

Juice your way to better health!

INGREDIENTS

- ✓ **Celery** – lots
- ✓ **Carrots** – go easy as they are high in sugar
- ✓ **Parsley** – lots (a pile)
- ✓ **Ginger** – size of a nickel
- ✓ **Green Apple** (Granny Smith) – go easy to sweeten up

Must drink this juice within 20-25 minutes of making as it consists of live nutrients that die soon after juicing!

Drink should be more green color than orange!

HEALTH BENEFITS

Celery

- ✓ The perfect post-workout drink as it replaces lost electrolytes and rehydrates the body with rich minerals
- ✓ Balances body's blood pH, neutralizing acidity
- ✓ Contains at least 8 families of anti-cancer compounds
- ✓ Good source of sodium
- ✓ Shown to effectively and significantly lower total cholesterol and LDL (bad) cholesterol
- ✓ Drinking celery juice every day for a week significantly helps lower blood pressure
- ✓ Drink celery juice frequently throughout the day. It helps curb your cravings for sweets and rich food

Carrots

- ✓ Vital organ alkaline elements help balance your blood acidity and blood sugar
- ✓ Powerful cleansing properties are effective in detoxifying the liver, thus overall effective for acne which is caused by toxicity of the blood
- ✓ Scrubs away old build-up of arterial deposits, reducing the risks of heart diseases and stroke
- ✓ Adding one carrot per day in our diet significantly reduces cancer risks
- ✓ Pectin in carrots lowers serum cholesterol levels
- ✓ Great nourishment to help keep eyes in top condition
- ✓ Boosts the immune system by increasing the production and performance of white blood cells – builds resistance to various infections
- ✓ Effective in dispelling mucus from the ears, nose and throat area

Parsley

- ✓ Makes the body very alkaline – excellent blood purifier and builder
- ✓ Great detoxifier and cleanser
- ✓ Great antioxidant
- ✓ Prevents hardening of the arteries – helps dissolve sticky substances and maintains elasticity of blood vessels
- ✓ Protects against inflammatory problems such as arthritis
- ✓ A good remedy to clean up a toxic colon which causes bad breath
- ✓ Superb nutrient for cardiovascular health helping protect blood vessels and reduces the risk of heart attack
- ✓ Extraordinary immunity booster
- ✓ The histidine in parsley is the essential amino acid necessary for growth and repair of tissues

Ginger

- ✓ Helps make blood platelets less sticky which reduces the risk circulatory disorders
- ✓ Relieves muscle pain and soreness
- ✓ Anti-inflammatory and anti-oxidant – relieves inflammatory disorders
- ✓ Has anti-cancer properties
- ✓ Counteracts vertigo and motion sickness
- ✓ Alleviates symptoms of gastrointestinal stress
- ✓ Drug-free pain killer

Green Apple

- ✓ Helps lower blood cholesterol
- ✓ Great source of fiber – good for digestion - reduces the risk of colon cancer
- ✓ Reduces blood pressure
- ✓ Stabilizes blood sugar
- ✓ Contains carbohydrates that provides energy
- ✓ Contains proteins, vitamins and minerals
- ✓ Anti-oxidants help reduce the risk of cancer by not allowing DNA damage to occur
- ✓ Minerals in apples help purify the blood
- ✓ Great healers for the liver and kidneys
- ✓ Reduces the risk of skin infections
- ✓ Reduces fat deposits thus helping with weight reduction