

Peptic Ulcers

Gastric & Duodenal Ulcers

Apple Pear (Juicing Bible 2nd 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 but the cinnamon into a juicer. Whisk the ginseng in.

Berry Best (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1 cup blueberries
- 1 cup pitted cherries
- ½ cup grapes
- ¼ cantaloupe

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

Cabbage Cleanse

Ingredients:

- 1/2 head of red cabbage
- 3 celery stalks
- 3 pears
- ½ organic lemon, including

Combine all in a juicer. Whisk and pour into glass

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.

Pear Fennel (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 pears
- ¼ fresh fennel bulb
- 2 apples
- ½ tsp powdered licorice (omit if you have high blood pressure)

Combine all except licorice in a juicer, Whisk licorice (if using) and pour into glass

Miracle Juice

Ingredients:

- 1 large green cabbage
- 2 Granny Smith apples
- 1 peeled lemon
- 2-inch piece of fresh ginger, peeled

Combine all in a juicer. Whisk and pour into glass

Fermented Cabbage Juice

Ingredients:

3 cups coarsely chopped organic green cabbage

1 $\frac{3}{4}$ cups purified, distilled or filtered water

1 teaspoon sea salt (optional)

$\frac{1}{2}$ tsp culture starter (optional)

Add the cabbage and water to the blender. Blend at a low setting for a minute or two, and finish by blending for 10 seconds on high. There should still be some visible pieces of cabbage when you're done.

Pour the mixture into a quart container with a tight-fitting lid. Make sure there is at least an inch left at the top to allow expansion.

Tightly cover the container. Let stand for 3 to 5 days at room temperature.

Strain the mixture through a mesh strainer or cheesecloth-lined colander. Refrigerate and use within 3 weeks.

Save about $\frac{1}{2}$ cup of fermented cabbage juice and add it to the next batch you make. The probiotic cultures in the juice will speed up the fermentation time, and your new batch will be ready in 24 hours.

Ruby Red

Ingredients:

$\frac{1}{4}$ head of red cabbage

1 large beet with greens

Seeds from 1 pomegranate

$\frac{1}{2}$ inch peeled fresh ginger root

Combine all in a juicer. Whisk and pour into glass