ANTI-INFLAMMATORY SMOOTHIE:

Juice of a fresh lemon [use 1/2 or 1 whole lemon depending on size and your own taste]

1 cup Purified water [cold]

handful of washed spinach

1-2 tsp of freshly ground flax seeds

1/2 pear [bartlett] or any other type of pear.

Blend on low and then high to Mix well.

Add 1 small banana and blend on high until smooth.

https://healingpath.solutions

Visit Healing Path's blog to learn more about how anti-inflammatory foods can accelerate your recovery.