

# Inflammatory Bowel Disease Juices

## Herbs for healing:

Garlic, German chamomile, marshmallow root, slippery elm bark powder, and valerian which has an adverse effect on some people.

## Other for healing:

Ground flax seeds, kelp, psyllium seed, rice

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

Serving size: 2 juices

### Ingredients:

- 2 beets, tops intact
- 2 carrots
- 2 apples

Combine all in a juicer. Whisk and pour into glass.

## Cloved Beets

Serving size: 2 juices

### Ingredients:

- 3 beets, tops intact
- 2 carrots
- 1 ½ -inch (1 cm) piece gingerroot
- 1 clove garlic

Combine all in a juicer. Whisk and pour into glass.

## Carrot Green Garlic

Serving size: 1 juice

### Ingredients:

- 3 carrots
- 1 handful fresh spinach leaves
- 1 clove garlic
- ½ lemon

Combine all in a juicer except cayenne and process, whisk in cayenne 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
- 2 tsp blackstrap molasses
- ½ lemon

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

## Teas:

### Digestive Stress Soother (Juicing Bible 2<sup>nd</sup> Edition)

#### Ingredients:

- 1 part slippery elm bark power
- 1 part marshmallow leaf or chopped
- 1 part German chamomile flowers
- ½ part chopped licorice or ¼ part powdered licorice (omit if you have high blood pressure)
- ½ part fennel seeds

1. In an airtight tin or dark-colored jar, blend together emb bark, marshmallow, chamomile, licorice and fennel seeds, Store in a cool, dark, dry place.

2. To make tea: Crush a small amount of blend into a fine powder and measure 1 tsp (5 mL) per 1 cup (250 mL) water. Place in a teapot, add 1 tsp (5 mL) "for the pot" and pour boiling water over herbs. Cover the pot and put a cork in the spout. Steep about 15 minutes and strain into cups.