

## RAW JUICING RECIPES

Raw juicing is a great way to improve your health.

A few points to guide you:

- fruit juices are cleanses
- vegetable juices are regenerators.
- Raw Juices are a great addition to your diet. They are not your only intake of food.
- There are many health educational books and trained health professionals that can help if you desire to do a juice fast.
- Great Book to purchase is by Norman Walker- "Fresh Fruit and Vegetable Juices"..



Apple & Carrot  
To make 200mls  
2 medium carrots  
(unpeeled)  
1 apple (unpeeled)

Carrot, Beetroot, Cucumber,  
Apple  
1 cucumber  
2 medium/large carrots  
1 small beetroot and leaves  
1 apple

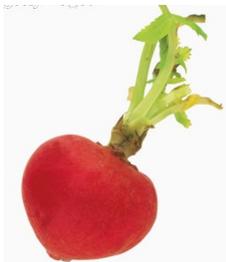
Apple, Carrot, Celery  
2 apples  
2 carrots  
1 celery stalk including  
leaves  
Optional slice of ginger

Orange juice  
Peel oranges and cut in  
pieces to juice.  
Grapefruit or lemon can be  
added.

Pineapple & Ginger  
1 pineapple  
Slice of ginger

Watermelon  
1/4 of watermelon flesh

Apple, Carrot  
Capsicum,  
cabbage, spinach  
2 apples  
2 carrots  
1/4 red capsicum  
1/2 cup cabbage  
1 silverbeet leaf



Celery, Apples  
3 celery stalks  
4 apples

Carrot, tomato, celery, parsley  
4 medium carrots  
4 tomatoes  
2 stalks of celery  
Small bunch of celery

Watermelon, Strawberries  
1/4 of watermelon, 1 punnet of small strawberries

Vegetable Cocktail  
2 carrots  
2 spinach leaves  
1 beetroot & leaves  
7 string beans  
1 celery stalk  
2 apples

Total Green Juice  
2 Kale leaf  
1 silverbeet leaf  
1 cucumber  
1 celery stalk  
1 lemon  
1 apple

Carrot, Apple, fennel, Celery  
4 medium carrots  
2 apples  
1 small fennel  
1 stalk of celery

Apple, Spinach carrots  
2 apples  
1 spinach leaf  
2 carrots

Apple & Blueberries  
2 apples  
1/2 cup of Blueberries



Apple, Garlic, Lemon

1 Lemon  
1 Apple  
1 Clove of garlic

For more juicing recipes, refer to Health & Nutrition Books available from [www.improveyourhealth.com.au](http://www.improveyourhealth.com.au)

Carrot, lettuce, alfalfa

4 carrots  
2 lettuce leaves  
1 cup of alfalfa  
Optional apple

Carrot, Beetroot, kale, apple and ginger

1/2 Beetroot & leaves, 2 –3 kale leaves, 3 carrots , apple, slice of ginger.

## WHEATGRASS

Wheatgrass is baby wheat, planted on the soil and not sown. Wheat grass produces high concentrations of chlorophyll, active enzymes, vitamins and other nutrients. Chlorophyll makes up over 70% of the solid content of wheatgrass juice and is the basis of all plant life. It is often referred to as the 'blood of plant life' as it closely resembles the molecule of human red blood cells. Wheatgrass is not only rich in chlorophyll: it has 100 elements needed by the body to keep vital and nourished. If grown in organic soil, wheatgrass absorbs 92 of the 102 minerals from the soil. Cut the grass close to the roots. You can get a second yield although the content won't be as rich as the original grass. Feed the wheatgrass into the cold pressed single or twin gear juicer, tips first. Wheatgrass does have a strong taste, and you can mix the wheatgrass shot with apple or your own combination of juice.

Wheatgrass, lime & apple

30mls wheatgrass  
1 green apple  
½ lime



Grow your own FRESH Certified Organic Wheatgrass Trays. These kits are available for purchase with us. A comprehensive Fact Sheet is included and instructions and all necessary equipment.

Points to note:

- 30mls of freshly squeezed wheatgrass juice contains as much nutritional value as approximately 2 kilos of fresh green vegetables in vitamin, mineral and amino acid content.  
It is a complete protein containing 20 amino acids and about 30 enzymes which are incredibly important for correct digestion and other bodily processes and over 90 different minerals.

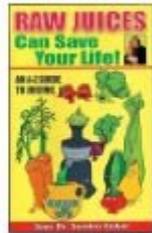
Order  
Your Certified Organic  
Wheatgrass Kit  
from us.



Helpful Hints to assist you juicing fresh raw vegetables and fruits.

- Wash you produce well in clean water especially if your produce has been sprayed with chemicals
- Do not juice the greens of carrots. Please refer to recommended text by Dr. Walker)
- Do not juice the skin of orange.
- Always chop off the tips and ends of carrot. .(Please refer to recommended text by Dr. Walker)
- Never force large amounts of produce into your juicer.
- Clean you're juicing screens well.
- Remember you're fruits are your cleansers and too many fruit juices, after a certain time, different for everyone will stir up acids in you body. You may not feel so great. . (Please refer to recommended text by Dr. Walker)
- Use your pulp for other recipes such as for soup, muffins, rissoles etc. See juicer manual for more recipes.
- Don't juice cherry seeds. Grape or apple seeds are fine.
- Best to juice produce alternatively.
- Always read you're juicer manual.
- Do not run juicer for more than 30 minutes continuously at any one time.

**Recommended Texts:**



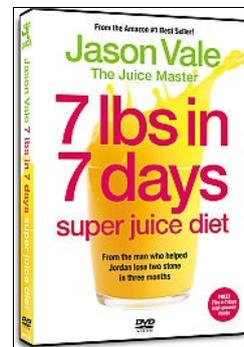
**'Raw Juices can Save Your Life'.  
BY Dr. Sandra Cabot**



**Dr Norman Walker—  
Fresh vegetable & Fruit  
Juices—What's missing in  
your life?**



*We recommend using a high  
quality cold pressed juicer such  
as the Ceramic Pro Plus*



Improve Your Health is not intending to diagnose or make claims that the products or recipes offered will cure any illness. We are all unique individuals if you have any concerns, problems or pre-existing medical conditions please consult your Doctor or a Trained Health Care Professional prior to using any suggestions, ideas or products Displayed.