

Irritable Bowel Syndrome Juicing

Cabbage Cocktail (Juicing Bible 2nd 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.

Cauliflower Cocktail (Juicing Bible 2nd Edition)

Serving size: 2 or 3 juice

Ingredients:

- ½ head cauliflower, cut to fit tube
- 1 spear broccoli
- 3 tomatoes
- 2 carrots
- 2 stalks of celery
- 1 apple
- 1 tsp crumbled kelp

Combine all in a juicer except kelp. Whisk and pour into glass and sprinkle kelp.

Ginger Love

Serving size: 2 juices

Ingredients:

¼ inch ginger

2 apples

½ lemon (squeezed juice of about 1/8 cup)

Combine all in a juicer except squeezed lemon. Whisk in lemon juice and pour into glass.

Pick Me Up

Serving size: 3 juices

Ingredients:

1 bunch cilantro (about 12 ounces)

3 apples, cored and quartered

1 medium cucumber, cut lengthwise

8-10 celery stalks

Juice of 3 lemons (about 3/4 cup)

Combine all in a juicer except squeezed lemon. Whisk in lemon juice and pour into glass.

Lovely Bones Juice

Serving size: 2 juice

Ingredients:

2 apples, quartered

5 kale leaves

1 handful parsley (about 1/2 cup)

Juice of 1/4 of a lemon (about 1/16 cup)

1 inch ginger

1 celery stalk

Combine all in a juicer except extracted lemon juice. Whisk in lemon juice and pour into glass.

Teas:

Digestive Stress Soother

(Juicing Bible 2nd 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

Ginger Tea

(Juicing Bible 2nd Edition)

Ingredients:

- 1 part chopped gingerroot
- 1/3 part fennel seeds
- 1/3 part lemon balm

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