

# Fabulous NitroGreens

*"After 2 or 3 weeks of those afternoon vegetable cocktails, I began to notice a subtle shift in energy, mood and mental clarity."*

I want to take a brief moment and say thank you for the positive feedback we have received. Two of the people I respect most in this field shared with me how much they have been encouraged by our videos and how they wished everyone could take a few minutes each week to refresh their skills and renew their priorities. Several doctors have also asked about previous Tuesday Minutes. Please look to the upper left where it says "Archives" and you can access over 280 videos.

Each week, I try to put material together that will benefit your patients. This week, I'd like to share an idea that can directly benefit you and your staff. A great blessing in my life is that I get to work closely with one of my brothers three days a week in the same office. By the way, he's the genius behind both



the Tuesday Minute and the Wellness Minute.

For the last month he has been making an 8 ounce green drink in the afternoon and shares it with me. You know, I am a big fan of alkalizing the body with fruits, vegetables and supplements. He uses a nutribullet blender, fills half of it with pre-washed organic greens, usually a mixture of dark greens like kale and spinach. He adds one medium size carrot, a stalk of celery, one and a half cups of water or almond milk, 1/2 of a frozen banana and 1-2

scoops of NitroGreens. One scoop for one person and 2 scoops for 2 people.

He feels that the right amount of water is important. If it's too thin it doesn't have that satiety factor. Everyone has their own thickness preference. Sometimes he will add a tablespoon of Mixed EFAs, sometimes a couple of scoops of isolated whey protein, but always a few veggies and the NitroGreens.

For the most part, I have a pretty clean diet; I eat well

and take the appropriate supplements. But after 2 or 3 weeks of those afternoon vegetable cocktails, I began to notice a subtle shift in energy, mood and mental clarity. It didn't WOW me but now I get really perky when I hear that blender going because I feel a difference when I drink the drinks.

Hold that thought for a second. When grocery stores want to introduce a new food what do they do? Often they have taste samples. I can think of at least a half a dozen items that I continue to purchase because I tasted them at Whole Foods or Costco. And don't you like it when there are new things to sample? Let's combine those two concepts and consider making vegetable cocktails for you and your patients. Obviously, you would give a small Dixie Cup to your patients to taste. You and your staff could enjoy larger portions.

I think you will find these drinks will increase your effectiveness and perhaps add quality to your personal evening. I know when I am less stressed either physically or emotionally, my personal times at home are more vibrant. When I get overwhelmed at whatever the task and don't eat right, my evenings seem shorter.

Let's go a step further. Who refers you new patients? Isn't it mostly your current patients? So instead of always trying to find new patients, maybe having vegetable cocktails a few days a week would enhance your image and give you a platform to discuss wellness and how you predict and prevent chronic disease before it gets unmanageable. Know in advance that some patients will love the vegetable

cocktails, some will hate them. But all of them will know that you are in the business of getting people healthy. It will also give you the opportunity to talk about NitroGreens.

NitroGreens is made from organic heirlooms seeds. Some are sprouted like kale, broccoli and cauliflower. The grass seeds like barley, wheat, kamut, oat and alfalfa are grown and then juiced. Also, beets and carrots are grown and juiced. The grasses are harvested early to make sure they are gluten-free, non-GMO and pesticide free.

Dr. Abbas Qutab designed NitroGreens to increase nitric oxide naturally. You can listen to my interview with Dr. Qutab about the value of organic greens as detoxifiers and metal chelators.

When NitroGreens first came out some people thought it was a little strong but by cutting the dose and now by adding fruits and vegetables it goes to a whole new level. The list of drinks is endless based on your taste and the availability of fruits and veggies in season. Some people have added organic nut butters, avocado, even organic chocolate to the vegetable cocktails for variety. I have included some of my favorite drink recipes below. But I want to encourage you to develop your own favorite blends. Once you find the things you and your staff like it will be easier and fun to promote the taste samplers. Before long, everyone will look forward to hearing that blender.

Thanks for reading this week's edition of the Tuesday Minute. I'll see you next Tuesday.