



# DR. FUNK'S ANTIOXIDANT SMOOTHIE

Blended smoothies combine delicious whole fruits and vegetables packed with natural cancer-kicking compounds. Although juiceries are popping up on every corner, I am not a fan. The main problem with juicing is that you miss out on all the fiber from the pulp and skins that otherwise remain when blending or consuming whole foods. Fiber yields protective benefits against breast cancer, and there are phytochemicals inextricably bound to the skins and pulp that juicing discards. The good bacteria in your gut liberate these bound polyphenols and send them coursing through your body to relieve oxidative stress.\*

I've been tweaking my smoothie recipe since 2012, and I am pretty sure it contains the most cancer-kicking compounds found in one single glass of goodness on earth. This can serve as your breakfast, lunch, or dinner, full of phytonutrient fabulousness.

**1½ CUPS** of soy or almond milk

**1 TBSP** of amla (powdered Indian gooseberries)

**¼ TSP** of turmeric or curcumin powder  
(or ¼ inch fresh turmeric root)

**¼ TSP** black pepper (activates the curcumin)

**1 TBSP** of flaxseeds (omega-3 fatty acids)

**¼ CUP** inner fillet aloe vera gel  
(gel, not juice or aloe water, and only inner fillet)

**2 OZ** brewed green tea, OR  
**1 TSP** of Matcha powder, or cut a green tea bag open and empty contents

**1 TSP** of cinnamon

**1 DRIED** date

**1** custom Pink Lotus Green Pod OR  
**2 PACKED CUPS** of dark leafy greens like spinach, kale, or collard greens

**2 CUPS** of berries like (fiber listed in grams): raspberries (8g), blackberries (8g), boysenberries (7g), blueberries (4g), and/or strawberries (3g).  
(Use frozen to make it frostier. Break the routine with new flavors like mango, pear, and peach.)

**1 SMALL** banana (I freeze mine)

**1.** Combine all ingredients in a 500W high quality blender to mash through frozen antioxidants and mix all the flavors.

**2.** If you can, drink over 20 minutes through a straw to avoid tooth enamel damage.

**3.** Do a simple water rinse of your teeth—no brushing for an hour.

To mix things up, you can add vanilla, fresh mint leaves, fresh basil leaves, lime juice, lemon juice, fresh ginger root, cayenne pepper, 1-2 drops of clove oil.

*ALT: use 1 cup berries + 1 cup less expensive fruits like sliced apples or oranges.*



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For more practical ideas on how to take charge of your breast health, reserve your copy of Dr. Funk's book now at [pinklotus.com/breastmanual](http://pinklotus.com/breastmanual) to receive the book release week next Spring.

\*Nonextractable polyphenols, usually ignored, are the major part of dietary polyphenols: A study on the Spanish diet. Mol Nutr Food Res. 2010 Nov;54(11):1646-58.