

**Energy Soup** is a unique and delicious food that helps us to alkalize, detoxify and heal by providing super nourishment. For busy, health conscious people it's a godsend. For someone who is recovering from a serious illness the live enzymes and easy digestion of *Energy Soup* make it indispensable!

Chlorophyll (the green pigment) helps our blood to carry more oxygen by easily converting to hemoglobin. The main difference between the chlorophyll and hemoglobin molecule is that the former has a magnesium atom at the center and the latter has an iron atom. Our bodies can exchange the iron for the magnesium to build more red blood cells!

## Energy Soup

Yields 1 pint

Combine the following in the blender:

- 1 apple, diced (peeled if inorganic)
- 2c pure water\*
- 2c romaine lettuce, or other greens, washed under running water, then cut or torn
- ½ avocado, or ½ cup presoaked seeds or nuts
- 1tsp. spirulina (as seen in the photo to the right), optional

Blend the first two ingredients on low, using "stop/start" action to get it going, then increase power. Add remaining ingredients and blend until you have the consistency you like. Eat immediately for the greatest enzyme benefit.

\*Dr. Ann Wigmore always used a fermented grain beverage in this recipe, but the quality of mine varied so much that I finally stopped using it and replaced it with water. If you would like to try your hand at it, see directions for *Rejuvelac* on p. 35, in *Organic Annie's Fresh Tastes for Breakfast*. Or replace 1/2c of the water above with sauerkraut liquid.



**Got Greens?**

## Choosing Your Greens

Choose tender leaves from: parsley, cilantro\*, endive, escarole, romaine lettuce, dandelion, wild lettuce, chicory, spinach, chard, purslane, mallow, field daisy, chickweed, plantain, sorrel (small amount), comfrey, amaranth, lambsquarters, yellow or sour dock, violet, sow thistle.

Avoid cruciferous (cabbage family) greens if you have or suspect that you have an underactive (hypo-) thyroid, for they contain a natural chemical—goitrogen—which blocks iodine absorption in the thyroid. Especially high are: cabbage, Brussels sprouts, cauliflower, mustard greens and turnip tops.

\*Known to chelate lead, mercury and aluminum and take it out of the body through the urine.

**Note:** Always remove any tough, fibrous parts because, unlike *Green Drink*, featured in the March 2006 issue, this does not get strained. See recommended greens below.

