



Awaken Your Ageless Authentic Body Size and Your Higher Life Purpose!

## Video 6 – “Juicing and blending unusual food & doing unusual things”

Hot water to keep warm instead of hot food.

Replacing broth with vegetable juice.

Replacing smoothie juice with fruit juice.

### **List of Bendable Foods: (all in their raw states)**

*\*\*Limit dried foods to blend if they were juicable in the first place.*

Raw sprouted Legumes and grains: raw corn on the cob kernels, oats lentils, quinoa, peas, kamut, barely, millet, amaranth, chick peas, Farro, teff, spelt, sorghum, freekeh, Canadian wild rice, soy beans, mung beans, pigeon peas, fava beans, white beans, pearl millet, buckwheat, flax seeds. Not recommended (black beans, red beans sprouts, white rice, non sprouted wheat)

Raw soaked nuts: almonds, brazil nuts, cashews, corn nuts, hazelnuts, macadamia, peanuts, pecans, pinenuts, pistachio, pumpkin seeds, sunflower, soy nuts, black walnuts, hemp seeds, sesame seeds,

Fresh mushrooms: shitake, oyster mushrooms, white button mushrooms, portabella, cremini, chanterelle, and enoki

Seaweeds: Bladder wrack: Aonori, Hijiki, Kombu, Mozuku, Nori, Ogonori, and Wakame, sea lettuce, dulse, kelp, false irish moss, irish moss, zicai,



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Fruit: Avocados, Bananas, Dates, Figs, goji berries, blue berries, black berries, mangoes, durian.

Vegetables: garlic, eggplant (can be juiced but limited juice)

Super foods: green super food powders, all supplements, lecithin, grain powders, salt, bee pollen, tocotrienos, all solid super foods.

**List of Juicable Foods: (that are strange to think about juicing)**

(Don't do potatoes or yucca) Sweet potatoes, carrots, beets, beet leaves, carrot leaves, broccoli stems, all vegetable stems, watermelon and cantaloupe sprouts, cauliflower, green onion, leeks, onion bulbs, fennel, pineapple rind, papaya and mango skin, squash, pumpkin, hot peppers, red peppers, all peppers, cabbage collard greens, jack fruit, passion fruit.