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*the*  
**GREEN**  
**SMOOTHIE**  
CHALLENGE

**COMPANION**

BY MARIA RIPPO

FOREWORD BY VICTORIA BOUTENKO



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## DEDICATION

*This guide is dedicated to my best friend and husband, Tobin, who has always encouraged me to pursue my passion of practicing natural health and who is my biggest fan. To my children who bring me laughter and endless amounts of joy. To my family and friends who are an unending source of love and encouragement. To Rachel who caught my vision and without whom The Green Smoothie Challenge may still be just an idea. To all the amazing raw-food chefs and teachers who have graciously shared their recipes and who inspire me daily. To Victoria Boutenko for her kindness in sharing her discoveries with the world. And mostly, to God who has opened every door to make this project possible.*



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Let thy food be thy medicine, and thy medicine be thy food.  
–Hippocrates, the father of modern-day medicine.

## FOREWORD

The Green Smoothie Challenge is a uniquely simple and healthful tool for anybody. Maria Rippo is introducing her readers to the healthiest beverage that anyone can quickly prepare in their own kitchen. They can embrace the entire week of living solely on green smoothies or add a green drink here and there. This book allows everyone to create their personal Green Smoothie Challenge and benefit from it. I have witnessed countless people becoming healthier and younger from adding green smoothies to their food regimen.

Most people are amazed by the pleasant taste of green smoothies. At the same time, green smoothies are among the healthiest foods available to us. Greens are the only living thing in the world that can transform sunshine into food that all creatures can consume. Chlorophyll is a miraculous substance as it is in essence liquefied sunshine. That is why regular consumption of green smoothies can help with many different health problems.

With this book, Maria Rippo is reaching out to hundreds and thousands of people with a very healthful and helpful message. Dear friends, enjoy your Green Smoothie Challenge and pass it on to others!

**Victoria Boutenko**

Author of *Green for Life* and  
*Green Smoothie Revolution*



## ABOUT THE AUTHOR

I grew up in the sunny land of San Diego, California. I spent many hours on the beach, enjoying all outdoor activities that fresh air, sunshine, and wide-open land affords. Growing up, I was actively involved in sports such as softball, field hockey, and competitive gymnastics.

I've had a keen interest in natural health for twenty years. While still in college, I was introduced to the ideas of fresh juice fasting and living foods. My experience of adding these to my diet was so life changing that I became an avid researcher of alternative medicine and natural health. Meeting people cured from diseases such as cancer and AIDS through natural means fascinated me and instilled in me a great passion for this subject.

I am married to Tobin, whom I met at the lively young age of fourteen. We have introduced four beautiful, laughter-filled children to this world through natural home births. Our children have rarely had need of doctor visits, and have avoided any use of conventional medications such as antibiotics and the like. Although we do not claim to feed these youthful beings perfectly, they have been raised on a largely whole and living foods diet. They currently regularly beg me for my delectable raw-food creations!

I received my BA from Oregon State University. I am the managing editor for the Alternative Medicine and Natural Health Channel at [www.BrightHub.com](http://www.BrightHub.com). I'm also the sole contributor to my blog at [www.bewellthy.blogspot.com](http://www.bewellthy.blogspot.com).

When I look hard and find some free time, I enjoy competing as a triathlete, basking in the sunshine,

swimming in warm open water and harvesting fresh food from my garden. If you were a fly on my wall you would most likely catch me in my kitchen, otherwise known as my laboratory, making tantalizing raw-food creations and offering them to those who have never heard of raw foods. I get a thrill from the almost always positive reactions! You may also spy me spending time reading to my kids, teaching them to “cook,” or laughing at their sometimes funny jokes. You would spend a lot of time watching me research and write. Family, friends, and my Creator are the things I hold most dear.

As a young girl aspiring to share the good news of natural health, I dreamed of owning an island where the sun shines brightly and people from all walks of life could come to be rejuvenated. In a sense, The Green Smoothie Challenge is that island, accessible to all who would like to come for a visit.

Welcome! I’m so glad you came. It is my true hope that The Green Smoothie Challenge becomes a great blessing to your life. May you encounter abundant energy, improved health and joy in your accomplishment.



# INTRODUCTION

## What is The Green Smoothie Challenge?

The Green Smoothie Challenge is a cleanse for busy people who have tried diet after diet only to become discouraged. It is a fresh way for you to increase your energy levels, clear your mind, lose weight, and improve your health. It is simple and affordable. It is an experience that could change your life!

There are many motivations for desiring to take The Green Smoothie Challenge. Upon reading the testimonials that follow, you will find that often people experience increased energy levels, significant weight loss, improved ability to focus, silky smooth complexion, minimized food cravings, relief from back pain and the clearing up of unwanted symptoms of illness.

The Challenge is a truly health-transforming experience. Simply put, you will feast only on green smoothies and munch on fresh veggie sticks for a designated time period—one day, three days, five days or ten days. You are free to choose how long you would like to cleanse. Although we promote an annual world-wide Challenge on our Web site, you can take the Challenge as frequently or infrequently as you wish.

During The Challenge you will be drinking up to seventy ounces of green smoothies per day. You may munch freely on celery, carrots, apples, jicama, cucumbers, bell peppers, and other crunchy veggies that are appealing to you throughout the day. You may also eat an avocado or add it to your smoothie. You will find all the smoothie recipes you need in the “Recipe” section of this guide. There you will find the

exact smoothie recipes that allowed my husband to lose fifteen pounds in nine days. You may follow these or make up your own. Also included are recipes from the Boutenko family, as well as a few others. Simply prepare your entire day's worth of green smoothie in the morning and pack it up to take with you. Drink one-fourth of it at a time or divide it into smaller amounts to enjoy more often throughout the day.

Another great addition to your day during The Challenge, is one or two fresh green juices. You will find recipes for these in the recipe section towards the end of the book. Making fresh green juices does require a good juicer. I recommend the Green Star® Juicer Extractor, the Breville Fountain Juicer or the Hurom Juicer. Using a good juicer is very important as it will keep the enzymes intact while the juice is extracted from the vegetables. If you do not own a juicer, feel free to skip this step. To learn more about the Green Star Juicer and others, visit our online store to access our affiliate partner, Raw Vegan Source. A good source for the Hurom juicer is [www.therawfoodworld.com](http://www.therawfoodworld.com).

The "Recipe" section also includes my strawberry ice cream and chocolate milkshake recipes. You may enjoy one of these treats daily or every few days. Although they do not contain greens, they are very nutritious and will be a welcome addition to your Challenge! Along with these treats you are free to drink herbal teas and mineral water. You will find my favorite mineral water "cocktail" recipe along with the others mentioned above.

It's really that simple! Just mix, grab and go. Make sure you pack your fresh fruit and veggies to munch on when you get hungry.

If this seems too big of a challenge, no worries, you may customize your experience with three alternative options found in Appendix 1.

You can take The Green Smoothie Challenge anytime—one day a week, ten days a month, or at the beginning of each year. Do it your way! This book is written to be your guide and to give you recipes, encouragement, tools, and more.

This is an amazing way to transform your health in a short period of time. So get ready to take the challenge—The Green Smoothie Challenge!

*There are no incurable diseases. If you are willing to take responsibility for yourself and your life, you can heal yourself of anything.* -Dr. Richard Schulze



## TESTIMONIALS

We'll begin the testimonial portion with a word from *Dr. Donato*, who inspired my involvement with green smoothies. Together with Victoria Boutenko, he helped Clent Manich lose over 200 lbs. in less than one year on green smoothies alone. Clent also lost all symptoms of diabetes while gaining back his health!

### **Dolphin's Raw Vegan Food Lifestyle Program as explained by Dr. Miven Donato**

*Dolphin Health & Education is a clinical health and wellness center in Medford, Oregon. In my practice as a chiropractor and physical therapist, I see primarily orthopedic musculoskeletal conditions or disorders such as back pain, arthritis, work and sports injuries. Since the practice is also a wellness center, I see all kinds of chronic degenerative diseases such as obesity, cancer, diabetes (type I and II), osteoporosis, fibromyalgia, heart disease, lupus, pancreatic disease, thyroid problems, intestinal inflammations, colitis, IBS, chronic fatigue syndrome, immune deficiency problems, allergy problems, and anything to do with low energy conditions. I also see fairly healthy people who want to learn how to maximize health and longevity. So I see a broad spectrum of clients from a variety of health backgrounds. Clients come to Dolphin usually from word-of-mouth. I also receive referrals from physicians locally.*

*The health and wellness method used at Dolphin Health & Education combines structural corrections (spinal and extremity adjustments, and exercise program) and functional corrections (internal body chemistry balance, stress reduction, emotional balance, spiritual balance, and nutritional excellence, all of which are lifestyle factors) within the umbrella of Dolphin's Raw Vegan Food Lifestyle Program. I officially combined the health and lifestyle approach to clinical health intervention in the fall of 2005. The program has been expanding since. For details you may visit [www.DolphinDoctor.org](http://www.DolphinDoctor.org).*

Clent Manich was a client referred to me by a physician. He had injured his low back. I routinely see low back pain cases but Clent was a special case in that he was grossly obese. At 396 pounds there was not a whole lot I could do for him in terms of spinal adjustments. I showed him a few stretches and strengthening exercises for his back. But the bottom line was his weight. Ultimately if he could lose a significant amount of weight, most of his back pain would be resolved. I was more interested in his overall health, while he was only interested in getting rid of the pain. So when I discussed my plans for him, he thought about it and was agreeable to follow Dolphin's Raw Vegan Food Lifestyle Program as a long-term approach to solving the back pain but also losing weight quickly and getting his health back.

Going raw is NEVER easy! At Dolphin I start people at 85% raw and 15% cooked in terms of the food that is consumed within a 24-hour period. Clent went into the 10-week intensive raw vegan food lifestyle program, which is now known as Dolphin's Healthy Boot Camp. He started at 85% raw. At the end of the boot camp he'd lost 52 pounds. However he was not able to keep up the raw-food lifestyle over time and eventually lost his direction. The second time around, a year later, he went all raw focusing on the green smoothies, vegetables and fruits. This time he was more successful. He lost 225 pounds within 1 year. He gained more than his health back. It gave him confidence and motivation in life. He started all raw at 401 pounds and went down to his lowest at 176 pounds in exactly one year. I monitored him consistently about once a week. I also coached him through the exercise program. I learned a lot from that entire experience. The program was very successful in his situation. I am constantly upgrading and/or revising the lifestyle program to make it easier and safer to follow.

There are dangers associated from losing too much weight in a short period of time. The individuals more at risk are usually the ones taking medications for high blood pressure, diabetes, heart disease, etc. The more medications (prescription or over-the-counter) taken while in the raw vegan lifestyle, the more potential for problems to occur. Dizziness or blacking out can occur. Individuals on Coumadin must first consult with their physicians before going on green smoothies or green drinks. Gall bladder inflammation or gall stone attacks can occur and will have to be dealt with appropriately. Individuals following a **high** raw vegan food diet must be responsible and knowledgeable or should be properly monitored especially within the first six to eight months for any disabling symptoms or complications due to detoxification.

Rapid weight loss occurs when people follow a high raw plant-based diet because the caloric intake and fat intake are generally reduced. Rapid weight loss is safe as long as the nutrient density in the diet is high, there is no interference in transport and cellular uptake, and the body is getting the necessary nourishment. The Standard American Diet (SAD) does not supply the body with the high nutrient density food that is found in the high raw plant-based diet and can therefore lead to malnutrition, chemical imbalances, and diseases of nutrient deficiency and/or chemical toxicity besides the rapid weight loss when food portions are reduced. On the other hand, responsible people following a high raw plant-based diet are eating more bulky unaltered fiber (uncooked) foods lower in caloric density but attain a normal weight. The factors that need to be in consideration when losing weight in the raw vegan lifestyle in terms of food is adequate quantity, high quality, and variety, combined with a good exercise program and proper hydration.

### **Dr. Miven Donato**

Doctor of Physical Therapy

Doctor of Chiropractic

Dr. Donato is available for web/phone consultations. You may visit at <http://www.dolphindoctor.org/17001.html>. You may also reach him by e-mail at [dmiven@msn.com](mailto:dmiven@msn.com) or by phone at 541-857-2678.

**Following are some letters I've received from people like you and me who have benefitted greatly from taking The Green Smoothie Challenge:**

*My name is Lisa. I never had a weight problem until after my second child was born. Before then, I could eat pretty much what I liked and as long as I would exercise, I had no weight issue. But, after my son was born, when I was thirty seven, I just couldn't lose any weight, no matter what I tried. I felt awful, tired, was puffy all the time, and even began to feel depressed. After trying many of the boxed meal diet systems, fasting, low-carb diets, and everything in between, I had just about given up on myself. I felt awful. But, then my sister, Maria Rippo, told me about a man named Clent who worked for Costco and had been grossly obese. He had a myriad of health problems. He went on a green smoothie diet and lost over 200 pounds. All of his health issues disappeared. I looked at his website and read everything I could. I thought it sounded like something I could do. At first, I tried having a green smoothie for breakfast, and then another for lunch and eating a snack and then dinner. I didn't lose any weight, or really feel any different at first. So, my sister suggested that I try 100% green smoothies. I did it and lost 9 pounds in 13 days. I did have a handful of almonds twice a day besides the green smoothies. Then, after 3 weeks, I went to a green smoothie for breakfast, a raw salad for lunch and either a green smoothie for dinner or a piece of grilled fish or chicken with vegetables. I lost 22 pounds in about 8 weeks and feel great. My husband and friends say my skin just glows, I am no longer puffy, I have lots of energy, and the best part is, after the first two weeks, I lost my craving for refined carbohydrates and sugar! Those were my junk foods of choice before, and I do just fine without them now!*

*Whenever I feel as if I need to get back on track, I go on the green smoothies for 3-5 days and I feel so clean and light. I have 10 more pounds to lose, and I know I will be there soon. I highly encourage anyone to try The Green Smoothie Challenge and see just how light and clean you feel! -Lisa O.*



*Cheryl M gave me info on the Green Smoothie Challenge and I have been following your blog and your "Be Wellthy" Face Book group. We look forward to your website launching. My husband, Kris, grew up in a meat and potatoes family. Vegetables were canned green beans or corn. Fruit was canned fruit cocktail. I grew up with stories of eating fresh veggies straight out of my father's garden as a toddler and having nicknames because I always ate the vegetables in my lunch. Introducing my husband to vegetables has been a challenge, making him love them an even bigger one. As an adult Kris changed his life. He began exercising and eating well. He lost 75+ pounds and has kept it off. He's learned how to eat and exercise and my daughter has never known anything but a healthy dad. But raw vegetables in particular have been really difficult for him. When he heard about my interest in The Green Smoothie Challenge he was excited, but a little nervous about*

how they were going to taste. HE LOVES THEM!!! I am floored. We are all set to do The Green Smoothie Challenge next week and will be on board in the New Year.  
Thank you so much! -Kristin J.



Doing The Green Smoothie Challenge was a great experience and really it was surprisingly simple. It was also really nice to have Maria as a support person. She was very knowledgeable and quick to answer any questions that I had. Furthermore, Maria was such an encourager. I chose to do a 3 day Challenge, but ended up feeling so good I went one extra day.

The use of kale and spinach were my vegetable base every day and each day I varied the fruit I put in my smoothie. I tried to make it 40% vegetable and 60% fruit. I used my Vita mix blender to make my smoothies, which crushed the ice really nicely. I often made my biggest smoothie in the morning and then put what I couldn't eat in the refrigerator until later in the day. The smoothies actually kept well in the refrigerator, which surprised me. I am one of those people who like to have a crunch added to my eating experience, so at times I felt a bit tempted, but I would snack on carrots or broccoli to help add that crunch. I also occasionally had half of an avocado with a little bit of seasoning on it to help curb my hunger.

I really am amazed at the benefits of this in such a short time. I lost 7 pounds in 4 days! I am now at the weight I was when I was in high school! Even more than that I had an amazing amount of energy and just felt better. Taking everything out of my diet except these greens and fruit took away the temptation to run to the cookie jar for something sweet—my body needed a little break from that. Anyway since I have completed my smoothie cleanse, I am actually craving green smoothies. During my 4 days, I continued to work out like I normally do. I noticed that each day further into the cleanse I had more energy than the day before and was able to soar through workouts with tons of energy and was able to keep my heart rate up higher than normal.

I plan to make having a green smoothie part of my regular daily routine! Thanks Maria for all of your inspiration! -Cheryl M.



*I just have to say that I've become addicted to green smoothies. I've been doing The Green Smoothie Challenge almost all week and losing about a pound a day, so wonderful. I wish I'd discovered The Challenge sooner... I lost like a billion pounds :) Stress, coffee, and sugar do not mix well with my body! I was an instant fan of the green smoothies! I wanted to cleanse my body and lose some excess pounds in the process. It was so easy, just open the fridge, grab the veggies & fruit, blend and add some flax or hemp. I'm super busy and having all three meals in one container I can drink on the go was awesome! The best part for me was that I lost more than a pound a day! I haven't lost it that fast in years! -Elizabeth R.*



*My name is Leigh L. and I recently completed a two-day Green Smoothie Challenge. Over the course of the last year I have made more of a practice of doing an occasional fast both for the physical as well as the spiritual benefits. This was the first time I have ever done The Green Smoothie Challenge, and I did find it a bit easier than the others I've done. The first day was the hardest, (it always is) however, by the second day, I was noticing I did not get as hungry and I felt very energetic. I tried 2 different recipes, but my personal favorite was spinach with pineapple. I found that to be a perfect blend of flavors and textures. I plan to do another cleanse in early January. My husband and I have done that for the last couple of years. We have felt the need for a physical cleanse after all the holiday treats, but we have also found it to be a wonderful time to devote some concentrated prayer time to specific issues in our lives. It's a great way to start the New Year and The Green Smoothie Challenge will be the mainstay of my January 2010 cleanse. -Leigh L.*



*I began The Green Smoothie Challenge because I felt tired, overweight and wanted to get back in shape. I wasn't happy about where I was mentally or physically, so I decided to jump in one day and take the ten day Challenge—after all what's ten days if I'm really going to change the way I look and feel! The first four days were the most difficult. I really wanted to eat and was frustrated with myself for having committed to doing it, but I knew I had to stick with it and really see for myself if this was going to work. Dinnertime was the hardest time of day for me as I strongly craved all the food that we were preparing for the family. This was definitely the toughest part, much more so than I originally thought. I really had to mentally work through*

*the mind games surrounding the desire to give in. I stuck with it, and I was glad I did. I began to lose weight immediately, three pounds the first day! The results on the scale each day kept me going and helped me to stick with it and not give in to my longing to eat. I was amazed, but it's really true, there is a way to get healthier and lose weight all at once, and it is The Green Smoothie Challenge. I began to feel a lot more energy by about day five. I started wanting to get outside and run or hit the gym. I've never been one to go to the gym, and I found myself really craving a good workout. My mind became sharper, I lost that daily three o'clock slump and did not need as much sleep as normal. My wife says I stopped snoring completely. All of these things began to outweigh any craving I had to eat food. I lost fifteen pounds in nine days and have continued to lose more weight as I still drink a lot of green smoothies during the week. Once I accomplished the challenge, I created my own personal plan of incorporating green smoothies into my diet. I continue to get great results and feel amazing. I've settled in on a weekly plan to keep me on track which is to enjoy myself reasonably on the weekends and balance it during the week with a healthy dose of green smoothies. Specifically, I do a three-day challenge each week on Tuesday, Wednesday, and Thursday. On Friday I drink green smoothies and then enjoy eating dinner. Saturday and Sunday I eat sensibly, and Monday I drink green smoothies and eat a light dinner. This cycle is now working for my schedule and allows for fun, light wining and dining on the weekends. The great thing about The Challenge is once you do it, it grows on you and you crave healthier foods for your body. I am now down twenty pounds and feel great. I highly recommend taking The Green Smoothie Challenge for ten days; you'll see and experience what I'm talking about. –Tobin R*



*The morning after Day 1 of my 15 day Green Smoothie Challenge, my eyes almost popped out of my head when I hopped on the scale. Five pounds in one day! I hadn't been able to lose weight for years! Day one had been challenging, but after seeing results like that, I was excited to keep going. I started The Challenge to see if I could get rid of my candida symptoms, reduce the puffiness in my face, and see if I actually could lose a few pounds. (ok, more than just a few!) Day 2 and 3 proved tough, though, because I missed getting to feel satisfied by hearty meals, felt weak and exhausted, and I didn't see any more progress on the scale. But Maria encouraged me to keep on going, and was quite the faithful cheerleader! So I stuck with it, and pretty soon things evened out, and I began losing about a pound each day. Then Thanksgiving came, and along with it, the emotional roller coaster of frustration from not getting to join the family feast! I knew The Challenge was good for me, and I had committed to sticking to it, but that was ridiculously tough. Watching my family soak up homemade syrup the next morning with Grandpa's famous waffles was the worst of the worst, and seemed like the climax of The Challenge. After I successfully said "no" to that, I was more confident in my ability to "keep on trucking!" and looked forward to what sort of new combination of fruits and greens I could come up*

*with. My candida and psoriasis symptoms completely disappeared as the days progressed, the energy started kicking in, and when my roommates returned from their Thanksgiving travels and completely freaked out when they saw the change in my figure, I decided the whole adventure was worth it. It was now a race to see how many more days I could push through. My first goal was 10, but then I decided to try for 15. My roommates joined me, and we all started feeling so much healthier, craving the dark leafy greens, and bouncing off the walls with excitement for how well our clothes were fitting!*

*While the hard part was still having to say “no” to Christmas party treats, and getting a little tired of avocados and tomatoes, I continually was re-encouraged by the fast and always-exciting loss of weight, and by friends and students who would ask, “Is there something different about you? You look different!”*

*After 15 days, having lost a total of 14 pounds, I let myself enjoy the food I so badly missed. But after two days of eating “normally,” I definitely saw the difference. My energy disappeared, my face started getting puffy again, and I just didn’t feel as excited about the day ahead. So, I’ve pulled the blender back out, stocked up on Swiss Chard, mangoes, avocados, pears, spinach, and some frozen blackberries, and here I am, sipping away on a kind of purple-colored Green Smoothie! And I’m thrilled. The Green Smoothie Challenge is life-changing and has caused me to want to change the way I eat for good! -Rachel H.*



# HERE WE GO!

Congratulations! You are about to begin a journey that may take you places you have yet to travel. Oftentimes it is our challenges that strengthen us more than anything else can. The Green Smoothie Challenge will test your personal limits. It is simple, but it is *not* easy.

This may be the biggest challenge you have ever taken on. As you persevere down this path, you may experience trials. These trials have the ability to reveal some strengths you possess that you may have been unaware of until now. These strengths may not begin to reveal themselves until after four, five, or even six days. The road may seem mostly uphill, a very steep hill, for some. One thing I know is that you *can* do this. You *will* be amazed at the results. As long as you know beforehand that it will be very challenging at times, you will persevere. And when completed, you'll experience a victory unlike any you've experienced before.

Days one, two, and three will be the most challenging part of your experience. It is a time of readjustment for your body, which has been accustomed to receiving calories externally from food. Now it must shift to receiving small amounts of highly nutritious food and using up its stored resources for energy. Allow your body to get through this period. It will beg you for food (in a very earnest manner!) which may make you very uncomfortable. Allow these first few days to pass. Slowly but surely, as your body grows accustomed to new energy sources, and your stomach contracts, it will stop asking for so much food and will be quite content with the amazing nutrients it's receiving.

Because you are only eating blended foods and raw fruits and vegetables, you are giving your digestive system a considerable break. When you give this gift to your body, you free it up to do "repair" work. Your body will go to work cleansing and healing. The reason it can do this is that green smoothies are very rich in **enzymes**. According to Ann Wigmore, natural health pioneer and founder of the world renowned Hippocrates Health Institute, "... if it is weight loss you are after, or reversal of any other form of deposit in the body such as calcium in arthritis, excess protein in tumors, or cholesterol in atherosclerosis, only enzymes do the work of breaking them up and eliminating them."<sup>1</sup> I will go into more detail about enzymes a little later in this book.

Albert Einstein said "the definition of insanity is doing the same thing over and over again and expecting different results." If you desire to become more healthy and energetic or to weigh less than you do, then you must do something differently than you are currently doing. So why not give The Green Smoothie Challenge a try and see what kinds of amazing results you can get?

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1 Wigmore, Ann, *The Hippocrates Diet and Health Program*. Avery Publishing Group Inc., Wayne, New Jersey. 1984.