

-101-

JUICE RECIPES

For Optimal Health

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Not even kidding, I truly believe that this ONE simple habit saved my life. And I've seen it radically transform the lives of so many others as well. Maybe you're one of them.

What am I talking about?

JUICING.

I'm talking about REAL phytonutrients, micronutrients and superfoods straight to your cells from WHOLE veggies, fruits, plants and SUPERFOODS!

These seemingly simple gems from Mother Nature have the power to:

- Increase your energy
- Balance your hormones
- Revitalize your zest for life
- Regulate your sleep
- Lower your cholesterol
- Fight free radicals
- Remove heavy metals
- Strengthen your hair and nails
- Clear up your skin
- Soothe your stomach and digestive tract
- Improve your cardiovascular health
- Protect you against certain diseases
- Improve your memory
- Reduce your joint pain
- Strengthen your bones
- Improve your circulation
- Cleanse your kidneys and liver
- Improve your digestion
- Slow down the aging process

AND the best part?

They're inexpensive and readily available, no matter where you live!

I mean, c'mon! Amazing, right?

Why Do People Get Sick In The First Place?

It's not new news - our environment is toxic! From the food we eat to the air we breathe to the thoughts we keep to the stress that we harbor within... all of it creates a recipe for disaster.

When we are overloaded with JUNK around and within our body, the only viable option is for our body to self-protect. Because it's smart like that! And it does so by creating inflammation (and autoantibodies). Sounds weird, right? But the truth is, inflammation is not entirely bad. It becomes harmful when it becomes CHRONIC. And in that case, disease and illness run rampant.

Unfortunately, we are faced with these culprits - GMOs, toxins, pesticides, pollution, stress, lack of sleep, nutrient deficiencies, etc. - DAILY. So it's up to us to do our part and show this sneaky pest who's boss!

Too much sugar, processed food, alcohol, negative thoughts (yep, you read that right), not enough z's - they create an acidic internal environment. And you guessed it, inflammation feeds off this type of host.

You see, when the body is alkaline - disease and illness cannot survive. Pretty crazy to think about considering so many people are struggling with a multitude of ailments (maybe you're one of them). That means - many of us are living in a body that is inflamed, acidic and begging for us to put out the flames!

The good news is - there is hope! You have more power than you may realize, which is why I have created this booklet for you.

I want you to feel amazing in your body. I want you to live a long and prosperous life in optimal health. I want you to feel energized and ready to take on the world. And because you are reading this now, I believe you want that too. So congrats on taking this first step towards your best health! You deserve that.

Inflammation: What's Really Going On?

You have an incredible and complex immune system whose main purpose is to protect you from harmful substances.

One of the ways it does this is through **inflammation**.

There are two types of inflammation: Acute and Chronic.

So what's the difference?

Acute

When tissues in your body are injured, the cells release chemicals that cause swelling and attract white blood cells to help remedy the situation and prevent it from spreading to other areas of the body.

Acute inflammation is the kind we experience after an injury, like when I sprained my ankle running in High School. It was red, swollen and painful for nearly for 2 weeks. The acute inflammation in my ankle was my body's way of saying, "let's be careful with this area for a while, while we work on repairing the damage." Frustrating, yes. But THANK YOU, BODY for sending these signals in the first place and healing me!

Acute inflammation is part of the normal detoxification and repair process. Everyday when you walk, eat, exercise, stress out or breathe - your body must cleanse and eliminate toxins and repair any cellular injuries that may have happened to you.

When inflammation is hard at work, you will not necessarily experience any pain or even be aware of it.

Inflammation is your body's natural response to a foreign invader. This could be cells, viruses, fungi, bacteria, chemicals, toxins, etc.

In all these cases, *inflammation is a good and natural thing*.

Chronic

When acute inflammation fails to be resolved, it becomes *chronic*.

Chronic-inflammation is very different from acute inflammation. It [contributes to 7 out of 10](#) of the leading causes of death in the United States.

In 2004, Time magazine dedicated the whole front cover to inflammation, calling it “*The Silent Killer*”. Chronic inflammation is like having a swollen, red, puffy part of your body, usually internally, for weeks, months, or even years. This kind of inflammation has been shown to cause a whole host of complications and diseases such as [autoimmune diseases](#), [arthritis](#), [asthma](#), [obesity](#), [premature aging](#) and even [heart disease](#) and [cancer](#).

Taking pills for something that is obviously due to [chronic inflammation](#) will not solve the issue... it is like throwing a blanket over a growling dog or putting a band-aid over a gaping wound.

Am I Suffering From Chronic Inflammation?

There are many signs and symptoms that long-term inflammation is happening inside your body. Here are just a few things to look for:

- Constant fatigue
- High blood pressure
- Ulcers
- Irritable Bowel Syndrome (IBS)
- Bloating
- Acne
- Flushing
- Water retention
- Food cravings
- Binge eating
- Diarrhea or constipation
- Joint pain
- Stiffness
- Unexplainable weight gain

Inflammation does not have to rule your life any longer. And the best part is, Mother Nature has provided us with many powerful solutions to aid in the relief of your symptoms - in the form of fruits and vegetables!

THAT is where JUICING comes in!

Creating Balance: The Acid-Alkaline Connection

Our bodies have a pH scale ranging from 0-14 - 0 is highly acidic, 7 is neutral and 14 is highly alkaline. A slightly alkaline environment, with a blood pH of roughly 7.4, is the body's sweet spot.

Your pH shifts regularly and depends heavily on your daily lifestyle – food, mood, stress, sleep, toxins, movement. A little imbalance here and there may not be a problem, but an imbalance over time can have pretty drastic consequences.

Our Standard American Diet (SAD) is loaded with acid forming temptations – dairy, sugar, red meat, soda, alcohol, coffee, white-flour products (bread, pasta, pastries), processed food, fast food... you get the idea. Add to that a stressful lifestyle, lack of exercise, an overabundance of toxic exposure and you've got a recipe for pH disaster!

A little info to show you how important it is to be in an alkaline state... [studies](#) show that having a pH just above 7.4 (alkaline) causes cancer cells to be dormant, while a pH of 8.5 (more alkaline) causes cancer cells to die. pH is powerful!

A restoring diet aims at 80% alkaline forming foods and 20% acid forming foods. The most alkaline foods being raw vegetables, greens and fruits.

The great thing about a cup of green juice... it is **EXTREMELY** alkaline!

When you drink green juice daily, you are helping to heal your body and restore it to an alkaline state. It's one of the simplest things you can do for yourself.

Easiest Way To Support a Healthy Mind and Body

This should come as no surprise, because it's something I talk about all the time. But I mean it when I say that the easiest way I have found to create a healthy balance in my body is through **JUICING**.

Before you tell me you don't have time or it's too expensive... hear me out!

Every single minute of the day or dollar you spend can either be an investment FOR or AGAINST your health.

It's just the truth.

How are you INVESTING in yourself?

Do you find yourself constantly tired? Are you struggling to find the motivation to workout, eat well, pursue the job you really want? Do you have acne? Dry skin? Digestive issues? Poor sleep? Low libido? Health concerns of any kind?

THESE ARE SIGNS FROM YOUR INCREDIBLY INTELLIGENT BODY THAT IT'S IN DISTRESS.

It's begging you for HELP!

Are you listening? Are you honoring it? Or are you simply accepting this as your new "normal" and going about your life with a ho-hum attitude?

I want you to know something... are you paying attention? This is important.

You can HAVE, BE and DO anything you want in life. But it starts from WITHIN. The symptoms I mentioned above are just that - symptoms. In order to truly create a safe space within, you've got to do the work. And that means providing your body with the right nutrients to THRIVE, not just survive.

Why You Should Drop Your Excuses and Pick Up The JUICE!

Vegetables and fruit make up some of the healthiest and most nutrient-rich foods on the planet. There are hundreds of nutrients and disease-fighting compounds in fruits and vegetables that simply cannot be found anywhere else.

[Numerous studies](#) have shown that a diet high in these foods is linked to a lower risk of [illness](#), [disease](#) and [premature death](#).

Just check out some of the things veggies and fruit can do for you!

- Soothe **inflammation**
- Reduce risk **cardiovascular disease**
- Reduce risk of **premature death**
- Reduce risk of **colon cancer**
- Reduce risk of **stomach, esophagus, lung, oral and pancreatic cancer**
- Reduce signs of **premature aging**
- Prevent and/or delay **onset of Alzheimer's Disease**
- Reduce risk of **kidney stones**
- Reduce risk of **type 2 diabetes**
- Improve **cognitive performance**
- Increase **antioxidant levels**
- Reverse **bone loss**
- Protect **your cells**
- Protect **internal organs**
- Improve **physical performance**
- Help prevent **chronic disease**
- Improve **digestion**

Studies performed at the University College London discovered that those who ate 7+ servings of fruits and veggies daily (a serving being 1 cup, or 2 cups for leafy greens) were **42% LESS LIKELY** to die prematurely. They also discovered that these people were **25% LESS LIKELY** to die from cancer.

Even though we all know eating fresh fruits and veggies is the best thing for our bodies... how many of us are actually eating them enough? According to recent statistics, hardly anyone!

But don't worry. There is an easy solution - you guessed it.

It's fresh-pressed, nature's candy - it's GREEN JUICE!

This is how many people are consuming at least 5 servings of fruits and veggies on a daily basis:

- Less than 1% of men & 4% of women ages 18 to 24
- Less than 6% of men & 9% of women ages 25 to 34
- Less than 14% of men & 16% of women ages 35 to 49
- Less than 24% of men & 22% of women ages 50 to 64

... wait, what?!

No wonder so many people are tired, sick, overweight and unhappy... they are not giving their bodies the FUEL they need to THRIVE! Maybe you can relate. Trust me, I've been there too. Just by you reading this info, you are on the right track to make positive change. So give yourself some credit. Starting is the hardest part... and you don't have to do it alone.

Drinking green juice can help augment a diet that is low in greens, vegetables and fruits.

Green Juice Is Packed With Micronutrients

Our soil is nutritionally depleted due to GMOs, pesticides and poor farming practices! Eating broccoli nowadays compared to 20 years ago is totally different.

You can make up for that fact with **juicing!**

Some people argue that juicing isn't a natural way to take in food because it is such a highly concentrated dose of nutrients, which enters your bloodstream within minutes! But in this day and age, there are countless people walking around literally starving their bodies of proper nutrition. If there was ever a time where people needed a super-boost of micronutrients, now is THE time!

Simply drinking even 1 fresh pressed green juice each day has the power to supply your body with the essential vitamins, nutrients and minerals it needs for sustained energy, vitality and overall health.

Green Juice Provides Your Body With Energy

Who doesn't want an abundance of energy? The powerful combination of quickly digestible micronutrients in green juice will provide your body with the tools it needs to function at its highest potential. Whenever people ask, I always list green juice as one of the top reasons that I have so much energy. And it's true! This stuff is legit! Too legit to quit! :) (if you know the moves to that popular 90's song, break those out now!)

Green Juice Boosts Brain Health

Juicing veggies and fruits high in brain-protecting nutrients like potassium, vitamin K, vitamin C and lycopene can do wonders in promoting proper brain and nervous system function. Forget the brain drain, pump your beautiful brain UP, peeps!

Green Juice Improves Digestion

Green juice naturally and effectively removes toxins that clog up your gut and cause excess weight, digestive discomfort and disease. 70% of your immune system is in your gut so keeping it healthy improves your overall health too!

Green Juice Helps To Decrease Stress

Nothing ages you faster than stress! Veggies like spinach have high levels of tryptophan, which elevates mood and helps you sleep better. Green juices are typically high in vitamin C and may help your body to combat the negative effects of the stress hormone, cortisol.

Green Juice Promotes Good Sleep

According to [Dr. Mercola](#), about 80% of Americans are deficient in [magnesium](#). Drinking plenty of juice from dark leafy greens will ensure you get enough of this mineral, which is important for relaxing muscles, the nervous system, stress relief, digestion as well as helping you sleep better.

Green Juice Can Help You Lose Weight

Juicing naturally removes toxins from the body that cause excess weight and water retention. It also helps to alkalize the body, lowering inflammation and your risk for illness and disease.

You will need a juicer. I've used the Kuvings and the Omega juicers. They're both great. However, any juicer is better than no juicer. Juicing is the BEST way to drink more vitamins and minerals. Some women and men write in saying they borrowed a juicer from a friend. Some say they purchased one used. Don't spend

too much time on the decision. The important thing is that you get started now, while you're excited!

BONUS TIP: If you're busy with work or a family, you may not have time to juice. Shopping, chopping, juicing and cleaning the juicer can be a hassle. It's okay. That's why I've created Organifi Green Juice. It's a U.S.D.A. Certified Organic gently dried Superfood Mix. It tastes absolutely delicious. Even children love the flavor. Organifi Green Juice has 11 superfoods from every nook and cranny of the globe. Two of the unique ingredients are Ashwagandha and Turmeric. Together, they'll give you more energy to steam through the day. [Check it out here.](#)



How to BOOST your juice and DOUBLE the detox benefits!

Organifi Green Juice can be added to every recipe below. It's a superfood cocktail, high in antioxidants. It's delicious. It's USDA Organic, and it's packed with the world's most wanted ingredients. These are rare herbs you won't find in your local grocery store. These coveted ingredients were chosen specifically to calm stress, boost energy, and ramp your metabolism like a furnace! Add just one scoop of [this delicious formula](#) to each juice to DOUBLE your detox speed.

INGREDIENTS



Chlorella A green algae super high in protein and healthy polyunsaturated fats



Moringa Contains all the essential amino acids needed by the body. Amino acids are the building blocks of proteins which are needed to grow, repair and maintain cells.



Spirulina A good source for plant protein! Spirulina is also high in iron and calcium. The Aztecs first discovered this food in Central America, and they consumed it daily for energy and strength.



Mint We all know this herb as a fragrant addition to popular dishes and drinks. The Mint leaf has been used the world over for aiding in the occasional indigestion, cramps, whitening teeth, and as a sleep aid.



Beets Beets are high in folate and manganese. Many people don't care for the texture of raw beets, however, the isolated juice tastes great in the mix and is a nutritious super ingredient.



Matcha Green Tea A common refreshment in Japanese monasteries, Matcha is high in an antioxidant called EGCG which reduces stress, regulates hormones within normal ranges, and reduces appetite.



Wheatgrass Known as the "life-blood" of plant life. Even the ancient Egyptians worshipped this food for its positive health benefits.



Ashwagandha Ashwagandha is an adaptogen which is made of (a combination of amino acids, vitamins, and herbs) that modulate your response to stress or a changing environment. Adaptogens help the body cope with external stresses such as toxins in the environment and internal stresses.



Turmeric This spice contains powerful antioxidants.



Lemon You may not know this, but this citrus fruit has incredible appetite fighting effects, and has been known to cool and alkalize the body. This is crucial for stabilizing your blood-sugar already within normal ranges.



Coconut Water This natural refreshment is high in potassium and assists in the transport of all of the above ingredients throughout the blood stream.



TESTIMONIALS



“This green juice powder ROCKS! I have been a picky eater most of my life and just started making green juice a few months ago. It took some time to get used to it and I was concerned about trying a powder, worried that it would taste too “green” (like grass!) This powder was surprisingly good, with a mild sweetness and a hint of mint. It’s very fine and blends easily with water and a spoon. I also love using it to make green smoothies, which I really haven’t been able to tolerate the taste of until I made them with the Organifi powder. I am so excited to have a quick, easy and delicious alternative to juicing!”

- **BETH HULIBRINK**



“All I can say is WOW! I’ve been juicing for some time now and LOVE my fresh green juices but as I’m on the road a lot, it sometimes is hard to get my juices made in time to take with me. Either that or I end up having to pack my wonderful, but heavy, juicer to bring along. Well, I’m thrilled to say I won’t have these issues any longer! Organifi’s Green Juice is fantastic! It blends easily into water, or whatever liquid you choose and tastes good (not powdery or like drinking grass). My favorite way to use it so far is to add my Vanilla Protein powder to it along with chia seeds and mix with water. My body always missed it’s good, revitalizing, healthy juice on those days I don’t manage to get some fresh juice made up, but that’s no longer a problem!!

- **LORNA HUTCHESON**



“I have been juicing for a while now and to have a product available like this is only going to make it that much easier. The taste is so refreshing! It is not gritty and doesn’t taste like dirt or roots. It is minty and gives me tons of energy. Wonderful supplement for my clean eating lifestyle. I like it with water and ice or added to my smoothies or fresh juice. It is something I will always have in my pantry!!”

- **PAULA SCIMONE**

101 JUICE RECIPES

#1 Recharge Your Alkaline Battery Juice

INGREDIENTS

- Handful red cabbage
 - 1 cucumber
 - Handful spinach
 - 1 lemon
-

#2 Drop The Beet Juice

INGREDIENTS

- 1 cucumber
- 2 large purple carrots
- 3 small beets
- ½ cup coconut water
- A dash of sea salt

INSTRUCTIONS

- Juice the cucumber, purple carrots and beets.
 - Add coconut water and sea salt.
 - Drink immediately.
-

#3 Probiotic Juice

INGREDIENTS

- ½ red cabbage
 - 2 handfuls spinach
 - 4 collard green leaves
 - 4 stalks celery
-

#4 Bunny Bliss Juice

INGREDIENTS

- 4 carrots
 - 2 stalks celery
 - 1 green apple
 - 2 cups spinach
 - ¼ lemon
 - Pinch of cinnamon
-

#5 Green Wake Up Juice

INGREDIENTS

- 1 green apples
 - 2 cucumbers
 - 1 beet
 - ½ lemon
 - ½ inch ginger
-

#6 Miracle Skin Anti-Acne Juice

INGREDIENTS

- 6 carrots
 - ½ green bell pepper
-

#7 Liferegenerator Blood Boost

INGREDIENTS

- 5 carrots
 - 1 handful parsley
 - 2 radishes
 - 6 spinach leaves
 - 4 lettuce leaves
-

#8 Citric Monster Juice

INGREDIENTS

- 1 green apple
 - 1 grapefruit, peeled
 - 8 mint leaves
 - 2 stalks celery
-

#9 Body Purifier

INGREDIENTS

- 2 carrots
 - 1 cucumber
 - ½ cauliflower
 - ½ a beet
-

#10 Healing Digestive Juice

INGREDIENTS

- 2 cups purple cabbage
 - 3 ribs celery
 - ½ small lemon (rind included)
 - ½ green apple
-

#11 Bones Builder Juice

INGREDIENTS

- 8 stalks celery
 - 2 carrots
 - 1 bunch parsley
 - 1 lemon
-

#12 Bursting With Energy Juice

INGREDIENTS

- ½ large pineapple, rind removed
 - 1 green apple
 - 3-5 kale leaves
 - 1 yellow pepper
 - 1 lime
-

#13 Capri Kiddie Juice

INGREDIENTS

- 1 broccoli floret
 - 1 cucumber
 - 2 apples
-

#14 Summer Green Juice

INGREDIENTS

- 3 cucumbers
- ¼ pineapple
- 1 lemon
- 1 handful mint

#15 Simple Green Machine

INGREDIENTS

- 1 cup spinach
 - 2 cups kale
 - 2 cups parsley
 - 1 cucumber
 - 3 celery stalks
-

#16 Fat Flush Juice

INGREDIENTS

- 1 grapefruit, peeled
 - 1 orange, peeled
 - 8 mint leaves
 - 1 head romaine lettuce
-

#18 Super Slimdown Juice

INGREDIENTS

- 1 lime
 - ½ green apple
 - ½ pineapple
 - 1 cucumber
 - 1 handful wheatgrass
-

#19 Cuke-Apple Zippy Juice

INGREDIENTS

- 2 ½ apples
 - ½ cucumber
 - 1-inch piece ginger
-

#20 Fire Your Fat Juice

INGREDIENTS

- 5 kale leaves
 - 1 cucumber
 - ½ jalapeno
 - 1 cup pineapple
-

#21 Heaven Sent Juice

INGREDIENTS

- 1 cup spinach
 - ½ cucumber
 - 2 stalks celery
 - 3 carrots
 - ½ apple
-

#22 Sugar Buster Juice

INGREDIENTS

- 3 celery stalks
 - 3 kale leaves
 - ½ inch ginger
 - 1 lemon
 - ½ inch turmeric
 - 1 tbsp apple cider vinegar
 - Pinch of cayenne pepper
-

#23 The Cupcapple

INGREDIENTS

- 3 cucumbers
 - 1 green apple
 - 1 lime
-

#24 Sweet Craving Juice

INGREDIENTS

- 1 apple
 - 8 stalks celery
 - 1 dash cinnamon
-

#25 Dirty Dandelion Juice

INGREDIENTS

- 1 large handful dandelion greens
 - 2 celery stalks
 - 1 lemon
 - ½ green apple
 - 1 cucumber
-

#26 Parsley Pump Up Juice

INGREDIENTS

- 1 cup parsley
 - ½ apple
 - 2 carrots
 - 3 celery stalks
-

#27 Parsley Paradise Juice

INGREDIENTS

- 2 cucumbers
 - 1 apple
 - 1 lemon
 - ½ bunch dandelion greens
 - 2 romaine hearts
 - 1 handful parsley
-

#28 Bless My Eyes Juice

INGREDIENTS

- 6 carrots
 - 1-2 cups kale
 - ½ lemon
-

#29 Craving Crash Juice

INGREDIENTS

- 1 cucumber
 - 2 leaves kale
 - 2 celery stalks
 - 3 leaves romaine lettuce
 - 1 lemon
 - 1 knuckle ginger
-

#30 Liver Life Juice

INGREDIENTS

- ½ beet with greens
 - 3 apples
-

#31 Mean Green Juice

INGREDIENTS

- 2 cucumbers
 - 8 celery stalks
 - 2 apples
 - 16 leaves kale
 - 1 lemon
 - 2 inch turmeric root
-

#32 Green Energizer Juice

INGREDIENTS

- 2 apples
 - 1/2 cucumber
 - 1/2 lemon
 - 1/2 cup kale
 - 1/2 cup spinach
 - 4 celery stalks
 - 1/4 bulb fennel
 - 1-inch ginger
 - 1/4 head romaine lettuce
-

#33 Get Up And Glow Juice

INGREDIENTS

- 2 cucumbers
 - 5-6 sprigs basil
 - 2 mint leaves
 - 2 grapefruits
 - 1/2 cantaloupe
-

#34 My Memory Juice

INGREDIENTS

- 1 cucumber
 - 1 carrot
 - 1 green apple
 - 1/4 cup parsley
 - 1/4 cup mint
 - 1 stalk celery
 - 1/2-inch ginger
 - 1/2 lemon
-

#35 Energizer Bunny

INGREDIENTS

- 2 carrots
 - 1 broccoli floret
 - 2 handfuls spinach
 - 1/2 beet
 - 1 lemon
 - 1 knob ginger
-

#36 Spinach Lemonade

INGREDIENTS

- 4 cups spinach
 - 1 lemon
 - 1 cucumber
 - 1 pear
 - 1 apple
-

#37 Sleep Better Sally Juice

INGREDIENTS

- 2 handfuls spinach
 - 4 stalks celery
 - 3 kale leaves
 - 1 lemon
 - 1-inch turmeric root
-

#38 Lean And Mean Juice

INGREDIENTS

- 5 romaine leaves
 - 5 kale leaves
 - 1 cucumber
 - 1/2 bunch parsley
 - 3 celery stalks
 - 1 cup green grapes
-

#39 C2L Juice

INGREDIENTS

- 1/4 red cabbage
 - 2 carrots
 - 1 lemon
-

#40 Clean And Green Juice

INGREDIENTS

- 1-2 cups swiss chard
 - 2-3 leaves romaine
 - 2-3 leaves kale
 - 1 lemon
 - 2 kiwis
 - 1/2 cucumber
 - 1/2 inch turmeric
-

#41 Apple and Cauliflower Juice

INGREDIENTS

- 3 apples
 - 1/2 cauliflower head
-

#42 Bloody Mary Juice

INGREDIENTS

- 6 celery stalks
 - 3 carrots
 - 2 large tomatoes
-

#43 The Orange and Green Mohawk

INGREDIENTS

- 4 carrots
 - 1/2 beet
 - 1 handful parsley
-

#44 Cauliflower Broccoli Monster

INGREDIENTS

- 3 carrots
 - 1/2 broccoli floret
 - 1/2 cauliflower head
-

#45 Lake City Winter Blues Juice

INGREDIENTS

- 2 carrots
 - ½ beet
 - 1 handful parsley
 - 1 handful cilantro
 - 1 pinch cayenne pepper
 - 1 tomato
 - 1 cup tonic water
-

#46 Cholesterol Cruncher Juice

INGREDIENTS

- 2 bundles bok choy
 - 8 asparagus
 - 1 apple
 - 1-inch ginger
 - 2 handfuls spinach
-

#47 Blood Infusion Juice

INGREDIENTS

- ½ beet
 - 2 leafs red chard
 - 2 carrots
 - ½ cucumber
 - Dash cayenne pepper
-

#48 Carrot Spinach GI Tract Special Juice

INGREDIENTS

- 5 carrots
 - 3 handfuls spinach
 - 1 broccoli floret
-

#49 Stomach Soother Juice

INGREDIENTS

- ½ cabbage
 - 4 carrots
 - 2 apples
 - ¼ inch ginger root
-

#50 White Eye Juice

INGREDIENTS

- 2 leaves collard greens
 - 4 carrots
 - 2 leaves kale
 - 2 leaves mustard greens
 - 1 lemon
-

#51 Beets and Treats Juice

INGREDIENTS

- 1 beet
 - 2 cabbage leaves
 - 3 medium carrots
 - ½ lemon
 - 1 orange
 - ¼ pineapple
 - 2 handfuls spinach
-

#52 Rock The Beet Juice

INGREDIENTS

- 1 beet
 - ½ lemon
 - 3 pears
 - 1 cup raspberries
-

#53 Morning Cocktail Juice

INGREDIENTS

- 2 apples
 - 2 stalks celery
 - 1 cucumber
 - 5 leave kale
 - ½ lemon
 - 1 orange
 - 1 handful parsley
-

#54 Remember Your Roots Juice

INGREDIENTS

- 1 beet
 - 10 carrots
 - 1 sweet potato
-

#55 Sea Root Juice

INGREDIENTS

- 1 beet
 - 2 stalks celery
 - 3 cups spinach
 - 1 tsp spirulina powder
-

#56 Red Tangy Spice Juice

INGREDIENTS

- 1 beet
 - 5 carrots
 - 2 stalks celery
 - 1-inch ginger
 - 1 jalapeno
 - ½ lime
 - 2 cups spinach
-

#57 Sunrise Juice

INGREDIENTS

- 2 apples
 - 3 carrots
 - 3 stalks celery
 - 1-inch ginger
 - 2 lemons
 - 2 pears
 - 6-inches turmeric root
-

#58 Calcium Crusher Juice

INGREDIENTS

- 1 apple
 - 1 red bell pepper
 - 3 carrots
 - 1 handful cilantro
 - 1 cup collard greens
 - 4 leaves kale
-

#59 Fresh Salsa Juice

INGREDIENTS

- 1 green bell pepper
 - 1 stalk celery
 - 1 clove garlic
 - 1 cup tomato
 - ¼ cup onion
 - 1 handful cilantro
 - 1 dash cayenne pepper
 - 1 dash sea salt
-

#60 Green Breakfast Juice

INGREDIENTS

- 2 green apples
 - 1 green bell pepper
 - 3 carrots
 - 1 susumber
 - 15 grapes
 - 2 cups spinach
 - 1 tomato
-

#61 Pancreas Pump Juice

INGREDIENTS

- 2 apples
 - 4 carrots
 - 2 lettuce leaves
 - 4 string beans
 - 2 brussel sprouts
 - 1 handful alfalfa/bean sprouts
-

#62 Go-Go Juice

INGREDIENTS

- ½ cucumber
 - 1 lemon
 - 1-inch ginger
 - 2 apples
 - 4 stalks celery
-

#63 Mega Green Man Juice

INGREDIENTS

- 2 carrots
 - 1 broccoli floret
 - 2 leaves collard greens
 - 1-inch ginger
 - 2 handfuls spinach
 - 1 handful dandelion greens
 - ¼ beet
 - 1 lemon
-

#64 Hot Stuff Juice

INGREDIENTS

- 1 jalapeno
 - 1 cucumber
 - ½ red bell pepper
 - ½ beet
-

#65 Red Devil Juice

INGREDIENTS

- 1 jalapeno
 - 1 beet
 - 2 leaves red swiss chard
 - 1 lemon
 - 1 dash cayenne pepper
-

#66 Hellacious Habanero Juice

INGREDIENTS

- 1 lemon
 - 1 habanero pepper
 - ½ cucumber
 - 4 carrots
 - 1 handful parsley
-

#67 Sexy Skin Sap Juice

INGREDIENTS

- 1 lemon
 - ½ cucumber
 - 1 bunch watercress
 - 2 carrots
-

#68 Skin Revival Juice

INGREDIENTS

- 2 leaves chard
 - 1 lemon
 - 2 carrots
 - ½ green bell pepper
 - 2 leaves kale
-

#69 Zip Zig Zag Juice

INGREDIENTS

- ½ cucumber
 - ½ beet
 - 2 stalks celery ½ lemon
 - ½ inch ginger
 - 1 handful cilantro
 - 1 handful chard
-

#70 Nite Nite Sleep Tight Juice

INGREDIENTS

- 2 bundles bok choy
 - 1 cucumber
 - 2 handfuls spinach
 - 1 lemon
-

#71 Situation Six-Pack Juice

INGREDIENTS

- 2 carrots
 - 1 cucumber
 - ½ beet with greens
 - 3 handfuls spinach
 - ½ lemon
-

#72 Golden Spice Juice

INGREDIENTS

- 1 apple
 - 1 beet
 - 1-inch ginger or turmeric
 - ½ lemon
 - 1 cup pineapple
 - 1 dash pumpkin pie spice
-

#73 Fennel To The Metal Juice

INGREDIENTS

- 1 bulb fennel
 - 1 lemon
 - 2 oranges
 - 2 pears
 - 10 leaves peppermint
 - ½ cup coconut water
 - ¼ tsp cinnamon
-

#74 Space Cadet Juice

INGREDIENTS

- 1 beet
 - 6 carrots
 - 1-inch ginger
 - 2-inches turmeric
 - ½ orange
 - ¼ lime
 - ½ cup coconut water
-

#75 Hangover Shot Juice

INGREDIENTS

- 1 bitter melon
 - ½ grapefruit
 - 1 lemon
-

#76 ABC Juice

INGREDIENTS

- 1 apple
 - 1 beet
 - 6 carrots
-

#77 Joint Justice Juice

INGREDIENTS

- 1 apple
 - 4 asparagus
 - 1 broccoli floret
 - 3 carrots
 - 3 stalks celery
 - 1 handful parsley
 - 1 tbsp olive oil
-

#78 Spear Of Health Juice

INGREDIENTS

- 4 spears asparagus
 - 3 carrots
 - 2 stalks celery
 - ½ lime
-

#79 Mexican-Style Jugo Juice

INGREDIENTS

- 2 apples
 - 1 green bell pepper
 - 1 bunch cilantro
 - 2 cucumbers
 - ½ lime
-

#80 V-8 Original Juice

INGREDIENTS

- ½ green bell pepper
 - 2 carrots
 - 3 stalks celery
 - ½ cucumber
 - 2 handfuls parsley
 - 1 cup spinach
 - 3 tomatoes
-

#81 Skinny Green Juice

INGREDIENTS

- 2 apples
 - 5 leaves swiss chard
 - 1 cucumber
 - 1-inch ginger
 - 1 lemon
 - 1 orange
 - 30 leaves peppermint
-

#82 Summer BBQ Juice

INGREDIENTS

- ½ lemon
 - 1 tomato
 - ⅛ watermelon
-

#83 Holiday Lemonade Juice

INGREDIENTS

- 3 apples
 - ½ cranberries
 - ¼ inch ginger root
 - ½ lemon
 - 1 orange
-

#84 Sweet Peach Juice

INGREDIENTS

- 2 apples
 - 10 carrots
 - ½ lemon
 - 1 orange
 - 2 peaches
-

#85 Peachy Dreams Juice

INGREDIENTS

- 5 peaches
 - 14 carrots
 - ½ lemon
 - 3 leaves basil
-

#86 Purple Purpose Juice

INGREDIENTS

- 1 apple
 - ¼ head red cabbage
 - 3 stalks celery
 - 15 purple grapes
 - ½ lemon
 - 1-inch turmeric
-

#87 Dragon's Blood Juice

INGREDIENTS

- 4 leaves red cabbage
 - ½ lemon
 - 2 pears
-

#88 Pom Pom Goodness Juice

INGREDIENTS

- 1 apple
 - ½ lemon
 - 1 orange
 - ½ cup pomegranate juice
 - ½ inch ginger
-

#89 Kale Kleanse Juice

INGREDIENTS

- 5 leaves kale
 - 15 green grapes
 - 1 cucumber
 - ½ lime
-

#90 Shrek Juice

INGREDIENTS

- 5 cups spinach
 - 1 bunch kale
 - 6 carrots
 - 1 green apple
 - 1 lemon
 - 3 slices golden honeydew
-

#91 Rainbow Veggie Juice

INGREDIENTS

- 2 red bell peppers
 - 4 tomatoes
 - 3 carrots
 - 2 heads romaine lettuce
 - 1 bunch celery
 - Handful parsley
 - Handful cilantro
 - 1 cucumber
 - 2 lemons
 - 1-inch ginger
-

#92 Pink Kale Lady Juice

INGREDIENTS

- 7 stalks kale
 - 1 pink lady apples
 - 1 beet
 - ½ small watermelon
 - 1 lime
-

#93 Cherry Limeade

INGREDIENTS

- 1 bunch kale
 - 1 bell pepper
 - 1 apple
 - 2 cups cherries
 - 2 limes
-

#94 Kiwi Sprout Juice

INGREDIENTS

- 2 kiwis
 - 1 handful sprouts of choice
 - 1 apple
 - ½ lime
 - 1 cucumber
-

#95 Melon Madness Juice

INGREDIENTS

- 2 ½ cups galia melon
 - 2 cups pineapple
 - 5 large kale leaves
-

#96 Little Mermaid Juice

INGREDIENTS

- 2 stalks celery
 - 2 cups spinach
 - ½ cucumber
 - 1-2 leaves swiss chard
 - ½ apple
 - ½ lemon
-

#97 Cucumber Basil Juice

INGREDIENTS

- 1 cup basil leaves
 - 1 cucumber
 - 1 lime
 - 1 green apple
-

#98 Carrot Ginger Orange Juice

INGREDIENTS

- 8 carrots
 - 1 orange
 - 3 stalks celery
 - 1-inch ginger
-

#99 Cucumber Parsley Juice

INGREDIENTS

- 1 cucumber
 - 1 pear
 - ¼ cup mint
 - 1 cup parsley
 - 1 lemon
 - 2 cups spinach
-

#100 Fennel Apple Juice

INGREDIENTS

- 2 fennel bulbs
 - 1 cup spinach
 - ¼ cup fresh dill
 - 2 green apples
 - 1 cucumber
 - ½ lemon
-

#101 Romaine Ginger Juice

INGREDIENTS

- 1 head romaine lettuce
 - 2 stalks celery
 - 1 bunch rainbow swiss chard
 - 1 apple
 - ½ lemon
 - ½-inch ginger
 - 1 cup dandelion greens
-

Just A Note:

As you can see, JUICING is powerful stuff! If you've never juiced and this seems overwhelming to you - I've been in your shoes. The best advice I can give you is to **START**. Just try it out! I made plenty of juices that I absolutely hated in the beginning, but I was committed. Over time, you will get the hang of it and I am confident you will become a **JUICE-ADVOCATE** just as I am, because you will feel incredible when you drink it!

Now, if you're ready for the next step, it's time for you to discover the power of superfoods. [Take a look at this delicious elixir](#) that boosts energy, calms stress and ramps up your metabolism.

Cheers to juicing, to health and to YOU, my friend.

Remember, we're in this together.

A handwritten signature in black ink, appearing to read 'D-L-L'.