

## Juice Therapy

**Your attention is drawn to Preface to Medical section. Kindly read the same before you read this section.**

- ❖ Juice diet supplies sufficient vitamins and enzymes that enhance the resistive & healing powers of the body.
- ❖ Fresh juice should be consumed.
- ❖ The juice must not be gulped down but sipped slow.
- ❖ Fruit & vegetable juices should not be mixed.
- ❖ Juice should not be taken after 7 p.m.

|    |                                                                                            |
|----|--------------------------------------------------------------------------------------------|
| 1  | <b>Carrot + Ginger + Apple</b>                                                             |
|    | ➤ Boost and cleanse our system.                                                            |
| 2  | <b>Apple + Cucumber + Celery</b>                                                           |
|    | ➤ Prevents cancer, reduce cholesterol and eliminate stomach upset and headache.            |
| 3  | <b>Tomato + Carrot + Apple</b>                                                             |
|    | ➤ Improves skin complexion and eliminate bad breath.                                       |
| 4  | <b>Orange + Ginger + Cucumber</b>                                                          |
|    | ➤ Improves Skin texture and moisture and reduce body heat.                                 |
| 5  | <b>Pineapple + Apple + Watermelon</b>                                                      |
|    | ➤ To dispel excess salts, nourishes the bladder and kidney.                                |
| 6  | <b>Apple + Cucumber + Kiwi</b>                                                             |
|    | ➤ To improve skin complexion.                                                              |
| 7  | <b>Pear &amp; Banana</b>                                                                   |
|    | ➤ Regulates sugar content.                                                                 |
| 8  | <b>Carrot + Apple + Pear + Mango</b>                                                       |
|    | ➤ Clears body heat, counteracts toxicity, decreased blood pressure and fight oxidization.  |
| 9  | <b>Honeydew + Grape + Watermelon + Milk</b>                                                |
|    | ➤ Rich in vitamin C + Vitamin B2 that increase cell activity and strengthen body immunity. |
| 10 | <b>Papaya + Pineapple + Milk</b>                                                           |
|    | ➤ Rich in vitamin C, E, Iron. Improves skin complexion and metabolism.                     |
| 11 | <b>Banana + Pineapple + Milk</b>                                                           |
|    | ➤ Rich in vitamin with nutritious and prevents constipation.                               |
|    |                                                                                            |