

Traditions are something that everyone practices in one form or another. They range from the simple; how you cook your holiday meal, to outrageous; swimming in a semi-frozen lake every New Year's Day. While traditions are rooted in meaning and significance, some of them can become unhealthy as we age.

One of my family traditions while growing up was playing Celtic based music in a bagpipe band. It was a family affair with everyone involved. My father, having come from Scotland as a young boy on the Queen Mary, brought with him the traditions of his Celtic roots. He, along with my brother, sister and I all played in the same bagpipe band while my mother provided emotional and physical support. As a band, we had traditions of playing specific pipe band contests and "gigs" or events throughout the year. One series of gigs always occurred on March 17, St. Patrick's Day.

The Scottish slant to my Celtic heritage left me uninformed about the meaning of the St. Patrick's Day celebration. All I knew was we played our instruments for spectators, ate corned beef and cabbage, and drank green beer. I did this because this was what I was taught. I think this is the way with most traditions. We follow them out of commitment to our past without regard to how it affects our present situation and the future. Ask yourself the question, "Are the traditions I follow good for me and healthy for me?" If the answer is no, then some alteration is needed to hold to your traditions in a way that will benefit you instead of being detrimental.

Traditions are important. However, try shifting unhealthy traditions to something good and healthy for you while keeping the meaning behind them intact. St. Patrick's Day and green beer are a good example. My days of drinking beer, especially green beer, are long gone. However, I have created a green drink that reminds me of my old traditions, but I

can drink it every day because it is good and healthy for me. I want to share it with you so you can start a new, healthy tradition on St. Patrick's Day and continue it throughout the entire year.

It contains 4 powdered vegetables, amino acids, date syrup for taste and a splash of coconut water. I drink this for lunch every day. This combination gives me the energy and nutrients to have a healthy and productive day. For some, the taste may need some getting used to. Replace the coconut water with organic apple juice if you find the taste not to your liking.

### **Green Drink**

½ tbsp organic kale powder

½ tbsp organic spinach powder

½ tbsp organic celery powder

½ tbsp organic broccoli powder

1 tsp Complete Paleo protein powder (optional)

1-2 tbsp date syrup

Organic coconut water (optional)

Fill a "BlenderBottle"  $\frac{3}{4}$  with water. Add date syrup, all 4 vegetable powders and Complete Paleo to BlenderBottle and shake to mix ingredients. Top off the mixture with coconut water (if desired) and keep refrigerated until use. You can use organic apple juice in place of coconut water if that appeals to you.

This is a great drink to use with lunch. Enjoy!