

ARWYN'S MORNING DETOX SMOOTHIE



A GENTLE, KID-FRIENDLY BLEND FOR DETOX, MOOD
SUPPORT, AND BRAIN NOURISHMENT.



CREATED WITH LOVE FOR ARWYN • BY ANU



DISCLAIMER

This recipe is created specifically for Arwyn, based on her individual needs, sensitivities, and what she personally tolerates well.

Every child is different.

Every nervous system is different.

Every detox pathway is different.

Please consult your paediatrician, doctor, or nutrition professional before introducing new supplements, mushrooms, or detox ingredients for your child – especially if they have medical conditions, allergies, or are neurodivergent.

This guide is not medical advice.

It is simply what has been supportive for our family.



WHY THIS SMOOTHIE MATTERS

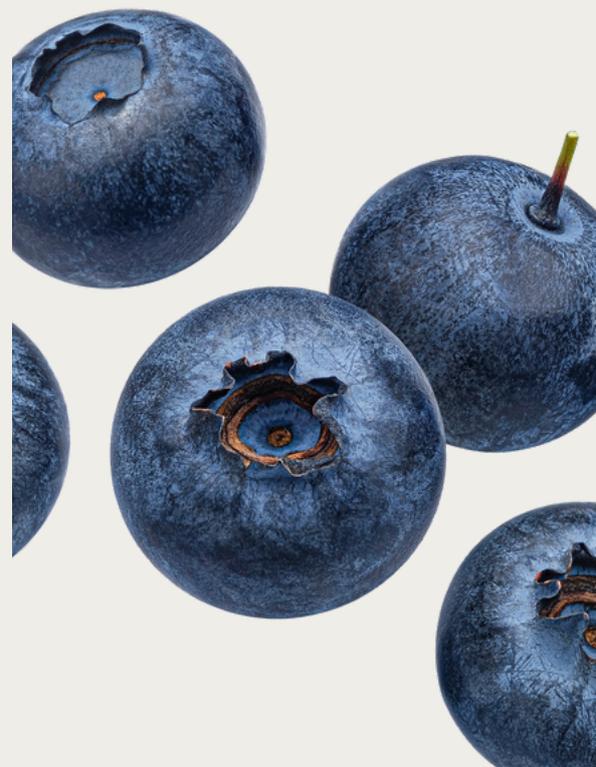
Raising a neurodivergent child means supporting their body, mind, and nervous system in the gentlest way possible.

This smoothie was created for Arwyn with three intentions:

- ✦ Support gentle detox
- ✦ Calm the nervous system
- ✦ Nourish the brain + gut

Every ingredient is chosen to help her feel more regulated, more balanced, and more supported — without overwhelming her system.

Arwyn





THE BENEFITS AT A GLANCE

BANANA — CALMING + EASY TO DIGEST

PROVIDES NATURAL SUGARS FOR GENTLE ENERGY AND SUPPORTS SEROTONIN, HELPING WITH MOOD AND REGULATION.

BLUEBERRIES — ANTIOXIDANT DETOX SUPPORT

RICH IN POLYPHENOLS THAT HELP THE BODY NEUTRALISE TOXINS AND REDUCE INFLAMMATION.

AVOCADO — BRAIN + NERVOUS SYSTEM NOURISHMENT

HEALTHY FATS KEEP BLOOD SUGAR STABLE AND SUPPORT BRAIN DEVELOPMENT AND EMOTIONAL REGULATION.

GROUND FLAXSEED — TOXIN BINDING + GUT MOVEMENT

NATURALLY BINDS TOXINS IN THE GUT SO THEY CAN BE SAFELY REMOVED. ALSO SUPPORTS HEALTHY BOWEL MOVEMENTS.

CHIA SEEDS — FIBRE + MOOD STABILITY

ADDS FIBRE FOR GUT HEALTH AND HELPS STEADY BLOOD SUGAR, REDUCING EMOTIONAL SPIKES.

SPIRULINA — GENTLE DETOX + MINERAL SUPPORT

A NUTRIENT-RICH ALGAE THAT PROVIDES MINERALS, SUPPORTS DETOX PATHWAYS, AND GENTLY NOURISHES THE NERVOUS SYSTEM.



THE BENEFITS AT A GLANCE

 **CHLORELLA — TOXIN BINDING + LIVER SUPPORT**

HELPS REMOVE ENVIRONMENTAL TOXINS BY BINDING THEM, WHILE SUPPORTING LIVER FUNCTION AND OVERALL DETOX.

 **CHAGA — IMMUNE + ANTI-INFLAMMATORY SUPPORT**

HELPS REDUCE OXIDATIVE STRESS AND SUPPORTS DETOXIFICATION IN A GENTLE, CHILD-FRIENDLY WAY.

 **REISHI — CALMING + EMOTIONAL REGULATION**

SUPPORTS THE NERVOUS SYSTEM, REDUCES OVERSTIMULATION, AND HELPS BALANCE MOOD AND REACTIVITY.

 **LION'S MANE — BRAIN + FOCUS SUPPORT**

SUPPORTS NERVE GROWTH, COGNITION, FOCUS, AND COMMUNICATION PATHWAYS — ALL IN A GENTLE, NON-STIMULATING WAY.



THE FULL RECIPE

Ingredients

- ½–1 banana
- ½ cup blueberries
- ¼–½ avocado
- 1 tbsp ground flaxseed
- 1 tsp chia seeds (optional)
- 1 cup water
- ¼ tsp cinnamon
- ½–1 tsp spirulina (start low)
- ½–1 tsp chlorella (start low)
- 1 tsp honey (optional)

Mushroom Add-Ins (open capsules):

- Chaga — ½ capsule
- Reishi — ½ capsule
- Lion's Mane — ½ capsule





HOW TO MAKE IT

1. Add banana, berries, avocado, flaxseed, chia, spirulina, and chlorella to the blender.
2. Pour in water.
3. Open the mushroom capsules and add the powder.
4. Blend extra long until completely smooth and silky.
5. Serve immediately.

Tip: For sensory-sensitive kids, smooth texture is key — blend 10–20 seconds longer.





ADJUSTMENTS FOR OVERTIRED DAYS

If Arwyn slept poorly or is
overstimulated:

- ✦ Keep Reishi + Chaga
- ✦ Reduce Lion's Mane to ¼ capsule
- ✦ Or skip Lion's Mane for that day

This keeps her supported without
overwhelming her nervous system.





MAKE IT A DAILY RITUAL

A daily morning smoothie helps
support:

- ✓ Gentle detox
- ✓ Emotional balance
- ✓ Gut health
- ✓ Calmer nervous system
- ✓ Brain nourishment
- ✓ Steady energy

Small, consistent routines make the
biggest difference.





MADE WITH LOVE FOR ARWYN.
FOR EVERY MUM RAISING A
NEURODIVERGENT CHILD WITH
STRENGTH, SOFTNESS, AND HOPE.

FIND MORE GENTLE ROUTINES +
SUPPORT ON INSTAGRAM:
[@ANU_MALHI](#)

