



Mix together the following herbs:

- 1 part dandelion root powder
- 1 part kelp powder
- 1 part wheat grass powder
- 1 part barley grass powder
- 1/2 part spirulina powder

Add powder to smoothies or to make into a green drink. You can also make this blend into herbal capsules, a tincture, glycerite or any other herbal method. If using herbal capsules, 2 capsules with each meal are good place to start and then depending on your body you can add more if needed.

Uses:

The greens in this blend have such a large spectrum of nutrients and minerals they will feed any part of the body that is "hungry" for the correct nutrients in order to cleanse, strengthen and build. Remember that most ailments are caused because the body is out of balance meaning certain parts are not getting the correct nutrients or they are overburdened with toxins. Along with a clean diet this blend will give your body the nutrients it needs to first cleanse the toxins, then to strengthen weakened areas or rebuild cells and tissue altogether. The added dandelion root has a high concentration of assimilable iron, calcium, potassium and other minerals to build the blood, making this a perfect food for pregnancy, anemia, and other blood conditions. This blend also works great as a daily vitamin supplement to keep an already healthy body at its best.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.