

What Has Dr. Shook Been Reading?

The Ultimate Smoothie Book

By Cheri Calbom

Warner Books 2001

Cheri Calbom once suffered from chronic fatigue syndrome and fibromyalgia. She credits her current vibrant health to the powerful and healing nutrients found in freshly juiced fruits and vegetables. Ms. Calbom, also known as The Juice Lady published several books on improving and maintaining health through better food choices. She suggests that a deliciously decadent and nutritious smoothie is a perfect solution to the nutrient poor-fast food American diet.

Readers will find the *Babylonian Breakfast*, which is described as a drinkable bread, within the pages of *The Ultimate Smoothie Book*. *New Parents Serenity Sipper* is supposed to taste like cheesecake and an “*Eat-Your-Vegetables*” Smoothie just might simplify sneaking fruits and vegetables into your and your family’s diet.

I was drawn the *Immune Booster*, a smoothie made with fresh carrot, pineapple and gingerroot juice, cooked sweet potato and raw cashews.

From the chapters preceding the recipes I learned that carrots are a good source of beta-carotene, vitamin E (both powerful antioxidants) as well as a long list of minerals. Ripe pineapple contains bromelain, a protein-digesting enzyme found to be helpful for inflammatory conditions, indigestion and upper respiratory tract infections. Pineapple is also a fairly good source of potassium, calcium, magnesium, iron and iodine. Gingerroot is a good source of zinc (a mineral found to boost immunity), has anti-inflammatory properties, is used for migraine headaches and is known to relieve nausea. The cashews add protein and when blended, function as a yummy binding and thickening agent without using any dairy products. And a neighboring page provides a nutritional breakdown of calories, protein, carbohydrates, fiber, sugar, fats and vitamins.

Most of the recipes require a juicing machine as well as a blender. And Cheri Calbom recommends everyone invest in high quality equipment. Fortunately I found a great juicer at a Riverside yard sale and with the weather beginning to heat up my kitchen I’ll definitely be giving *The Ultimate Smoothie Book* a whirl.

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Once she cast her eyes upon *The Ultimate Smoothie Book*, My Inner Child was after My Inner Mom to buy it. Child recruited the lobbying forces of My Inner Hippie who totally digs a good blended beverage. Hippie recognized at once that My Inner Healer would groove on the organic-fresh-wholesome-phytonutrient scene. Finally Mom and Healer picked it up and looked through the pages. It was unanimous; Cheri Calbom’s book of “101 Delicious Recipes for Blender Drinks, Frozen Desserts, Shakes and more” came home with us.