

# Smoothie of the Month:

# Orange Julius

## Health Benefits of Bananas

- Energetic for Athletes
- Beats Blood Pressure
- Cures Hangovers
- Relief's in Heartburn
- Cures Morning Sickness
- Seasonal Affective Disorder
- Cures Ulcers
- Helps in Anemia
- Increases Brain Power
- Constipation
- Calm the Nerves
- Overcoming Depression and Changing Mood
- Lower Smoking and Tobacco Use
- Mosquito Bites - Reduces Swelling and Irritation
- Relieves in Stress
- Temperature Control of Body
- Eliminates Strokes



## 10 Incredible Health Benefits of Oranges

- Heart Health**  
Herperidin's in oranges help lower blood pressure and folate protects against cardiovascular disease
- Digestive Health**  
Vitamin C helps prevent ulcers and fibre ensures a healthy colon
- Cholesterol-Lowering**  
Contain limonin, which helps reduce LDL, or "bad" cholesterol
- Kidney Support**  
Help prevent kidney stones & efficient filtering of toxins
- Anti-Cancer**  
Studies have shown cancer-risk reductions in over 40-50% of individuals who consumed citrus fruits! Contain potent anti-carcinogens to prevent proliferation of cancerous cells.
- Immune Support**  
High vitamin C content helps to steer away nasty bugs, bacteria & viruses. Prevents colds, flus & ear infections
- Alkalinizing**  
Rich in alkaline minerals to help balance body pH
- Healthy Skin**  
Contain essential vitamins & minerals for beautiful, problem-free skin
- Anti-Inflammatory**  
Oranges help prevent free-radical damage, which normally triggers the inflammatory cascade
- Vision Protection**  
Loaded with carotenoids, oranges help prevent night blindness & macular degeneration

