

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

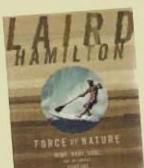
MY SMOOTHIE RECIPE

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 smoothles 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, raspherries, or blackberries) 1/2 cup organic apple or cherry juice or hemp milk (see page 116) 1/2 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 % cup water, reduce the protein powder to 1 scoop, and use just I 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

114



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MY MUST-TAKE SUPPLEMENTS LIST

Our ancestors got their critical reservents from their diet. These days we don't have that option. Our topsoil's depleted, and our gracery stores are falled with food that's been processed, densitored, and twested. To optimize your notrition, along with enting well. year need to add other asseress, blere are the supplements that I sely on."

EASTE'S ORGANIC ENERNS of partiest health came in powder force, it would leak exactly fake this stuff. Catlets is the real deal. One tablespoon equals seven servings of greens regardables in a form that your body can easily entimilate. Aside from delivering grean nutrition. Carie's helps bulance your body's pH levels. This is important became many diseases, including cancer, can only theirs in an acidic covircoment.

CAPIE'S TITAMIN C PLUS This is the sibling of Cante's Greens, but instead of vegreables, it mostly involves fruits. Along with what it does contain—a megadose of armicolidants is class of vitamins that help heal cell damage;—I like this produce for what it doesn't: the synthetic elemicals and sugar that are added to many vitamin $\mathbb C$

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