

Contents

Introduction	1
Live enzymes – how important are they?	2
Part 1 – Raw Fruits	3
What is pectin?	3
What is fibre?	4
Part 2 – Raw Vegetables	5
What are cruciferous vegetables?	5
What is chlorophyll?	6
Part 3 – Juicing	8
What can you juice and why?	9
Three basic tips before you start juicing:	12
Which type of juicer should I use?	12
Fresh juice versus bottled juice	15
What is pasteurisation?	15
High Temperature Short Time Treatment (HTST)	15
To strain juice and why?	16
Part 4 – Smoothies	25
What's So Good About Smoothies?	25
What are the nutritional benefits of green smoothies?	26
Using filtered or distilled water – why?	
What is wrong with ordinary tap water?	27
What is Vitamix?	27
Part 5 – Plant-based Milks	50
Why not dairy, why plant-based milk instead?	50
What happens next to those scared baby calves?	50
What happens to the mother cow?	50
So, what do you drink instead of dairy?	50
So what is a healthy milk?	51
What is the reason for pre-soaking nuts and seeds?	51
Pre-soaking time of most nuts and seeds is about 6-8 hours	51
How do you get the milk out of the nuts?	51
What are plant-based milks?	52
Hemp Milks	54
Coconut Milks	55
Other Milks	57
Lazy days – using boxed/package milk	62
Part 6 – The Healing Power Of Herbs	64
Herbal Teas	64
Some detoxing herbs and their benefits	65
Some common ailments and the herbs that can heal them	67
Thank you	68
How to make coconut milk from scratch	69



Part 2 – Raw Vegetables

Raw Vegetables contain the building blocks for your body whilst fruits are the cleansers. Fruits will digest much faster than vegetables.

Raw vegetables are the best healers for our bodies as they are higher in most nutritional content than fruit due to their high mineral content. Beta carotene is known as an antioxidant that fights harmful free radicals. It is found in live plants such as carrots, kale, spinach, broccoli, cauliflower, cabbage, kohlrabi, watercress, Brussels sprouts and other greens.

What are cruciferous vegetables?

Cruciferous vegetables are vegetables of the family Brassica (also called Cruciferae) such as cauliflower, cabbage, garden cress, bok choy, broccoli, Brussels sprouts and similar greens which can reduce colon, stomach and oesophageal cancers.

5. Tropicana Smoothie

½ pineapple
1 banana
1 kiwi
1 handful of grapes
2 handfuls of spinach
150-200g apricots
2 tsp chia seeds
Water

Optional:

1 tsp Camu Camu

Blend all the ingredients
in a blender until smooth.

6. Just Fruit Smoothie

2 bananas
½ pineapple
1 kiwi
1 handful of grapes
1 handful of raspberries
1 handful of blueberries

Blend all the ingredients
in a blender until smooth.

7. After Workout Smoothie



1 banana
1 celery stick
1 handful of spinach or kale
3 dried figs
1 tsp of hemp powder
1 tsp of baobab powder
1 tsp of lecithin
Bunch of parsley
A few leaves of mint
Water

Blend all the ingredients
in a blender until smooth.

Coconut Milks

When making coconut milk, I never use a canned one. I buy coconuts, drink their nutritious water/milk and then break the empty coconuts in order to get to the coconut meat which I use, fresh or frozen, to make my coconut milk.

4. Quick Coconut Milk

5 tbsp grated coconut OR
coconut flour, soaked in water
overnight
2 tbsp raisins, preferably organic,
soaked in water overnight
2 tbsp cocoa powder OR carob
powder, preferably raw
250ml water

Soak the coconut flour and
raisins in water overnight.
The next day do not discard
the water, but pour it all with
the cocoa powder into
a blender and blend well.

Serve immediately.

5. Raspberry & Strawberry Milk

1 cup of raspberries
1 cup of strawberries
1 handful of spinach
1 tsp of wheatgrass powder
1 tsp of chia seeds
3 cups of coconut milk

Want to know how to make coconut milk from scratch?

Have a look at the instruction
sheet at the end of this eBook.



6. Chlorophyll Rich Milk

1 banana
4 dried figs
1 handful of spinach
1 handful of kale
1 tbsp chia seeds
3 cups of coconut milk

7. Silky Coconut Milk

3 cups coconut milk
½ -1 cup coconut meat from a
fresh coconut
1 tsp vanilla pod



Part 6 – The Healing Power Of Herbs

In the final few last pages I have included information about some of the most powerful healing herbs from which you can make lovely teas.

If you would like to learn more about the Healing Power of Herbs, please visit my website for details e-book which can be found on my website: www.LenkaPagan.com

It is packed with valuable information about the 16 most common in Europe herbs and their uses.

Herbal Teas

The quantity of herbs varies. I usually put approximately 1.5l (or about 7 cups) of fresh water into a large saucepan and bring it to the boil. I then uncover it and let the steam come out for a couple of minutes before putting in the herbs.

Adjust the quantities according to how strong or weak you like your tea.

Please Note

If you use lots of different herbs or leave it too long to brew, your tea may be very bitter and not as pleasant to drink. If it's not palatable, try to sweeten it with a couple of stevia drops, raw honey or another natural sweetener.