

Juicing for Different Ailments

JUICE & BLENDER COMBINATIONS FOR AILMENTS	
FOR	USE
Anemia	Parsley, Grape Juice
Asthma	Celery, Papaya Juice
Bet-wetting	Celery, Parsley Juice
Bladder Ailments	Celery, Pomegranate Juice
Catarrh, colds, Sore throat	Watercress. Apple Juice
Constipation, stomach ulcer	Celery with little sweet cream, spinach and grapefruit juice
Colds, sinus problems	Celery and grapefruit juice
Diarrhea, infection	Carrots and blackberry juice
Fever, gout, arthritis	Celery and parsley juice
Gallbladder disorder	Radish, prune, blackberry and celery juice
General housecleaning	Celery, spinach, parsley, carrots
Glands, quitter, impotence	Celery juice, 1tsp wheat germ, ½ tsp Nova scotia dulse
High blood pressure	Carrots, parsley celery juice
Indigestion, under weight	Coconut milk, fig, parsley and carrots juice
Insomnia, sleeplessness	Lettuce and celery juice
Kidney disorders	Celery, parsley, asparagus juice
Liver disorders	Radish and pineapple juice
Neuralgia	Cucumber, endive and pineapple juice
Overweight, obesity	Beet greens, parsley and celery juice
Poor circulation	Beet and blackberry juice
Poor memory	Celery, carrots, prune and rice polishing
Poor teeth	Beet greens, parsley and celery juice and green kale
Reducing rheumatism, neuritis and neuralgia	Cucumber, endive and whey
Rickets	Dandelion and orange juice
Scurvy and eczema	Carrots, celery and lemon juice