



Prescription Smoothie Recipes

- **Peach/Pineapple Smoothie**
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- **Smoothie Banana/Peach Smoothie**
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- **Blueberry Kale Fantasy Smoothie**

What is a prescription smoothie you ask?

A prescription smoothie is a way to provide the body's cells with vitamins, minerals, & phytochemicals without having the digestive system shut down. Due to our food supply being so toxic, our air, our water, plastic toxicity, pumping gasoline, swimming in chlorine and many other reasons we are being poisoned internally & externally!

I am a Natural Health Consultant for women my name is Shamara Daniels. After being told I would die due to Glioblastoma back in 2018 I had to take matters into my own hands. I had to re-educate myself as a prior pill pushing western medicine nurse.

I went back for nutrition, herbs, aromatherapy, formulation of skincare products, and I will soon receive my Batchlors Degree in Natural Health Consulting and prescribing homeopathic medicines.

This book is dedicated to the world. Never let them put into your mind there is no cure. The one who created you wrote his name in the code in every cell in your body. "YAH" which makes up one complete body protein in the form of amino acids. So, meat is not needed, it overdoses us in internal ways & is the number one cause of disease. Protein is a micronutrient meaning we need to get it from plants in small doses.

I take women on a self-love internal healing journey to free the spirit trapped within. The entire purpose of life is to awaken spiritually and learn all you can before death. You see we are made of energy meaning man can create it or destroy it. Energy doesn't die, it just changes form.

I call the ingredients in the smoothies internal cleaning solutions because they are. Think of your favorite cleaning supplies such as bleach, pine-sol, Lyson, etc. You can't see how the food choices you pick cause a rust-like substance to cover the outside of the cells. This causes disease and malnutrition because it stops the cells from taking in the nutrients it needs from the blood stream. This also poisons the blood stream.

[Visit the self-love internal healing boutique](#)

[Visit my health coaching site if you're trying to cure disease](#)

I pray this e-book helps you to prepare your internal cleaning solutions and gives you the inspiration to create your own!

I do one on one coaching. I take on 4 clients every 6 months depending on what you are trying to cure, if you need supplements, natural products, and calls to your doctor.

Self-Love is to be practiced offensively to the 10th degree!!

Peach/Pineapple "Prescription Smoothie"

- Makes one smoothie. Helps with digestive health, lowers blood cholesterol levels, & reduces the risk of heart disease. Provides vitamins, minerals, & phytochemicals the body needs to stay healthy. Also kills bacterial infections. This combination will clean the grudge like build up on your cells preventing nutrients from entering. Smoothies are a great way to give digestion a break and your cells a nutritious buffet!

- Ingredients:

- 1 peach washed and sliced
- ½ cup pineapple
- 1 tsp ground flax seeds
- 1 cup coconut milk
- 1 tbsp Manuka honey (optional)
- 1 cup of raw spinach

- Directions:

- Place spinach in blender first, then cover with the rest of the ingredients. Process at high speed until well combined (you may need to carefully stop and press the spinach down a few times). You may want to add ice or more cold quality water, depending on how cold and thick you like your smoothie.
- Enjoy the health benefits! Break your fast with this smoothie but add in 1 tsp of purple sea moss.
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- **Per smoothie**

- Protein (g) 5.74
Carbs (g) 41.18 Fat (g)
25.65 Calories 382.75

Very Berry Passion "Prescription Smoothie"

Makes one smoothie. Helps with omega-3 fatty acids, which are polyunsaturated fat. Assists in the prevent of heart disease & stroke. Kills bacterial infections.

Also helps control eczema, lupus, and rheumatoid arthritis. Plays a protective role in cancer and many other conditions. Contains vitamins, minerals, and phytochemicals the body needs to stay healthy. This combination will clean the grudge like build up on your cells preventing nutrients from entering. Smoothies are a great way to give digestion a break and your cells a nutritious buffet!

Ingredients:

- ½ cup blackberries
- ½ cup blueberries
- 1 medium banana peeled
- 1 tsp chia seeds
- 1 tbsp of Manuka honey
- 1 cup almond milk, unsweetened
- ice (optional)

Directions:

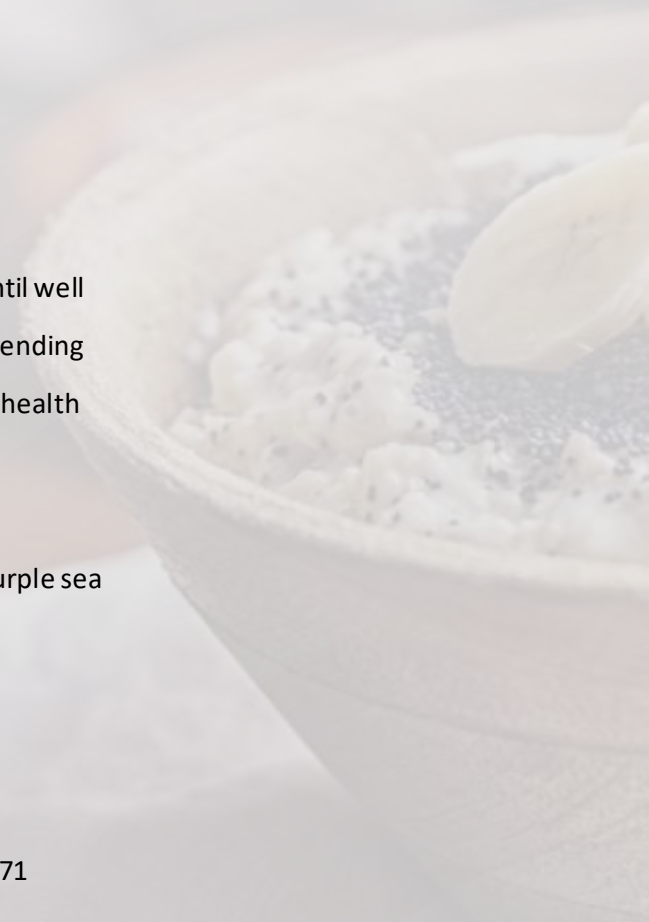
Place all ingredients in blender. Process at high speed until well combined. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy the health benefits.

If breaking your fast with this smoothie add in 1 tsp of purple sea Moss powder.

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Per smoothie

Protein (g) 4.53 Carbs (g) 46.15 Fat (g) 5.17 Calories 230.71



Banana Raspberry Protein "Prescription Smoothie"

Makes one serving. This smoothie will help to break down undigested foods, grow and repair body tissue, help the body produce hormones and brain chemicals, provides a natural energy source, maintains healthy skin & nails, builds muscle, boost immune system, and sustains a normal digestive system. This combination also kills harmful bacteria as well as provides vitamins, minerals, & phytochemicals to clean the grudge like build up off the cells to allow nutrient absorption.

Ingredients:

- 1 medium banana
- 1 tsp powdered amino acids
- 1 tbs of Hemp seeds
- 1 medium orange peeled & sliced
- ½ cup of raspberries
- 1 tbsp of Manuka honey
- 1 cup of oat milk

Directions:

Place all ingredients in a blender. Process at high speed until well combined. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

If breaking your fast with this smoothie add in 1tsp of purple sea moss and Magnesium. www.fastingisthecure.com

Per smoothie

Protein (g) 4.78 Carbs (g) 58.79 Fat (g) 4.20 Calories 267.96

Orange Extreme Immune Booster & Pain Relief "Prescription Smoothie"



Makes one serving. Helps with anti-aging, reduces inflammation in the body, treats acne, improves vaginal health, controls hormones, and very high in omega fatty acids helping with hair and nail growth. Kills harmful bacteria in the body. Contains very high amounts of vitamins, minerals, & phytochemicals that reduce the risk of disease, cleans the built off grudge off the cell wall to allow nutrient absorption.

Ingredients:

- 1 cup of oats
- 1 medium carrot cleaned & chopped
- 1 medium pear cleaned and cut up with skin on
- 1 tbs Manuka honey
- 1 cup of cashew milk
- 1 tsp sea Buckthorne

Directions:

Place oats in blender and cover with almond milk. Let soak while you prepare the rest of the ingredients. Add rest of ingredients to blender. Process at high speed until well combined. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

If your breaking your fast add in 1tsp of purple sea moss powder.

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Per smoothie

Protein (g) 10.11 Carbs (g) 81.36 Fat (g) 5.59 Calories 400.78

Banana/Peach "Prescription Smoothie"

Makes one serving. Helps with controlling blood sugar spikes, boosts brain function, protects against heart disease, improves colon functions, improves blood circulation, fights and prevents cancer cells, treats neurodegenerative disease, and reduces bad cholesterol. Contains vitamins, minerals, and phytochemicals that reduce the risk of disease. Kills harmful bacteria in the body. The combination cleans off the toxic built up grudge on the cells to allow nutrient absorption.

Ingredients:

- 1 cup peach
- 1 medium banana
- 1 cup almond milk, unsweetened
- 1 tsp cinnamon
- 1 tbsp Manuka honey

Directions:

Place all ingredients into blender. Process at high speed until well combined. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!


If your breaking your fast add in 1tsp of purple sea moss powder.

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Per smoothie

Protein (g) 3.64 Carbs (g) 42.20 Fat (g) 3.50 Calories 197.53

Thick and Extra Delicious Cacao "Prescription Smoothie"



Makes one smoothie. Helps with improving attention, working memory, and general cognition. It may also restore cognitive performance in people with insomnia. Stimulates the growth of new brain cells, improves depression & anxiety, supports gut health, and boosts immune system naturally. Contains vitamins, minerals, & phytochemicals to support overall health. This combination cleans the gunk like build up on the cells allowing for improves nutrient absorption.

Ingredients:

- ½ avocado, pitted
- ½ medium banana
- 2 tbsp tablespoon cacao powder
- 1 tsp lions mane
- 2 unsweetened dates
- 1 cup of almond milk, unsweetened

Directions:

Place all ingredients into blender. Process at high speed until well combined. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

If your breaking your fast with this smoothie add in 1tsp of purple sea moss powder. www.fastingthecure.com

Per smoothie

Protein (g) 6.60 Carbs (g) 64.16 Fat (g) 19.08 Calories 400.88

Almond Delight "Prescription Smoothie"



Makes one smoothie. Helps add healthy fat to the body to carry fat soluble vitamins, lowers blood sugar levels, reduces blood pressure naturally, lowers cholesterol levels. Contains vitamins, minerals, and phytochemicals to keep your body running at its best. The combination of the ingredients helps to clean off the build-up grudge on the cell walls preventing nutrient absorption.

Ingredients:

- 1 cup spinach, raw
 - ½ medium banana
 - 1 tbsp almond butter, unsweetened
 - 1 tbsp chia seeds
1. 1 ½ cup almond milk, unsweetened

Directions:

Place spinach in the blender first, then cover with the rest of the ingredients. Process at high speed until well combined (you may need to carefully press the spinach down a bit). You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

If your breaking your fast with this smoothie add in 1tsp of purple sea Moss powder. www.fastingisthecure.com

Per smoothie

Protein (g) 7.34 Carbs (g) 24.22 Fat (g) 17.54 Calories 276.76

Strawberries & Apple Pleasure Bomb "Prescription Smoothie"



Makes one smoothie. Helps boost antibody count, promotes weight loss, fights cancer cells as well as other diseases, and contains omega 3 fatty acids to reverse mental health. Contains vitamins, minerals, and phytochemicals that promote optimum health. The ingredients combined clean the toxic grudge off the cells to help with better nutrient absorption.

Ingredients:

- 1 ½ cup of strawberries washed
- 1 medium apple washed with peel
- 1 tbsp of flaxseed
- 1 ½ cup of almond milk, unsweetened
- 1 tbsp Manuka honey
- Ice (optional)

Directions:

Place all ingredients into blender. Process at high speed until well combined. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

If you're breaking your fast with a smoothie prescription add 1 tsp of purple sea moss.

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Per smoothie

Protein (g) 4.58 Carbs (g) 36.52 Fat (g) 7.20 Calories 253.38

Blueberry Kale Fantasy "Prescription Smoothie"

Makes one smoothie. Helps with lowering cholesterol levels, reduces blood pressure, helps with weight loss, helps to lower stress levels, strengthens metabolism, kills cancer cells, improves memory and brain function, helps strengthen weak bones, improves insulin sensitivity, delivers healthy fats to transports fat soluble vitamins, and helps with gut health. Contains loads of vitamins, minerals, & phytochemicals. Perfect smoothie for breaking an autophagy fast! The combination together cleans the toxic built up gunk off the cells for improved nutrient absorption.

Ingredients:

- 1 cup of organic blueberries
- 2 tbsp walnuts
- ½ medium organic banana
- 1 cup of almond milk, unsweetened
- 1 tsp purple sea moss powder
- 1 cup raw organic kale

Directions:

Place kale in blender first, then cover with the rest of the ingredients. Process at high speed until well combined (you may need to carefully press the kale down a bit). You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

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Per smoothie

Protein (g) 8.07 Carbs (g) 42.64 Fat (g) 19.89 Calories 368.46