

Getting Juicy

Cleansing Green Juice

half a cucumber
2 sticks of celery
a few big handfuls of leafy greens
(eg romaine lettuce or kale)
2 apples
½ lemon (with or without peel)
slice of ginger
clove of garlic (optional)

Cucumbers and apples are both hydrating and great for cleansing the body. Celery reduces acidity, kale and green leafy veg are full of minerals and high in chlorophyll which boosts energy. Ginger is a natural anti-biotic and decongestant. Lemon and garlic both have anti-bacterial properties and are great for cleansing the liver and intestines.

Sweet Red Blood Boost

½ ripe pineapple
1 small beetroot
½ yellow pepper
2 carrots
2 oranges (without the peel)

If you want something a little sweeter, try this juice. Pineapple contains bromeline which is a digestive enzyme, it also helps dissolve mucus. Beetroot is great for cleansing the liver and boosting iron in the blood. Both yellow peppers and carrots help cleanse the liver. Yellow peppers also cleanse the intestines and carrots are also good for eye and skin health. Oranges are good for destroying free radicals and flushing toxins from the body. This juice is full of anti-oxidants and on top of being great for your blood, it will clean your liver and boost your immune system.

For further details about naturopathic techniques & holistic nutrition, go to www.annamiddleton.com