

GUT HEALTH RECOMMENDATIONS, BY TREENA

Heavy Metal Detox Smoothie

- 2 bananas.
- 2 cups wild blueberries. (Costco frozen section)
- 1 cup cilantro.
- 1 cup orange juice.
- 1 tsp barley grass juice powder (health food store)
- 1 tsp spirulina.(health food store)
- 1 small handful of Atlantic dulse. (health food store)
- Water to blend.



(<https://www.medicalmedium.com/mm101/medical-medium-heavy-metal-detox.htm>)



Celery Juice

16 ounces daily on an **empty stomach** and wait 30 minutes before eating.

Use a juicer or a blender. When using the blender, please use a strainer to remove fiber of celery. You can utilize the fiber in soups or freeze.

Ultimate Daily Greens

A scoop a day keeps the Dr. away. You can never have too many antioxidants. These yummy daily greens provide you with 48 land and sea greens. Add a scoop to your smoothie or glass of water. Tastes great both ways.

Vitamin D

Omega 3 Fish Oil

Medicinal Mushroom Spray

