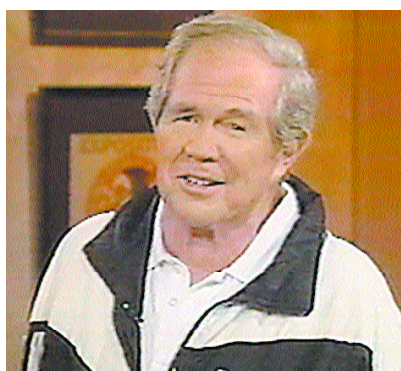


# Robust Living

Pat Robertson

## PAT'S AGE-DEFYING SHAKE

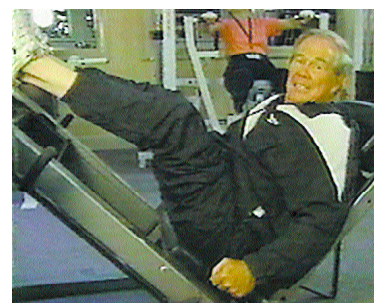
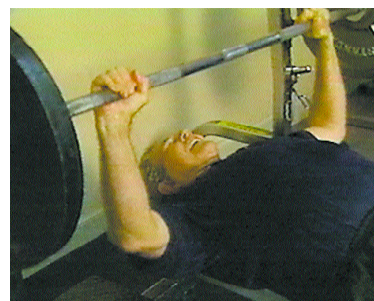


Breakfast is the most important meal of the day. It is vitally important that your body have adequate supplies of protein and necessary minerals to get you started in a healthy, vibrant mode. Nothing is

worse than to race your insulin production by the ingestion of doughnuts, sweet rolls, pancakes drenched in syrup, white toast with jelly, and coffee. This is the typical American breakfast that accounts for the fact that many people are drooping by 10:00 or 11:00 in the morning, and they have, in the process, a number of ailments, not the least of which is adult onset diabetes because of a diet that is filled with sweets, simple carbohydrates derived from white flour and sugar, and caffeine. The shake I use is delicious, refreshing, and filled with energy-producing nutrients. Here's how to make it:

**1** In a standard blender start with six or eight ounces of orange or other fruit juice, water, low-fat or skim milk, according to your taste.

**2** Add five tablespoons of soy protein isolate and five tablespoons of whey protein isolate. These 10 tablespoons of protein powder are easily digestible and have approximately



32 grams of protein, or the equivalent of 5 1/2 eggs, yet they have little or no fat, no sugar, and no cholesterol. Soy protein has been shown to be a dramatic protector of the male and female body against breast cancer, uterine cancer, and prostate cancer because of a substance in soy known as genistein. Science has yet to uncover all of the wonderful health benefits of this remarkable plant food.

**3** Add in two tablespoons of natural apple cider vinegar. This is the vinegar that has the so-called “mother” in it ... not the processed type you find in the average grocery store. This leads to the production of hydrochloric acid in your stomach which fosters the absorption of calcium in your body and also leads to a number of health benefits. Raw apple cider vinegar and honey comprised a morning remedy for many families in the early days of this country and were popularized by Paul Bragg who was considered the founder of the natural food movement. My secretary tells me that apple cider vinegar is a great fat burner, and I don't doubt her advice.

**4** Although we should avoid animal fat and what are called trans-fatty acids, such as margarine and hydrogenated fats of all kinds, we need essential fatty acids that are found in natural oils called Omega 3 and Omega 6. Flaxseed oil or evening primrose oil are the best sources of Omega 3, and safflower oil is a particularly acceptable source of Omega 6. Mix one cup of flaxseed oil with one cup of

safflower oil, and then add two tablespoons of this mixture to the shake. The essential oils are able to reduce cholesterol, increase the HDL lipids in the body, lower the bad LDL lipids, and perhaps in the process lower high blood pressure, as well.

*If you suffer from prostate cancer, substitute fish oil for flaxseed oil.*

**5** Add two tablespoons (or more if desired) of soy lecithin. Lecithin is also a great cholesterol fighter which produces the choline and inositol which is very dramatic in helping to open the flow of blood in the brain to facilitate better memory.

**6** Add one teaspoon of MSM powder. MSM is a sulfur-based product which I learned about from Judy Lindberg McFarland who is an expert on vitamins and natural foods. According to Judy, sulfur is “necessary for healing and repair for most tissues in the body, especially our skin. It also protects us from internal injury of free radical damage, aging, cross linkages and also helps with scar tissue healing, and even recovery from burn and surgical incisions. Because of its ability to protect against the harmful effects of radiation and pollution, sulfur slows down the aging process. It is found in hemoglobin and all tissues. It is called ‘nature's beauty mineral’ because sulfur keeps the hair glossy and smooth, the complexion clear and youthful, and the nails strong.” MSM is also very effective in alleviating the effects of arthritis. It has a terrible taste which is one reason I recommend a sweetener in this shake.

**7** Add one teaspoon of glutamine powder. This is roughly 4.5 grams of glutamine, which is a tasteless white powder. Glutamine is essential for anyone who does physical exercise. In distance or marathon runners, glutamine has prevented the onset of serious sickness in many of those who take it. One group of college athletes who took this quantity of glutamine before exercise raised their production of human growth hormone by 430% in a short period of time. Glutamine has been found to be effective in facilitating or speeding healing after surgery. Bill Phillips, the author of the best-selling book “Body For Life,” strongly recommends that weight lifters use glutamine powder after a strenuous session of weight lifting. I think so highly of glutamine that I take it more than once a day because it has very beneficial effects throughout my body.

**8** For taste, add five or six frozen strawberries or a peach or an apple or whatever type of fruit you like. If necessary, add four or five ice cubes to make the mix a little colder.

**9** Add some kind of non-caloric sweetener. I strongly advise against anything having aspartame as a sweetener because of the harmful effects. I use Sweet’N Low and have had no problem whatsoever. Perhaps there are some more non-caloric sweeteners on the market that may help.

**10** The mixture is then placed in a blender long enough to get it smooth and the ice cubes

crushed. This makes an absolutely delicious drink and will set you off for the day.

## Options

(A) Sometimes I add a couple of tablespoons of non-fat plain yogurt, which gives a little bit more body to the drink, or a banana which also does the same thing.

(B) In my reading I have learned that almost all serious athletes are now ingesting a natural product that is found present in beefsteak that is called creatine. Creatine enhances athletic performance — enables people to run faster, jump higher, and lift more weight in a gym. It is one of those things that the famous slugger Mark McGuire uses as part of his nutritional regimen. Creatine can either be taken by itself or can be taken in what is called a creatine transport system which includes high glycemic carbohydrates which enhances its effectiveness. Creatine can be added to the shake or it can be taken before and after exercise. Creatine pumps water into the muscle cells and causes them to enlarge which, in turn, permits them to accomplish more work in an athletic situation. The muscles then become stronger and, in the process, the individual gains more lean muscle mass and loses more fat. With creatine it is necessary to drink quite a bit of water (at least eight ounces) in addition to what is in the shake. From all indications, it is perfectly safe and beneficial; however, the best practice is to cycle off items like creatine every month or so for maximum effectiveness.

Beyond this, I take quite a number of

vitamins, but I think it is absolutely essential that we take one therapeutic vitamin with minerals per day. Of particular importance are vitamin E, vitamin C, the B complex vitamins and folic acid. Folic acid is important in reducing homocystine which has been identified as a causative agent for heart attacks.

On subsequent programs of *The 700 Club*, I'll be going over some of the vitamins and minerals which can be added to a healthy lifestyle, but I hope that this formula

for my Age-Defying Shake will prove of benefit to all from ages 20 to 80 or beyond!

*As a footnote, please remember that white flour, refined sugar, and similar products made from white flour and refined sugar are the equivalent of poison to your system. They will bring on any number of ailments and will weaken you in any kind of serious athletic performance. I strongly recommend fresh fruits and vegetables, whole wheat and wheat grain breads and pasta, the minimal amounts of beef and beef products, and a strong emphasis on low-fat, reduced-salt foods. This means reading the labels! In addition to this, it is necessary to supplement any kind of a food diet with additional vitamins and minerals and the protein powders I have mentioned in the recipe for the shake.*

## Pat's Age-Defying Shake

6 - 8 ounces of orange juice

(water, other fruit juices, low-fat or skim milk can be substituted)

\*5 tablespoons soy protein isolate

\*5 tablespoons whey protein isolate

2 tablespoons natural apple cider vinegar

1 tablespoon flaxseed oil

1 tablespoon safflower oil

2 tablespoons (or more) soy lecithin

1 teaspoon MSM powder

1 teaspoon glutamine powder

5 - 6 frozen strawberries

(other fruits can be substituted)

Non-caloric sweetener to taste

4 - 5 ice cubes

(optional, use for a colder shake)

In a standard blender, combine the above ingredients. Blend until the shake is smooth and the ice cubes are crushed.

### Optional ingredients you can try:

2 tablespoons non-fat plain yogurt or 1 banana (gives more body to the drink)

1 teaspoon Creatine, (5 grams) Creatine is intended to be used by those individuals who are engaged in strenuous physical activity and training. Individuals under the age of 18 years, should not use Creatine.

(if you add Creatine, remember you need to drink at least 8 oz. of water in addition to your shake).

\*The amount of protein per serving is dependent upon the product purchased. You should aim for 32 grams of protein in the shake. Adjust the quantity of tablespoons according to the label on the product purchased.



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**Disclaimer: Consult with your physician before starting this or any new health regimen or supplement program, especially if you have allergies to any of the listed or related products, or are under the care of a physician or other medical professional, or have any other health problems. No specific health benefit is implied or promised from this recipe.**