

Diabetes

Blood Sugar Balancer

1 ounce wakame sea vegetable
1 ounce kombu sea vegetable
1 ounce dulse sea vegetable
2 cups chopped arugula
2 cups chopped red leaf lettuce
2 cups chopped romaine
2 apples, cored and quartered
120 mg ginkgo biloba extract
500 mg bitter melon

1. Cut the sea vegetables into small pieces and chop in a blender or food processor until very fine.
2. Push the lettuce and apples through the juicer.
3. Add the sea vegetables, ginkgo biloba, and bitter melon to the juice mixture and stir well.
4. Serve immediately.

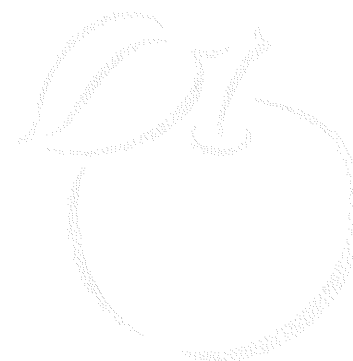
Makes 1½-2 Cups

Chlorophyll Ya Up

2 cups alfalfa sprouts
2 cups chopped spinach
2 cups chopped collard greens without stems
5 medium asparagus stalks
1 apple, cored and quartered
200 mg bilberry extract
2 tablespoons fiber powder

1. Push all vegetables and apple through the juicer.
2. Add the bilberry extract and fiber powder to the juice mixture and stir well.
3. Serve immediately.

Makes 4 Cups



Gary's Glucose Fix

- 1 medium artichoke heart
- 1½ cups chopped cabbage, any color
- 1 cup green beans, trimmed
- 3 celery stalks
- 2 large cucumbers, sliced lengthwise
- 1,000 mg evening primrose oil
- 7.5 mg vanadyl sulfate (with 1.5 mg vanadium)

1. Push all the vegetables through the juicer and stir well.
2. Stir in the evening primrose oil and vanadyl sulfate.
3. Serve immediately.

Makes 3½ Cups

Insulin Stabilizer

- 1 cup grapes with seeds, any color
- ¼ medium cantaloupe, cubed, rind removed
- ½ cup chopped broccoli
- 1 cup chopped collard greens (ends cut off)
- 1 cup chopped spinach (ends cut off)
- 3 oranges, peeled and quartered
- 400 mcg chromium picolinate
- 250 mg alpha-lipoic acid

1. Push the grapes, cantaloupe, broccoli, collard greens, spinach, and oranges through the juicer. Stir the juice well.
2. Stir in the chromium picolinate and alpha-lipoic acid.
3. Serve immediately.

Makes 4 Cups

Digestive Health

Alkaline Refreshment

- 1 cup chopped fresh peppermint leaf
- 5 celery stalks
- 3 cucumbers, sliced lengthwise
- 1 teaspoon triphala powder
- probiotic powder (at least 5 billion CFU)

1. Push the peppermint, celery, and cucumbers through the juicer.
2. Stir in the triphala powder and probiotic powder.
3. Serve immediately.

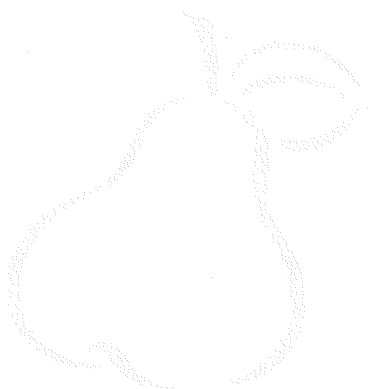
Makes 2 Cups

Clean Colon

- ½ cup blueberries
- ½ large pear, cored and quartered
- ½ medium potato, quartered
- 3 large apples, cored and quartered
- 2 tablespoons flaxseeds
- 2 teaspoons psyllium powder
- 2 ounces aloe vera juice
- 3 tablespoons raw honey

1. Push the blueberries, pear, potato, and apples through the juicer.
2. Using a grinder, grind the flaxseeds to a very fine powder.
3. In a blender, on the “whip” setting, blend the flaxseeds, psyllium powder, aloe vera concentrate, and honey with the juice mixture.
4. Serve immediately.

Makes 3–4 Cups



Enzyme Enhancer

- 1 medium papaya, peeled, pitted, and cubed
- ¼ large pineapple, rind removed, cored and cubed
- 6–10 large strawberries, hulled and halved
- ¼ medium head cabbage, chopped
- 1 small kiwi, peeled and quartered
- ½ teaspoon probiotic powder

1. Push all the ingredients except the probiotic powder through the juicer. Stir the juice well.
2. Stir in the probiotic powder.
3. Serve immediately.

Makes 3–4 Cups

Enzyme Express

- 1-inch piece ginger root
- ½ cup basil
- 3 celery stalks
- ½ head cabbage, any color, chopped
- 2 medium bananas, peeled
- one standard serving digestive enzyme supplement

1. Push the ginger, basil, celery, and cabbage through the juicer.
2. Blend the bananas and digestive enzymes with the juice mixture in a blender until smooth.
3. Serve immediately.

Makes 3¼ Cups

Eye Health

Buena Vista

2 cups purple grapes with seeds
2 cups green grapes with seeds
2 cups chopped spinach
2 cups chopped kale
4 ounces mineral water
5 mg astaxanthin
150 mg bilberry extract

1. Push the grapes, spinach, and kale through the juicer.
2. Add the mineral water, astaxanthin, and bilberry extract to the juice mixture and stir well.
3. Serve immediately.

Makes 1½–2 Cups

Expanded Vision

4 cups blueberries
1 cup coconut milk
1 tablespoon flaxseed oil
6 mg lutein

1. Blend all the ingredients together in a blender until smooth and creamy.
2. Serve immediately.

Makes 2 Cups

Eye Essentials

1 cup grapes with seeds, any color
1 medium apricot, pitted and halved
1 cup frozen or room-temperature huckleberries
2 cups blueberries
1 cantaloupe, rind removed, cubed
2 medium yams, quartered
1 cup chopped spinach
200 mcg selenium
1,000 IU vitamin E

1. Push the fruits and vegetables through the juicer. Stir the juice well.
2. Stir in the selenium and vitamin E.
3. Serve immediately.

Makes 4–5 Cups



Hair Health

Follicle Fixer

1 watermelon, rind removed, cut into 1-inch cubes
1 large pineapple, rind removed, cored and cut into
1-inch cubes
8 large limes, peeled and quartered
120 mg stinging nettle extract
two standard servings vitamin B complex
20–24 ice cubes

1. Push the watermelon, pineapple, and limes through the juicer. Stir the juice well.
2. Stir in the stinging nettle extract and vitamin B complex.
3. Serve immediately.

Makes 1 Gallon



Hair Repair Juice

8 cups mineral water
4 decaffeinated green tea bags
 $\frac{1}{4}$ cup honey (optional)
2 pineapples, rind removed, cored and cubed
16 kiwis, peeled and quartered, plus kiwi slices for
garnish (optional)
4 large limes, peeled and quartered
2 tablespoons coconut oil
40 ice cubes
fresh mint to taste

1. In a small saucepan, combine the mineral water and tea bags over moderate heat and simmer, covered, for 8–10 minutes, or until fully brewed. Stir in the honey, if desired, until well combined and set aside to cool completely.
2. Push the pineapples, kiwis, and limes through the juicer.
3. In a large pitcher, combine the juice mixture, tea, coconut oil, and ice. Stir together until well combined.
4. Pour into glasses and garnish with kiwi slices, if desired, and mint.
5. Serve immediately.

Makes 1½ Gallons