
Dr. Galen's Power Formula

Serves 2 (Great in the morning as a meal replacement drink)

1. 2 tsp. Quantum Greens Mix
2. 2 tsp. Quantum Tomato Concentrate
3. 1 Tbs. Quantum Nutritional Yeast Flakes
4. 1 Tbs. Quantum Cleanse Blend
5. 1 Tbs. Calcium Lactate Powder
6. 1 Tbs. Pure Maple Syrup
7. 2 Scoops Whey Protein *
8. 1-2 tsp. Pharmaceutical Grade High Potency Fish Oil
9. ¾ cup Frozen Mixed Berries
10. 2 cups liquid – Water, Rice, Soy, or Skim Milk

Place in a blender and mix thoroughly.

Variations

1. Add 1 small Banana and cut the amount of berries by 1/2
2. Use 1 cup of Unsweetened Low Fat Yogurt instead of the whey protein and cut the liquid by 1/2

* If BioPure Protein (BPP) or any other brand of un-denatured whey protein (U-DWP) is used, don't mix them in the blender. Heat and high speed blending denatures them. Instead, stir them in with a spoon or fork. BPP and other U-DWP's are a great source of Glutathione (a powerful anti-oxidant) which supports detoxification in the liver and kidneys. BPP also has natural immunoglobulins which support the immune system. (BPP should be refrigerated after opening.)

Nutrients:

B Vitamins – Nutritional Yeast Flakes

Minerals – Greens Mix, Calcium Lactate powder and Tomato Concentrate

Phytonutrients and Antioxidants – Greens Mix, Tomato Concentrate, and Berries

Omega 3 Fatty Acids – Fish oil

Protein – Whey Protein or Yogurt

Fiber – Quantum Cleanse Blend and Berries

Natural Detoxification Support – All the above

If you have questions, please call or email me at gbirdsley@msn.com.

Dr. Galen

Birdsley Health & Wellness Center
1360 South Main Street
Salt Lake City, Utah 84115
(801) 467-7141