

Welcome to Well Wisdom's 8 Superfood Shakes and Smoothies for Better Health

Ahead are a selection of recipes using Vital Whey grass fed whey protein and a variety of other healthy ingredients to make up some delicious yet extremely healthy smoothies and shakes. I hope you give them a try and enjoy them, not just for how good they taste, but also for how good they are for you.



The Main Ingredient



The first and main ingredient in each of these smoothies and shakes is Vital Whey - the finest grass fed whey protein powder from Well Wisdom.

There are a lot of whey protein powders available, but the vast majority come from feedlot cattle fed with grains, often corn mash, a waste product of ethanol manufacturing.

Grain fed cattle often ingest pesticide residues from their feed which can be detected in their milk. They are also routinely given hormones to stimulate milk production and antibiotics to combat diseases in the cramped conditions they are forced to live in.

Milk from grass fed cows by comparison is between 2 and 4 times higher in important omega-3 fatty acids when compared to milk from grain fed cattle.

Grass fed milk is also a rich source of conjugated linoleic acid (CLA), a powerful nutrient clinically shown to increase fat metabolism within your body. Milk from cows grazing on grass will usually contain 3 to 5 times the amount of CLA compared to milk from cows fed grain.

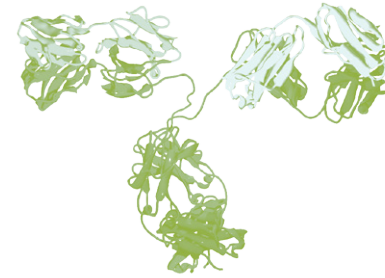
Vital Whey is derived from cows that graze on natural pastures all year round. The milk from these cows is pesticide free, antibiotic free, hormone treatment free and GMO free and of the highest quality.

To make the world's finest whey protein, Well Wisdom utilizes a proprietary filtration and drying method that involves minimal processing. The resulting whey protein powder is much higher in fragile protein components like immunoglobulins, lactoferrin and valuable amino acids that support and enhance a healthy immune system.

The Many Health Benefits of Whey Protein

Even if you start with a good quality product like grass fed milk, it's very important to process it carefully if you want to end up with a high quality whey protein. Common manufacturing methods used to produce whey protein like crossflow filtration, microfiltration, isolate filtration, hydrolyzation and ion exchange can damage some of the most healthy and beneficial protein components in the original milk.

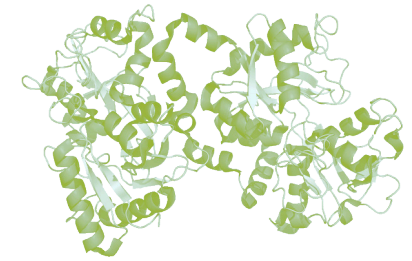
Vital Whey contain significantly more immunoglobulins, lactoferrin and covalent-bonded cysteine for glutathione production than regular whey protein. Here is why each of these matters to your health.



Immunoglobulins

Found in significant quantities only in high-quality whey protein like Vital Whey, immunoglobulins are proteins that can act as transporters of antibodies within your body to combat viruses, bacteria and other foreign invaders.

Immunoglobulins have been used to treat chronic fatigue syndrome, anemia, hepatitis A, arthritis and many other diseases and can help build up your immunity against damaging microorganisms and toxins.



Lactoferrin

Found in some of the highest bioavailable levels in grass fed whey protein concentrate, lactoferrin is a bioactive molecule that helps regulate iron homeostasis within your body. This means that it provides iron to cells in need of it and limits it to those that have an excess.

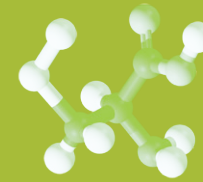
Iron deficiency is common in America and can lead to fatigue, lethargy, heart palpitations, shortness of breath and anemia. Vital Whey is an excellent source of bioactive lactoferrin and may help maintain healthy iron levels within your blood.



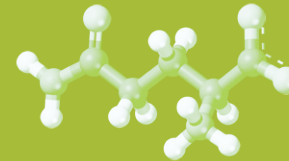
Cysteine for Glutathione Production

Glutathione is your body's master antioxidant and a vital component of good health. It provides your primary intracellular defense against oxidative stress from harmful free radicals. Quite literally, glutathione protects your cells from DNA damage and potentially cancerous changes every day.

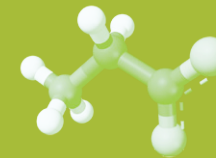
Glutathione is a tripeptide composed of three amino acids - cysteine, glutamine and glycine. All three of these amino acids are found in a higher ratio in non-denatured whey protein, like Vital Whey, than in any other form of protein available.



cysteine



glutamine



glycine

The amino acid cysteine is particularly important for glutathione production as it is scarce in our modern processed diets. When dairy products undergo prolonged heating or processing, as is the case with most whey proteins available, cysteine is denatured and converted to cystine.

As your body's master antioxidant, glutathione can have wide-ranging benefits for your health and well-being. Regularly consuming a high quality source of undenatured cysteine, glutamine and glycine, such as Vital Whey, may help increase natural glutathione levels in your body.



Glutathione Benefits



Immune System

People with a depressed immune system have much lower levels of glutathione for fighting off disease. Raising glutathione levels with whey protein supplementation may help increase your immunity against a variety of diseases.



Athletic Performance

Strenuous activity generates free radicals within your body that can lead to muscle fatigue and reduced performance. High levels of glutathione in your body help to neutralize these free radicals and may increase athletic ability.



Cancer

Glutathione is involved in eliminating carcinogens within your body and maintaining immune function against tumors



Neurological Disease

Low levels of glutathione has been demonstrated in neurodegenerative diseases like multiple sclerosis, Alzheimer's, Parkinson's and ALS (Lou Gehrig's disease).



Detoxification

Your liver is the main detoxification organ of your body, has very high concentrations of glutathione and is involved in numerous biochemical detoxification pathways. Poor glutathione production may reduce your liver's ability to deal with the many toxins in our processed foods and modern environment.



The Aging Process

As we age there is a significant drop in glutathione levels within the body. Low glutathione is associated with many diseases of aging such as atherosclerosis, Alzheimer's, Parkinson's and cataracts.

A high quality grass fed whey protein like Vital Whey can be particularly beneficial for elderly people wishing to increase their protection against such diseases.

How to Take Whey Protein

With all of the many health benefits of grass fed whey protein there's good reason to take it daily. The most common way to have your whey is in a shake or smoothie.

Shakes are very simple to make in a shaker bottle with a sealed lid. Simply add some liquid, your whey protein and any other ingredients, put on the lid tightly and shake.



While quick and simple to make, shakes are a bit limited in the ingredients you can use. Anything powdered is great, like raw cacao or green matcha tea, but most fruits or solid ingredients don't work as well. You can mash up a banana or some berries if you don't mind a not so smooth consistency, but for anything more solid you're going to need to make a smoothie.

Smoothies have become incredibly popular in recent years as a convenient and delicious way to get a lot of nutrition into your diet. A good blender can blend up just about any fruit or even vegetable and, unlike juicing, you get the beneficial fiber in there as well.

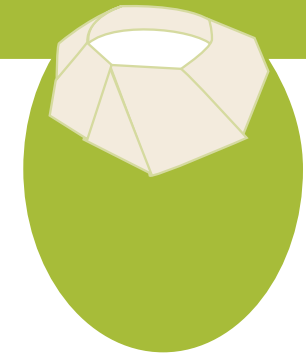
Whey protein is an excellent ingredient to add to smoothies, not just for all the beneficial amino acids, immunoglobulins, lactoferrin and other nutritional elements, but also because it naturally slows down their digestion and minimizes blood sugar spikes for more stable energy levels.

Coming up next are 8 different shake and smoothie recipes to enjoy your whey protein in. Each one is designed to have specific health benefits and hopefully you'll agree that they taste great too.



The only other thing left to decide is what kind of liquid to use in your smoothie. You can use water but that can be a little plain (a tablespoon of coconut oil can help to creamy it up).

Cow's milk tastes good but if you use it make sure it's grass fed and organic. Why have the best quality grass fed whey with low-quality milk? Some people can also have lactose intolerance issues, particularly with conventional skin milk, and should look at the following alternatives.



Soy milk isn't recommended for a variety of health reasons, but high quality almond or hemp milk can make for a good alternative if the ingredients on the label look natural.

My favorite place liquid for smoothies though is coconut water. It's available by the carton these days, is highly nutritious, excellent for sporting performance and stable energy and I think taste even better than regular milk in smoothies.

So now that you have your grass fed whey protein and liquid for your shakes and smoothies, let's look at 8 brand new recipes for better health.

8 Whey Protein Shake and Smoothie Recipes

Each of the recipes ahead is designed with a certain purpose or health condition in mind. That said, they all contain Vital Whey grass fed whey protein and other ingredients that are beneficial for improving your health in general.

There's a variety of ingredients in the shakes and smoothies, some of which you may not have heard of before, but all of which should be available at either a good produce market, or for the powdered herbs, most easily from online stores.

If you don't have a particular ingredient it's of course fine to make up the shake or smoothie without it. Though if you're very interested in that particular health benefit, then it could be well worth investing in something new for the future.

Also feel free to mix and match, swap out anything you really don't like, or combine several recipes to supercharge the potency.

There's even more recipes at the Well Wisdom blog, but here are 8 of my favorites to get you started.



1. Simple Get up and Go Shake



Ingredients

30 grams of Vital Whey grass fed whey protein. (1.5 scoops)

1 cup of coconut water, almond or hemp milk or grass fed, organic cows milk.

1 tablespoon of extra virgin coconut oil.

1 heaped teaspoon of matcha green tea.

3 to 5 drops of stevia extract.



Why This Shake Gives You Energy

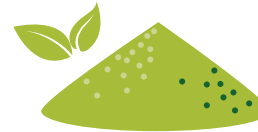


Coconut oil

Whey protein itself is a natural energy booster, but with the addition of green matcha tea and extra virgin coconut oil this shake is a simple, light yet surprisingly satisfying start to the day.

Having grain-based breakfast cereals or toast gives you a brief spike of sugar-based energy, followed by a crash as insulin shuttles away the excess sugar in your bloodstream. The medium chain triglycerides in coconut oil on the other hand are an excellent source of slow burning energy that have actually been shown to stimulate fat burning.

The high protein content of this shake will also fill you up more effectively than simple carbohydrates for breakfast and can definitely be helpful if you're watching your waistline.



Matcha Green Tea

Powdered matcha is actually an extra high-powered version of green tea with a mild flavor and some exceptional health benefits. The teaspoon of green matcha tea in this recipe is incredibly high in antioxidants, such as epigallocatechin gallate (EGCG) for reducing your risk of heart disease and energizing chlorophyll that alkalizes and cleanses the blood.

Matcha green tea contains around half the caffeine of a regular coffee but it provides a much more balanced energy due to the presence of L-theanine. This unique amino acid counteracts excessive stress hormone stimulation from caffeine and leads to a more balanced energy and ability to concentrate effectively without the usual caffeine rush.



Stevia

Liquid stevia is an excellent sweetener around 200 times sweeter than cane sugar with no calories and none of the health concerns of other most other types of sweeteners. Just a few drops will sweeten any smoothie or shake and is a simple way to avoid sugar and artificial sweeteners and help you lose weight.

Method

First add your coconut water or other liquid. Add a few drops of stevia to sweeten. Drop in your grass fed whey protein and green matcha tea. Finally, add a teaspoon of coconut oil.

If you live in a warmer climate your coconut oil will be liquid but if the weather is currently cold it will be solid. This doesn't matter for smoothies, but for shakes

it's best to scrape off around a tablespoon of coconut oil in thin strips, rather than one big chunk, so it mixes up better when shaken.

Once everything's in the shaker bottle then make sure the lid is tightly sealed, shake thoroughly and drink immediately.



2. Avocado, Kale and Kiwi Heart Healthy Green Smoothie

Ingredients

30 grams of Vital Whey grass fed whey protein. (1.5 scoops)

1 cup of coconut water, almond or hemp milk or grass fed, organic cow's milk.

Half a large or a whole small avocado.

A handful of kale.

2 kiwifruit.



Why This Smoothie Is Good for Your Heart



Avocado

Avocado is full of healthy monounsaturated fats, shown to reduce dangerous LDL cholesterol at the same time as raising beneficial HDL cholesterol. Definitely don't be afraid of the fat content of avocados. We need healthy fatty acids like this in our diet and being a high satiety food, they also fill you up and reduce hunger and can actually be excellent for weight loss.

Avocados contain other heart healthy nutrients like high levels of potassium for regulating blood sugar, vitamin C and vitamin E for both water-soluble and fat-soluble antioxidants and folate which helps regulate high homocysteine levels in your blood (a strong risk factor for heart disease).

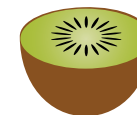
Avocados are a very healthy ingredient add to any of your smoothies and, as a bonus, they tend to give them a fluffy, almost mousse like texture and creamier flavor.



Kale

Superfood kale is rich in an amazing number of vitamins, minerals, antioxidants and other phytonutrients. It is especially high in vitamin K for healthy blood and cardiovascular function and reducing inflammation throughout your body.

While kale has a mild taste, it's not always so easy to get lots of greens like this into your diet. Smoothies are an excellent way to have all the health benefits of green vegetables like kale without even tasting them.



Kiwifruit

Kiwifruit is an excellent source of the antioxidant vitamin C for cardiovascular health. They also have a delicious tangy sweetness to add to the flavor of this smoothie.

If you need more sweetness you can add a couple of drops of stevia, but one of the best things you can do for your health and your heart is to train your taste buds to not need everything you eat and drink to be so sweet.

Method

If your kale isn't organic then it's best to soak it in hot water with a splash of apple cider vinegar to minimize sprays. Once clean, throw the chopped kale into the blender first, followed by the Vital Whey, avocado, kiwi and milk or coconut water.

Blend it all up on high for 10 to 15 seconds and enjoy straight away for the best flavor and health benefits.



3. Apple, Carrot and Beet Detoxifying Smoothie



Ingredients

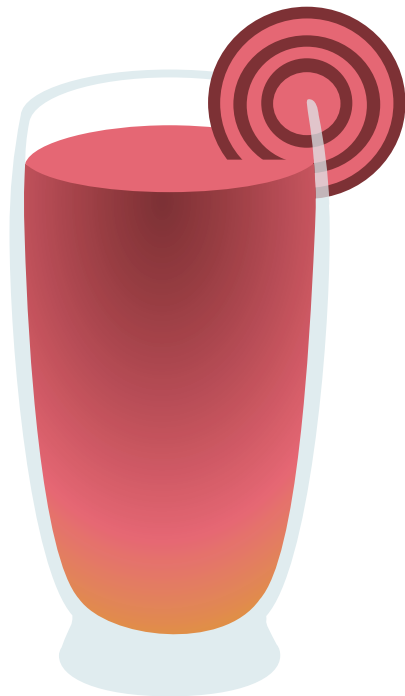
30 grams of Vital Whey grass fed whey protein. (1.5 scoops)

1 cup of coconut water, almond or hemp milk or grass fed, organic cow's milk.

Half an organic beet.

1 organic carrot.

1 organic apple.



How This Smoothie Detoxifies Your Liver

Your liver is the major detoxification organ of your body and has a hard job these days with all the various toxins in processed foods and the polluted environment we live in. This smoothie can help to give it a break.



Beet

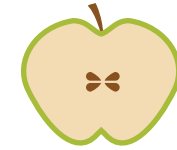
Beets, also known as beetroot, are potent source of phytonutrients like betanin, which stimulates various detoxification pathways in your liver. The similar sounding betaine compound in beets promotes the flow of bile for better digestion and reduced workload on the liver.

In fact, beetroot juice, or blended up beet as in this smoothie, is so powerful it is recommended to help regenerate liver cells and clear fatty deposits in the liver from years of alcohol consumption.



Carrot

Antioxidant rich carrots are full of alpha and beta-carotene for protecting your body and liver from free radical damage and also contain many vitamins and minerals. A great general cleanser and alkalizer of your body, blended up carrot is also surprisingly sweet and tasty.



Apple

Apples are a great general detoxifier and their skin is full of powerful phytonutrients for better health. Apples also contain a special type of fiber called pectin that binds to toxins in your intestine so they can be safely excreted before your liver has to deal with them.



Method

All three of these ingredients in this detoxifying smoothie are much better organic where possible. With carrots, and to a lesser extent beets, this is particularly important as toxins in the ground they are grown in are absorbed into the vegetable itself so just washing them won't help. Organic carrots are usually only a little more and well worth it if you value your health.

Non-organic apples can be soaked in hot water and apple cider vinegar for a few minutes and scrubbed with a scrubbing brush to get rid of most of the sprays and waxes.

You'll need a good blender to make up this smoothie due to the hardness of the carrot and beet. I use this one in my kitchen and it blends up carrots and other hard vegetables incredibly well.

Chop up your organic carrot and beet with the strength of your blender in mind. So with a good one like the one above, three or four chops will be fine. A cheaper blender will need the carrot and beet cut quite a bit smaller.

Add the chopped carrot and beet into your blender, the whey protein, coconut water and last of all cut your apple into quarters around the core and throw it in. Apples oxidize quickly so always make them the last ingredient to prepare if you use them in a smoothie.

Blend up for a bit longer than a regular smoothie until the consistency looks good to you. Drink and enjoy, ideally first thing in the morning for maximum detoxification.

4. Papaya, Cabbage and Ginger Digestive Health Smoothie

Ingredients

30 grams of Vital Whey grass fed whey protein. (1.5 scoops)

1 cup of coconut water, almond or hemp milk or grass fed, organic cow's milk.

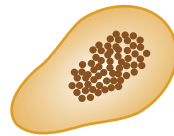
A quarter of a small or an eighth of a large papaya.

A quarter of a cabbage.

Half an inch of fresh ginger rhizome.



Why This Smoothie Is Good for Your Digestive System



Papaya

Undigested proteins, usually from difficult to digest meat like tough steak, salami, pepperoni or other processed meats, can form compounds that create and inflammation response in your body.

Papaya contains the digestive enzyme papain that enhances protein digestion and has a powerful anti-inflammatory effect throughout your body.

There's much more papain in the skin and seeds of papaya so you can include a bit of those if you'd like to increase the potency of this smoothie. Papaya seeds have other unusual health benefits beyond their digestive enzymes you might also be interested in.



Cabbage

Blended cabbage is a particularly good tonic for your gastrointestinal tract. Known as an effective remedy for ulcers, cabbage contains substances like L-glutamine, S-methylmethionine, glucosinolates and gefarnate that help heal and protect the mucous membranes lining of your entire digestive system.

The sweetness of the papaya and the kick of the ginger will overpower the relatively mild taste of uncooked cabbage but try an eighth of a regular sized cabbage if you're worried about the flavor.



Ginger

Fresh ginger is a particularly beneficial herb for digestion. Just the taste of fresh ginger stimulates saliva in your mouth and bile and gastric juices in your stomach for enhanced digestive function.

Ginger's volatile oils also have smooth muscle relaxant properties to quickly ease bloating, spasms and intestinal cramps when you've eaten something that doesn't agree with you. Ginger will even help prevent embarrassing gas if used regularly.

Method

Add your whey protein and cut off a small piece of ginger according to tolerance. Ginger lovers may have more, but a half inch slices should be okay for most people. If you're not a huge fan try half that amount for the first time.

Wash and chop up and add your cabbage small enough to get down into your blender blades.

Chop up and add your papaya, remembering to wash the skin if you choose to add it. The more skin and papaya seeds you add to this smoothie the stronger it will be. The seeds are potent though so you should only use a few the first time. The skin is less so but still high in papain, particularly if it has any greenish coloring. You could try one quarter skin left on and work up from there if you'd like to increase the digestive enzymes in this smoothie.

Top it all off with coconut water and blend it up on high for 10 to 15 seconds. Drink and enjoy this tropical smoothie with a kick straight away.



5. Coconut oil, Strawberry, Carrot and Celery Smoothie for Joint Pain



Ingredients

30 grams of Vital Whey grass fed whey protein. (1.5 scoops)

1 cup of coconut water, almond or hemp milk or grass fed, organic cow's milk.

1 tablespoon of extra virgin coconut oil.

A cup of strawberries, preferably organic.

1 organic carrot.

1 stick of organic celery.



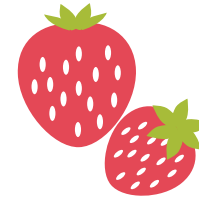
Why This Smoothie Is Good for Joint Pain

Along with the immune system boosting whey protein, this recipe contains four different natural ingredients fighting joint pain.



Coconut Oil

Extra virgin coconut oil is a powerful anti-inflammatory and provides important fatty acids the body uses to lubricate painful joints. Coconut oil is also often recommended as an arthritis treatment with many people reporting it provides relief from arthritic pain.



Strawberries

Delicious fresh strawberries contain special nutrients with antioxidant and anti-inflammatory properties called anthocyanidins. Strawberries also contain good levels of vitamin C for protection from free radical damage that can lead to further inflammation.



Carrot

Carrots are a highly alkalizing vegetable, full of beneficial minerals, vitamins and antioxidants. Used for centuries in Chinese medicine for joint pain, carrots are said to nurture the ligaments and help bring relief from arthritis and other joint problems.



Celery

Celery is another popular remedy for arthritis and other forms of joint pain. It contains the inflammation fighting compound luteolin and is a natural diuretic that may help to clear uric crystals that can build up around the body's joints and contribute to joint problems.



Method

Soak your strawberries in hot water and apple cider vinegar if not organic to minimize pesticide residue. Chop off the green tops and throw them in the blender. Add the Vital Whey, coconut oil, carrot and celery well chopped.

Blend this smoothie up for a bit longer than normal due to the harder ingredients. The best time to have it if possible is a couple of hours before you would usually experience the worst joint pain. I hope it helps.

6. Avocado, Kiwifruit, Parsley and Cucumber Smoothie for Better Skin

Ingredients

30 grams of Vital Whey grass fed whey protein. (1.5 scoops)

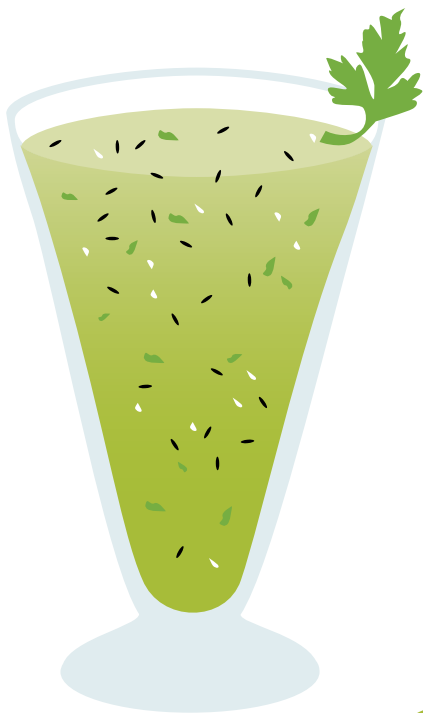
1 cup of coconut water, almond or hemp milk or grass fed, organic cow's milk.

1 small or half a large avocado.

2 kiwifruit.

A handful of parsley, minus the stems.

Half a medium cucumber.



Why This Smoothie Is Good for Your Skin

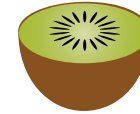


Avocado

Avocados are extremely high in oleic acid. This monounsaturated fatty acid maintains proper moisture levels within the epidermal layer of your skin.

Many skin problems are associated with having too much pro-inflammatory omega-6 fats from processed vegetable oils in our diets. Omega-3 fats from seafood and flaxseed and omega-9 fatty acids from avocado and olive oil can help redress the balance.

Avocados also contain good levels of vitamin C, vitamin E and other antioxidants like beta-carotene and alpha-carotene for better skin.



Kiwifruit

Kiwifruit are a surprisingly rich source of vitamin C. This is beneficial to your skin not just for its antioxidant protection, but also for the way vitamin C promotes collagen production for firmer, younger looking skin.



Cucumber

Fresh cucumber is extremely hydrating and cooling to the body and drinking it in this smoothie may help with flushed or reddened skin. Full of unusual phytonutrients and highly anti-inflammatory, cucumber is not just for slicing and putting over your eyes, it's also very good for you on the inside.



Parsley

Even in small amounts parsley is a potent source of nutrition for healthier skin. It contains good levels of vitamin K, vitamin C, pro-vitamin A, minerals like copper and zinc that are important for your skin's health and cleansing and detoxifying chlorophyll.

Parsley is also full of antibacterial and antifungal volatile oils that help prevent skin blemishes and disinfect pores to fight acne.

Method

Unless organic, soak the cucumber and parsley well in hot water with a splash of apple cider vinegar to minimize sprays. Also scrub the cucumber after a few minutes to get off any waxes.

If you don't have a very good blender you'll probably want to remove the thick stems of the parsley as these can be hard to blend up and sometimes catch in the blades.

Add the parsley fronds, whey protein, chopped cucumber, scooped out kiwifruit pulp, avocado and coconut water to your blender and blend it all up on high for 10 to 15 seconds. Serve immediately for a potent glass of skin nutrition.



7. Quick Chocolate Banana Pre-Workout Shake



Ingredients

30 grams of Vital Whey grass fed whey protein. (1.5 scoops)

1 cup of coconut water, almond or hemp milk or grass fed, organic cow's milk.

1 ripe banana.

2 teaspoons of raw cacao.

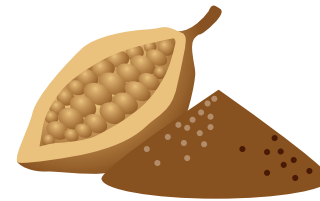
Why This Shake is Great Before a Workout



Banana

Bananas are a healthy fruit, high in potassium, prebiotics, soluble fiber, magnesium, manganese, vitamin C and vitamin B6. They do have a problem though - high levels of natural sugars.

This makes them not the best fruit to eat regularly, or add to your smoothies, if you're trying to lose weight. Right before a workout though, with all their potassium, magnesium and vitamin C, they are excellent.



Cacao

Raw cacao from cocoa beans is a superpowered version of all the recently praised health benefits of chocolate, without the excessive sugar and vegetable oil that usually more than cancels these benefits out.

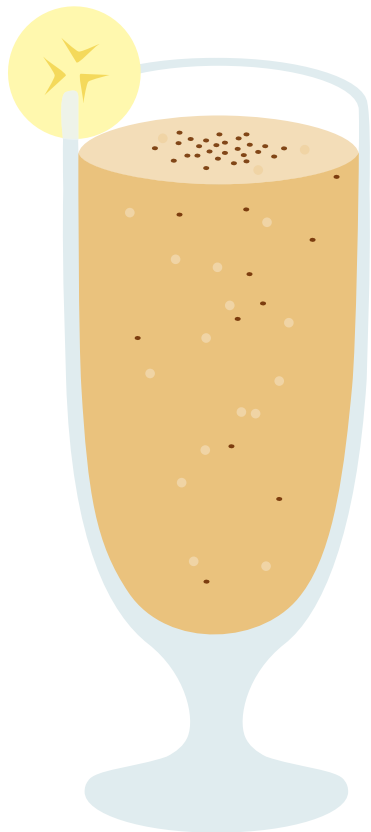
Exceptionally high in magnesium for optimal muscle function, raw cacao also contains l-theanine for mental alertness without the high stress hormones that come with too much coffee or other caffeinated beverages.



Method

Mash your banana up well with a fork in a bowl. The riper the fruit the easier it will be. If you want a completely smooth consistency then use a blender for this recipe. This shake is designed to be quick, but there will be a bit of banana down the bottom of the shake to finish off at the end.

Throw in your mashed up banana, Vital Whey and cacao and pour the milk over the top. Put the lid on tightly and shake up well. Drink just before leaving for a workout for extra energy and focus during training.



8. Blueberry, Bok Choy, Celery, Brazil Nut, Coconut Oil and Maca Smoothie for Testosterone Production



Why This Smoothie Can Help Testosterone Production

Ingredients

30 grams of Vital Whey grass fed whey protein. (1.5 scoops)

1 cup of coconut water, almond or hemp milk or grass fed, organic cow's milk.

Half a cup of blueberries.

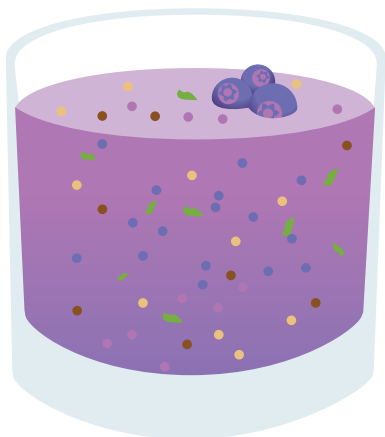
1 bok choy.

A stick of celery.

1 tablespoon of extra virgin coconut oil.

2 Brazil nuts.

2 teaspoons of organic maca powder.



Obviously high-quality amino acids, like those found in Vital Whey grass fed whey protein, with undenatured immunoglobulins, lactoferrin and other beneficial compounds is the first and foremost ingredient in this smoothie for increasing testosterone. That said, each of the other ingredients can play its part in making this a powerful recipe for elevating one of the most important of hormones, for both men and women.

Blueberries



Blueberries are full of free radical scavenging antioxidants and health promoting phytonutrients. It's difficult for your body to make adequate testosterone if it's under oxidative stress and berries of all types are great for combating this. Blueberries also contain resveratrol and calcium-D-glucarate, both considered beneficial for a positive hormone balance.

Coconut Oil

Testosterone production need saturated fats and coconut oil contains some of the best. Coconut oil and its medium chain triglycerides also have thermogenic properties making it particularly valuable for anyone wanting to lose weight.



Bok Choy

Bok choy is a cruciferous vegetable that contains anti-estrogenic chemicals like indole-3-carbinol and DIM. Also containing vitamin C, vitamin K, B vitamins, iron and selenium, bok choy is a mild tasting addition to this smoothie without the stronger flavor of some other cruciferous vegetables but with many of the health benefits.

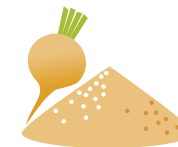
Celery

Celery contains two androgens called androstenol and androstenone and is believed to directly boost testosterone production within your body. It also contains and anti-estrogenic flavonoid known as apigenin to gently lower testosterone's arch nemesis estrogen.

Brazil Nuts



Brazil nuts are rich source of selenium in particular, but also zinc and healthy fatty acids. All of these make Brazil nuts a premier testosterone boosting food. It's best to get Brazil nuts with the brown skin still on as this contains many of the nutrients. Don't have too many though. Just two Brazil nuts generally covers the RDI of selenium and a handful may be too much for some people.



Maca

Maca is a Peruvian root vegetable that contain sterol compounds that can block excess estrogen production while boosting testosterone levels. Be aware that maca powder can have a significant upward impact on your libido. If that's currently a good thing feel free to add an extra teaspoon or two.


Method

There's quite a lot in this last smoothie recipe, but it's likely that men will be most interested in it so I'm sure most can handle it, particularly after a workout. That said, a little extra testosterone is highly beneficial for women as well and particularly for the elderly of both sexes as natural testosterone production decreases as we age.

If not organic, once again soak the blueberries, bok choy and celery in a large bowl of hot water with a good splash of apple cider vinegar. Scrub the celery and open up the leaves of the bok choy a bit to make sure they're clean.

Chop up both and throw them in to your blender jug, along with all the other ingredients. Blend it up on high for 10 to 15 seconds and enjoy immediately.

This testosterone enhancing smoothie would be great to have straight after a workout for maximum effect. Like all of the previous recipes though, you can really have them at any time that fits into your schedule. Personally, I find as a replacement breakfast, or as a late afternoon pick me up if dinner is a while away, to be some of the best times.



I hope you try and enjoy some of these recipes made with what I believe is the best grass fed whey protein available.

I really think you'll be amazed at the beneficial effects on your health and well-being when you combine Vital Whey with all of the other healthy ingredients in these shakes and smoothies.

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