

The vegetables and greens are fairly straight forward, while the liquid is more complicated, but we found that Australian Golden Circle, Pine Mango fruit drink with vitamin C is delicious, which is important, because raw greens don't have much flavour, so need some fruit juice. Once opened, it must be refrigerated, as should the smoothy. Mango if trying to slim will help Water, even half, with Pine Mango fruit drink, tastes flat. A little bicarbonate of soda sweetens and reduces the acidity. We use Edmonds Baking Soda, not another brand which contains aluminium, despite its label claiming it has none. A little salt is needed for flavour. All people here like Himalayan salt mined from old salt mines in Himalayer. California and South Africa have old deep salt mines formed before the sea was polluted. Don't use salt from today's sea water like New Zealand salt, which has some minerals removed and some added.

A few dates give flavour, which once used and tasted, will not be left out.

Our mixture has no oils because fat makes cleaning the blender/mixer a big job. Add no linseed, even if refrigerated, because there is always some seed crushed at harvesting, months before sale, which start going bad (rancid), and can cause nausea in some people. It is so bad that it is Auriel's only allergy. I have 20. Some liquids are toxic because of gluten, Roundup, manganese, cadmium, mercury and other toxins. Fruits that are not ripe affect me adversely.

Use no pineapple from Philippines because the three brands we tested all had Roundup, possibly sprayed to kill the weeds before harvesting.

Use no avocados or their oil. I have not found any toxic-free avocados. Aerial spray from them can drift, even possibly to organic avocados. Many are exported and an NZ law requires all exported avocados to be sprayed.

Organic or home grown vegetables fertilised with LimePlus and correct natural fertilisers should achieve 80 or higher compatibility, with no cadmium, mercury or toxins. Manganese should be lower than 4 ppm. Bodies need 1 to 2 ppm. Typical supermarket vegetables are < 50 compatibility which is too low in NZ caused by acid and low calcium soils.

Added, proteins are not necessary because most mature green leaves are high in it.

Liquids to allow making it can be toxin-free water, juice (mango if trying to slim, but it is likely to have been sprayed fruit because most are exported which have a spraying requirement), pineapples from Australia, not Philippines, all had contained Roundup.

Maple Syrup Ceres Natural Organic Grade B or Queens can be added to taste, which the above doesn't need. Maple Syrup has natural copper to soften bones to reduce bone breaks and fractures, and give colour to hair to reduce greying.

Olive oil and coconut oil (Phillipines organic tested were clean) Australian that we tested were not.

Coconut oil organic grown in the Philippines, has 90 ppm of selenium and boron, so don't exceed the desert spoonful a day.

Green Smoothy mixes can include any of tahese - alphabetically. None are essential.

Apples

No avocado or its oil. I have not found any 'clean' toxic-free avocados. Most are exported which requires spraying.

Beetroot leaves. Carrot and beetroot leaves have a higher feed value than their roots. Beware of non-organic carrots in case sprayed with Roundup, which many farmers do to control weeds, because carrots are not affected by Roundup. To grow carrots in our area needs OrganiBOR slow release boron.

Muscle test everything and all other foods.

Blueberries.

Broad bean leaves. We grow them all year.

Cabbage, broccoli and/or cauliflower leaves.

Celery.

Chicory.

Green bean leaves.

Green pea leaves.

Kiwi fruit - organic because some are polluted.

Lettuce.

No linseed, even if refrigerated, because there is always some seed crushed by harvesters which go bad, and can cause nausea in people.

Mango slices and juice if body weight loss is needed. Not if you are thin, because mangoes are said to be thinning.

Parsley

Pear

Plantain

No pineapple from Philippines because three brands all had Roundup possibly from killing weeds growing with them.

Spinach

Tomatoes - organic or wash them with a scrubbing brush to reduce the fungicide sprayed on most, although cooked tomatoes are better for us because they then contain lysine.