



Better Health Herbs and Health Store



2001 W. Kenosha * Broken Arrow, OK , 74012 * 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