

# **Guest Blog: Two Alternatives to your Morning Green Juice**

written by Guest Author | July 20, 2016

Didn't get to make your green juice this morning? Feeling depleted, like all your energy is gone?

This can happen when our bodies get used to an influx of nutrients they get from organic, cold-pressed juice, and crave it daily. When we start our day without it, we feel off. The following are two tips to recharge if you don't have time to make your morning green juice:

## **Make a green smoothie with energy boosting super-foods**

Smoothies are relatively quicker and easier to make than fresh pressed juice, so if there isn't time to juice, just throw some of these fruits, vegetables, herbs and super-foods into a smoothie.

### **Maca**

Boosting a smoothie with maca powder will give the increased energy production a body needs in the morning. Maca is a nutrient rich herb that Incan warriors ate before going to war to increase their energy and stamina. It supports the adrenal glands thereby helping the body alleviate stress, improve immunity, support the cardiovascular system and increase vitality. Furthermore, it is full of Vitamin B and magnesium. It contains iodine, which is excellent for healthy thyroid function. Its' antioxidant rich properties protect cells from free radical damage.

### **Chlorophyll & Magnesium**

Add some greens, like kale or spinach, to bring in some chlorophyll into the body to provide more energy. Greens are rich in chlorophyll, which naturally boosts energy levels and is full of magnesium. Magnesium is an important mineral that works to regulate over 300 different processes in the body. It is also a mood regulator and helps with overall cellular function. Up to 80% of Americans are magnesium deficient, even though fruits, vegetables, sprouted nuts and seeds are all rich in this essential mineral. Bananas and avocados are also rich in magnesium and these fruits can provide a nice thickener for any morning smoothie to keep the body fully satisfied.

## **Fruit**

Fruit provides simple carbs, which are the quickest source of energy because they digest rapidly. Most fruit is also loaded with potassium, an electrolyte mineral that supports cleansing at the cellular level.

## **Chlorella & Spirulina**

Chlorella and Spirulina are blue green algae that increase energy, detoxify the body of heavy metals, and support weight loss. A [study](#), published in the Journal of Medicinal Food, found that “*Chlorella* intake resulted in noticeable reductions in body fat percentage”. Spirulina is rich in protein, omega 3s, and vitamin A, which is important for ocular health.

## **Yellow Dock Root**

Yellow Dock Root is the single most important super-food for invigorating the blood. It is the highest botanical source of organic iron, which is the main component of hemoglobin. Hemoglobin is essential since it is the molecule responsible for transporting oxygen via the red blood cells from the lungs to other areas of the body. In addition, iron is the single most important mineral for energy production. Since it detoxifies the blood, Yellow Dock Root’s benefits also include clearer skin, and more rapid recovery from skin disorders. It also assists the body in removing internal parasites and strengthening the spleen, liver, and gallbladder.

## **Coconut Milk**

Add fresh coconut milk as the base to your morning smoothie for its medium chain fatty acid content, which helps the body burn fat for energy quickly.

## **Chia Seeds**

Chia seeds are the highest plant based source of protein. They also add a thickening effect to smoothies that will help keep the stomach full and satisfied until lunch.

## **Make a cup of herbal tea**

If it's wintertime, and you want something warm, or if you need something even faster than a smoothie, make a cup of herbal tea using these energy boosting herbs. Try adding the juice of half a lemon or lime to the tea for flavor.

### **Yerba Mate**

This herb boosts energy and metabolism and is full of antioxidants. Its caffeine-like stimulating effect comes from a compound called mateine, but does not have the negative side effects of caffeine.

### **Ashwaganda**

Ashwaganda tea not only increases energy but also has a list of benefits that include stabilizing blood sugar levels and lowering cholesterol.

### **Ginseng**

Ginseng is most well known for its effect on the brain, and also helps to minimize menstrual cramps . This herb is great for students as it stimulates brain cells and improves concentration

### **Rhodiola**

Rhodiola is an herb that, when consumed, increases the hormone which stimulates red blood cell production. This allows for more oxygen to be delivered to the muscles. It increases energy, stamina and endurance, thereby improving overall athletic performance.

Mother Nature was gracious enough to provide numerous sources of nutrients to power us through our busy days. Feel free to use this list to make a variety of different smoothie combos and teas.

**This information was contributed by [Earth's Healing Café](#) (EHC), founded in 2010 with the intention of being the most therapeutic food establishment in the United States. Located in the Ravenswood neighborhood of the North side of Chicago, EHC is a place where conscious individuals work together with harmony and integrity to serve highest quality, medicinal foods that cleanse and nourish the body temple. In order to honor the sacredness of the human body, we only use the purest ingredients available, that come from the Earth's womb.**