

Nervous System Juicing Recipes

Anti-anxiety Bliss

Serving size: 1 juice

Ingredients:

2	apples
1	cup spinach
½	lemon, peeled
1 pinch	ginger

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

Apple Chamomile (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

2	apples
1 cup	grapes
2 tbsp	fresh German chamomile flowers (10 ml)
½ tsp	scullcap

Combine all but scullcap in a juicer. Whisk the skullcap in and poor into a glass.

Beet (Juicing Bible 2nd Edition)

Serving size: 2 juices

Ingredients:

2	beets, tops intact
2	carrots
2	apples

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

Beet Bliss Juice

Serving size: 1 juice

Ingredients:

- 1 beet
- 1 cup strawberries
- ½ lemon, peeled
- ½ inch fresh ginger

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

Brocco-Carrot (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1 spear broccoli
- 2 carrots
- 1 apple

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

Calming Chamomile Juice (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 apples
- 1 stalk celery
- ¼ cup chamomile tea (50 ml)

Combine all but chamomile tea in a juicer. Whisk together with tea and pour into a glass.

C-Green (Juicing Bible 2nd Edition)

Serving size: 1 or 2 juice

Ingredients:

- 3 sprigs fresh parsley (avoid during pregnancy and kidney inflammation)
- 1 handful fresh spinach leaves
- 1 handful watercress
- 1 apple

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

Citrus Sunshine Juice

Serving size: 1 juice

Ingredients:

- 2 oranges peeled
- 1 carrot
- ½ tsp turmeric (or ¼ ground)

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

Eye-Opener (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 cups hulled fresh or frozen strawberries
- 2 carrots
- 1 orange

Combine all in a juicer, Whisk and pour into glass

Leafy Greens (Juicing Bible 2nd 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.

Maga B Juice

Serving size: 1 juice

Ingredients:

- 1 cup spinach
- 1 green apple
- 1 cucumber

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

Popeye's Power (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 kale leaves
- 6 spinach leaves
- 1 beat, top intact
- 1 fresh dandelion root
- 2 tsp blackstrap molasses (10ml)

Combine all in a juicer except molasses. Whisk together with molasses and pour into glass.