



Juicing Reference Chart

Juicing is a fast, easy and healthy way to power up your diet. When you juice you are getting the vital energy of the fruits and vegetables you are using. This life energy provides abundant enzymes, minerals, vitamins and other important nutrients necessary for healing. You do not get this from store bought juice - not even organic, whole-food juices. Why? They are pasteurized and highly processed for optimal shelf life. Do not waste your money; they do not have therapeutic value. To get the good stuff, you need to juice fresh at home.

"Let food be thy medicine and medicine be thy food" ~Hippocrates

Love My Belly

Juicing is the perfect food choice for GI disturbances. It's easy to digest and has little fiber to cause gas or bloating. Your body is able to absorb and assimilate juice easily taking the burden off your digestive tract. It is one of the very best remedies for constipation! Not only is it a good food choice, but the enzymes and nutrients found in the produce you juice can help to speed up healing.

Organic vs Non-Organic

It is always the best choice to juice organic produce. Commercial produce has chemicals that can disrupt your bodies balance. Chemicals can cause the liver to become toxic, settle in tissues causing pain, and can disrupt the female reproductive system. If you cannot find everything, you want organic, then be sure to wash thoroughly and peel if needed.

Quick Lemon Cleanse

This is super easy. Simply juice one lemon and mix with purified water. Drink this every morning when you first wake up to help alkalize your body

Summer Time Blues

In summer time, store your produce in the fridge so your juice will be chilled. Hot juice is just not cool!

Coconut Water

Highly alkalizing, hydrating and nourishing. When you are hot and thirsty you can add this yummy water to your juice for an extra electrolyte boost.

Recipes for Living Free

Clear Skin Juice

Carrot
Cucumber
Celery
Ginger
Shot of aloe
10 drops dandelion
tincture

Anti-Flam Juice

Celery
Cucumber
Pineapple
Kale

An Apple a Day

Apple
Pear
Ginger

Hay Fever Helper

Carrots
Apples
Small piece of ginger

Slimming Detox

Lemon
Grapefruit
Ginger

Love Your Liver

Beets
Lemon
Ginger

Juice Boosters

You can add boosters to your prepared juice.
Simply add 1/2 tsp and mix.

Spirulina powder	Wheatgrass powder
Barely grass powder	Acai powder
Aloe vera juice	Herbal Extracts

Workout Restore

Beet
Red Cherries

Berry Cleansing

Pomegranate
Blueberries

Alkaline 911

Apple
Lemon
Cucumber
Kale

Syner-C

Blood oranges
Tangerines
Lemons
Limes

Main list

3 Dozen Carrots
1 Dozen Apples
6 Oranges
3 Beets
3 Lemons
1 Grapefruit
1 Tangerine
1 Lime
2 Cucumbers
1 Bunches Celery
2 Pears
1 Pineapple
1 Bunch Kale

