

Sally
Wisbey's
**Smoothie
of the
month**



This smoothie contains a concoction of ingredients to help support healthy joints and bones. For more tips on this subject, see our feature on page 20.

You will need:

- ▶ 1 handful of frozen cherries
- ▶ 1 handful of blueberries
- ▶ 1 handful of strawberries
- ▶ 1 tsp of ground flaxseeds
- ▶ 2 or 3 kale leaves
- ▶ 1 tsp of coconut water
- ▶ 1 small cup of water

Sally says:

Cherries have long been used to soothe inflamed joints caused by conditions such as arthritis, gout and psoriasis. They are rich in anthocyanins which provide powerful antioxidant and anti-inflammatory effects in the body. Cherries are also good at keeping levels of uric acid down, so a great remedy for gout.

Both cherries and strawberries are rich in vitamin C, which is essential for the synthesis of collagen, a major component of cartilage. It is also important for the synthesis of bone and connective tissues that make up healthy joints. Vitamin C contains high levels of antioxidants that protect our cells from free-radical damage.

Calcium is an essential mineral to maintain healthy bones. Most of us think of milk and dairy products as the best way to get calcium but kale is packed full of this mineral. It also contains the minerals copper and manganese which help build collagen and ligaments and help with tissue growth and repair. Flaxseeds are rich in omega-3 fatty acids which help reduce inflammation, helping to alleviate joint swelling and stiffness.

Coconut oil is also a great anti-inflammatory and has been shown to provide relief for arthritis, reducing pain and swelling. It helps promote circulation in joints and reduce joint stiffness.

■ **To find out more about Sally, visit www.sallywisbeynutrition.co.uk or follow her on Twitter: @wizznutrition**