

# EDENIC THERAPEUTIC JUICE RECIPES

**Peace and love family! Why is juicing important? Juicing is one of the most therapeutic methods of healing one can practice! With the juice being the extraction of the constituents eliminating the fiber it allows the minerals to get into the bloodstream a lot quicker rather than having to go through the digestive process which starts an immediate process of healing. Benefits of Juicing is it revitalizes and rejuvenates the cells a lot sooner than solid fruits. It helps fight against free radicals so it holds a lot of antioxidants. It aids in weight loss and helps build the body's defense system! To see really good results we suggest going on a 7 day all fruit juice cleanse which you can choose from our h302 fruit cleanse document.**

**\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.**

**Green Machine:  
Purpose-  
aids in detoxing the liver &  
gallbladder along with  
repairing the pancreas**

**Pineapples 1  
Green Grapes 1 cup  
Key Lime 1  
Green bell peper 1  
Ginger 1  
Green Apples 3**

**Cellular Revive  
Juice:**

**4 celery stocks  
2 green apples  
1 ginger root  
1 lemon  
2 cucumbers  
Hand full of  
baby spinach**

**Kidney flush**

**7 celery stocks  
3 green apples  
2 ginger root  
2 turmeric root  
1 hand full of  
baby spinach**

**[www.theedenicexperience.org](http://www.theedenicexperience.org)**

**Pancreatic  
juice activation**

**3 red pears  
2 golden pears  
2 green pears  
1 whole  
pineapple**

**Gut Flush  
Juice:**

**3 green pears  
5 celery stocks  
2 cucumbers  
4 red apples**

**Anti-Inflammatory  
Juice**

**7 celery Stalks  
2 cucumbers  
7 red apples  
6 turmeric roots**

