

So Many Perfect Smoothies

...to make breakfast one less
decision you have to make!



Written and created by Tammy Rice

WELCOME TO YOUR GUT-LOVING SMOOTHIE EBOOK

- MADE WITH LOVE! 🥰

Do you ever struggle for ideas of what to put in your smoothies from day to day? Are you looking for the **best nutrition** for your body but also something tasty & delicious?

I understand and know how time-poor you can be and that's why I put this smoothie recipe book together- to save you time and stress on deciding!

In this book, you'll find tonnes of different **dairy-free** and **gluten-free** combinations to provide you with some of the yummiest gut-loving (*healing*) smoothies around town! You're welcome 🙋

I've also included some incredible **anti-aging smoothies** but also some incredible energy-boosters, brain-food, calming & **keto smoothies** too!

Smoothies are life and give you the best start to your day if done right so use this book as you smoothie bible and you won't go wrong.

It's **my personal mission** to get you living with more energy, vitality, wellbeing and happiness so you can **live your BEST life** to your fullest potential. ✨

Sign up to our email community for leading edge wellness info., exclusive offers, new products and more! Subscribe to our Youtube, leave a comment/DM on social media, we LOVE hearing from you and always respond 🙋

All of these recipes you can also find on [our Youtube](#) channel (each video link can be found below each recipe)

Please note: my videos have improved dramatically since the choc fudge smoothie so please keep watching, they get better! 😊

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Be sure to also watch the videos as they're also educational! 

GUT-LOVING CHOCOLATE 🍫 FUDGE SMOOTHIE

Serves 1

Ingredients:

- 1 cup of almond & coconut milk blend (or other)
- 1 frozen banana
- 2 tbsp raw organic cacao
- 4 Medjool dates (seeds taken out)
- 1 tsp- 1 tbsp Perfect coconut oil or MCT oil
- 1/2 an avocado
- Handful soaked cashews
- 1 scoop of Perfect Hydrolyzed Collagen or 1 scoop of Perfect Plant Protein*
- 1/2 tsp vanilla powder or extract
- Ice

*Keep in mind that while the Plant protein is very gentle on the tummy it doesn't have the gut-healing element that the Perfect Hydrolyzed Collagen does. Also if new to Perfect MCT start with 1 tsp and gradually increase as your body adjusts...



Method:

Add all of your ingredients into a good quality blender Always add your liquid first and your ice last though so it doesn't strain the motor of the blender.

Whizz until smooth and enjoy! 😊

Video Link [Click Here](#)

GUT-LOVING BEE 🐝 HAPPY 😊 SMOOTHIE

Serves 1

Ingredients:

- 1 cup of coconut water
- 1/2 Custard apple (de-seeded)
- 1/4 pineapple (core out)
- 1/4 tsp turmeric powder
- 1 tbsp raw honey
- Add black pepper for absorption
- 1 tsp-1 tbsp Perfect Coconut Oil or MCT oil*
- Bee pollen 1 tbsp
- 1 scoop of Perfect Hydrolyzed Collagen
- or 1 scoop of Perfect Plant Protein*
- 1 scoop Perfect Matchinga (you won't regret it!)
- Ice

*Keep in mind that while the Plant protein is gentle on the tummy it doesn't have the gut-healing element that Perfect Hydrolyzed Collagen does.

*Matchinga will also change the colour of this smoothie. Also if new to taking MCT oil start out on 1 tsp and increase gradually.

Method:

Add all of your ingredients into a good quality blender. Always add your liquid first and your ice last. Whizz until smooth and enjoy! 🥤

[Video Link Click Here](#)



GUT-LOVING MINT MARVEL SMOOTHIE

Serves 1

Ingredients:

- 1 cup almond & coconut milk blend (or other)
- 1/2 a ripe avocado
- Handful of mint
- Food grade peppermint oil
2-4 drops (I love DoTerra!)
- 2-4 Medjool dates
- 1 tsp-1 tbsp Perfect Coconut Oil or MCT oil*
- Handful of soaked cashews
- Handful of baby spinach
- 1/2- 1 scoop of Perfect organic spirulina powder
- 1 scoop Perfect Hydrolyzed Collagen or
- 1 scoop of Perfect Plant Protein*
- Ice

*If just starting out with MCT oil it's best to start with a teaspoon and gradually increase



Method:

Add all of your ingredients into a good quality blender. Always add your liquid first and your ice last though so it doesn't strain the motor of the blender. 🥤

Video Link [Click Here](#)

GUT-LOVING BASIL BEAUTY SMOOTHIE

Serves 1

Ingredients:

- 1 cup purified water
- 1 avocado
- 1 carrot
- 1 cucumber
- 1 green apple
- A knob of ginger
- 1 lemon
- 1/2 scoop organic spirulina powder/Aquatic Greens powder
- 1-2 Medjool dates (optional)
- 1 tsp Perfect Coconut Oil or MCT oil
- Small bunch of basil
- 1 scoop of Perfect Hydrolyzed Collagen or 1 scoop of Perfect Plant Protein*
- Ice



Method:

First up you need to juice your lemon, ginger, apple, carrot, cucumber in a good quality cold-press juicer if you have one.

Add your water and juice to the blender jug and then add in about 10 basil leaves, the coconut oil, avocado flesh, your chosen protein, spirulina and some ice cubes and blend until smooth and creamy. 🥤

Video Link [Click Here](#)

GUT-LOVING PINK 🌸💖 BLISS SMOOTHIE

Serves 1

Ingredients:

- 1 cup of Coconut water
- 1 Red dragonfruit/pink pitaya (fresh/frozen)
- Frozen/fresh organic raspberries
- 1 cup soaked cashews
- 2 Medjool dates
- 1 frozen banana
- 1 tsp Perfect Coconut Oil or MCT oil
- 1 scoop Perfect Hydrolyzed Collagen or 1 scoop of Perfect Plant Protein*
- 1 scoop Perfect Organic Acai
- ½ tsp vanilla powder or extract (optional)
- Ice

*Keep in mind that while the Plant protein is very gentle on the tummy it doesn't have the gut-healing element that the Perfect Hydrolyzed Collagen does.

Method:

Add all of your ingredients into a good quality blender. Always add your liquid first and your ice last though so it doesn't strain the motor of the blender.

This smoothie is a serious hit of antioxidants! So get ready to **glow from the inside out!** 🙌

[Video Link Click Here](#)



GUT-LOVING PASSIONATE 🍷 SMOOTHIE

Serves 1

Ingredients:

- 1 cup of coconut water
- 4-6 passion fruits or frozen passion fruit (in freezer at supermarket)
- 1 frozen banana
- 1 avocado
- 1 tsp vanilla powder or extract
- 1 tbsp cashew butter or handful of soaked cashews
- 1 tsp Perfect Coconut Oil or MCT Oil*
- 1 tsp maple syrup/raw honey/stevia small amount
- 1 scoop Perfect Matchinga
- 1 scoop Perfect Hydrolyzed Collagen /Perfect Plant Protein
- ½ tsp vanilla powder or extract (optional)
- Ice



*Keep in mind that while the Plant protein is very gentle on the tummy it doesn't have the gut-healing element that the Perfect Hydrolyzed Collagen does. If new to MCT oil start with 1 tsp also.

Method:

Add all of your ingredients into a good quality blender (save 2 passion fruit for garnish). Whizz until smooth and creamy. If you don't like the grittiness from the passionfruit seeds you could always run the smoothie through a sieve... Garnish with the remaining passion fruit. 🍷

Video Link [Click Here](#)

GUT-LOVING COCONUT 🥥💋 KISS SMOOTHIE

Serves 1

Ingredients:

- 1 cup of favourite alternate milk
- 1/2 ripe pear
- 1/2 ripe custard apple
- 1 scoop of Perfect fermented kale powder (optional)
- 1 tbsp coconut yoghurt
- 1 tsp Perfect Coconut Oil or MCT oil*
- 1/2 tsp vanilla powder or extract
- 1 tbsp raw honey (optional)
- 1 scoop Perfect Hydrolyzed Collagen or 1 scoop of Perfect Plant Protein*
- 1/2 tsp vanilla powder or extract
- Chia seeds, goji berries, bee pollen (optional)
- Ice



Method:

Add all of your ingredients into your blender and whizz until smooth. Pour into a glass and then sprinkle with chia, gojis, bee pollen or all of the above! 🐝🥤

*if starting out on MCT oil, start with 1 tsp and increase gradually while your body adjusts to the effects (can have a slight laxative effect if have too much when your body isn't used to it). 🚽

[Video Link Click Here](#)

GUT-LOVING PUMPKIN 🍂 PIE 🥧 SMOOTHIE

Serves 1

Ingredients:

- 1 cup of your fave alternate milk
- 1/4 pumpkin cubed and roasted
- 1 cup cashews soaked overnight
- 1 tbsp maple syrup/raw honey
- Pinch of cinnamon, nutmeg, allspice and ginger
- 1 tsp of MCT oil
- 1 tsp of flax meal
- 1 frozen banana
- 1 scoop of Perfect Hydrolyzed Collagen or
- 1 scoop of Perfect Plant Protein*
- ½ tsp vanilla powder or extract (optional)
- Ice



Method:

In a pre-heated oven on 180 degrees celsius cook your cubed pumpkin until caramelised (*should take around 20-30 mins depending upon how big the cubes are*). You could do this step the night before while making dinner to save time the next day...

Add the milk, cooled pumpkin, soaked cashews and remaining ingredients to your blender jug and whizz until smooth and creamy. To serve, sprinkle a little more nutmeg and cinnamon on top. 🥤

[Video Link Click Here](#)

GUT & IMMUNE 🦊 IGNITION SMOOTHIE

Serves 1-2

Ingredients:

- 1 cup of coconut water
- 1 Lemon
- 1 lime
- 1 kiwi
- 1-2 carrots
- ½ pineapple
- A knob of ginger & turmeric
- Black pepper (helps activate curcumin in the turmeric)
- 1 tsp Perfect Coconut Oil or MCT oil
- 1 garlic clove (a must!)
- 1-2 sticks celery
- 1 scoop of Perfect Hydrolyzed Collagen or
- 1 scoop of Perfect Plant Protein
- ½ tsp vanilla powder or extract (optional)
- 1 drop doTERRA Melissa Oil (optional - click link to purchase at wholesale prices)
- Ice



Method:

In a good quality cold-press juicer push through your ginger, turmeric, lemon, lime, carrot, celery and kiwi. Once you have your juice add this plus the coconut water to your blender jug along with the pineapple and remaining ingredients. Whizz until smooth and creamy. 😊

AMAZING ANTI-AGE 🧑🏻🧑🏻 ME SMOOTHIE

Serves 1

Ingredients:

- 1 cup of coconut water
- 1 scoop of Perfect Organic Acai powder
- 1 cup of blueberries (fresh/frozen)
- 1 ripe frozen banana
- 1 tbsp Perfect organic MCT oil*
- 1 scoop of Perfect Hydrolyzed Collagen/ Perfect Plant Protein*
- 2 capsules (pulled apart) of Perfect ResGrape Max
- 1 scoop Perfect Matchinga
- Ice

Method:

Add all of your ingredients to your blender jug and whizz until smooth and creamy. 🧑🏻

Cool to Know:

So while this one may be very good for helping to slow down the ageing process and keep us looking youthful and radiant, it can also be gut-healing* (if you use the Perfect Collagen instead of the Perfect Plant Protein).

*1 tsp of MCT if just starting out on it and then increase as your body adjusts.

[Video Link Click Here](#)



GUT-LOVING PAPAYA PARADISE 🍌 🌴 SMOOTHIE

Serves 1

Ingredients:

- 1 cup of coconut water
- ½ red papaya
- 1 lime
- ¼ pineapple
- 1 tbsp Perfect Organic MCT Oil* (1 tsp if new to MCT)
- 1 scoop of Perfect Hydrolyzed Collagen or 1_scoop of Perfect Plant Protein*
- ½ tsp of vanilla powder or extract (optional)
- Fresh Mint
- Ice

*Keep in mind that while the Plant protein is very gentle on the tummy it doesn't have the gut-healing element that the Perfect Hydrolyzed Collagen does.



Method:

Add all of your ingredients to your blender jug and whizz until smooth and creamy. 🍷

Video Link [Click Here](#)

GUT-LOVING GREEN 🌿 DREAM ❤️ SMOOTHIE

Serves 1

Ingredients:

- 1 cup of coconut water
- 1 frozen banana/frozen zucchini
- 1 tsp Perfect Coconut Oil or Perfect Organic MCT oil
- 2-4 Medjool dates (optional)
- 1 heaped tbsp of raw cacao
- 1 tbsp of coconut yoghurt
- 1 tbsp of tahini
- 1 scoop Perfect Hydrolyzed Collagen powder/plant protein*
- 1 scoop of Perfect Organic Matchanga
- Handful of baby spinach
- 1 scoop of Perfect Organic Spirulina
- 1/2 an avocado
- Handful of fresh mint 🌿



Method:

Add all of your ingredients to your blender jug and whizz until smooth and creamy. You could boost this smoothie further with Perfect Magnesium. 😊

Video Link [Click Here](#)

GLOWING SKIN STRAWBERRY 🍓 SMOOTHIE

Serves 1

Ingredients:

- 1 cup of almond milk
- 1/2 cup frozen organic strawberries
- 1/4 frozen organic raspberries
- 1 tbsp Perfect Organic MCT oil*
- 1 scoop of Perfect Hydrolyzed Collagen Powder/Plant Protein
- 1 scoop of Perfect Matchinga
- 1/2 an avocado or 1 cup soaked cashews

*Keep in mind that while the Plant protein is very gentle on the tummy it doesn't have the gut-healing element that the Perfect Hydrolyzed Collagen does.

Method:

Add all of your ingredients to your blender jug and whizz until smooth and creamy. 😊

Secret Smoothie tip: for a deliciously creamy and smooth smoothie grab a sieve and pour the smoothie through this before serving to remove the gritty bits from the raspberry seeds. 👍

Video Link [Click Here](#)



COFFEE KRYPTONITE (BULLET PROOF) ☕ SMOOTHIE

Serves 1

Ingredients:

- 1 cup of almond coconut milk
- 1-2 shots of decaf espresso coffee or filtered coffee*
- 1 tbsp of Perfect Organic MCT oil*
- 1 Scoop of Perfect Hydrolyzed Collagen
- 1/2 ripe avocado
- 2-4 Medjool dates/1 tsp stevia powder
- Flaked almonds to serve

*Use organic where possible

*If new to using MCT oil start with 1 tsp and gradually increase.

Method:

If you have a coffee machine make 2 shots of espresso or filtered coffee (use organic where possible as coffee is grown with hazardous, health-destroying chemicals)

Add all of your ingredients to your blender jug and whizz until smooth and creamy, serve with flaked almonds! 😊

Video Link [Click Here](#)



ULTIMATE BRAIN-BOOSTING 🧠 SMOOTHIE

For incredible mental clarity, a sharper mind & laser focus!

Serves 1

Ingredients:

- 1 cup of fresh OJ
- 1 tbsp of Perfect Organic MCT oil*
- 1 scoop of Perfect Matchanga
- Handful of pumpkin seeds/2 tbsp almond butter
- 2 heaped tbsp raw cacao
- 1/4 tsp turmeric powder
- Pinch black pepper
- 1/4 frozen broccoli
- 1 scoop Perfect Hydrolyzed Collagen
- Handful of baby spinach
- 1 organic raw egg
- 1 - 1/4 scoop* Perfect Magnesium
- 1 tbsp raw honey/pinch stevia powder



*if new to Perfect Magnesium start with 1/4 scoop and gradually increase...

To make this Keto simply take out the kiwi fruit and raw honey and replace the honey for stevia and the OJ with pure water.

Method:

Add all of your ingredients to a high speed blender and blend until smooth.

These are all incredible brain foods so this smoothie is sure to have your brain firing on all cylinders and see you more productive than ever!

Video Link [Click Here](#)

HEAVY METAL DETOX 🧑‍🍳 SMOOTHIE

My version of Medical Medium's famous HMD smoothie

Serves 1

Ingredients:

- 1 cup of fresh OJ (3-4 oranges)
- 1 frozen banana
- 1 handful of fresh coriander
- 1 scoop Perfect Organic Chlorella
- 1 scoop of Perfect Organic 3 Grass
- 1 cup of wild/organic blueberries
- Handful of Atlantic Dulse
- 1 scoop of Perfect Organic Spirulina
- Ice

*use organic if possible for max detox/
health effects



Method:

The night before it's a good idea to freeze your bananas, you could even freeze a heap on a Sunday night so you have plenty for your week ahead!

Juice your oranges and add to your blender jug along with the frozen bananas, coriander, 3 grass (organic **barley grass**, oat & wheat grass powder), blueberries, dulse, spirulina and ice and blend until smooth. 🥤

Believe it or not, this is actually a really yummy smoothie but if you don't enjoy coriander you may struggle so if that's the case leave it out

Video Link [Click Here](#)

CHERRY 🍒🍫 RIPE LIVER LOVE SMOOTHIE

Serves 1

Ingredients:

- 1 cup of almond milk
- 2 heaped tbsp raw cacao
- 1 cup frozen cherries
- 4 Medjool dates or...
- 2 tbsp raw honey/real maple syrup
- 1 frozen banana
- 1 scoop of Perfect Hydrolyzed collagen powder
- 1 tbsp Perfect Organic MCT oil*
- 1-2 scoops Perfect Desiccated Liver Powder
- Organic Dark Chocolate & cherries to serve

*if new to using MCT start with 1 tsp and gradually increase as your body adjusts.



Method:

Freeze your bananas ahead of time and deseed cherries and freeze too unless buying pitted cherries.

In a high-speed blender add your ingredients and blend until smooth. Serve with grated dark chocolate and a cherry or two 🍒🍫

Video Link [Click Here](#)

MAGICAL ✨ MAGNESIUM KETO SMOOTHIE

Serves 1

Ingredients:

- 1 cup of almond milk
- Handful of spinach
- 1/4 cup of blueberries
- 1/4 cup of raspberries
- 1-2 tbsp raw cacao
- 2 tbsp almond butter
- 1/2 an avocado
- Keto sweetener (monk fruit/ stevia)
- 1 scoop* Perfect Magnesium
- 1 scoop Perfect Hydrolyzed Collagen*
- 1 tbsp Perfect Organic MCT oil*

*if new to Perfect Magnesium start with 1/4 scoop and if new to Perfect MCT oil start with 1 tsp and gradually increase...

*You could also use Perfect Plant Protein instead of collagen if you're vegan/vegetarian

Method:

Add all ingredients to your blender and blend until smooth, enjoy immediately! 😊

[Video Link](#) [Click Here](#)



CALMING 😊 CINNAMON SWIRL KETO SMOOTHIE

Serves 1

Ingredients:

- 1 cup of additive-free coconut milk
- 1 tsp- 1 tbsp MCT oil (1 tsp if starting out)
- 1 organic egg
- Sprinkle of cinnamon
- 1 tbsp chia meal
- 1 tsp- 1 tbsp Lakanto or similar keto sweetener
- 1/4 scoop Perfect Magnesium Powder (work up to full scoop)
- 1 scoop Perfect Hydrolyzed Collagen Powder
- 1 tsp - 1 tbsp Perfect Organic MCT oil (work up to tbsp if new to MCTs)
- 1 tsp Vanilla Extract or paste
- Ice



Method:

In a blender add in all of your ingredients and blend until smooth and creamy. Enjoy immediately! 😊

Video Link [Click Here](#)

GUT-LOVING MANGO 🥭 LASSI SMOOTHIE

Serves 1

Ingredients:

- 1 large ripe mango
- 1 cup of almond milk
- 1/2 an avocado
- 1 tsp- 1 tbsp raw honey (optional)
- 3 drops doTERRA cardamom essential oil (see link below) or use dried
- 1 tbsp* Perfect MCT Oil (* 1 tsp if just starting out on MCT oil)
- 1 scoop* Perfect Magnesium Powder (* 1/4 scoop if just starting out)
- 1 scoop of Perfect Hydrolyzed Collagen Powder
- 1 tsp Vanilla bean paste or extract



Method:

In a blender add in all of your ingredients and blend until smooth and creamy. 😊

Video Link [Click Here](#)

KETO BROWNIE BLISS SMOOTHIE 🥤

Serves 1

Ingredients:

- 1 cup of Almond milk
- 2 tbsp of Almond butter
- 1/2 of an avocado
- 2 heaped tbsp Raw Cacao
- 1 cup of Frozen Zucchini
- 1 scoop of Perfect Hydrolyzed Collagen Powder
- 1 tbsp Perfect MCT oil
- Lakanto 1 tsp (you could also use stevia)
- Ice

Optional:

Add Perfect Magnesium to boost the benefits ✨

Method:

In a blender add in all of your ingredients and blend until smooth and creamy. 😊

Video Link [Click Here](#)



GUT-LOVING MANGO 🥭 & WATERMELON 🍉 SMOOTHIE

Serves 1

Ingredients:

- 1 ripe mango
- 1 cup diced watermelon
- 1/2 an avocado
- 1 cup almond milk (I used a blend of almond + coconut)
- 1 scoop of Perfect Magnesium (1/4 if starting out)
- 1 scoop Perfect Hydrolyzed Collagen
- 1 tbsp Perfect Organic MCT oil (1 tsp if new to MCT oil)
- Ice



Method:

In a blender add in all of your ingredients and blend until smooth and creamy. 😊

Video Link [Click Here](#)

Important to Know:

If you are low sugar or sugar-free you can replace the sugary fruits (berries, dragonfruit & passion fruit are low sugar) with frozen zucchini, cauliflower, broccoli and avocado. Use stevia instead of other sweeteners.

Extras:

Sometimes it can be fun to sprinkle things on the top of your smoothie like chia seeds, bee pollen, goji berries, flaked almonds, hemp seeds and more! Get creative ✨

Share with us your favourite smoothies via Instagram 🥤



Did you notice no kale smoothies?

You might notice I don't have any kale smoothies as such in this book and I never promote them on social media or with my community either, why is that?



Because **kale** (conventional) has found to have high levels of thallium - a toxic heavy metal that has been shown to cause everything from vomiting, diarrhoea, temporary loss of hair but even more serious health issues such as nervous system damage and a negative impact on our heart, lungs and kidneys!

The curly variety (if conventionally grown) has many little nooks and crannies where harmful chemical sprays can hide and even with washing the leafy green veg, you still won't get rid of all the nasties.

Kale (especially when eaten raw) is very high in oxalates and when oxalates build up in our system due to over-consumption, they can lead to kidney stones (for sensitive individuals mostly).

There is a safe way to consume kale though and that is fermented and organic kale powder. Organic kale obviously doesn't contain harmful sprays and it's through the fermentation process that oxalates are drastically reduced so one can still enjoy their kale and its many wonderful benefits. So if you love your kale and can't live without it, maybe try the Perfect Organic Fermented kale powder in your next smoothie, soup or dip recipe? 🍳

THANKS FOR PURCHASING THIS EBOOK, I AM SO GRATEFUL AND HUMBLED THAT YOU DID. I SPENT MANY MONTHS PUTTING THIS TOGETHER ALONG WITH THE ACCOMPANYING VIDEOS...

IT'S MY HOPE THAT YOU TRY AS MANY OF THE RECIPES AS POSSIBLE AND EVEN ADAPT YOUR OWN VERSIONS.



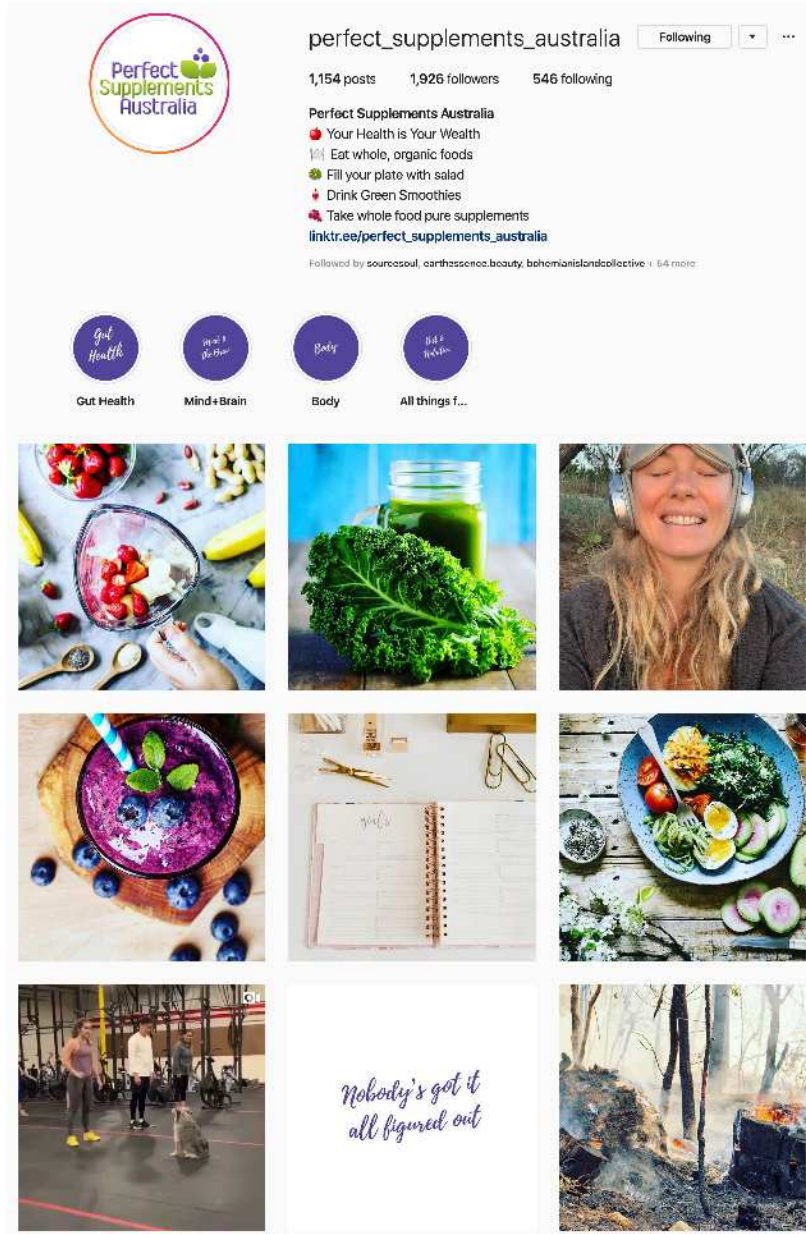
I WOULD LOVE IT IF YOU'D SHARE YOUR CREATIONS ON INSTAGRAM AND BE SURE TO TAG [@PERFECTSUPPLEMENTS AUSTRALIA](https://www.instagram.com/perfectsupplementsaustralia) & HASHTAG #PSASMOOTHIE FOR INCREDIBLE PRIZES DRAWN WEEKLY!

thanks so much for being here and remember ...

Your Health is Your Wealth!

Check us Out on Instagram 👉

Make/re-invent one of these smoothies and use the hashtag **#PSAsmoothie** and tag **@perfectsupplementsaustralia** in your post to for the chance to win cool stuff like free shipping, free products, exclusive offers and more!



You can also find us on:

Facebook, Twitter, YouTube, Pinterest & Website.

About Me

As a born daydreamer and empath, I always knew that I was meant to help people. It wasn't until I woke one day and didn't recognise myself that I understood exactly how.

I wasn't in my twenties anymore, and I looked it. My complexion was dull, the skin around my eyes thinner, I saw the beginnings of crow's feet and I looked generally exhausted. But what was perhaps most alarming was how this made me feel about myself: devastated.



My own struggles with learning self-love and body-acceptance have made me incredibly attuned to how isolating it feels to despair your own skin. I didn't want anyone else to feel this way, ever--especially when there is something we can do about it. Perfect Supplements Australia was born out of this desire to help people, and improve the human condition from the inside, out.

Wellbeing and body acceptance is my passion. I believe a healthy, active life is truly the panacea for so many mental and physical ailments. I love yoga, walking, and have a weird obsession with trying out new **smoothies** (smoothies are life!). I also believe in the power of rest; of getting lost in a good book, sitting idly beachside, writing in my journal and spending time in nature and with animals.

My goal is to help educate people on women's health, with an emphasis on emotional health and how emotions get encoded in our cells. There is much we can't control in our lives, but an equal and opposing truth is that there's also so much we can--all we need is a little guidance, support and love.

Tam x

References:

<https://www.medicinenet.com/thallium/article.htm>

<https://www.healthline.com/nutrition/oxalate-good-or-bad#section1>

Disclaimer:

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