

Red Juice

6 green apples
3 beets
1 large grapefruit
1 lemon
ginger root knob



Red Juice Health

Benefits:

- Heart health
- Lowers blood pressure
- Improved circulation and blood flow
- Liver and kidney health

Orange Juice

3 pound bag of carrots
ginger root knob
1 large pineapple with rind roughly chopped off
3 lemons

Orange Juice Health Benefits

- Improved digestion
- Energy Production
- Respiratory Health (great for reducing asthma symptoms)
- Immune booster
- Anti-inflammatory



Green Juice

Handful of parsley
3 lemons
one bundle of celery
one bundle of kale
6 large green apples

Green Juice Health Benefits:

- Blood purification
- Cancer Prevention
- Improved Circulation
- Strengthened immune system
- Improved liver, gall bladder and kidney function (detox!)
 - Cleared congestion, especially in the lungs (great for allergies and respiratory system)
- Promotion of healthy intestinal flora