

Respiratory Juicing Recipes

ABC Juice

- 6-7 medium carrots
- 1.8 oz gold beet
- 1 green apple
- 1 lemon slice/wedge (optional)

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

Acai Bery Combo (Juicing Bible 2nd Edition)

Serving size: 2 juices

Ingredients:

- ¼ Lung Relief Tea (Recipe found on Respiratory Page)
- 1 cup acia berries
- ½ cup blueberries
- ½ cup raspberries or pitted cherries
- 1 tbsp fresh thymes leaves

Combine all in a blender. Process until smooth.

Breathe-Ease (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 carrots
- 1 beet
- 1 apple
- 1 ½ inch (2 cm) fresh gingerroot
- ¼ cup Lung Relief Tea

Combine all in a juicer. Whisk all ingredients then combine with Lung Relief Tea and pour into glass

Breath of Autumn (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 apples
- 2 pears
- 2 carrots
- ¼ cup Lung Relief Tea
- 1 tsp Borage or evening primrose oil

Combine all except tea in a juicer. Whisk together with Lung Relief Tea and borage or primrose oil and pour into glass.

Pineapple Apple Green Juice with Ginger and Kale

Serving size: 1 juice

Ingredients:

- 1 green apple
- 2 cups kale
- 2-3 stalks of celery
- ½ cup chunked pineapple
- ¼ medium lemon
- 2 ⅔ inches ginger

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