

Toxic Metal Detox Smoothie

2 bananas
2 cups wild blueberries
1 cup cilantro
1 cup orange juice
1 tsp barley grass juice powder
1 tsp spirulina
1 small handful of Atlantic dulse
Optional: water to blend

Directions:

Blend all ingredients until smooth in a high speed blender like a Vita-Mix® or the Life-Energy Blender. If a thinner consistency is desired, add up to 1 cup of water. Enjoy!

LIFE ENERGY BLENDER -- Unless you already have a Vita-Mix blender, I highly recommend the LIFE-ENERGY Blender available from <https://www.longevity-formulas.com/shop/life-energy-blender>. The LIFE ENERGY blender is a Vita-Mix quality blender for much less money. It will allow you to pulverize to a liquid the entire fruit or vegetable instead of wasting a lot of nutrition when using a standard juice extractor. Plus it saves you from the incredible cleaning mess of a standard juicer. You are the most important investment you will ever make. This is about your health. If you don't have your health, you have nothing.