



# 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

