



Dr. Evelyn's
**ABSOLUTELY
EVERYTHING**
Smoothie

Smoothies are healthy and mostly delicious! They are also very versatile and can be easily adjusted to your specific dietary needs!

BY DR. EVELYN MOSELEY D.C.

The Basics

If you get the smoothie thing down, it can be so darn easy to make a big one at the beginning of the week and either freeze or divide the smoothie into jars in the fridge for a well-balanced meal! Smoothies can be very easily adjusted to support different needs, but they should easily include the following basics:

SMOOTHIE BASICS CHECKLIST

- Protein
- Fat
- Vitamins/ Minerals
- Gut/ Metabolism Boost

SMOOTHIE SAMPLE RECIPE

- 100 mL of liquid (pure juice, milk alternative, or water)
- 1 Tbs. Seed/Nut Butter no added sugar
- 2 Tbs Yogurt
- 1/2 cup of frozen fruit
- 1/4 cup frozen greens
- 1 scoop of Protein Powder w/probiotics
- 1 tsp. ProOmega- D Liquid Fish Oil
- 2 tsp. Chia Seeds
- 1/2 tsp. cinnamon, ground ginger, turmeric

PROTEIN

Getting all of your essential amino acids is critical for health. You need these little building blocks in order to build the proteins your body uses to do work in your body at a cellular level, not just to build and recover muscle. Most people do not eat enough complete protein!

- Protein powder-
 - All Essential Amino Acids. (0.64 to 0.82 grams of protein per pound of body weight each day./ not all needs to be in the smoothie)
 - No added sugar
 - I like this one
- Nut or Seed butter-
 - Look for one that is less processed/ non-hydrogenized.
 - You only need about a tablespoon/ serving , so you can get a higher quality product!
 - Look for one with no added sugars.
- Yogurt/ Kiefer-
 - If you can handle dairy, yogurt can be a creamy source of protein and probiotics.
 - Find one with no added sugar or better yet, make your own yogurt!

FAT

No doubt about it, fat is critical to any balanced diet! You have heard by now that there are healthy fats and unhealthy fats, so it is important to get the right ones. Fats support cell membranes, which house receptors and allow for proper signalling in our bodies. Our neurons are also built out of these fats, so we need them in order to have a healthy nervous system. They are crucial for balancing hormones and for properly absorbing vitamins and minerals. It has also been shown that specific fats have strong anti-inflammatory effects in the body, helping literally EVERYTHING.

- Fish Oil
 - Hands down, the best source for EPA/DHA, the specific Omegas that are anti-inflammatory.
 - Look for a 2:1 ratio of EPA to DHA
 - Try a liquid form that you can blend into your smoothie, like Nordic Naturals: ProOmega Liquid Omega
- Peanut/nut butter (low or no sugar)
- Avocado
- Chia Seeds

VITAMINS AND MINERALS

Do you really need me to tell you that you need vitamins and minerals? I think not! But honestly, these little compounds are most readily available to our bodies if they are in a whole food form. When you eat fruits and vegetables, not only are you getting the nutrients, but they are wrapped in a nice little package with the fiber and enzymes necessary to digest, absorb and utilize them! Thanks nature!

- **Frozen fruit-**
 - Bananas- Potassium/ electrolytes
 - Berries- AntiOxidants
 - Pineapple- Vitamin C and bromelain (enzymes)
 - You really can mix it up here!
- **Frozen greens-**
 - Spinach
 - Kale
- **Juice**
 - Be careful here- you do not need very much juice!
 - Be sure you are getting a juice that has NO added sugars
 - Green juice can be used here to help get greens
 - try to avoid juices that are really sweet (orange/ apple)
- **Supplements**
 - A few nutrients that are critical, but difficult to get a lot of in food alone.
 - These can help tailor to your specific needs!
 - Cal/Mag
 - Highly soluble form of calcium from a nondairy source.
 - I like this one - a powder for smoothies!
 - Vitamin D

GUT EXTRAS

Drinking smoothies is nice because we don't have any risk of improper chewing, so everything is nice and ready to be digested! Smoothie time is a nice opportunity for us to give some extra love to our gut!

- Probiotics
 - More variety of strains the better
 - at least 1 billion CFU's is recommended.
 - Some protein powders contain these.
- Fermented Foods
 - yogurt/Kiefer
 - Kombucha
 - Apple Cider Vinegar
- Spices
 - Turmeric
 - Ginger
 - Cinnamon
 - Cayenne Pepper

Disclaimer about Smoothie: Consult a professional before taking any supplements. Do not eat anything if you have a known allergy or intolerance.



Chiropractic is a catalyst.

A catalyst is something that facilitates and speeds up reactions that could otherwise happen.

You can heal on your own. You can repattern your body and your mind. You can prevent stress, overuse and damage to your body.

Chiropractors make it faster, easier and more accurate- they help take the trial and error out of the process.

If you are interested in learning more about what to do specifically in your case, visit EudaimoniaChiropractic.com and set up an Online Initial Intake with me, Dr. Evelyn.

Join Our Newsletter to get updates about Upcoming Freebies, and webinars!

Here is to you and your flourishing!

*Love Always,
Dr. Evelyn*