

Anti-Stress Smoothie*

- 1 Peeled Organic Banana
- 1 Cup Frozen Organic Blackberries
- 2 Cups Frozen Organic Blueberries
- 1 Cup Organic Vanilla Yogurt
- 1 Peeled and Pitted Organic Avocado
- 2 Cups Quality Not-From-Concentrate Orange Juice
- 1 Teaspoon of Bee Pollen
- 1 Tablespoons of Fresh Flax Seed Oil
- 2 Tablespoons Dehydrated Lemon Balm Herb

Magnesium – Magnesium is a natural tranquilizer. It helps relieve anxiety and relax the muscles. Magnesium deficiencies can inhibit the body's ability to manage stress. Magnesium is found in avocados, blackberries, bananas, and yogurt.

Calcium – Calcium is vital to your body processing magnesium. Additionally, some research indicates that calcium may help prevent hypertension. Yogurt can be a great source of calcium.

Vitamin B1, B6, and B12 – B vitamins have the unique ability to give the body energy while also having a calming effect. B vitamins help keep the nervous system balanced and promote brain health. Avocados, bananas, bee pollen, and yogurt are all good sources.

Vitamin C – Vitamin C is an excellent antioxidant, is important to the functioning of the adrenal glands (vital in managing stress) and the brain and can help relax the body. It is found in many fruits, as well as bee pollen.

Vitamin E – Vitamin E helps get oxygen to the brain and is found in bee pollen.

Omega 3 – Omega 3 Fatty Acids are vital to brain tissue functioning and have been repeatedly shown to improve overall brain health. Flax seed oil is a relatively tasteless but highly digestible way to acquire this nutrient.

Lemon Balm – Peer-reviewed scientific research has repeatedly demonstrated that the lemon balm herb can decrease anxiety and, with repeated usage, stabilize the autonomic nervous system.

Probiotics – Yogurt contains probiotics that are excellent for maintaining a healthy digestive system. A growing body of research has shown important connections between digestive health and mental health.

*Do not include any ingredients that you have food allergies or food sensitivities for and always defer to the personalized nutritional recommendations of your physician or nutritionist