

# Village Health Clinic

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## 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.