



# *The* GREEN SMOOTHIE MIRACLE

YOUR WAY TO  
INCREASED ENERGY,  
WEIGHT LOSS,  
AND HAPPINESS



**ERICA PALMCRANTZ AZIZ**

PHOTOGRAPHY BY ANNA HULT



THE

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# GREEN SMOOTHIE MIRACLE

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Your Way to Increased Energy, Weight Loss, and Happiness

Erica Palmcrantz Aziz

photography by  
Anna Hult

translated by Malou Fickling



Skyhorse Publishing

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The recipes, advice, and tips in this book are not intended as medical advice. Always consult a doctor before starting a new diet or wellness program.



To our magical Earth





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# Foreword

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## On being timely.

The little airport was dark, with not a cab in sight, as I raced up to the Arrivals just before midnight. I was late. A dark figure moved into the streetlight, visibly relieved. Erica!

My niece, whom I hadn't seen in at least ten years, apologized for getting the times mixed up—half past and half hours can be tricky when your mother tongue is not English. No matter, she was here at last!

The little girl I remembered as a chubby, giggling bundle of joy, with a complexion like pink marzipan that earned her the nick name of Miss Piggy, was now a young woman. There was so much to catch up on.

After a couple of weeks, yakking away in a mixture of English and Swedish, we traveled down the beautiful west coast to visit my daughter and her family. During the bumpy train ride I had discovered that Erica had a bad back, the painful result of an accident in her youth. She was in bad shape when we finally arrived at Jinjee's mountain home. No coffee and toast for breakfast, no burgers, no fries; just heaps of fruit, nuts, and veggies.

To suddenly change time zones and language can be tricky for anyone, but throw in a total change in diet and it boggles not only the mind, but the whole body. Anyway, it wasn't long after I had returned home that I got glowing reports on Erica's progress. She was pain-free and felt great, reveling in her new found energy and joy.

Seeing these two cousins today, I am reminded of how timely they are. In a world groaning under the weight of seven billion people, where many are suffering from famine and others from malnutrition due to poor food quality; where vast tracts of valuable land is used for cattle feed, instead of crops which benefit humans directly; where huge amounts of firewood, coal, and kilowatt hours are used to roast, bake, and boil food until it is unrecognizable; where stress and disease are rampant, then it makes so much sense to make changes for the better. We can not always change the world, or even our own families, but we can change our own lives in ways that may have beneficial repercussions in the world around us.

Thank you, Erica and Jinjee, for being just in time!

Christel Palmcrantz Garric  
Nanaimo, Vancouver Island , Canada



# Introduction

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It was a gray, foggy, and chilly November day, and I was feeling just like the weather. For some time, I had missed that spark of happiness in my life; I felt as though I was stuck on a treadmill. If this is the meaning of life I thought, I might as well quit altogether. Despite my kind partner and a good job with great colleagues and a good salary, I had a strong sense that there was more to life than this. I needed to create space for myself in order to think and invite something new into my life. And so, without knowing what I would do next, I decided to quit my job. My friends thought I was going a little crazy, but I felt I had no other choice; I had to get some distance from my everyday life. I just needed to get away.

Around that time, my cousin James told me that I should look at his sister Jinjee's new website, [www.thegardendiet.com](http://www.thegardendiet.com). James said that she ran a business from home while home schooling her four children, and that she probably could use some help. The next day, I visited the website and was greeted by images of wonderful fruits and vegetables, people glowing with energy and life, and pictures of my cousin Jinjee and her four children. However, at that moment I wasn't particularly impressed by the food or the message of the website.

My cousin Jinjee had always lived abroad, so I had met her on only a few occasions when she visited Sweden. I remembered her as extremely beautiful and charismatic. My family often spoke about how she and her husband lived in California, and how they ate oranges—lots of oranges! They also ate 100 percent raw, locally grown, and organic food.

Mustering up the courage, I nervously phoned the other side of the world and asked Jinjee if I could come over and help her with the children. She immediately said yes, though her husband, Storm, wondered if she had gone crazy! Even though Jinjee and Storm lived in a little village in the mountains at that time, where there was not much happening, Storm was very nervous that Jinjee's blonde Swedish cousin was going to hang out in Los Angeles and certain that my father would call and yell at them if they didn't protect me. But Jinjee said, "She is family, of course she's welcome."

It wasn't until I was on the flight to America that I really started thinking about what I had gotten myself into. I didn't think much about food. At the time, I lived on a healthier version of a standard diet, and I assumed that there would certainly be some places in California where I could get regular food. My attitude was that fruits and vegetables are good, but not all the time.

When I arrived to their home with my aunt Christel in California, I was expecting to be greeted by pale, scrawny, people, because that's what you look like, I believed, when you eat only fruits, vegetables, nuts, and seeds. Instead, I saw that the whole Talifero family was glowing and healthy. Their cupboards were indeed filled with nuts, seeds, and dried fruit, and there were ninety pounds of oranges, avocados, and ripe peaches that had been picked that morning lying on the kitchen counter. There was also a young coconut in the fridge and some frozen bananas in the freezer. A little different than what I was used to.

I stayed with my cousins for ten weeks, and from the day I arrived, I ate 100 percent raw. I felt my spark for life coming back after just one week. My blood sugar imbalance stabilized, I lost a few

pounds, and my upset stomach became calm. To me, stomach and mind go together. If my stomach is calm, I am also calmer and happier.

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I read every raw food book in the house, and I completely embraced what I learned. Everything I read felt so right. This, I thought, is what my body has been longing for.

I am tremendously grateful to Storm and Jinjee for opening their home and arms to me, and for sharing their life experiences with me. Storm has eaten raw food for forty years, Jinjee for eighteen years, and their children have eaten 100 percent raw food since they were born. My cousins taught me everything they knew about the raw lifestyle. They have brought much joy to me and the world, and they will forever be my role models.

When I returned to Sweden, I became utterly confused. At that time, I could find only one raw food blog, which was inactive, and two living food institutes in Sweden, and I felt terribly alone. I didn't know what to eat, because the food wasn't of the same quality as it was in California, and organic food was hard to find. So, I started to experiment with the food I could find in Sweden and began to create my own recipes.

I wanted to share my encounter with raw food and demonstrate how easy it is to live raw. This resulted in my first book, *Raw food—A Complete Guide for Every Meal of the Day*, written with health journalist Irmela Lilja. It is a beginner's guide with easy and tasty recipes for anyone who wants to incorporate raw food into his or her life. The book became so popular that we decided to write a second book, *Raw Desserts*, which is all about making desserts the raw food way. Goodies are a great and easy way to include raw in your regular diet. The same goes for green smoothies, which I share with you in this book. They are quick and simple to make, taste fantastic, and at the same time, make the body very happy and provide it with plenty of nutrition.

In the book, you will meet Malin, Andreas, Filippa, and Dagger, who all have a connection to green smoothies. They will share their best recipes and tips and explain how they started with green smoothies. Read on for inspiration!

## **How I eat my green smoothies**

**Breakfast:** I make either a green breakfast or a big batch of green smoothie and save whatever is left over in a bottle so that I can quickly boost my energy whenever I want to.

**Snack:** I drink whatever is left over from breakfast, or I have a sauerkraut juice—a healthy drink that contains plenty of fresh and healthy lactic acid bacteria. See the recipe for sauerkraut juice on page 155. If you prefer, you can buy it from your local health food store.

**Lunch:** I follow the axiom that you should eat like a prince for breakfast, a king for lunch, and a poor man for dinner; this helps ensure that you'll have energy throughout the day and that your digestive system performs optimally. (Read more about the digestive system on page 38.) This is why I usually make a more filling smoothie with avocado for lunch.

**Snack:** To prevent sugar cravings and tiredness that can creep up on you in the middle of the day, I like to have a sweet fruit or even go all out and have a green smoothie milkshake in the afternoon.

**Dinner:** When I don't feel like cooking dinner in the evening, I drink my green smoothie without the fruit, because fruit contains fruit sugar and additional carbohydrates.

**Long Live Life!**







# About the Author

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“To eat raw food is to celebrate and give yourself and the earth the very best.”

—Erica Palmcrantz Aziz

Erica Palmcrantz Aziz has been high raw vegan for over seven years. This means that her diet consists of at least 85 percent raw food. In Sweden, Erica is a well-established advocate of raw food and inspires people to find their way to eating raw food. She has written three books on the subject and has released a DVD.

**Name:** Erica Palmcrantz Aziz. **Age:** 35. **Lives:** Gothenburg, Sweden. **Family:** Husband Sam Aziz, 41 years, and daughter Saga, 5 years. **Does:** Inspires, writes books, and educates about raw food.

**Why I like green smoothies:**

“They take two minutes to make and give me a nice feeling of fullness and positive energy.”

**My favorite recipe:**

“Spinach, cucumber, lime, ginger, and avocado with a tulsi tea base.”

**My best advice on how to start:**

“Don’t think—just make your smoothie. Try it four times before you decide if you like it or not. To enhance the flavor, add some extra fruit.”

**The funniest comment I got when I talked about green smoothies:** “But we’re not monkeys, are we?”

**I drink my smoothies:** “When don’t I drink my green smoothies?!”



# The Green Smoothie Miracle

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More and more people are looking for ways to include raw food in their lives, but to different extents. People prefer food that's easy to make, simple, and tasty, and this is exactly the description of green smoothies. Everyone, regardless of how much raw food they choose to eat, can make green smoothies. They are quick, filling, and taste good. In addition, they give you more energy and make you slimmer and happier! This book gives you the answers to **Why, What, How, When, Where** to make delicious green smoothies, and it will teach you all about the nutritional goodness they contain. You will also find many tasty, mouthwatering recipes that will give you energy in under five minutes.

I want the recipes in the book to be a basis for your own creativity. Gradually let your feelings guide you to what you put into your green smoothies—we are unique beings, and it's important to take who you are into consideration. What makes you feel good? What are you in the mood for? What does your life look like at that particular moment?

Remember to prepare the drink with love, gratitude, and joy. Love and enjoyment also provide you with nutrition that you need, so if you find yourself sulking over a green smoothie, don't force it. Allow yourself to feel what food you're really craving, and then give yourself permission to eat it with the same gratitude and love as you would the green drink. You'll find that the desire to eat green will come back without any effort. It might take a while for your body to adjust to a new diet, but the body knows that the green leaves will give it a nutritional boost, and after a while, you will feel your body craving the green smoothies again.

There are many fantastic books on green smoothies, with plenty of interesting information. I want this book to be about the raw food lifestyle, with inspiring and beautiful images that awaken your desire and willingness to invite more green into your life. Follow me on a green trip to your natural weight, increased energy, and happiness!

Green is the new coffee—you gotta have it every day.

## Increased Energy

### Why Green Smoothies Give You Increased Energy

- Green leaves make your body more alkaline (read more about this on page 27). Acidification of the body is unfortunately a result of the standard modern diet. Eating a diet containing alkaline is necessary in order for the body to feel as good as possible.
- Your digestive system gets more rest than it would by eating a salad or regular food because the blender grinds the food. Digestion uses the most amount of energy of all the processes in the body, so when we facilitate digestion, we leave the body with more energy for other things.
- You devour large amounts of green leaves that are incredibly high in the essential minerals your body needs to function.
- You devour lots of live enzymes (read more about this on page 14). Live enzymes are proteins that act as a catalyst. Your cells need live enzymes to repair themselves and to build new, healthy cells.

Live enzymes make you shine!

Green smoothies increase hydrochloric acid in your stomach, which is essential for both the digestion and absorption of food.

Chlorophyll is the green color of the leaves—in short, chlorophyll is encapsulated sunlight.

Chlorophyll is similar to the chemical composition of our blood. The more chlorophyll-rich foods you eat, the easier it is for your blood and your internal organs to clean themselves. And the cleaner your blood is, the less your internal organs will be burdened, which means you have a lower risk of getting various diseases.

The fiber in green leaves help to clear your bowels. Having old, undigested food in your bowels is a major cause of ill health. When your colon is functioning properly, you have more energy!

## **Weight Loss**

### **Your Natural Weight**

Many people think they have to look like the slim ideals that exist in society and equate being thin with being happy. There are many tricks available to help us reach this so-called “ideal” weight including pills, powders, and different diets. However, these tricks exploit our desire to look “slim” without taking our energy, immune system, and happiness into account.

I want to replace the concept of “ideal” weight, which focuses on the external, with the concept of “natural” weight, which is achieved by changing your lifestyle and habits in such a way that you never again have to think about losing weight. When you have achieved your natural weight, you will be energetic, strong, powerful, as healthy as a horse, and happy. You will feel beautiful on the inside, and that shines through. Green smoothies can help you reach your natural weight and stay there. Green smoothies are satisfying; you won’t have to go hungry, and you’ll feel a sense of satisfaction that you might not have had before.



## **Green Smoothies Give You**

### **BEAUTY**

Clearer eyes  
More radiant skin  
Fresher breath  
Stronger hair and nails  
A flatter stomach and less cellulite  
A positive glow

### **SPIRITUAL LIFE**

Clearer, more positive thoughts  
Stronger connection with your spirit  
A gift to yourself and Mother Earth  
Love for yourself  
Feeling of calm and ease

### **WEIGHT**

Improved digestion  
Fewer cravings for unhealthy foods  
Fiber to help the stomach stay healthy  
Alkaline  
Vital nutrients

### **LONGEVITY**

Appearance and feeling of being ten years younger  
Long-life and vitality  
Healthy cells  
A life filled with fun and laughter this is essential for longevity

## Happiness

Become happier!

The stomach and the intestines are directly linked to the brain and central nervous system. Therefore, they quickly react to what we do, eat, and feel. Some scientists call the stomach our second brain (read more about this in Michael Gershon's *The Second Brain*). About 95 percent of our "feel-good" hormone serotonin is activated by the stomach, and various gastrointestinal complaints are often related to stress. The green leaves that are the basis of green smoothies are rich in fiber. They also act as a sponge, by absorbing and removing undigested food and toxins that exist in our gut.

Sauerkraut juice is one of my favorite drinks and can be homemade (the recipe is on page 155) or purchased premade in the health food store. Sauerkraut contains plenty of the beneficial bacteria your stomach needs. To help the good bacteria in your stomach, you should drink sauerkraut juice or eat a tablespoon of sauerkraut or a fermented vegetable on a daily basis.

Sugar, flour, dairy, and animal products often make our bowels constipated and irritable, because they create a buildup of old, undigested food. The soluble fibers of the green smoothie help to clear the intestine. When you have a functioning gut, you become happier!

When we lose a few unwanted pounds, our bodies feel lighter. We automatically become happier, because we are evolving into the people we want to be. Green smoothies can help you get rid of cellulite, get a flatter stomach, stronger nails, and shinier hair. Your breath will become fresher and you will smell lovely. Because they help your skin to "tighten" and become smoother and more even, green smoothies can also make you look younger.

Introducing more pure food into your life can open up a doorway to your spiritual life. If you drink a green smoothie a day, you'll feel more in touch with yourself and may become more curious and open to discovering a new world within yourself. You will get to know yourself on a deeper level. You will no longer have to abuse food or try to push troublesome feelings aside with junk food and sugar. When you get in touch with yourself, you experience life with increased energy and pure joy.

## Why a Miracle?

You might want to know what kind of miracle occurs whenever you start drinking green smoothies and juices. It's not a miracle that hits you like lightning, but a miracle that happens on the inside, quietly.

On [wikipedia.com](https://en.wikipedia.org/wiki/Miracle), a miracle is described as an "unexpected and sensational event, often regarded as a supernatural or divine intervention."

And that's exactly what it is. When you invite more green—living, nutritious food with the energy of light—into your life, a new energy is created, and you can feel and see things that you previously might not have felt or seen. Because we are usually so unaware of how vibrant life really is, this shift can seem supernatural.

I believe all human beings have their own divinity within themselves; however, not everyone can see their own divinity and live accordingly. One of the reasons we aren't in touch with our divinity is that many of us eat refined and processed products that divert energy from our consciousness and make us less capable of examining and discovering ourselves. The same applies to the stress of our daily schedule. Everything needs to be done quickly; we have to be the first, biggest, and the best, or



we are nobody. Rather than looking at the beauty of the qualities that make us unique, we seek to be copies of one another. When we start looking at our own divinity with the help of raw food and green leaves, something awakens within us. We begin to look at ourselves as an entity in the universe and take pride in the properties that make us unique. Imagine everyone as copies of each other. It's a pretty boring image, isn't it?

There is scientific research showing that every cell in our body has its own cosmos. When we sparkle with the joy of life and fill ourselves with the purest food, we let the cosmos flow through us, and small miracles begin to happen.

When we avoid stress-causing food such as caffeine, white sugar, and flour, a sense of calm starts spread inside and out. That's when we discover that our actions contribute to the wellness of both the heart and the body. When we lose the pounds that we don't need, when the skin takes on a new luster, when the eyes begin to sparkle with the joy of life, when the whole body gets a positive glow— that's when our inner miracle manifests itself on the outside. By letting the miracle into your life, you will shine and bring inspiration to your fellow beings and encourage them to open up to miracles in their own lives. Let the miracle begin!



# Raw Food and Green Smoothies

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Green smoothies are raw foods. Raw foods are fruits, berries, root vegetables, vegetable green leaves, nuts, seeds, dried fruit, cold-pressed oils, honey, seaweed, sprouts, some cereals, and superfoods that aren't cooked over 115 degrees. This means that all the nutrients, live enzymes, biophotons, and liquids in the food are preserved.

## Minerals

Minerals are very important for the body to function at its optimum level. Minerals are natural elements that exist everywhere in nature and in the food we eat. Minerals help to build the skeleton. They are also a part of enzyme reactions, nerve signals, fluid regulations, and cell metabolism. Important minerals are: calcium and magnesium, which are both abundant in green leaves; sodium, which is found in celery; manganese, found in spinach; zinc and iron, found in parsley; potassium, which is in most vegetables; and selenium, found in the soil and in Brazil nuts.

## Antioxidants

Antioxidants are substances or nutrients that prevent oxidation of our cells and act as the body's own internal anti-rust agent. Vitamins A, C, and E count as antioxidants.

The brighter the color of a vegetable or fruit, the more antioxidants it will contain. This also applies to something like green tea, which is loaded with antioxidants.

ORAC is a method of measuring the amount of antioxidants in food. A high ORAC value indicates a good source of antioxidants.

Phytochemicals give fruits, berries, and vegetables their color and are active in the immune system of plants. Different phytochemicals interact, and green smoothies contain a mixture of many different colors, making them full of antioxidants. The green in green leaves is chlorophyll that contains green vegetable dyes.

Phytochemicals protect the cells against free radicals. Free radicals are a by-product of metabolism and occur naturally in the body. However, if an imbalance occurs, there is a risk of excess free radicals circulating in our cells, and that's when we begin to age faster.

## Live Enzymes

Live enzymes are small proteins that play a vital role in the digestive, metabolic, and immune systems. They help us remain strong and functional.

Live enzymes are found naturally in food; however, they are destroyed when heated. Therefore, cooked foods contain fewer vital enzymes. A lack of enzymes impairs digestion and the absorption of nutrients, can increase the amount of toxins in the body, and reduces protection against infections.

Because of its high content of enzymes and wealth of antioxidants, the raw food diet is commonly called the rejuvenation diet. When you eat raw, you feed your cells with the nutrients you need in order to live a long life. In an experiment performed on rats, those who were given a nutritious, low-calorie diet lived longer than the rats that ate a "normal" diet. The conclusion was that humans could also live longer with this sort of diet. Instead of burdening our cells, this diet would strengthen them.

and help to create healthier and stronger new cells. If we fill our cells with live enzymes, we increase the potential of living a long and, hopefully, happy life. Where there is life, there are enzymes.

## **Biophotons are Lights**

Biophotons are light energy that we can't always see but can subtly feel. In the 1920s, the Russian professor Alexander Gurwitsch noted that cells emit light and that this could affect cell division and the construction of living organisms. Gurwitsch also discovered the phenomenon of biophotons and described them as follows: "Biophotons are weak but coherent electromagnetic frequencies that are emitted by all living systems and that seem to be closely connected to the cell's physiological and biological functions as living things. All living creatures generate radiation. The body exudes biophotons, electromagnetic frequencies, heat, sound, and smell. The type of radiation directly depends on what condition the body is in . . ."

Biophotons (bio=life, photon=particle emitting light) can be made visible with the help of Kirlian photography. See pictures of Kirlian photography and read more about it in David Wolfe's book, *The Sunfood Diet Success System*.

## **Probiotics and Prebiotics—Vital life bacteria**

Probiotics are lactic acid bacteria (beneficial bacteria) that are good for the intestinal flora and immune system. Probiotics have also proven to be good for different kinds of allergies. Beneficial bacteria live off the nutrients in the intestine, settling in the mucous membranes of the stomach and making it difficult for the harmful bacteria to access nutrients, or stick to the intestinal mucosa.

Probiotics are found in onions, garlic, cabbage, tomatoes, corn, and fermented foods like sauerkraut, kefir, yogurt, etc.

As all beneficial bacteria cannot reach the colon when they travel through the digestive system, we should consume probiotics daily in order to build and maintain a good balance in the intestinal tract.

Probiotics also help to produce vitamin K and the following B vitamins: B1, B2, B6, and B9 in the colon.

Prebiotics are oligosaccharide, a type of carbohydrate that the digestive system doesn't effectively break down, and which usually ends up in the colon relatively unmetabolized. Prebiotics therefore contain a lot of healthy fiber and can be used as nourishment by beneficial bacteria. Probiotics can thrive in the gut if you add prebiotics to your diet. Prebiotics containing fructose-oligosaccharides, which are high in inulin, such as Yacon syrup, garlic, asparagus, and bananas, are particularly beneficial.

## **More About Raw Food**

If you want to find out more about raw food, take a look at my book *Raw food—A Complete Guide for Every Meal of the Day*. Or, go online and watch videos about raw food on YouTube, or try to find out if there are other people in your town who like raw—anything that helps to get you started.

## **Victoria Boutenko—"The Green Smoothie Queen"**

Victoria Boutenko has inspired thousands of people, including me. I call her "The Green Smoothie Queen." Victoria has written several books, including *Green for Life*, *Green Smoothie Revolution*, and *Raw family*.

Victoria and her family started eating raw food because of health issues and found that it helped them to overcome these issues. However, after about nine years of raw foods, Victoria and her family felt that something was wrong. Why were they so tired and unenergetic rather than happy and strong, like they were when they first started the diet? Victoria began researching the reasons for this disappointing turn of events, and she discovered that the DNA of human beings is 99.4 percent identical to that of chimps. She noticed how the chimpanzees ate large amounts of green leaves and started including these in her own diet. This led her to invent the green smoothie—a mixed drink that contains large amounts of greens and fruits in a form that allows the body to easily absorb all the healthy vitamins and minerals. After including green smoothies in their diet for a short while, Victoria and her family could feel their power and energy coming back.

Victoria also realized how few green leaves she and her family had eaten in the past, despite their raw food diet. Their raw diet had consisted primarily of nuts, seeds, and dried fruit. Victoria was so excited by what the green smoothies had done for her family, that she began to share her knowledge with others. People who tried the green smoothies lost weight, gained energy, and had fewer fast-food cravings. Today, Victoria travels the world and speaks of the vitality and joy that green smoothies bring.

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