

MOST POPULAR GREEN SMOOTHIE QUESTIONS ANSWERED BY VICTORIA:

QUESTION: Do I have to make fresh smoothie several time per day?

ANSWER: Smoothies can stay in the refrigerator for 2-3 days, but fresh is best. As soon as a smoothie is warmed to room temperature, it should be consumed.

QUESTION: How much green smoothie do you recommend I drink daily?

ANSWER: In the beginning people tend to drink more green smoothies, sometimes up to two gallons per day depending on how acidic their body pH is. After several months the quantity goes down to 1-2 quarts per day.

QUESTION: I have been on raw food for eight years and feel that my body is very clean. Why do I feel nauseous from drinking wheatgrass juice?

ANSWER: If you have read my book Green for Life, you are familiar with the part where I speak about all greens, without exception, containing alkaloids. Alkaloid build up is toxic. Wheatgrass also contains a small amount of alkaloids. If you begin to drink it on a regular basis, the alkaloids accumulate and the body rejects it. This is why people get nauseous after drinking wheatgrass regularly for a while. When they take a break and come back to it, they can tolerate it better. Many people do not consume enough greens, and due to the fact that wheatgrass juice is almost 100% chlorophyll, the benefits of chlorophyll override the drawback of poisoning by alkaloids. That means, that even though people still get the alkaloid poisoning, the presence of chlorophyll in their body still helps to heal cancer, makes the body more alkaline and has other healing effects. That is why the green smoothies are so helpful, because when one begins to use a larger variety of greens in the form of green smoothies, one doesn't have to constantly drink wheatgrass juice. Just keep rotating and get as many different greens as you can.

QUESTION: I tested my urine and my saliva. My urine is very alkaline and my saliva is very acidic. I think I am still detoxing (four weeks raw now) because I have cold sores, rashes etc. Could that be why my saliva is acidic or is it not a good way to judge your PH level? I just don't understand why they are both so completely different.

ANSWER: Measuring your body pH by testing your urine is much more accurate than testing saliva. Alkalinity in saliva appears only after having the body's alkaline pH established for some time. Also, saliva changes more rapidly and more often than urine. You can do some experimenting: for example if you put a drop of honey on your tongue, the saliva instantly becomes very alkaline

because the alkaline solution *amylase* (that helps digest sugar) will be present in the saliva. If you put a teaspoon of any green smoothie or wheatgrass in your mouth, your saliva instantly becomes acid, because in order to digest greens, the saliva first has to become acid. Of course, greens are alkaline-forming once digested. So, testing pH by checking saliva is tricky. It has to be a long time between meals, you have to have your mouth clean and empty, and not even have food in SIGHT. That is why I don't recommend it. Urine doesn't change by what we look at, and thus is more reliable. The most accurate time to test saliva for alkalinity is in the morning as soon as you wake up.

QUESTION: Why is it so important that humans model their diet after chimpanzees? From my understanding, they only live an average of 50 years. They are usually riddled with parasites too.

ANSWER: Chimpanzees are genetically the closest creatures to humans. They share 99.4% of genes with humans. That is why, unfortunately, chimpanzees are used for medical research. However, chimpanzees have often demonstrated such a strong immunity, that doctors were not able to infect them with HIV or hepatitis C. In my book, I brought up the point that instead of making chimps ill with human diseases, researching how they are able to stay healthy may reveal immensely valuable information on human health. In captivity, chimpanzees do live much longer than in the wild because they are guarded against accidents and environmental dangers.

Chimpanzees are not only healthy, but have the ability to intuitively find and use healing herbs. Scientists from the Jane Goodall Institute described in their research that chimpanzees are familiar with natural ways of parasite control by eating medicinal herbs. On the other hand, any colonic therapist will tell you how so many humans are laden with all kinds of parasites.

QUESTION: I drove to three towns, at least eighty miles apart from each other and looked in more than five different health food stores. When I asked the produce person for lambsquarters, plantain, chickweed, stinging nettles, purslane, etc., they looked at me like I was nuts! For lambsquarters, they kept sending me to the meat department. Where, and how can one find the wild edible greens?

ANSWER: Even though it can be difficult for one to buy wild edible greens in the store, one still would greatly benefit from consuming them. That is why I put wild edible greens in my smoothie recipes.

I don't have a way of recommending which wild plants are edible in your area since I am unsure of what weeds grow in your area. The best thing to do is to talk to people who plant flowers and bushes in parks. They can usually identify edible plants quite well. Another way to find out which plants one can eat is to

talk to farmers, who need help weeding their organic gardens. In the summer, my children pick lambsquarters and plantain from a local farmer who *pays* them to pluck these pesky weeds from his fields. Once you learn to recognize a couple of edible weeds, it's a good idea to share your knowledge with others so that you can learn about still more scrumptious plants. This year, I plan to plant lots weeds in my own garden. I will report back to you how that works out for me.

QUESTION: How long should I blend my ingredients to make the green smoothie?

ANSWER: I usually blend my greens and fruits for 30-45 seconds. I always start on the low speed and turn it up to high.

QUESTION: How important is it to make good tasting smoothies?

ANSWER: Very important! Research shows that every delicious food leaves an imprint on the human brain, and as a result we only desire the most palatable foods. If the smoothie is not tasty, it is likely that one will stop drinking it. If it is palatable one will crave it!

QUESTION: It seems you talk about having an entire bunch of chard, or other greens, daily. Yet in your recipes, a smoothie only has 3-5 leaves from an entire bunch. Are you having more than 1 smoothie a day?

ANSWER: The goal is to eventually consume more greens in the smoothie than fruit. However, many of us are not used to consuming large amounts of greens. Also many don't have adequate hydrochloric acid to digest greens. For this reason, I recommend starting with more fruity green smoothies and slowly using more and more greens. As the body finds out the many benefits of greens, it becomes very excited and starts craving *greener* smoothies. Experiment with what amount of greens you find palatable and gradually add more greens so that you work up to the equivalent of one average-sized bunch of greens per day. It is possible that you will start with a fruity green smoothie and progress to extremely green smoothies. Yet, there will be another change later. As you keep consuming green smoothies on a regular basis for many months, you will eventually reduce the total amount of green smoothies that you consume daily. This happens because the assimilation of nutrients increases and the body can get more nutrients from less smoothies, your body satisfies the most urgent needs for nutrients, it also becomes more alkaline and doesn't need as much greens as before. Please remember to keep rotating your greens for variety!