

# Diverticular Disease

## Apple Pear (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

- 2 apples
- 2 pears
- 1 ½-inch (1 cm) piece gingerroot
- ½ cup grapes
- ½ tsp ground cinnamon

Combine all in a juicer except cinnamon and process, whisk in cinnamon and pour into glass.

Combine all but the cinnamon into a juicer. Whisk the ginseng in.

## Cabbage Cocktail (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 2 to 3 juices

### Ingredients:

- ¼ head cabbage, cut to fit tube
- 2 carrots
- 2 stalks celery
- 1 clove garlic
- 3 sprigs fresh parsley (avoid during pregnancy and kidney inflammation)
- 2 parsnips
- 2 sprigs fresh dill
- 1 beet
- 1 apple
- ½ tsp fennel seeds, optional

Combine all in a juicer except fennel seeds and process, whisk in fennel seeds and pour into glass.

## Gingered Broccoli (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 or 2 juice

### Ingredients:

- 2 spears broccoli
- 1 clove garlic
- 1/8 head cabbage
- 1 ½-inch (1 cm) piece gingerroot

Combine all in a juicer and process, whisk and pour into glass.

## Leafy Greens (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

- 8 fresh spinach leaves
- 2 carrots
- 1 clove garlic
- 1 apple
- 1 ½-inch (1 cm) piece gingerroot
- ½ lemon

Combine all in a juicer and process, whisk and pour into glass.

## Popeye's Power (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

- 2 kale leaves
- 6 spinach leaves
- 1 beet, top intact
- 1 fresh dandelion root
- 1 ½-inch (1 cm) piece gingerroot
- 2 tsp blackstrap molasses

Combine all in a juicer except molasses and process, whisk in molasses and pour into glass

## Slippery Beet (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 2 juices

### Ingredients:

- 2 beets
- 1 clove garlic
- 1 apple
- 1 tbsp powdered slippery elm, optional

Combine all except slippery elm in a juicer and process, whisk in slippery elm, if using, and pour into glass.

## The Rainbow Remedy (Super Juice Me! 28 day-plan)

Serving size: 2 juices

### Ingredients:

- 2 apples
- 1 carrot
- 1 stalk celery
- ¼ cucumber
- 1 beetroot
- 1 small red cabbage
- 1 tomato
- 3 cm chunk raw ginger
- ¼ lemon

Combine all in a juicer and process, whisk and pour into glass with ice.