

## Juice Recipes

### HEALTH TONIC

3 carrots  
¼ of a beet  
½ of a cucumber  
3 stalks of celery  
small handful of parsley  
¼ inch ginger

### GO GREEN (Recommended for people with blood sugar issues)

3 stalks celery  
½ of a cucumber  
3 stalks chard or kale\*  
2 cups spinach\*  
small handful of parsley  
Add ginger or ¼ - ½ apple for taste)

### COLD FIGHTER

5 carrots  
1 lemon  
4 radishes  
1 inch ginger  
2 cloves garlic

### SMOOTH MOVE (helps with eliminations)

Lemon in water first thing in the morning

### LIVER AND GALL BLADDER CLEANSER

Lemon and honey first thing in the morning  
Add Cayenne to stimulate circulation

### SWEET SENSATION (If you are having a sweet craving, this will satisfy it!). Skip this one if you are Diabetic).

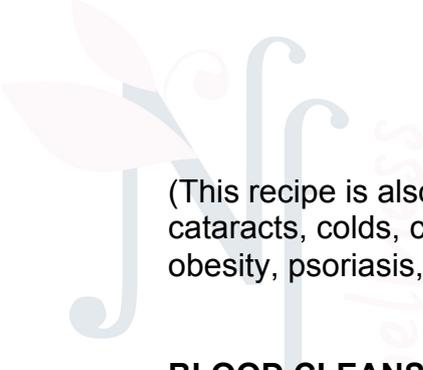
5 carrots  
¼ of a beet  
½ an apple  
¼ - ½ piece of ginger

### MENOPAUSE MIX

3 carrots  
¼ piece of beet  
1 cucumber  
(This recipe is also good for: constipation, acidosis, allergies, bursitis, insomnia, MS, gallbladder, kidney, liver, sciatica)

### HEADACHE TONIC

5 carrots  
4 cups spinach\*



(This recipe is also good for: colitis, arthritis, anemia, asthma, acne, backache, cataracts, colds, coughing, fatty degeneration, halitosis, high and low BP, migraine, obesity, psoriasis, sinus trouble, ulcers, varicose veins)

### **BLOOD CLEANSER**

2 stalks celery  
2 cups spinach\*  
½ tomato  
2 cups cabbage  
handful Dill  
½ lemon  
1 clove garlic  
½ inch ginger  
sprinkle of Cayenne  
dash of Tamari

### **FATIGUE FIX**

Just Carrots  
(also good for pregnancy, not good for Diabetics or Blood Sugar issues)

### **HEMORROIDS GO AWAY**

5 Carrot  
3 cups spinach\*  
1 turnip  
2 handfuls of watercress  
(This recipe is also good for: thrombosis, tumors and supports brain, bones, liver, uterus)

### **ELECTROLYTE BALANCE**

6 stalks celery

### **IMPOTENCE FORMULA**

Spinach only\*

*For people taking **blood thinners** such as Warfarin (also known under the brand names Coumadin, Jantoven, Marevan, Lawarin, Waran, and Warfant), vitamin K could impact how your blood thinner works. Juicing vitamin K-rich foods such as chard, kale, spinach, parsley, collard greens, mustard greens and Brussels sprouts is not recommended.*

**These recipes are for approximately 6 -8 oz. Increase amounts proportionately as you increase intake of juice.**