

DELICIOUS

# SMOOTHIES

RECIPES



# I'M CAROLA

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specialist in bioenergetic and functional medicine**

At 29, I faced severe dysautonomia/POTS symptoms that left me bedridden, and wheelchair bound. Traditional Western medicine offered no clear solutions, so I embarked on a global quest for answers. This journey led me to immerse myself in the world of herbal remedies, hormonal nutrition, homeopathy, and bioenergetic medicine.

Through rigorous exploration and testing over 200 different formulations, I discovered that specific natural ingredients could effectively address the underlying physiological, biochemical, and hormonal causes of my ailments. This revelation not only transformed my health but also sparked a deep passion within me to share these discoveries with others.

In this e-book, I'm excited to bring you a collection of smoothie recipes crafted with the same dedication and purpose that guided me on my healing journey. These recipes are not just delicious—they are carefully designed to support your body's natural healing processes, using ingredients that have been vital in my own recovery.

Whether you're seeking more energy, balance, or overall wellness, these smoothies are more than just meals; they are nourishing, revitalizing blends created from my personal experiences and deep knowledge of holistic health.

Each smoothie recipe in this e-book is a step towards nurturing your body naturally, with integrity, and with the transformative power of nature at its core.



# WHY SMOOTHIES FOR DINNER ARE A GAME CHANGER FOR YOUR HEALTH

In my experience working with women, I see countless cases of what I call "metabolic chaos." This happens when several areas—cortisol/DHEA levels, thyroid function, digestive health, insulin regulation, inflammation, and nervous system overload—become imbalanced, creating a cycle that leaves you feeling depleted and unwell. This cycle leads to issues like fatigue, anxiety, weight gain, and digestive distress.

## Understanding Metabolic Dysfunction

Many of the health challenges women face can be traced back to a combination of these imbalances. Here's a quick snapshot of the core issues we're tackling:

## ONE CAUSE, MANY CONDITIONS



# WHY SMOOTHIES FOR DINNER CAN TRANSFORM YOUR DIGESTIVE HEALTH

What you eat for dinner can significantly impact how your body heals and restores overnight. While fasting is often recommended, it's not always the best option—especially if you're dealing with adrenal fatigue, stress, or thyroid and blood sugar imbalances.

Fasting can raise cortisol, your body's stress hormone, which may worsen insulin resistance, making it harder for your body to manage sugar effectively. This could leave you feeling more exhausted and stressed. It also impacts your thyroid hormones, which are vital for maintaining energy levels and metabolism. Disrupting these hormones can make it harder to burn fat and stay energized.

This is where smoothies for dinner come in as a true game changer. Unlike fasting, which can throw your body off balance, smoothies provide a gentle and steady stream of nutrients, helping to stabilize cortisol, insulin, and thyroid hormones without overloading your digestive system.

## **Targeted Nutrition with Every Sip**

These smoothies aren't just random blends of fruits and veggies; they're intentionally crafted to address key health concerns such as adrenal fatigue, stress, and thyroid imbalances, while offering a balanced mix of nutrients to promote overall wellness. Here's how each one works for you:

- **Cortisol Balance:** Ingredients like ashwagandha and magnesium help support adrenal function and keep cortisol levels in check, similar to the benefits of my BOOST supplement.
- **Thyroid Support:** Foods rich in selenium and iodine—like nuts and seeds—nourish the thyroid, echoing the support provided by my Thyroid, Hair, and Energy supplement.
- **Gut Health:** Each smoothie is loaded with fiber and probiotics to support a healthy digestive system, aligning with my Para-Dtox supplement for gut health.
- **Calm Response:** By avoiding stress-induced cortisol spikes, these smoothies help keep you calm and balanced, much like my CALM supplement.

### Reclaim Your Health, One Smoothie at a Time

This collection of smoothies is more than just a meal alternative. They're designed to help your body recover, stabilize, and thrive. By incorporating these smoothies into your evening routine, you'll be giving your body the nutrients it needs while avoiding the drawbacks of fasting. This allows your digestive system to rest and promotes better sleep, detoxification, and overall health.

Let these smoothies be the foundation of your wellness journey, supporting your body's natural processes and helping you feel energized, balanced, and at your best.

Ready to transform your health? Let's get started with these delicious and powerful smoothie recipes!



Founder, Wellhistic & The Holistic Detox

to your

## “Invisible Battles & Unseen Strength”



# WHY SMOOTHIES FOR DINNER

## Can Transform Your Digestive Health

When it comes to supporting your health, what you eat for dinner can make a significant difference. Fasting is often praised for its benefits, but it's not always the best choice—especially if you're dealing with adrenal fatigue, stress, or thyroid and blood sugar issues.

Fasting can cause your body to release more cortisol, a hormone produced by your adrenal glands that helps you manage stress and control blood sugar. When cortisol levels go up, it can throw off your insulin balance, making it harder for your body to process sugar effectively. This can leave you feeling more tired and stressed.

Moreover, fasting can negatively affect your thyroid hormones, which are crucial for maintaining energy levels and metabolism. The thyroid produces T3 and T4 hormones that regulate how your body uses energy. Fasting can lower these hormones, making you feel sluggish and affecting your ability to burn fat and maintain a healthy weight.

This is where smoothies come in as a game changer. Unlike fasting, which can disrupt your body's delicate hormonal balance, smoothies provide a gentle way to nourish your body. They help keep your cortisol, insulin, and thyroid hormones stable by offering a steady supply of nutrients without overwhelming your system.

Each recipe in this PDF is designed to target specific health concerns like adrenal fatigue, stress, and thyroid imbalances while being balanced nutritionally to support your overall well-being. By choosing a smoothie for dinner, you're not just avoiding the potential pitfalls of fasting—you're actively supporting your body's natural processes and promoting better health.

# BOOST ENERGY SMOOTHIE

## INGREDIENTS

- 1 tsp maca powder
- 1 cup spinach
- 1/2 avocado
- 1/2 green apple
- 1 cup almond milk
- 1 tbsp chia seeds
- 1 tsp raw honey (optional)

## BENEFITS

Enhances energy, supports adrenal function, and balances stress hormones.

## NUTRITIONAL INFORMATION

Calories



265 kcal

Protein



5g

Carbs



34g

Fats



14g

## FLAVOR

Earthy and subtly sweet with a creamy texture.





# STRESS RELIEF SMOOTHIE

## INGREDIENTS

- 1 tsp ground cinnamon
- 1 cup mixed berries
- 1/2 banana
- 1 cup coconut water
- 1 tbsp almond butter

## BENEFITS

Reduces stress, boosts mood, and enhances energy levels.

## NUTRITIONAL INFORMATION

Calories



220 kcal

Protein



4g

Carbs



34g

Fats



10g

## FLAVOR

Fruity with a hint of spice and creaminess.



# BALANCED ENERGY SMOOTHIE

## INGREDIENTS

- 1 tbsp almond butter
- 1/2 avocado
- 1/2 cucumber
- 1 cup spinach
- 1 cup coconut milk
- 1 tbsp ground flaxseed

## BENEFITS

Provides sustained energy, supports adrenal function, and reduces fatigue.

## NUTRITIONAL INFORMATION

Calories



300 kcal

Protein



6g

Carbs



14g

Fats



25g

## FLAVOR

Creamy with a mild, refreshing taste.





# ADRENAL CALM SMOOTHIE

## INGREDIENTS

- 1 tsp ground turmeric
- 1 cup kale
- 1/2 avocado
- 1/2 green apple
- 1 cup almond milk
- 1 tbsp hemp seeds

## BENEFITS

Balances energy, reduces stress, and supports adrenal health.

## NUTRITIONAL INFORMATION

Calories



240 kcal

Protein



5g

Carbs



20g

Fats



18g

## FLAVOR

Earthy and mildly sweet with a creamy texture.





# HORMONE HARMONY SMOOTHIE

## INGREDIENTS

- 1 tbsp ground flaxseed
- 1/2 banana
- 1 cup mixed berries
- 1 cup coconut water
- 1 tbsp almond butter

## BENEFITS

Balances estrogen levels, supports hormonal health, and provides antioxidants.

## NUTRITIONAL INFORMATION

Calories



290 kcal

Protein



6g

Carbs



32g

Fats



18g

## FLAVOR

Fruity and nutty with a smooth finish.



# PMS SUPPORT SMOOTHIE

## INGREDIENTS

- 1 tsp ground cinnamon
- 1/2 cup strawberries
- 1/2 avocado
- 1 cup almond milk
- 1 tbsp chia seeds

## BENEFITS

Reduces PMS symptoms, supports estrogen balance, and promotes heart health.

## NUTRITIONAL INFORMATION

Calories



240 kcal

Protein



4g

Carbs



28g

Fats



16g

## FLAVOR

Sweet with a hint of spice and creaminess.





# CYCLE SYNC SMOOTHIE

## INGREDIENTS

- 1 tbsp sesame seeds
- 1 tbsp ground flaxseed
- 1/2 cup blueberries
- 1/2 banana
- 1 cup coconut water

## BENEFITS

Balances hormones throughout the menstrual cycle, provides essential nutrients for women's health.

## NUTRITIONAL INFORMATION

Calories



275 kcal

Protein



7g

Carbs



25g

Fats



12g

## FLAVOR

Fruity with a slightly nutty finish.





# ESTROGEN DETOX SMOOTHIE

## INGREDIENTS

- 1 tsp ground turmeric
- 1/2 cucumber
- 1/2 avocado
- 1/2 green apple
- 1 cup coconut water

## BENEFITS

Supports estrogen detoxification, promotes liver health, and balances hormones.

## NUTRITIONAL INFORMATION

Calories



190 kcal

Protein



3g

Carbs



25g

Fats



11g

## FLAVOR

Refreshing and mildly sweet with an earthy undertone.



# GUT HEALING SMOOTHIE

## INGREDIENTS

- 1 tbsp aloe vera juice
- 1/2 cucumber
- 1/2 avocado
- 1 cup spinach
- 1 cup coconut water
- 1 tbsp chia seeds

## BENEFITS

Heals the gut lining, supports digestion, and reduces inflammation.

## NUTRITIONAL INFORMATION

Calories



210 kcal

Protein



4g

Carbs



14g

Fats



15g

## FLAVOR

Refreshing and creamy with a mild taste.







# DIGESTIVE AID SMOOTHIE

## INGREDIENTS

- 1-inch piece of ginger
- 1/2 banana
- 1/2 avocado
- 1 cup coconut milk
- 1 tbsp ground flaxseed

## BENEFITS

Supports digestion, reduces bloating, and promotes regularity.

## NUTRITIONAL INFORMATION

Calories



250 kcal

Protein



4g

Carbs



22g

Fats



18g

## FLAVOR

Creamy with a spicy kick and sweetness.



# PROBIOTIC BOOST SMOOTHIE

## INGREDIENTS

- 1/2 cup coconut yogurt
- 1/2 banana
- 1/2 cup pineapple
- 1 cup almond milk
- 1 tbsp chia seeds

## BENEFITS

Enhances gut flora, supports digestion, and promotes gut health.

## NUTRITIONAL INFORMATION

Calories



220 kcal

Protein



5g

Carbs



36g

Fats



10g

## FLAVOR

Tropical and creamy with a hint of tartness.



# DIGESTIVE CALM SMOOTHIE

## INGREDIENTS

- 1 tbsp ground ginger
- 1/2 banana
- 1/2 avocado
- 1 cup almond milk
- 1 tsp raw honey (optional)

## BENEFITS

Soothes the digestive tract, reduces inflammation, and supports gut healing.

## NUTRITIONAL INFORMATION

Calories



230 kcal

Protein



4g

Carbs



29g

Fats



12g

## FLAVOR

Creamy with a spicy and sweet flavor.





# ENERGIZING MACA SMOOTHIE

## INGREDIENTS

- 1 tsp maca powder
- 1/2 banana
- 1/2 cup pineapple
- 1 cup coconut water
- 1 tbsp hemp seeds

## BENEFITS

Boosts energy, supports metabolism, and enhances overall vitality.

## NUTRITIONAL INFORMATION

Calories



225 kcal

Protein



6g

Carbs



36g

Fats



8g

## FLAVOR

Sweet and tropical with a creamy texture.







# MATCHA MORNING SMOOTHIE

## INGREDIENTS

- 1 tsp matcha powder
- 1 tsp maca powder
- 1/2 avocado
- 1 cup almond milk
- 1 tbsp chia seeds

## BENEFITS

Provides a natural energy boost, supports adrenal health, and enhances focus.

## NUTRITIONAL INFORMATION

Calories



260 kcal

Protein



5g

Carbs



20g

Fats



18g

## FLAVOR

Creamy and earthy with a hint of sweetness.





# METABOLISM KICKSTART SMOOTHIE

## INGREDIENTS

- 1 tsp green tea powder
- Juice of 1/2 lemon
- 1/2 cucumber
- 1/2 banana
- 1 cup coconut water

## BENEFITS

Boosts metabolism, supports fat burning, and promotes detoxification.

## NUTRITIONAL INFORMATION

Calories



185 kcal

Protein



2g

Carbs



44g

Fats



1g

## FLAVOR

Refreshing and mildly sweet with a citrusy note.



# ENERGY REVIVAL SMOOTHIE

## INGREDIENTS

- 1 tbsp almond butter
- 1/2 avocado
- 1/2 cup mixed berries
- 1 cup coconut water
- 1 tbsp ground flaxseed

## BENEFITS

Enhances energy levels, supports brain function, and promotes vitality.

## NUTRITIONAL INFORMATION

Calories



270 kcal

Protein



6g

Carbs



30g

Fats

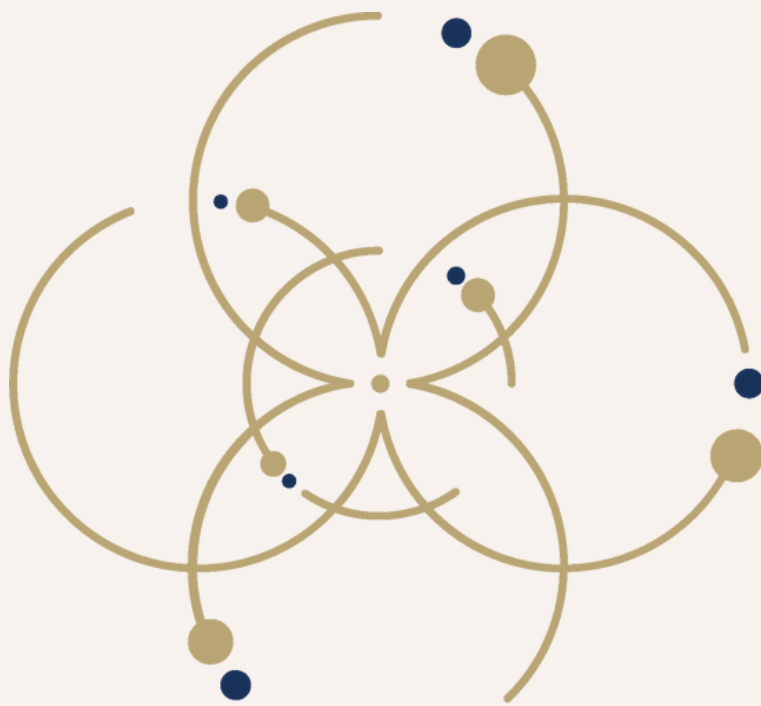


18g

## FLAVOR

Creamy with a fruity and nutty taste.





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H O L I S T I C  
D E T O X