

THE *herban* ALCHEMIST

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INTESTINAL REJUVENATION SMOOTHIE

(Vanilla Chai and Strawberry)

The **Intestinal Rejuvenation Elixir Smoothie** is a “Super Food” Smoothie that supports healthy Gastro-Intestinal function and repair. The smoothie is designed as a meal replacement for breakfast. It should accompany the **Health Food Rocks!** guidelines for best results.

We recommend that you consult your physician before using the supplements to be sure they are appropriate for you.

Ingredients: (included with the bundle)

- **iNFLAMMA-Pro** 1 scoop
- **Gut REVIVE** 1 scoop
- **PROBIOTIC Plus** ½ packet
- **Rainbow GREENS** 1 scoop
- **FIBER Complete** 1 scoop
- **FLAX Oil** 1 TB

Optional Super Food Boosters: (add 1-2 for extra goodness)

- Superfood + Berries 1 tsp
- IgG IMMUNE 1 scoop
- Turmeric 1 tsp
- Coconut Oil 1 TB
- Spices: Turmeric and Ginger ½ tsp

Instructions:

- Mix the above ingredients into 12-16 oz. of purified water
- You may add 1/2 cup of frozen organic berries, papaya, or pineapple
- Optional: You may add 1/2 cup of yogurt, rice milk, almond milk or soy milk.
- Spices: Turmeric or Ginger

Guidelines:

- All smoothie ingredients should be refrigerated.
- The smoothie is best as a meal replacement for breakfast.
- It has nearly 20 grams of protein.
- Take at least 30 minutes to drink this. It is a meal.
- **The Inflammation Elixir** is best when accompanied by the **Health Food Rocks!** guidelines