

LAIRD HAMILTON



FORCE OF NATURE

MIND, BODY, SOUL,
AND, OF COURSE,
SURFING

Catie's

ORGANIC GREENS & VITAMIN C PLUS
FEATURED ON PAGES 114 AND 139

MY SMOOTHIE RECIPE

I like to start the day with this smoothie. Liquids are easier to digest than solids, so less than an hour after drinking this, I'm ready for whatever activity is on the agenda. The great thing about smoothies is that you can blend up your favorite mix of ingredients, flavors, and supplements, depending on what you're aiming for. This mix contains a huge amount of nutrients, and they're easily absorbed in liquid form—your body is less efficient at processing vitamins when you take a fistful of pills. For more information on these supplements, see page 114.

1 tablespoon Catie's Organic Greens

1 tablespoon Catie's Vitamin C Plus

1 scoop Neuro 1

2 scoops Muscle Milk protein powder

1 tablespoon Udo's Oil 3-6-9 Blend

1-2 frozen bananas

1 cup frozen berries (any kind; I like blueberries, boysenberries, strawberries, raspberries, or blackberries)

½ cup organic apple or cherry juice or hemp milk (see page 116)

½ cup filtered water



Put all of the ingredients in a blender and mix at ice-crushing speed for 30 seconds. For a lighter version, eliminate the juice (or hemp milk) and substitute an additional ½ cup water, reduce the protein powder to 1 scoop, and use just 1 teaspoon oil and half of a frozen banana.

**Surfer Laird Hamilton features
Catie's Organic Greens
and**

**Catie's
Vitamin C
Plus
in his new
book about
leading a
Healthy
Lifestyle**



MY MUST-TAKE SUPPLEMENTS LIST

*Our ancestors got their critical nutrients from their diet. These days we don't have that option. Our topsoils depleted, and our grocery stores are filled with food that's been processed, denatured, and tweaked. To optimize your nutrition, along with eating well, you need to add other sources. Here are the supplements that I rely on.**

☛ **CATIE'S ORGANIC GREENS** If perfect health came in powder form, it would look exactly like this stuff. Catie's is the real deal. One tablespoon equals seven servings of green vegetables in a form that your body can easily assimilate. Aside from delivering great nutrition, Catie's helps balance your body's pH levels. This is important because many diseases, including cancer, can only thrive in an acidic environment.

☛ **CATIE'S VITAMIN C PLUS** This is the sibling of Catie's Greens, but instead of vegetables, it mostly involves fruits. Along with what it does contain—a megadose of antioxidants (a class of vitamins that help heal cell damage)—I like this product for what it doesn't: the synthetic chemicals and sugar that are added to many vitamin C powders.

*Full disclosure: I have no financial interest in any of these products, and when there's any kind of relationship, I say so. With supplements, as with anything else, there's a sliding scale of quality. The bottom line is that, for me at least, these work.

Energy Essentials™ Sanctuaries

have an optimum success plan pinpointing minor/major nutritional deficiencies, utilizing "whole foods" and "whole food" supplements, regulating your ideal active lifestyle, implementing seasonal cleanses and whole body rebuilding techniques that can bring radiant health, abundant energy, and joy back into your life.

818.591.9355

www.energyessentials.com