

INFLAMMATION & WELLNESS HELP

EQUIPMENT

- [high-speed blender](#)

INGREDIENTS FOR INFLAMMATION

- 1 cup fresh kale or spinach
- 1/2 beet - peeled and chopped
- 1/2 cup water
- 1/2 orange - peeled
- 1 cup mixed berries - frozen
- 1/2 cup pineapple - frozen
- 1 tsp ginger root - grated or chopped
- 1 tsp ground flaxseed
- 1 tsp chia seeds
- 1 tsp ground cinnamon
- 1 tsp turmeric - peeled
- 1 tsp pumpkin seed
- 1 slice of avocado
- 1/2 parsley
- 1/2 banana
- 1 tsp coconut oil
- 2 tsp oatmeal
- 1 [Protein Smoothie Boost](#) - optional

INSTRUCTIONS

1. Place baby kale, beet, water, and orange into a blender.
2. Puree until smooth.
3. Add remaining ingredients.
4. Blend again until smooth.

NOTES

- Carrots can be substituted for the beets.
- Mango can be substituted for the pineapple.
- Baby kale or spinach can be used to make the smoothie less bitter.
- blueberries, raspberries, and blackberries

DETOX JUICE TO CLEANSE

WHAT ARE THE HEALTH BENEFITS OF FRUITS AND VEGETABLES IN A JUICE CLEANSE?

- Kale – low in calories, powerful anti-oxidant with anti-inflammatory properties, and helpful for arthritis and autoimmune diseases
- Spinach – packed with vitamins, has anti-cancerous properties, and is one of the healthiest foods on the planet
- Cucumber – incredible detoxifier and helps with liver and kidney function
- Lemon – highly effective cleansing agent and cuts through the bitterness of greens
- Carrots – beta-carotene, fiber, vitamin K, and potassium. Carrots have been linked to lower cholesterol levels and improved eye health

[THE ULTIMATE ARTHRITIS DIET](#)

Healthy Juice Cleanse Recipes

Prep Time

10 mins

Healthy Juice Cleanse Recipes to give you energy, vitality, and health.

Course: Breakfast, Snack

Cuisine: American

Keyword: juicing recipes

Servings: 4

Ingredients

Drink Your Greens:

- 2 cups Baby Spinach Leaves (or 4-6 leaves of kale)
- 6 Celery
- 2 large Cucumber
- 1/2 Lemon
- 2 medium Apples
- 1-2 inch Ginger
- 1/4 - 1/2 cup Parsley Leaves

The Detoxifier:

- **2-3 med-Ig Beets**
- **6 Carrots**
- **2 medium Apples**
- **1/2 Lemon**
- **1-2 inch Ginger**

The Vision:

- 8 large Carrots
- 2-3 Navel Oranges
- 1-2 inch Ginger
- 1 inch Turmeric (optional)

Sweet Carrot:

- 10 large Carrots
- 2 medium Apples
- 1/4 cup Parsley (optional)

Instructions

- Wash, prep, and chop produce.
- Add produce to juicer one at a time.
- Serve cold over ice. May store in tightly sealed jars or glasses in the refrigerator for 7-10 days. Shake or stir well before drinking.

Try to avoid or limit these foods as much as possible:

- refined carbohydrates, such as white bread and pastries.
- French fries and other fried foods.
- soda and other sugar-sweetened beverages.
- red meat (burgers, steaks) and processed meat (hot dogs, sausage)
- margarine, shortening, and lard.

This Anti-Cancer Green Smoothie recipe is full of health-promoting ingredients, including leafy greens and broccoli florets. This vegan and dairy-free blended drink can be served as a meal replacement or as a snack. Easy to make and delicious, too.

Ingredients

1/4 cup hemp seeds
2 cups carrot juice
1 cup water
1 ripe banana, frozen
1 cup frozen strawberries
1 cup frozen broccoli florets
2 cups fresh or lightly steamed baby kale or baby spinach
5 fresh mint leaves
2 tablespoons cocoa powder
1/2 lime or lemon, juiced

Instructions

Combine the hemp seeds, carrot juice, and water in the base of a high-speed blender like a Vitamix or Blendtec. Next, add the frozen banana, frozen strawberries, frozen broccoli florets, greens, mint, cocoa powder, and lemon or lime juice. Place the lid on the blender and blend until smooth, about 45 seconds. Serve immediately.

notes

1. You can store any leftovers in a covered container in the refrigerator for up to 2 days.
2. If you don't have carrot juice, you can just use water.

PROTEIN OPTIONS TO INCLUDE IN YOUR SMOOTHIES

PEANUT BUTTER

COCONUT MILK

FLAXSEED

SEAWEED

OATS

CHIA SEEDS

PUMPKIN SEEDS

ALMOND BUTTER

QUINOA

YOGURT

SUNFLOWER SEEDS

WALNUTS

HEMP SEEDS

CACAO NIBS