

# JOY JUICE

11 Smoothie & Juice  
Recipes to Boost Mood  
& Enhance Memory



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## 11 Smoothie & Juice Recipes to Boost Mood & Enhance Memory

*Get ready to blend your way to a healthier  
brain!*

from

[NaturalGirlDiary.com](http://NaturalGirlDiary.com)

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## WELCOME!

Enjoy learning about brain health ingredients that support cell renewal, combat oxidative stress, enhance creativity and serenity, and help your body produce more serotonin and endorphins.

Let's see the line-up!



## Brain Boosting Ingredients

**NUTS & SEEDS** - are good sources of Vitamin E which helps lessen cognitive decline as we age. They also supply tryptophan which our bodies use to produce melatonin and serotonin – hormones that aid in youth and happiness! The salicylic acids and minerals in nuts help prevent strokes via preventing the clumping of blood platelets.

**FLAX** - is a potent seed that contains alpha linolenic acid (ALA) fat that boosts performance of the cerebral cortex and repairs damage or stress to brain and nerve tissues.

Some ideas to add to smoothies are almonds, walnuts, peanuts, nut butters, brazil nuts, flax and chia seeds.

**BANANAS** - can help you remain alert due to high levels of potassium. Mood enhancing tryptophan (converted into serotonin) helps with depression and aids in the relief of seasonal affective disorder.

**PINEAPPLE** - contains important minerals copper, iodine, iron, magnesium, manganese, phosphorous and potassium that support thyroid health, and having healthy thyroid hormones are an important factor in supporting brain health. The Vitamin B-6 (pyridoxine) helps the brain produce chemicals involved in nerve communication. Pineapple can help sharpen the brain against memory loss and feelings of melancholy. The bromelain is an important digestive enzyme for gut health and new research clearly shows an important connection between gut health and brain health. Bromelain is also an important anti-inflammatory. According to the Mayo Clinic, “Chronic inflammatory reactions are present in most age-related neurodegenerative disorders, including Alzheimer's disease”. So give yourself a helping hand and add more pineapple to your health regimen!

**BLUEBERRIES** - protect the brain from oxidative stress and may reduce the effects of age related conditions. According to Scientific American, “Emerging research suggests that compounds in blueberries known as flavonoids may improve

memory, learning and general cognitive function, including reasoning skills, decision making, verbal comprehension and numerical ability.”

**STRAWBERRIES** - the California Strawberry commission has a great acronym to help us remember the role of the strawberry in brain health. It’s “think SMART - (Strawberry’s Marvelous Antioxidants Repair Thinking)!”

**CELERY** - contains minerals – especially the magnesium and essential oil in it – that soothe the nervous system. In addition, there are two pheromones in celery – androstenone and androstenol – that boost arousal levels! Additionally, a substance called apigenin in Celery has been effective in inhibiting the growth of cancer cells, especially in the pancreas and breast.

**AVOCADOS** - contain healthy fats that our brains and bodies require for optimal nerve and cell functioning. According to Dr. Phillipa Norman’s *Healthy Brain for Life* recommendations, Avocados are ... “rich in a fatty acid called oleic acid, which helps to build the coating of insulation, known as myelin (found in white matter of the brain.) Myelin helps information travel at speeds of up to 200 miles per hour. Neurons *without* myelin (gray matter) process information at slower speeds. Oleic acid makes up over a third of the fat in myelin. Thus, avocados (and other sources like olives, almonds and pecans) are helpful for speedy messaging within your brain.”

(<http://www.healthybrainforlife.com/articles/healthy-food/10-tasty-brain-foods-to-enjoy-now>)

**KALE** - contains carotenoids (naturally occurring pigments) which Harvard University recently connected to an overall sense of optimism. It also contains essential nutrients that are required for optimal brain function. In fact, kale is one of the super foods that tops the charts when it comes to nutrient density. The folate, iron, and vitamin B6 found in kale are all necessary to make brain molecules like serotonin and dopamine. Healthy serotonin levels boost mood and manage appetite and sleep while low levels result in anxiousness, irritability, depression and sleep disorders. Dopamine provides stimulating, pleasurable effects and aids in learning. Severely suppressed levels of dopamine can result in amnesia and loss of consciousness.

**SPINACH** - assists brain health in many ways. A great source of folate (a B-Vitamin), it maintains healthy circulation in the brain. It helps in the formation of neurotransmitters required for optimal thinking and learning. The antioxidants and phytochemicals in spinach help improve blood flow and reduce inflammation – both critical to maintaining healthy brain function.

**COCONUT** - is an incredible all-around health food. According to Dr. Daniel Amen, coconut is nature's richest source of medium-chain triglycerides which are converted into a stable source of fuel for your brain during periods of low blood sugar. And, when it comes to targeting and restoring brain health, a study published in the Journal of Alzheimer's Disease titled, "Coconut Oil Attenuates the Effects of Amyloid- $\beta$  on Cortical Neurons In Vitro."<sup>[i]</sup> lends support to an accumulating body of personal accounts indicating that coconut oil may alleviate and/or regress cognitive deficits associated with aging and neurodegenerative diseases such as Alzheimer's disease and Parkinson's. Finally, the healthy fat in coconut (and its oil) increases the bioavailability of fat soluble nutrients that support both physiological and physical brain health.

**MACA** - is a plant that grows in central Peru, high in the Andean mountains. The maca root possesses adaptogenic qualities that balance and nourish the endocrine system and help it cope with stress. Maca is a natural energizer and good replacement for caffeine because it doesn't cause the jitters and crashes associated with caffeine. WebMD indicates that maca is helpful for: “ ‘tired blood’ (anemia); chronic fatigue syndrome (CFS); and enhancing energy, stamina, athletic performance, memory, and fertility, erectile dysfunction (**ED**), to arouse sexual desire, and to boost the immune system.”

(Please note: maca is a powerful medicinal herb that effects the thyroid, so if you have any existing thyroid issues, you may want to avoid this one until you check with your doctor.)

**PEPPERMINT** - stimulates the hippocampus – the area of the brain that that controls memory and mental clarity. Just the aroma has been shown to increase alertness, enhance memory, and slow the release of the stress inducing hormone

cortisol. Additionally, peppermint oil contains copper, calcium, iron, magnesium, manganese, vitamins A and C, and omega-3 fatty acids.

**COCOA** - is a well-known, feel-good edible and the reason is due to its ability to enhance the production of dopamine and serotonin. These mood elevating properties (and the delightful flavor) make it a top favorite among millions around the globe who consume it – and instinctively self-medicate with it - every day. A lesser known fact about cocoa is that it contains a cannabinoid called anandamide. It is a member of the same class of psychoactive substances found in cannabis and binds to the same brain receptor sites and THC, producing a feeling of euphoria.



# SMOOTHIES

# Banana Brain Soother

---

**1 to 2 bananas**

**Handful of organic almonds**

**2-3 medjool dates (pit removed)**

**1 cup ice**

**3 cups almond milk, rice milk, or filtered water**

**Blend on high**



# Mango Delight

---

**The flesh of one ripe mango or 2 cups frozen mango chunks**

**1 or 2 bananas**

**2 Tbsp coconut flakes or 1 tsp coconut oil**

**1 tsp Maca root powder**

**2 medjool dates (pitted)**

**3-4 cups filtered water**

**Blend on high**



## Berry Boost

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**1 banana**

**1 to 2 cups mixed berries (fresh or frozen)**

**1 cup spinach**

**2 cups filtered water**

**Blend on high**



## **Creamy Cocoa Bliss**

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**1 avocado**

**2 bananas**

**2 Tbsp cocoa powder or carob powder**

**1 Tbsp molasses**

**3 medjool dates (pitted)**

**3-4 cups almond or rice milk**

**Blend**



## Cocoa Mint Bliss

---

**1 avocado**

**2 bananas**

**2 Tbsp cocoa powder or carob powder**

**1 Tbsp molasses**

**3 medjool dates (pitted)**

**3-4 cups almond or rice milk**

**add a sprig of fresh mint or several drops of peppermint oil**

**Blend on high**



## Nutty Monkey

---

**1 cup kale**

**1 avocado**

**2 bananas**

**1/3 c nut butter**

**2 Tbsp cocoa powder or carob powder**

**4 cups (or more) almond milk, rice milk, or filtered water**

**Blend on high**



## Tropical Breeze

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**2 bananas**

**2 cups mango (fresh or frozen)**

**2 cups pineapple**

**3 Tbsp coconut flakes**

**4 cups filtered water**

**Blend on high**





## Green Goodness

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**2 cups pineapple**

**2 cups mango**

**1 cup kale**

**1 cup spinach**

**1 cup ice**

**3 cups filtered water**

**Blend on high**



## Blueberry Bonanza

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**1 cup blueberries (fresh or frozen)**

**2 bananas**

**½ cup chopped kale**

**2 cups filtered water**

**Blend on high**



# JUICES

The following recipes are intended to be made with a juicer, however, if you don't have one the recipes can be made with a high-powered blender such as a Vita Mix, Blend Tec or Ninja.

## Rejuvenate Me Juice

---

**3 organic green apples**

**1 cucumber**

**1 beet**

**4 carrots**

**handful of fresh parsley**

**\*(add 3-4 cups apple juice or spring water if using a blender)\***



## Cucumber Apple Cooler

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**1 large cucumber**

**3 stalks celery**

**1 large green apple**

**one small lemon, peeled**

**\*(add 3-4 cups apple juice or spring water if using a blender)\***



## Awesome Juicer

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**An incredibly economical and easy to clean juicer is the  
Hamilton Beach Big Mouth Pro Juice Extractor.**



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Amazon! Check it out:**

**[Click Here](#)**

**This is the exact juicer I use and I LOVE it. I can quickly and  
easily assemble, disassemble, and clean it.**