

Allergies

Although the flowers are all in bloom, this can lead to variety of allergy related issue. Combat it with the following ingredient:

- Spinach
- Parsley
- Lime
- Lemon
- Ginger
- Cucumber
- Celery
- Apples

Energy

Energy level are known to drop throughout Autumn & Winter periods for a number of reasons, whether it is the Seasonal Affective Disorder or simply becoming extra lethargic in the shortened days.

- Tomato
- Spinach
- Bell Pepper
- Parsley
- Cucumber
- Celery
- Carrot

V8 Juice

Simmering or steaming the veggies first gives this juice recipe just the right texture while adding Worcestershire sauce provides the optimal amount of saltiness.

- Tomato
- Carrot
- Beetroot
- Worcestershire sauce
- Salt
- Black pepper
- Spinach
- Parsley

Anti-Inflammatory

By reducing inflammation, your body is better able to heal from disease. One of the top ways to decrease inflammation is to follow The Healing Foods Diet and consume plenty of anti-inflammatory food:

- Celery
- Cucumber
- Pineapple
- Apple
- Spinach
- Lemon
- Ginger

Juice Selections

Golden Glow Elixir

Achieve a healthier glow, brighter eyes, clearer skin, a flatter tummy and easy, regular digestion. That is the recipe to happiness! When you feel beautiful and balanced, you feel confident and this allow you to change your mind set to a positive one:

- Apples
- Oranges
- Lemons
- Ginger
- Turmeric

Immunity Boosting Green Juice

This nutrient packed, irresistibly flavourful juice recipe is a must for you to try! I've perfected a sweet, smooth, invigorating green juice that will have your body revitalized in no time!

- Celery
- Apple
- Lime
- Spinach
- Lettuce
- Ginger

Ginger-Aid Immune Juice

Below is a recipe for Ginger-Aid Immune Juice, a nutritious juice to boost the immune system when in need of some serious support:

- Lettuce
- Parsley
- Apple
- Ginger
- Garlic
- Lemon
- Cucumber

Hot Pink Beautifying Juice

Loaded with phytochemicals and compounds that nourish and detoxify the body while preventing cancer and inflammation.

- Beetroot
- Carrot
- Lemon
- Apple
- Mint
- Celery
- Ginger

