HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

Smoothie for Regenerative Health

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There has been a lot of talk about stem cells lately and their effect on regenerative or anti-aging health. These cells are undifferentiated and can divide and differentiate into other specialized cells that will replace damaged or dying cells (See link to the blog to stem cells). As we get older, parts of our body start to wear out or skin starts to sag and wrinkle – so it is by having healthy stem cells that we can try to overcome the effects of the aging process. So how can one help their body age gracefully if they are not ready to do higher forces of intervention (stem cell injections, PRP, cosmetic surgery, etc...)? It can easily start with what you put into your body. Diet is a key to aging and repairing well.

What is called the Standard American Diet (SAD), is high in pro-inflammatory and acidic foods. High acidic foods are usually found in animal products, high protein foods and supplements, grains, sugars, and processed foods to name a few. This can lead to the creation of sulfuric acid which can then leach neutralizing minerals from tissues like muscles and bones to help neutralize. Fruit and vegetables are rich in potassium compounds – precursors of bicarbonate ions (HCO_3^-), which serve to buffer acids in the body. Not only will eating a diet heavy in veggies and fruit help neutralize, but will also provide the body with essential minerals, vitamins, and antioxidants for protection against inflammation and degeneration.

This smoothie recipe includes ingredients that can help your body with regenerative processes and create a more balanced environment for you. Adjust amounts to your preference:

Dark berries (blueberries, blackberries): High in anthocyanin antioxidants that protect against inflammation, are cardio-protective, and aid in cellular repair.

Spinach: Though on the slightly acidic side, this is still considered a superfood packed with Vitamins A, K, and C, as well as manganese, magnesium, and iron – improves oxygen flow through the blood.

Banana: One of our favorite potassium foods with about 12% of our daily needs.

Cutie: High in potassium and vitamin C.

Carrots: You know they are good for keeping your vision in check.

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Hawthorn berry syrup – my own concoction but you can shop for the berries: Cardio-protective.

Ginger: Warming herb and has gingerol which can help inflammation and oxidative stress. Ginger can also help to lower blood sugar.

Chlorella: A single-cell algae containing chlorophyll that can promote cell health. Also used as a detox agent for some toxins.

Sprouted seeds and nuts: Contain plant sterols and omega-3 fats for inflammation protection.

Vitamin C: Not only is it good for your immune system and fighting free radicals, but it's also good for rebuilding blood vessels, muscle, cartilage, collagen, and other tissues.

Quercetin: Reduces allergy symptoms which in turn reduces inflammation.

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