

Meet the Green Smoothie Gal

Written by Editor
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Bluffton resident Tisha Chafer has recently launched a new health-coaching business, The Green Smoothie Gal, which promotes "Easy Nutrition for those on the Go." Clients can participate through an e-newsletter filled with recipes and tips or one-on-one nutritional health and wellness counseling.

Chafer is currently enrolled as a student at The Institute for Integrative Nutrition, earning her Certified Health Coach Certificate. She was inspired to start the business earlier this year after participating in a 30-Day Green Smoothie Challenge. Wanting others to feel the health benefits she experienced, Tisha launched The Green Smoothie Gal (www.greensmoothiegal.com). She teamed up with Jen Wolfe at TrueFit Pilates and Training Center, and more than 150 people signed up for the first free challenge.

After the initial success, Chafer decided to turn the service into a subscription newsletter. The Green Smoothie Gal e-newsletter is an informative piece for paid subscribers, which includes tips on what ingredients to avoid in store-purchased items, how to start the process of feeding your family healthier meals that will not take hours to prepare, and how to give up processed and junk foods. Subscribers receive a shopping list each week in addition to smoothie recipes every other day. She also offers personalized support to each subscriber. Chafer hopes to "show (her clients) how to look at whole foods in a new way, and hopefully help (them) fall in

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love with preparing healthy meals."

Chafer has lost 20 pounds since adopting the Green Smoothie lifestyle, which includes eating whole foods, giving up processed foods, limiting alcohol, caffeine and dairy consumption, eating more leafy green vegetables, increasing water intake, cooking at home more than eating out, and exercising. In addition to the weight loss Chafer says, "I feel better. My brain fog has gone away, I am more alert, I have more energy, and my hormones are balanced."

Chafer stresses that The Green Smoothie Gal business is not a diet plan, it is a health-coaching business. A health coach is someone who guides and assists others in making positive changes in their lives to achieve their health and wellness goals. She believes eating clean and healthy is a lifestyle, and having one green smoothie a day is a great way to introduce others to this lifestyle.

She has learned the value and personally seen the benefits of incorporating green smoothies into her busy life. She developed Green Smoothie Gal to show others how eating greens is actually easy, fun and perfect for those who are busy just like her. Her green smoothie recipes vary each day but consist of fruits, vegetables (green and otherwise), and often coconut water or almond milk. She also recommends adding Chia, Flax or Hemp seeds to the smoothies for additional nutritional benefit. Chafer said she hopes Green Smoothie Gal will inspire others to take control of their health and wellness one delicious green smoothie at a time.

Some of the benefits of "Green Smoothie Living" include:

- Green smoothies offer pure nutrition.
- Green smoothies are full of fiber.
- Green smoothies are a great way to eat veggies without even realizing it.
- Green smoothies are easy and quick to make. The only equipment needed is a blender.
- Green smoothies will help to keep you hydrated.
- Green Smoothies will help fight hunger and cravings.
- Green smoothies are low in calories but very filling.

Chafer's Green Smoothie Gal theory is that when you start drinking a green smoothie in the morning you tend to want to eat healthier the rest of the day, and you become more conscious of what you are eating.

For more information visit The Green Smoothie Gal Facebook page or on the web at www.greensmoothiegal.com