

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



Chronic inflammation is a problem which affects many people. This berry-filled juice will help to calm inflammation whilst tasting great! For more

tips on how to tackle inflammation, see our feature on page 32.

You will need:

- ▶ 1 cup of frozen cherries
- ▶ 1 cup of blueberries
- ▶ 10 strawberries
- ▶ 1 kiwi fruit (peeled)
- ▶ Handful of kale
- ▶ 1 tbsp of ground almonds
- ▶ 1 cup of almond milk

Sally says:

"This smoothie is overflowing with nutrients which can help all kinds of conditions caused by chronic inflammation such as arthritis, gout, asthma, hay fever, atherosclerosis and cancer. Strawberries, blueberries and cherries are rich in anthocyanins which act as powerful antioxidants helping to reduce inflammation and preventing disease. Kiwis and kale, along with the berries, are all great sources of vitamin C – studies have shown that people who are lacking in this vitamin have high levels of C-reactive protein, a marker of inflammation that has been linked to disease. Cherries and blueberries also contain quercetin, a flavonoid known for its anti-inflammatory effects. Almonds are rich in antioxidants and inflammation-fighting healthy fats. These can help your body fight off and repair the damage caused by inflammation."

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

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