

Fresh Veggie Juice

(Pick one Item from each of the following categories)

- 1. Dark Green Leafies: kale, collards, swiss chard, spinach, lettuce**
- 2. Root Veggies: beet, parsnip, carrot**
- 3. Cooling Veggies: celery, cucumber**
- 4. Vit A Rich: cilantro, parsley**
- 5. Extra Liver Support: yellow dock, burdock root, daikon**
- 6. Anti Candida: black radish, garlic**
- 7. Anti-inflammatory: ginger**
- 8. Mineral Absorbers: lemon, lime**
- 9. Taste: green apple (only fruit to ever mix with veggies). Use $\frac{1}{2}$ if tendency to hypoglycemia.**