

Mada's Morning POWER SHAKE

Use this shake instead of, or before your regular morning breakfast. It is full of nature's goodness and is very filling, but if you are still feeling hungry, try eating a fruit of your choice afterwards. For those of you who are habitual morning coffee drinkers, it is best to have your coffee or tea at least 40 minutes after drinking the shake. If you make the **Morning Power Shake** a part of your daily routine, you may find that your need for the stimuli created by caffeine gradually decreases and you can permanently eliminate it from your breakfast time.

Soak 10 - 12 almonds overnight and peel the skin in the morning.

Soak a tablespoon of flaxseeds in a glass of water separate from the almonds. (Flaxseeds are rich in omega-3 essential fatty acids, magnesium, potassium, and fiber. They are also a good source of B vitamins, protein, and zinc.)

Drink the water from the flaxseeds in the morning and blend the following ingredients in a blender:

The peeled almonds (Occasionally, substitute almonds with sunflower seeds.)

The soaked flaxseeds

1 banana (optional)

1 tea spoon lecithin

1 tea spoon wheat germ

1 tea spoon bee pollen (Some people have allergies to bee pollen, if skin irritation occurs, discontinue this ingredient.)

1 tea spoon Spirulina

1 tea spoon Psyllium Husk

1 serving of protein powder of your choice (Hemp, Soy, Rice, Whey)

dash of cayenne pepper

1.5 glass apple juice (You can also use grape juice, soya milk, rice dream, etc.)

If you are taking any vitamin supplements such as A, B, C, D, E, Calcium, Magnesium, etc. you can blend them with your shake. You can also add 3-4 capsules of Ginkgo Biloba, which is reported to enhance blood circulation and increase the supply of oxygen to the heart, brain, and all bodily parts. It is useful for improving memory and relieving muscle pains. It also acts as an antioxidant and has anti-aging effects and more...

NOTE:

Experiment with taking vitamins and supplements using your intuition. I have always chosen what my body needed this way. If you are not sure what you are feeling, you can choose your vitamins either through muscle testing, also known as kinesiology, or by dousing with a pendulum.

If you consume this drink daily you will notice an increase in your energy and vitality. It is good to give your body occasional breaks by substituting the shake with freshly squeezed juices. If you stay in tune with your intuition you will know when to take breaks. Always listen to your body, it is your best friend and advisor!

