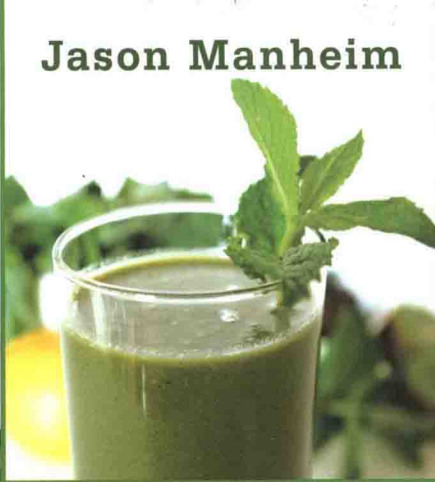


Jason Manheim



The Healthy GREEN DRINK Diet

Advice and Recipes to Energize, Alkalize, Lose Weight, and Feel Great



The **HEALTHY**
green
DRINK Diet



Advice and Recipes for Happy Juicing

JASON MANHEIM
Photography by Leo Quijano II



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The HEALTHY
green
DRINK_{Diet}















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Introduction

Every human being is the author of his own health or disease.

—Siddhārtha Gautama

This book is not for vegetarians. It is not for vegans, raw foodists, meat eaters, or Paleo eaters. It is for people—everyone—far and wide, no matter your current eating practices. It is for people who struggle, day to day, to find the “right” way to manage *life* and *health*. Mothers, fathers, children, athletes, business people, the common folk, royalty, the infirm . . . this book is for all of you. It is a key step in taking your health by the reins and finally claiming responsibility and know-how for your own well-being. The best way to do that is to give you something you can measure.

We eat healthy because we want to feel healthy—fantasies of living *longer* should not trump the importance of living *stronger*. Although there have been numerous studies outlining the therapeutic effects of diet on illnesses like cancer, heart disease, and immune disorders, we cannot let that obscure our motivation—the simple fact that eating good feels good.

Despite the title suggesting *diet*, this book is more of a supplement to the diet you already enjoy. It is my belief that adding “good” foods to your diet is a more efficient way of reaching goals than taking away “bad” foods. Whether you want to

lose weight, fight fatigue, combat disease, or just be healthier, adding green drinks will slowly replace your bad habits and transform your health for the better. Not only that, but this process retains healthy eating practices long after the motivation of trying a completely new system has worn off.

With all of that in mind, this book has one very simple goal: **eat at least one green drink a day, preferably before a meal.** That's it. From there, it's up to you how far you take it. Optimally, I suggest two to three per day, before your biggest meals. But once a day is a great place to start.

The Author

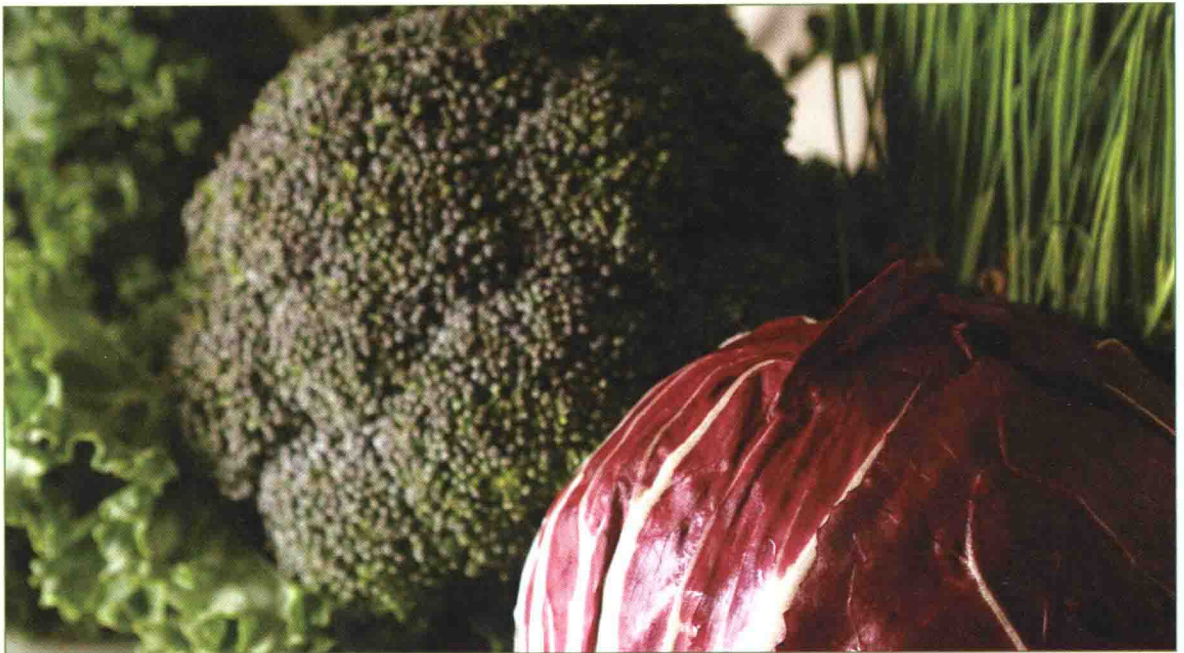
I am first and foremost, just a nerd with an insatiable appetite for knowledge. I love exploring new ways to push my body to extremes while still maintaining a healthy foundation. Over the years, I've studied and converted to more diet fads and fitness programs than I can remember. I've also worked as a certified personal trainer and slowly learned what works, and what doesn't.

In early 2008 I started healthygreendrink.com, with the premise of documenting the green drinks I consumed on a daily basis. To be honest, all I really wanted to do was teach myself how to rank in search engines for certain keywords. The website and web development in general, slowly became another one of those obsessions that claims every speck of my free time. But, it paid off. My lifelong obsession with health and fitness helped me turn my dabbling in web development into a way to share one of my other passions, green drinks.

The process of picking a topic and squeezing every bit of information out of it as I can makes it easy for me come up with ways to make the information digestible—and that's what I've done here.

I'm dedicated to the never-ending process of learning and pushing the boundaries of that knowledge in order to share what I have learned along the way. Nothing I've ever done has proven to be more beneficial to my overall health than what is provided in the following pages. It's easy, delicious, and anybody can do it.

You are the author of your own health, so let's give you what you need to know.





Why Go Green?

Often used to signify nature, fertility, prosperity, growth, renewal, freshness, harmony, youth, conservation, energy, balance, and well-being, *green* is akin to life itself. It's no wonder the greatest food a person can ingest is, well, *greens*.

But like I said previously, this book is not concerned with preaching a specific diet like vegetarianism or veganism. Truth be told, I lean toward the Paleolithic diet more than anything else. Green drinks supplement whatever diet you have already chosen. Luckily, they're greeted with open arms by vegetarians, vegans, meat-eaters, Paleo eaters, and Zone diet practitioners alike. No one, it seems, can dispute the health benefits of eating greens.

Protein

First, let's put that "but I need protein" argument to rest. Whether or not you eat meat doesn't really matter. Plants, despite what you may have heard, can give you all the protein you need. Which, according to the Institute of Medicine's (IOM) *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*, is about 50 grams per day for the average adult. A better way to gauge this is to make sure 10 to 20 percent of your total food intake consists of protein.