



Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7

Ph: (905) 840-WELL Fax: (905) 840 -LIFE

www.drjustineblainey.com

www.blaineywellness.com

Fact: Green Smoothies Reduce Inflammation in Athletes

By: Sergei, Raw Family January 24th, 2015

Ashland, Oregon, where I reside, is home to many talented ultra runners, cyclists and CrossFitters. I wanted to know if a regular intake of green smoothies (a blended mixture of fresh, organic fruits and greens) could boost endurance, help alleviate post-workout soreness and reduce injury in such athletes. I searched the web for data on this matter, but found nothing. So I decided to conduct the research myself and share my findings with the world in the form of a documentary film called: "Powered By Green Smoothies." After a year's worth of work, I discovered that green smoothies can benefit athletes and athletic people by reducing inflammation in their bodies.

In July of 2013, I assembled a medical team and recruited ten athletes (five ultra runners and five crossfitters) to participate in my experiment. With cameras rolling, I put all my athletes through extensive blood tests, oxidative stress tests and vigorous endurance tests prior to the start of the pilot study. Once the baselines were in, I started blending and delivering freshly made smoothies to each of the participants. Every athlete received one quart of green smoothie every day in addition to his or her regular diet. In the interest of reducing as many variables as possible, I also instructed my athletes not to deviate from their typical workout schedule during the length of the green smoothie trial.

After six weeks on green smoothies, my athletes were retested using the same methods as at the beginning of the experiment. The end results were extremely positive. Almost all of the participants were more fit and healthy after implementing green smoothies on a daily basis. One after the other, my runners and CrossFitters testified that the smoothies gave them more energy, helped them recover from their workouts faster, reduced cravings for unhealthy food, and even improved their mood.

Perhaps the most notable change my research team and I discovered in the before and after blood work of the athletes was a significant reduction in C-reactive protein (CRP). CRP is a test that measures protein particles in the blood. These protein particles are directly linked to levels of inflammation. The higher the CRP the more inflammation is present in the body.

Nine out of 10 of my athletes (those that drank green smoothies consistently throughout the six week study) managed to reduce their C-reactive protein levels significantly. I believe that this reduction in inflammation is precisely what caused my runners and CrossFitters to feel like they had more energy, gave them the sensation of lightness in their bodies, enabled them to heal their pre-existing, workout-related injuries, and improved their post-exercise recovery times. In a nutshell, the blood analysis corroborated the testimonies of the athletes.

After conducting this pilot study, I am now beyond convinced that green smoothies are immensely beneficial for anyone who exercises. While green smoothies have been a part of my routine for years, I find myself drinking them more regularly and consciously in the wake of this experiment.

Many of the people involved in this film (athletes, camera crew, doctors, and lab technicians) also share in my convictions and now drink homemade smoothies daily.

If you'd like to join us in feeling more vibrant, strong, and pain-free, pull your blender out of the cupboard and grind up your own green smoothie. The following recipes will help get you started. Each and every one of these recipes was given to the athletes of Powered By Green Smoothies during the experiment. If you would like more delicious recipes, visit www.PoweredByGreenSmoothies.com and download the free eBook.

Powered By Green Smoothie

- ½ cup collard greens
- 1 cup Swiss chard
- ½ cup parsley
- ¼ bunch fresh mint
- 1 pear
- 1 mango
- 1 cup frozen strawberries
- 1 ripe banana
- 3 cups water

Wild Edible Afterburner

- 1 cup common mallow (an edible weed)
- 1 cup stinging nettles (an edible weed)
- ½ cup frozen blueberries
- ½ cup frozen strawberries
- 1 mango
- 2-3 cups water

Jace's 100 Miler

- 1 cup spinach
- 1 head romaine lettuce
- 1 cup yellow watermelon cubes
- 2 kiwis
- 1 pear
- ½ cup blueberries
- 1 ripe banana
- 2-3 cups water

Thanks for reading.
Over and out,
Sergei

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