



# Better Health Herbs and Health Store



2001 W. Kenosha \* Broken Arrow, OK , 74012 \* [betterhealthstore.org](http://betterhealthstore.org) \*

For mail order of supplements and vitamins call: 1-866-929-HERB

## JUICING RECIPES

### **BODY CLEANSER** (for detox)

2-3carrots 1/2 cucumber 1/2 beet w/greens

Note: 1/2 zucchini can be substituted for cucumber

### **CLEANSING COCKTAIL** (for detox)

1/4 inch ginger root 1 beet 1/2 apple  
4 carrots, greens removed.

### **GINGER HOPPER** (for cancer & inflammation)

1/4 inch ginger root  
4-5 carrots, greens removed 1/2 apple (seeded)

**GARDEN SALAD** (for cancer) 3 broccoli flower-  
ets 1 clove garlic 4-5 carrots or 2 tomatoes  
2 stalks celery 1/2 green bell pepper

**POTASSIUM BROTH** (for cancer) Handful  
parsley 2 stalks celery Handful spinach  
4-5 carrots

**GARLIC EXPRESS** (for cancer) Handful pars-  
ley 1 clove garlic 4-5 carrots  
2 stalks celery

**WHEATGRASS EXPRESS** (for gout) Handful  
wheatgrass 2 mint sprigs 3 inch slice pine-  
apple w/skin

### **CHERRY SURPRISE** (for gout)

4 handfuls pitted cherries  
1/2 cup strawberries

### **GREEN SURPRISE** (for gout)

1 lg. kale leaf  
2-3 green apple  
Garnish w/lime

**HAWAIIAN FIZZ** (for inflammation) 3  
pineappleringsw/skin 1/2 pear 1/4 inch  
ginger root  
Sparkling water Garnish w/pineapple

**POPEYE'S GARDEN TONIC** (for inflam-  
mation) Handful spinach 3 stalks cel-  
ery 2 stalks asparagus  
1 lg. tomato Garnish w/cherry tomato

**TOSSED SALAD** (for inflammation) 1 kale  
leaf 1 turnip leaf Handful spinach  
2 tomatoes Garnish w/cherry tomato

**ORANGE SPICE TEA** (for inflammation)  
1/2 inch ginger root 1 orange, peeled  
(leave white) Water  
Garnish w/cinnamon stick

**DIGESTIVE SPECIAL** (for backaches) Hand-  
ful spinach 4-5 carrots (Also see: Ginger  
Hopper and Potassium Broth  
for backaches)

## **JUICING RECIPES-Continued**

### **VEGGIE EXPRESS** (for backaches)

2 lettuce leaves  
1 sm. wedge cabbage  
3 broccoli flowerets  
1/2 apple, seeded  
4-5 carrots

### **SPICY CANTELOUPE SHAKE** (for migraines)

1/4 inch ginger root  
1/2 canteloupe w/skin

### **MAGNESIUM DRINK** (for migraines)

1 clove garlic Sm. handful parsley  
2 stalks celery  
4-5 carrots Garnish w/parsley sprig

### **FRESH COMPLEXION** (for anti-aging)

2 slices pineapple w/skin  
1/2 apple  
1/2 cucumber  
(Also see: Garden Salad for anti-aging)

### **BUNNY HOP** (for energy)

5 carrots  
10 spinachleaves  
4 turnip leaves  
4 sprigs watercress

### **GREEN POWER** (for energy) 4 carrots

2 stalks celery Handful spinach  
Handful parsley

### **WINTER TONIC** (for energy)

6 carrots  
1/2 beet w/greens  
3 sprigs parsley

### **BEAUTY SPA** (for anti-aging) Sm. handful parsley

Sm. handful spinach 1/2  
apple  
4-5 carrots