and five different greens. I admit I often break this rule putting lots of different ingredients into my blender, but many times simple is better.

6. Try various recipes and perfect the ones you like best.

If you learn to prepare really delicious smoothies, chances are you will stick with your routine, as you will always be looking forward to the next one.

7. Choose locally grown, organic ingredients whenever possible, and choose fruits that are fully ripened.

Ripe, organic, locally grown are best. I write more on shopping organic in the Buying Organic section). However don't skip your smoothie routine just because organic produce is not available.

Green Smoothies FAQ

How Long Should I Blend the Smoothie?

Blending time will depend on the ingredients you are using. I usually blend my smoothies for 20 seconds or less; however, when I blend hardy ingredients such as flax seeds, celery, or cashew nuts, I might blend them for up to a minute.

With tougher ingredients, I start at a low speed for approximately thirty seconds, then increase the speed and blend the smoothie until it is creamy, approximately another thirty seconds.

To Peel or Not to Peel?

If you have a high-speed blender, you do not need to organic fruit such as mangoes, apples, kiwis, and pears. You can also blend apples and pears with their seeds. If you have a regular blender that runs at slower speeds, peels and seeds will not blend completely and might destroy your blender. If you have a high-speed blender you can even blend a pineapple's core but not the peel. I always peel fruit that is not organically grown.

Storing Green Smoothies

"Can green smoothies be stored? How long do green smoothies last in the fridge" Green smoothie can be stored either in the fridge or freezer. They should last up to 3 days in the fridge and up to 3 months in the freezer. Just remember to get the frozen smoothie out several hours before you want to use it, and shake it well before drinking. It is better to drink them sooner after eating for maximum nutrition and taste.

How Many Smoothies Should I Drink Per Day?

There is really no limit to how many smoothies you can drink per day, so enjoy as many as you like. Sometimes I drink only one quart, but usually I drink two, three and even four quarts per day.

Should My Smoothies Contain Mostly Fruit Or Mostly Vegetables?

"Should you make them with mostly fruit? Or should you add a little bit of fruit and stuff a ton of green in there?"

If your goal is to lose weight, the temptation may be to cut out the fruits and all sweeteners from the recipes completely to reduce the amount of calories in the smoothie.

While it's OK to add more greens and veggies to your drinks and cut the amount of fruits a little, there are two risks associated with cutting down on fruits too much.

First of all, the smoothies will not be as tasty, and you may end up not liking them and not drinking them as often as you should.

Then there is also a second danger of not consuming enough calories. A vegetable-based smoothie will not provide sufficient calories to be a meal replacement smoothie. Even if you made a 32-ounce smoothie with just one apple, 1/2 cup blueberries and a ton of vegetables and greens, your smoothie will be extremely low calories. You'd be lucky to get 200 calories.

The problem with this is that you might still feel full from the fiber, but you will not be consuming enough calories. This is fine, if you are getting enough calories in the rest of your diet from healthy whole plant foods. If not, you will still be hungry after your smoothie, and risk overeating unhealthy foods. Getting too few calories *will* sabotage weight loss and may lead to nutrient deficiencies and health problems.

In short, fruit-based green smoothies can replace meals and are effective for weight loss. Vegetable-based smoothies are too low in calories to be considered meals, so they are better used to *supplement* a calorie-sufficient whole foods diet between meals or consumed with meals.

In general, my green smoothies contain 60% fruit and 40% greens by volume. My typical 32-ounce meal replacement green smoothie will contain about 400-500 calories – about 4 pieces of fruit (for example, two bananas, an apple and a cup of strawberries), 2-3 stalks of celery and four cups of other leafy greens. Adding this much fruit provides the calories to make this smoothie a meal. If I desire a smoothie that is more filling, I will add even more calories: a few nuts and seeds, 1/2 cup oatmeal, or a few tablespoons of ground flaxseeds.

Unless you are physically bothered by fruity green smoothies, I don't think you need to worry about restricting fruit (or green smoothie intake).

Even if you are concerned about sugar, look into other areas of your diet first. Cut out all refined sweeteners, soda pop, fruit juice, white rice, white pasta and white bread. Green smoothies should replace unhealthy foods. Eat whole plant foods diet and regularly test your blood to ensure that what you are doing is providing the results you are looking for (more about what to eat beyond green smoothies later in the later sections).