

Membrane Power Shake

INGREDIENTS:

- Organic Coconut Water
- Lemons
- Body Bio Phosphatidylcholine
- Body Bio Balance Oil
- Mineral and Electrolyte Powder or Thorne Electrolyte Powder
- Other nutritional supplements

INSTRUCTIONS:

- Start with ½-1 cup organic coconut water
 - I prefer a sour flavor so I add the juice of one or two lemons
- Then add Body Bio Phosphatidylcholine, anywhere from 1-3 TBS
 - I recommend starting low (½-1 tsp to start, as can mobilize toxins quickly)
- Body Bio Balance Oil: 1 tsp to 1-3 tbs
- Mineral and electrolyte powder to help with membrane health and energy
- Other nutritional supplements based on your personal health needs - I use all sorts of powders and potions, including:
 - Amino Acid Powders
 - Glutamine Powder
 - Glycine powder
 - Adaptogenic herbs
 - Athletic Greens
 - Collagen powder
 - Colostrum powder
 - Vitamin A + Vitamin D3 / K2 Drops
 - Bee Pollen
 - Resveratrol Powder or Liquid
 - Probiotics
- ½ cup frozen wild organic blueberries.



Blending this in a blender turns this shake into a liposomal polyphonic power drink that allows the nutrition to cross the blood brain barrier and go inside our cells to deliver the nutrition to the parts of the body that need it most.

This cocktail of membrane healing nutrition sweeps chemical adducts off the mitochondrial membranes. Adding a butyrate supplement can also help remove toxins and adducts off cell membranes.

I like Tributyrn X from Healthy Gut or Butyrate Sodium, or Butyrate Cal Mag from Body Bio. Butyrate also helps restore gut and brain barrier health after old exposure.

Boulder Holistic
Functional Medicine