

# EV-EMPOWER C SMOOTHIES CLEANSE RECIPE

BY **ELVIS ALI**



# Introduce

Whenever someone thinks about smoothies, there can be many different reasons. Most of the time it is usually around spring time to do a body cleanse with a detox with appropriate foods (fruits and vegetables which contain high amounts of fiber) along with appropriate supplements. Another reason could be for health reasons, i.e. constipation with the focus on a particular organ, for example the

stomach and intestines. In addition, making smoothies can help the body when under prolonged stress to help reset by taking a break from your regular eating habits. An individual with adrenal exhaustion due to chronic stress will usually suffer from chronic fatigue, may complain of feeling stressed-out or anxious, and will typically have a reduced resistance to allergies and infection.

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# 10 signs that you need smoothies cleanse

- |  |  |
|--|--|
| 1. Chronic Fatigue                       | 6. Dry Skin                              |
| 2. Exhausted                             | 7. Insomnia and Have Difficult Waking Up |
| 3. Feeling Stressed-out or / and Anxious | 8. Poor Immune System                    |
| 4. Depression                            | 9. Gluten intolerance                    |
| 5. Craving for Salts                     | 10. Unexplained Weight Gain              |



## WHAT IS CLEANSING OR DETOXIFICATION?

Detoxification has been a very popular word among many different health care professionals for the last few years in the ever-growing field of natural health care. For instance nutritionists recommend a “detox” diet, your yoga teacher may recommend a detox juice fast for a few days, and if you have been seeing a naturopathic doctor you have probably already been prescribed a natural body cleanse or detoxification protocol or product. In our modern 21st century lifestyle we have the misfortune to be exposed to many different toxins on daily basis. These toxins can be found in our environment like our home, our workplace, and they are even contained in food, consumer electronics, cosmetics, many synthetic fabrics, new carpeting, and your new car. Environmental toxins seem to be a prevalent by-product of the frantic lifestyle our modern technology and economy have forced us to live in. Toxins can enter the human body via number of pathways for instance through the lungs when we breathe, the skin by contact, or the GI tract from the food and drink we consume. The three major body organs liver, lungs and kidneys then aid in metabolically processing and eliminating the toxins so that they can be excreted from the body with other waste material. That is IF the toxins do not become stored in the body cells through toxic overload. So the question that remains is what is detoxification?

Detoxification in general terminology is the process of clearing toxins from the body and neutralizing or transforming them into less harmful substances in the body.





## HOW DOES A CLEANSE OR DETOXIFICATION WORK?

A detoxification or cleansing of the body organs is an attempt to increase the efficiency of the organs as well as rid the body of a buildup of toxins. Functionally speaking poor digestion, sluggish colon with limited motility, reduced liver function, and poor elimination through the kidneys, respiratory tract, and skin all increase toxicity in the body. Liver for instance is the major site in the body where many toxins are biochemically altered into a form, which can then be eliminated from the body through the colon, lungs and kidneys. When toxins are biochemically broken down by the liver, they are converted into a less harmful form and are secreted back into the blood for elimination by the lungs or kidneys. Some are also trapped by the bile and eliminated out of the body through colon. Other toxins are excreted through our skin via sweating. The toxins and chemicals in our food, water, air and body through processing/metabolism will build up over time. Therefore, dietary and lifestyle changes plus a good detox protocol are necessary elements to reduce the level of these toxins in our bodies.



## BENEFITS TO DETOXIFICATION

Detoxification is believed to:

## 1. Help Prevent Disease

Especially when someone has had prolonged exposure to external chemical substances and environmental toxins.

Improve symptoms of fatigue and low energy, joint pain, headache, muscle pain, premenstrual syndrome, unhealthy skin, anxiety and irritability, frequent colds, heartburn, constipation, bloating and etc.

## 2. Managing Problems with Some Chronic Disease

Assist in managing problems such as autoimmune disease, multiple chemical sensitivity, fibromyalgia, chronic fatigue syndrome, digestive disorders, heart disease, attention deficit hyperactivity disorder, cancer and other chronic degenerative diseases.

Aid in increasing the efficacy and health of our internal organs such as heart, liver, lungs and kidneys.

Smoothies can help organs (skin, liver, lung, kidneys, and stomach/intestines) to detoxify which will eventually lead to rebuild and repair and strengthen the body.



# WHY SMOOTHIES CLEANSE

Do you actually know how many servings of fresh fruit and vegetables you need on a daily basis?  
**5-9 servings**

Today because of our busy lifestyle it is very difficult to consume all our servings of our foods, therefore using smoothies can be a very convenient way to reassure you can get all your servings every day. Using the super foods with high antioxidant is important, since they quench free radicals and protect cells. This helps the body's natural defences fight inflammation. One of the most potent antioxidants found in foods is Vitamin C. Even though food is the main source of antioxidants, individual needs exceed what food provides us with. Aging and the numerous stresses our bodies endure, increases our need for antioxidant supplementation, which detoxifies our bodies. Also to note because of pollution, decreased amount of nutrients from the soils our foods are being grown in today, pesticides, chemicals, etc., our fruits and vegetables used in smoothies will not provide sufficient amounts of vitamins, e.g. Vitamin C.

Smoothies can help organs (skin, liver, lung, kidneys, and stomach/intestines) to detoxify which will eventually lead to rebuild and repair and strengthen the body.





# HOW MUCH VITAMIN C DO YOU NEED EACH DAY? SAFE UPPER LIMIT FOR VITAMIN C IS 2,000 MILLIGRAMS A DAY.

Can you imagine that one orange has no more than 100 mg of vitamin C; therefore you will have to eat a lot of oranges to get the appropriate amount of vitamin C on a daily basis.

This is an advantage of smoothies as well as adding vitamin C which cannot be stored in the body so as to get your recommended amount needed each day. Humans cannot synthesize vitamin C, so it is an essential to add to your diet regime.

Vitamin C is a water-soluble nutrient found in cantaloupe, citrus fruits, berries, kiwi, peppers, tomatoes, papaya, mango and pineapple. In the body, it acts as an antioxidant, helping to protect cells from the damage caused by free radicals. The body uses vitamin C to make collagen, a protein required to help wounds heal. Benefits of vitamin C may include protection against immune system deficiencies, cardiovascular disease, prenatal health problems, eye disease, and even skin wrinkling. It is essential to stimulate the immune system by increasing the strength and protection of the organism. Due to its role in reducing inflammation, it is essentially for immunity and general health. Vitamin C is required for making collagen, an important protein used to make skin, cartilage, tendons, ligaments and blood vessels and certain neurotransmitters; vitamin C is also involved in protein metabolism. As an antioxidant that helps block damages caused by free radicals it may help prevent or delay the development of certain cancers, cardiovascular disease, and other diseases.

If you're deficient in vitamin C then you could suffer from the following symptoms:

- o Inflammation of the gums
- o Slow wound healing
- o Dry and splitting hair
- o Rough and dry skin
- o Weak immune system
- o Swollen and painful joints



# CLEANSING WITH HEALTH SUPPLEMENTS

You can always take supplements like botanicals and vitamins to help support your body throughout the detoxification process. With all supplements an individualized approach is recommended. The main organs involved in the excretion process of many of these toxic substances are skin, lungs, liver, kidneys and intestines.

If you have never attempted any detoxification programs it is important to check with family practitioner before you begin. Detoxification should not be done if you are pregnant, breast-feeding or suffer from heart problems, diabetes or chronic conditions. Besides taking herbal supplements and starting any detox diets make sure to include digestive enzymes and probiotics. They help with digestion and maintain a healthy intestinal flora which aids in complete digestion and assimilation of nutrients.

Let's explore how we can add more Vitamins and Trace Minerals to our Smoothies





# Intestines Cleanse Recipe

**PROBLEM:** It is important to have regular bowel movements since through our large intestine we excrete majority of by-products and toxins that we ingest. To have one bowel movement for every meal that we eat would be ideal but most of us only have 1-2 per day. Any total number of bowel movements less than 3 times a week will be considered, as constipation and it can be uncomfortable and unhealthy.

**Preparation Time:** 5 mins  
**Yields:** 1 Servings

INGREDIENTS	
(Fruits can be fresh or frozen)	
1 pack EV-Empower C	2 Strawberries
1/2 Apple	1/4 cup steamed Green peas
1 Tablespoon Flaxseed	1/2 Carrot
5 Raspberries	1 Tablespoon Chia seeds
1/2 Orange	5 Raw Almonds
	1/2 Cup room temperature water

**Directions:**  
1. Add all ingredients in a blender, and blend until smooth  
2. Pour into a glass and top with raspberries, if desired





# Liver Cleanse Recipe

**PROBLEM:** Majority of substances that enter our bodies through inhalation, ingestion and absorption through skin get absorbed into the blood. The blood after several steps is transferred to the liver where all of these substances are processed. The liver’s job is basically to ensure no harmful substances will be passed into the body. It is the most important organ of detoxification.

The liver tries to convert the toxic chemicals into a less toxic form so that they will not be very harmful to the body. This process will generate a lot of free radicals that are ready to react with other substances and hence are very chemically unstable. These molecules can cause oxidative damage to the body’s tissues as well. This is where intake of antioxidants plays a major role. Ensuring that we get enough antioxidants in our diet will help to reduce the degree of oxidative damage to our internal body from these free radicals.

**Preparation Time:** 5 mins  
**Yields:** 1 Servings

- INGREDIENTS**
- (Fruits can be fresh or frozen)
- |                     |                                |
|---------------------|--------------------------------|
| 1 pack EV-Empower C | 2 ounces Broccoli              |
| 1 small Beets       | 2 Brussel sprouts              |
| 1/4 cup Grapes      | 1 Dandelion (Roots and leaves) |
| 1/4 cup Blueberries | 1 teaspoon Curcumin            |
| 1/2 Carrot          | 1/2 cup room temperature water |

- Directions:**
1. Add all ingredients in a blender, and blend until smooth
  2. Pour into a glass and top with blueberries, if desired





# Lung Cleanse Recipe

**PROBLEM:** According to the World Health Organization (WHO), exposure to air pollution results in 4.2 million deaths worldwide each year.

The lungs are organs that connect directly with the outside world. They process the pollution that comes from the environment on a first-hand basis. The lungs are well supplied with blood and form a barrier that allows the body to absorb oxygen from the air and also to excrete carbon dioxide to the atmosphere. The lungs are also a very metabolically active site for detoxification of some toxins. Because the lungs are in contact with our polluted atmosphere, they can absorb many airborne pollutants. Some of these pollutants are particulate (solid) in nature and can become trapped within the lung tissue, and some pollutants are chemical (fluid) in nature and gain access to the body by dissolving directly through the lung membranes into the blood. These chemical pollutants can themselves act as oxidants, which damage the lung tissue or cause the lung tissue to be damaged when the body attempts to get rid of the pollutants.

**Preparation Time:** 5 mins  
**Yields:** 1 Servings

**INGREDIENTS**

- |                                 |                              |
|---------------------------------|------------------------------|
| (Fruits can be fresh or frozen) | 1 small Tumeric              |
| 1 Pack Ev-Empower C             | 2 Kale Leaves and Stems      |
| 1 Tablespoon Matcha Powder      | 1/2 Cup Blueberries          |
| 5 Cherries                      | 2 Tablespoon Steamed Beans   |
| 3 Almonds                       | 1 Tablespoon Steamed Lentils |
| 3 Walnuts                       |                              |

**Directions:**

1. Add all ingredients in a blender, and blend until smooth
2. Pour into a glass and top with raspberries, if desired





# Kidneys Cleanse Recipe

**PROBLEM:** The primary function of the kidneys is to filter and remove toxic waste products from the body via the blood and then return the cleaned blood back into the body. Approximately every sixty seconds, about one liter of blood will enter the kidneys through the ‘renal arteries’ and after the blood is cleaned it flows back into the body through the ‘renal veins’. Inside each kidney there are about a million tiny filtration units called nephrons. Each nephron is made up of a very small filter called a glomerulus that is attached to a tubule. As blood passes through the nephron, water and waste products are filtered out. Most of the water is then returned to the blood but toxins and other waste products are deposited in the urine for eventual elimination. Healthy normally functioning kidneys are capable of manufacturing one to two liters of urine every hour depending on a person’s individual fluid consumption. Kidneys that are compromised due to toxic overload or illness will certainly have reduced function and will not be able to filter waste products and toxins as well. People who have a high protein diet, or have gout (a form of joint dysfunction where uric acid is deposited in the joints and tissues causing painful swelling) or who may otherwise suspect a toxic overload should consider doing a kidney cleanse.

**Preparation Time:** 5 mins  
**Yields:** 1 Servings

- INGREDIENTS**  
(Fruits can be fresh or frozen)
- |                     |                                |
|---------------------|--------------------------------|
| 1 Pack EV-Empower C | 1/4 Cup Blueberries            |
| 1/2 Avocado         | 1 slice Ginger                 |
| 1/4 Cup Cranberry   | 1 small Tumeric                |
| 1/2 Cup Spinach     | 5-7 Raw Pumpkin seeds          |
| 1/4 Cup Parsley     | 1/2 Cup Room Temperature Water |

- Directions:**
1. Add all ingredients in a blender, and blend until smooth
  2. Pour into a glass and top with chopped parsley, if desired



# CONCLUSIONS

Best to take smoothies in the mornings and/or afternoons

Ideal to take during or immediately after working out

Make sure to drink water throughout the day

Although cleansing is not an easy process to stick with most people feel better and more energized as the cleanse progresses. During a cleanse a lot of people experience what is called a healing reaction. People experience different reactions during a detoxification process depending on how much toxins their bodies need to eliminate. Some common signs and symptoms of detoxification are fatigue, nausea, headaches, constipation or diarrhea, sweating, flue-like symptoms, skin rashes, irritability, mood swings, insomnia, runny nose, and mental fogginess or inability to concentrate. These signs and symptoms are normal reactions and are expected. Increasing water intake, exercise and resting when needed, can manage them better. The best time to start a detoxification program is during holidays or weekends since the first couple of days are when most people experience the healing reactions. These signs and symptoms will become less and be replaced by having more energy, feeling more vital and being more able to concentrate as time goes on.



# About Author



**Elvis Ali, BSc, RNCP, FIACA, DOMP**

Elvis was one of the first full time graduates from CCNM (Canadian College of Naturopathic Medicine) now CCNM over 3 decades ago. After graduating he was a clinical supervisor and taught Chinese Medicine at CCNM to hundreds of students, MDs, DCs and nutritionists. He did post graduate studies to become a Registered Acupuncturist. He is a staff member at CCHH (Canadian College of Holistic Health) and a member of the CAND (Canadian Association of Naturopathic Doctors). In 2006, Dr. Ali completed his studies on Body/Mind Medicine at Harvard Medical School where he was a member of the postgraduate association at Harvard.

He sits on many Boards including The Editorial Board of Alive Magazine and a Board Member of the OBACM (Ontario Board of Acupuncture and Chinese Medicine). Authored over 20 books including; International Best Seller Tea Tree Oil Bible and most recently, The Little Book on Cancer and published dozens of articles on many topics and a paper on Occupational Stress among Canadian College Educators.

Elvis is a consultant to many companies and involved in training and R and D of new products for Farsk Health. He has appeared on numerous radio and TV shows and lectured internationally. “You are not only what you eat, but what you think and combine on a physical, psychological, mental and spiritual level through eating well, exercising and enjoying life”. His mission is to educate the public and be a spokesperson for complementary health and wellness options and continued research in the field of herbal remedies, bringing safe and non-intrusive options into the public domain.

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# About Family Care Nutrition

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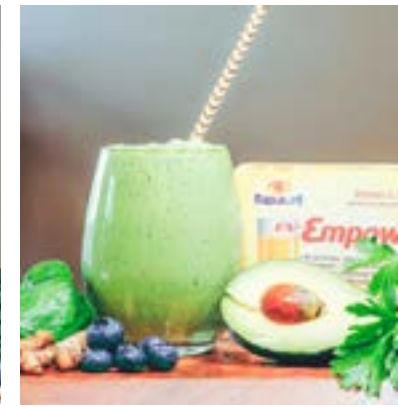
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The authors assume no liability for any personal interpretation, errors or accidental omissions. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program.







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