Try These Smoothies for Fibromyalgia

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Why Not Make a Breakfast Smoothie and Start Your Day off Right?

When you have fibromyalgia, you need ideas on what to eat so you will have plenty of energy for that day. Every day is a battle against fatigue, but if you start the day right, the chances are good that you could have a good day after all.

Why Smoothies Are So Beneficial

The way to do this is to start your day with a smoothie. The best smoothies for fibromyalgia are those with green vegetables.

Green vegetables are life givers, in that they will be some of your highest sources of B vitamins. A dose of B vitamins when you are dragging is the easiest way to get your energy levels up. You'll notice a burst of energy in about 10 to 15 minutes after drinking the smoothie with vegetables in it.

If you add avocado, you can add a big dose of unsaturated fats that will energize you for the next few hours. This is a good way to maximize the energy boost from the vegetables.

The Vegetables to Focus on in Your Smoothies for Fibromyalgia

What vegetables will you use? Focus on adding any of these to your smoothie:

- 1 leaf kale
- 1 to 2 handfuls of spinach
- 1 to 2 leaves swiss chard
- 4 dandelion leaves
- 1 handful parsley
- 1 handful cilantro
- 1/8 of an avocado

These green vegetables are packed with B vitamins and you get the added bonus of chlorophyll as well. Chlorophyll is an excellent detoxifier — something absolutely important for those with fibromyalgia.

You might even consider adding half a teaspoon of dark green liquid chlorophyll to any smoothie that you currently make. By doing this, you won't alter the taste that much, as chlorophyll has a fresh, pleasant taste.

Recipes That Make Your Body Sing

So let's see what a few recipe ingredient lists could look like using some of these green veggies.

Dairy-Based Smoothie With Green Veggies

- 1 cup plain yogurt
- 1 leaf kale
- 1 handful spinach
- 1 handful cilantro
- 1/8 of an avocado
- 2 apricots
- Two ½ inch pineapple rings
- ¼ cup coconut water
- ¼ cup coconut flakes or shredded coconut
- 1 cup ice cubes

Blend all ingredients together, mixing thoroughly. Serve in a tall glass with a straw, lemon wedge and strawberry.

Fruit-Based Smoothie With Green Veggies

- 2 apples, cored
- 1 leaf kale
- 2 dandelion leaves
- 1 leaf swiss chard
- 1 handful fresh spinach
- ¼ cup liquid chlorophyll
- 1/8 teaspoon spirulina
- One ½-inch pineapple ring
- ½ cup strawberries
- 1 cup ice cubes

Blend all ingredients together, mixing thoroughly. Serve in a tall glass with a straw, lime wedge and strawberry.

You can have so much fun in the kitchen with these recipes and your body will thank you for making a smoothie. Don’t worry about going wrong with the taste — as long as you only add the ingredients in the amounts recommended, you won’t have a “too green” tasting smoothie.