

Big Brain Shake For One Person From Dan Murphy, DC

Put into a blender:

- 1) Drop in 5 anti-oxidant co factors. (I use **COMPLETE OMEGA-3 CO-FACTORS** from Nutri-West: **800-443-3333**. This way there is no taste and they go down easily.)
- 2) 6 oz of organic low fat lemon twist yogurt (I use Trader Joe's).
- 3) 6 oz organic 2% milk (again, I use Trader Joe's).
"The Key to the Big Brain Shake is the milk globules found in the 2% milk. These are preformed emulsions into which the added EPA and DHA will immediately incorporate. These fat emulsions are an ideal delivery system to maximize the fish oil absorption with virtually no taste." (Sears, 2005, p. 84).
- 4) 6 oz of frozen mixed berries. Frozen berries are extremely high in antioxidants.
- 5) One **tablespoons** of fish oil (EPA/DHA/ALA, some GLA, and vitamin E).
(I use the **COMPLETE HI-POTENCY OMEGA-3 LIQUID** from Nutri-West: **800-443-3333**)

BLEND THOROUGHLY, then complete #6 to increase glutathione levels:

- 6) Add one scoop of Complete Whey-G (undenatured whey protein). Turn the blender on very briefly, just enough to get the powder to disappear from the top, 1-3 seconds. **DO NOT OVER BLEND-IN THE Whey-G OR IT DENATURES!**

Complete Whey-G is an undenatured whey protein that significantly elevates glutathione levels. (Gutman, 2002)

Glutathione is our body's most important antioxidant. Glutathione also attaches (chelates) to toxic metal ions and eliminates (detoxifies) them. (Blaylock, 2002; Gutman, 2002; Rodgers, 2002; James, 2005).

Complete Whey-G undenatured whey protein is from Nutri-West:
(800) 443-3333

Blaylock, Russell, (MD), Health and Nutrition Secrets That Can Save Your Life, Harness Your Body's Natural Healing Powers, Health Press, 2002.

Gutman, Jimmy, (MD), GSH, Your Body's Most Powerful Protector, Glutathione, Kudo.CA, 2002.

Rodgers, Sherry, (MD), Detoxify or Die, Sand Key Company, 2002.

Sears, Barry,(Ph.D), The Anti-Inflammation Zone, ReganBooks, 2005.

James, S. Jill, Blood Hints at Autism's Source, Science News, April 16, 2005.