

### *Drink Recipes For Breakfast, Exercise, Hormonal Issues & Energy*

The following recipes can be used to increase natural energy reserves, start the detox process, increase mitochondrial function and provide healthy alternatives for the standard American breakfast. Be liberal with the berries as they are loaded with natural antioxidants and flavonoids.

Drink recipes can substitute rice for whey or vice versa. The rice is gritty and tends to sink to the bottom of the blender. It is the highest quality rice protein on the market but the grit factor makes it difficult for some people. My preference is always the Isolated Whey, which is cool-filtered to remove casein. The whey tastes better and has additional immune and gut healing benefits.

Lecithin may be added to any of the above to make a creamier shake especially if it will not be drank right away it prevents separation of ingredients. Using bananas or coconut milk as a form of natural emulsifier will also reduce this dramatically. Almond milk, Rice milk and some of the other nut milks can also add that creamy texture. Be creative and have fun. Try different things like organic apples with the skin for the pectin.

America is so Fiber deficient anytime you can add ground flax seeds or other seeds for fiber use them liberally. 2 Tbsp of freshly ground flax seeds adds 6 grams of fiber to any drink. Use a coffee grinder and grind the seeds first to assure breakdown. Add the seeds to water and fruit blend and finally protein and oils blending for brief periods. Grinding flax seeds is also helpful to make the drink creamy, and reduces NF-Kappa B (inflammation) via Flax seed oil, omega 3. Acidophilous can also be added by opening capsules adding at the end.

One of the ways people have used the OPTIMAL EFAs LIQUID or the BIOTICS NITROGREENS is to add them to one of the whey protein smoothies.

#### **Coconut Bliss**

1 small frozen banana  
1/2 cup unsweetened coconut milk  
1 scoop **NitroGreens**  
5 ice cubes

#### **NitroGreens Brownies** by Dr. Alex Vasquez

1 cup prunes  
1 cup almonds  
1 cup wheat bran (or gluten free oats)  
1/2 cup organic cocoa (no sugar added)  
6 scoops (1/2 cup) **NitroGreens** powder (Biotics Research)  
1 tablespoon honey  
1/4 cup water

Mix all the ingredient in a blender or food processor, and put in a small pan cut in squares and refrigerate. It does not require baking.

## Exercise Drink Recipe by Dr. Jeff Collins

**Drink 15 minutes before a workout for increased strength and endurance.**

1 cup almond milk  
1 scoop **NitroGreens**  
1 tsp-tbsp of **D-Ribose**  
2 scoops of **Whey Protein Isolate**  
1 packet of Stevia (if needed)  
½ cup of frozen blueberries  
(Optional--1 tsp of **L-Carnitine** for some people this adds too much energy)

## Energy Stabilizing Cocktail

**Great to use as a meal replacement or to drink ½ midmorning and ½ mid-afternoon to stabilize blood sugar. Use the magic bullet or blender**

10 oz purified water  
2 scoops of **NutriClear**  
1-2 scoops of **Whey Protein Isolate or Rice Protein** (optional if you need more protein)  
1 scoop **NitroGreens** (optional)  
1-2 Tablespoons of the oil of your choice  
    **Mixed EFAs** (no taste, antiviral properties)  
    **Optimal EFAs** (slight fish taste, cell membrane, gut healer)  
1 tbsp of lecithin if not sensitive to soy, makes it creamier  
½ to 1 cup of frozen berries, great source of antioxidants  
½ banana  
2 tbsp of flax seeds  
½ tsp of **BioDophilous-FOS**  
Ice as desired

## NitroGreens Quick Options

In a blender combine:  
1 scoop **BRC Nitro Greens** with:  
8-10 oz cold, PURE water  
your choice of 1 organic apple, pear or 1/4 to 1/3 cup of organic, frozen, sweet cherries  
Blend well & enjoy. No additional sweeteners are needed!

## Carnitine Lemonade Energy Drink – Electrolyte –Fat Burner

1-2 tsp. **L-Carnitine powder**  
(L-Carnitine carry's fat into the mitochondria and helps the body use fat as a source of energy.)  
Xylitol or Stevia natural sugar – sweeten to desired taste  
Squeeze or blend sliced lemon wedges and add to drink  
**Aqueous-Multi-Plus** 1-2 Tbsp. can be added for additional minerals and taste during summer workouts,  
  
Add ice and blend

## Chocolate Almond Milk Smiler

**Almond milk does have some natural sugars but if used in small amounts, this one can be great on the run or at work as a mini-meal**

6 oz purified water

2-4 oz of chocolate flavored almond milk

2 scoops of **NutraClear**

1-2 scoops of **Whey Protein Isolate or Rice Protein** (optional if you need more protein)

1 scoop **NitroGreens**

1-2 Tablespoons of the oil of your choice

**Mixed EFAs** (no taste, antiviral properties)

**Optimal EFAs** (slight fish taste, cell membrane, gut healer)

Ice as desired

## GamOctaPro drink: by Dr. Michelle Pouliot for Hormonal and Hot Flash Issues

8 oz. of Organic Vanilla Soy Milk

1 tablespoon of Organic Pure Almond Extract

1-2 tablespoons ground flaxseed

2 tablespoons of **GamOctaPro**

Mix in blender with ice and serve.

## On the Run Mini-Detox Drink

1 scoop **Nitro Greens**

2 scoops **NutriClear**

1-2 tbsp of **Mixed EFAs** (optional) has antiviral properties, stabilizes blood sugar, cell membrane support and is virtually tasteless.

6-8 oz water

Optional: can switch oil to **Optimal EFAs** (slight fish taste, cell membrane, gut healer)

Ice to preference, shake in a shaker cup and drink

## Power Oatmeal

1 cup steel cut oats or other long cooking whole grain cereal

After cooking add:

¼ cup blueberries

2 scoops **Whey Protein Isolate**

Top with 1 tbsp. raw chopped nuts

## Berry Compote

Warm up 1 cup frozen berries  
Top with:  
2 scoops **Whey Protein Isolate**                      1 tbsp. raw chopped nuts

## Yogurt Enhancer

¼ cup raw almonds                      1/3 cup berries  
¼ cup organic granola                2 scoops **Whey Protein Isolate**  
½ cup organic flavored or non flavored yogurt

## Whey Protein Smoothies – Per (2) scoops

### Pina Colada Blend by Lorraine Denoncourt

1/3 cup pineapple in natural juices or freshly cut  
¼ cup coconut milk (Coconut milk is high in Medium Chain triglycerides and immune modulating oils)  
1 banana  
½ cup water, ice as needed (always better to have chilled)  
2 scoops **Whey Protein Isolate** (filtered to remove casein)  
\* Option add 1 tbsp of Mixed EFA's - promotes cell membrane health and has natural antiviral components and will naturally decrease glycemic index    Blend

## Berry Blend

1/3 cup blueberries fresh or frozen	1/3 cup raspberries/strawberries fresh or frozen
1 banana	¼ cup pineapple
½ cup water	2 scoops <b>Whey Protein Isolate</b>
Ice	Blend

## Nitro Greens drink options

In a blender combine:  
1 scoop **BRC Nitro Greens** with:  
8-10 oz cold, PURE water  
your choice of 1 organic apple, pear or 1/4 to 1/3 cup of organic, frozen, sweet cherries

Blend well & enjoy. No additional sweeteners are needed!

### Cold and Flu Cocktail

1 Tbsp of **IAG**,  
1 Tbsp of **C/CAL/Mag** in water and a small amount of juice.  
Use about 4 oz favorite juice (Oswalla's tangerine juice is excellent),  
8 ounces of water and ice if desired.

After letting the combo sit in the fluid for 5 minutes, sip the mixture throughout the day.  
Adults can drink 6-9 drinks per day if they are really sick. Most people find 3 is enough to get their immune system in gear.

**C/CAL/Mag** stands for vitamin C, calcium and magnesium. Vitamin C is another component known to stimulate natural killer cells, the calcium will help to reduce fever and chills and the magnesium helps with the body aches normally associated with the flu.

### To Combat the Cold

Mix up a glass of **NitroGreens** using hot water.  
Serve with honey for a warm and soothing, nutrient-rich alternative to cocoa.

### Low WBCs, Immune Cocktail

1 tbsp of **IAG**,  
1 tbsp of **Dismuzyme granules** mixed with 3-4 ounces of your favorite juice and 6 ounces of water and ice.  
Drink 3 times per day.

Dismuzme is a trade name for the enzyme super oxide dismutase. This is an enzyme that is highly protective of healthy cells and has been really effective for stubborn viruses and raising low WBC counts. The dose is generally 3 times per day although it may be taken more often as physicians recommends. Dismuzyme granules may also be added to salad or food as long as the food is not too hot to eat. If it is cool enough for you to eat, the temperature of the food will not destroy the enzymes. An increased dose will not cause problems; the only side effect is taste, convenience and cost. Additional Iodine and Vitamin A may also be added to the cocktail dictated by the condition for more chronic conditions.

Rule out B12 or Folic Acid deficiency's by looking at MCV (if over 89.9 ) and MCH ( if over 31.9), if one is over optimal range consider a possibility if both are over the optimal range it is a probability.

Eliminate the factors that weaken the immune system like sugar, dairy and grain products. Heavy Metals can be a major factor in auto-immune disorders.