

Perfect Temple Smoothies

We are divine beings having an human experience.

Intro:

Mother Earth is us and we are Mother Earth. Universal care, encouragement of growth, and development throughout life are nurturing attributes of every breathing mammal on earth. As we embrace the natural prizes that earth provides, we began to embrace self wholeheartedly: eating fruits, vegetables, and communing in nature. Our bodies are our transportation on earth. It is vital that we infuse our bodies with herbs, fruits and vegetables to support our endocrine, respiratory, circulatory, nervous, muscular, integumentary, lymphatic, skeletal, digestive and reproductive systems.

These Kundalini awakening smoothies are fruity gifts from our higher selves. It is an opportunity to indulge in an excess variety of fruits, vegetables and herbs simultaneously without any mental guilt or body discomfort. These natural perfect body smoothies are sure to send healing vibrations pulsating throughout the entire body.

Receive downloads from the Universe as one smoothie satisfies the divine creator that is within you.

PLANT-BASED LIFESTYLE

Individuals who partake in a plant-based lifestyle consume mostly foods derived from plants: vegetables, grains, nuts, seeds, legumes and fruits. Plant-based mean being mindful of the connection between the source of our food and the nourishment it provides to our body and mind.

Here are a few lifestyle tips to help you get transition to a plant-based lifestyle.

Include whole grains for breakfast and dinner

Incorporate greens into your meal 4 out of 7 days

Try different vegrecipes

Change the way you think about meat

Choose good fats.

Cook your own meal vegetarian 3 times a week

Eat fruit for dessert.

ALAKALINE

Plants have the ability to heal, cleanse and support simultaneously. Plants metabolizes the best conversion of food into energy. Energy that we in turn use to heal ourselves. For example, alkaline plants such as ginger, asparagus, and blue vervain are used to decrease inflammation, improve sexual performance, strength the heart and regulate the digestive system.

An alkaline lifestyle is beneficial for those whom are interested in removing all mucus from the body. This lifestyle does not partake in any food products that are acidic, processed, gmo, or other related government rules to over rule.

Alkaline choices assures the natural plant consumption alters the pH value—decreasing the measurement of acidity, therefore diseases in the body.

Body System Functions

Endocrine: Glands that make chemical messengers aka hormones. Influencing every cell, organ and function of the human body by carrying information and instructions from one set of cells to another.

Respiratory: allows us to breathe. They bring oxygen into our bodies (called inspiration, or inhalation) and send carbon dioxide out (called expiration, or exhalation). The exchange of oxygen and carbon dioxide is called respiration.