

Village Health Clinic

RECIPES

DETOXIFICATION SMOOTHIE

1 cup rice or soy milk
1/2 cup frozen berries (blueberries/raspberries/strawberries)
1/2 ripe banana
2 scoops Ultraclear or Mediclear*
1 tsp. Psyllium husks
1 tsp. Ground flaxseeds or 1 tablespoon flax oil
1 tsp. Glutamine powder
1 tsp. Liquid chlorophyll
Ice cubes

Blend ingredients together in a blender. Drink one serving per day during day for daily detoxification.

*Available through the Village Health Clinic Natural Pharmacy. Both are prescription medical foods designed to support healthy liver function of detoxification.