



# GREEN SMOOTHIE CHALLENGE

## Reasoning behind Green Smoothies?

Why are we having a Green Smoothie Challenge? We have a number of our staff adding Green Smoothies to their daily diets and are experiencing wonderful health benefits. We decided we needed to share this information with our customers!

Harvest Health Foods challenges you to consume 1 quart of Green Smoothie daily for 30 days. Even if you change nothing else, you will feel the benefit of, increasing the amount of, raw greens and fruits in your daily diet.

## Why Green Smoothies?

1. The Nutrients contained in raw greens and fruits are more easily digested and utilized when they are blended. Plus, we would never take the time to "CHEW" the amount of greens and fruits that are contained in your Green Smoothie.
2. RAW foods contain *LIVE ENZYMES* -- foods that are not cooked maintain their life giving enzymes which help with digestion and a host of other health benefits. We'll talk more about enzymes in a later Green Smoothie note.
3. Many of us shy away from nutrient dense greens such as kale or spinach. When we do eat them, we cook them which reduces those life giving enzymes. You can pack your smoothie with a variety of beneficial greens, and they taste great!
4. You don't ever have to add a high calorie 'dressing' to this salad.
5. The typical American diet is practically void of fiber. Fiber wasn't meant to come in a capsule; it was meant to be obtained from our foods. The fiber contained in blended fruits and vegetables are easily assimilated by our bodies and produces "cleansing" effects that are very beneficial.
6. Smoothies provide an easy and delicious way to consume easily assimilated nutrients well beyond the RDA requirements.

*These are just a few of the reasons to add Green Smoothies to your daily diet. We'll add more as we go!*

We want to hear from you. If you want to join the challenge email us at [info@harvesthealthfoods.com](mailto:info@harvesthealthfoods.com) use "Green Smoothie Challenge" in the subject line. We want