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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Six Smoothie Recipes for Constipation and Acne Relief

By Rudy Silva

I recommend drinking a morning smoothie if you have constipation or if you have skin problems like acne. Drinking a high fiber smoothie relieves and prevents constipation. It will also provide the nutrients that are necessary for having or keeping a nice clean and smooth skin.

So, here are the six smoothie recipes you can blend.

- Apple Smoothie
- Apple-Barley Smoothie
- Apricot Smoothie
- Peach-Rice Dream Smoothie
- Pineapple Smoothie
- Strawberry Smoothie

Apple Smoothie

Mix in the blender the following.

1-2 small apples cut into wedges

1 banana

1 cup 50:50 rice dream: almond milk

¼ cup or less of raisins soaked overnight

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1-teaspoon honey

1-2 cubes of ice

1-teaspoon lecithin granules

2 tablespoons flax seed oil

Start by mixing the banana and the liquids. Then add slices of apples to get the consistency you like. In all of your smoothies add flax seed oil for nice smooth skin. I also add a tablespoon of flax seed straight into the blender and the blender will chop them up.

Apple-Barley Smoothie

Mix in the blender the following.

1 cup of sliced apples with peel

1/2 cup of cooked barley

1/4 cup of soaked raisins

1/4 teaspoon of vanilla flavoring

1-1 1/2 cup of 50:50 rice dream: almond milk

1-teaspoon lecithin granules

2 Tablespoons flax seed oil

Make sure you use the lecithin granules in these smoothies since lecithin helps to breakdown the flax oil into tiny droplets and makes it more digestible.

Apricot Smoothie

One cup of fresh apricots or dried apricots that were soaked overnight

Juice of 1/2 a lemon

Two oz. of prune juice

One teaspoon or more of oat bran

One teaspoon of mineral whey

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One tablespoon of flax seed oil

One tablespoon of lecithin granules

Add a slight amount of distilled water or ice cubes to make the consistency to your liking. This smoothie is good for constipation and acne.

Peach–Rice Dream Smoothie

Mix in the blender:

2 fresh peaches with peel

1–cup rice dream

1/2 banana

1–teaspoon sesame seeds

1–teaspoon sunflower seed

1–tablespoon lecithin granules

2 tablespoons flax seed oil

In place of rice dream you can use almond milk. I now only use almond milk to make my smoothies. Place all of the seeds straight into the blender. This smoothie has plenty of fiber. You may want to increase the amount of sesame and sunflower seeds.

Pineapple Smoothie

Mix the following in a blender.

1–2 cups of fresh pineapples

1/2 cups apple slices

1/4–cup fresh apple juice

1/2–cup almond milk (more or less as needed)

1 banana

1–tablespoon lecithin

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2–tablespoons flax seeds

2 teaspoons bran (wheat, oat or rice)

You can add more lecithin if you like. Lecithin does not have a taste. This smoothie is jam packed with fiber.

Strawberry Smoothie

Mix in a blender the following ingredients.

1 banana

1–tablespoon of lecithin granules

1–teaspoon of any type of bran

1 cup or more 50:50 rice dream: almond milk

Now add strawberries one by one with the blender on until you get the consistency you like.

1–tablespoon flax seeds

1 or 2 tablespoons sunflower seeds

1–teaspoon sesame seeds

1 tablespoon of flax seed oil

You can add liquid minerals or vitamins to these smoothies and give them an additional nutritional value.

There you have the smoothies that I make. Start making and drinking them and see the health benefits that you'll get

Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. He writes a newsletter call "natural–remedies–thatwork.com." More acne hints and information on his acne e–book can be found at:

<http://www.stop–constipation.com>

<http://www.acne–remedies.for––you.info>

Smooth Refreshing Smoothies

Six Smoothie Recipes for Constipation and Acne Relief

By Donna Monday

More people today are discovering the healthy benefits of drinking a delicious, refreshing smoothie for breakfast, lunch or dinner.

Instead of soda pop at your next meal or diet cola, consider whipping up a smoothie made with fresh fruit, yogurt, skim milk or juice.

Smoothies will give you a real energy boost and are healthier for you than cola or soda.

Online you will find recipes for popular smoothies like: banana smoothie, blueberry smoothie, chocolate smoothie, jello smoothie, mango smoothie, peanut butter smoothie, strawberry smoothie, tofu smoothie, and tropical smoothie.

Here is a sample of the kinds of smoothie recipes you will see:

Banana Creamsicle Smoothie - with bananas and orange juice

Blueberry Pineapple Smoothie - with blueberries and pineapple orange juice

Chocolate Raspberry Smoothie - with raspberries and chocolate syrup

Virgin Margarita Smoothie - with lime jello and pineapple

Mango Smoothie - with fresh peaches and mango chunks

Classic Peanut Butter Smoothie - with bananas and creamy peanut butter

Strawberry Pear and Peach Smoothie - with fresh strawberries, peaches and pears

Honey Tofu Smoothie - with bananas, tofu and honey

Hawaiian Holiday Smoothie - with peach mango tofu and pineapple

You can find these refreshing smoothie recipes and more with just the click of your mouse. Soon you'll be enjoying the wonderful health benefits of drinking these delicious nutritious smoothies.

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Donna Monday is a contribution author at:

<http://www.1st-milkshake-n-smoothie-recipes.com>

Smooth Refreshing Smoothies

Six Smoothie Recipes for Constipation and Acne Relief

Best Recipes: Orange Julius Smoothie

Best Recipes: Southwestern Mango Smoothie

Best Recipes: Strawberry Orange Smoothie

Best Recipes: Mango Peach Smoothie

Smoothies for Athletes

Understanding Acne: Causes, Cures and Myths

600 Recipes For Chili Lovers

Bread And Biscuit Baker's And Sugar-Boiler's Assistant

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