

Immune boosting smoothie



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One thing everyone strives for is a healthy immune system. Eating our green vegetables is one of the best ways to do this. The good thing is, green veggies are both low in fat and calories, while being high in antioxidants, protein, fibre, calcium, iron and minerals. Every day, we come in contact with substances that damage our bodies called toxins. Water, food, exercise and even our own bio-chemical reactions in the body produce toxins. They can contribute to anything from lowered immunity, to the development of abnormal cells, to fatigue. Luckily, our bodies are detoxing machines and know exactly what to do to protect us and remove toxins from our blood and tissues.

It is important to get rid of toxins as soon as possible. The less time they have to cause havoc, the better! This is why it is important to eat a variety of greens every day. Cruciferous vegetables such as broccoli, kale, cauliflower, brussel sprouts and cabbage contain enzymes that 'deactivate' harmful substances. They are vital for detoxification. Our body then combines these toxins with fibre and removes them from the body.

Making a green smoothie is a great way to get your daily dose of greens in. Here is a simple, nutritious and tasty recipe. Always buy organic where possible.

Ingredients

- 1 handful spinach
- 2 stalks kale
- ¼ cucumber
- ¼ courgette
- 1 green apple
- 1 stalk celery
- ½ whole lemon peeled
- Lots of water



Blend all ingredients together until smooth.

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