



Fresh Juice



Everyday

30 Days Great Juicing Recipes for Cultivating Healthy Life

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Contents

<i>Day 1 – Day 5</i>	<i>Body Cleansing</i>
<i>Day 6 – Day 10</i>	<i>Slimming</i>
<i>Day 11 – Day 15</i>	<i>Healing</i>
<i>Day 16 – Day 20</i>	<i>Rejuvenate</i>
<i>Day 21 – Day 25</i>	<i>Beauty</i>
<i>Day 26 – Day 30</i>	<i>Anti-Aging</i>

Day 1 Super Detox

“An apple a day keeps doctor away”. This is really true.

Mixing apple, lemon and Chinese cabbage together in juicing will help in easing constipation and accelerate body detoxing process.

Serves 1

Apple 1 piece, whole unpeeled, preferable green apple

Chinese Cabbage 100 grams, remove the stem and maintain the leaves

Lemon ½ piece, cut into half, seeded, with skin on

Tips:

For better taste, you can add in raw honey and some dash of fine sea salt into the drink

Day 2 Relief

Free and easy, happy as always when passing motion is something some of us wanted so badly. Get rid of constipation and have a life time relief.

This juice not only helps in easing constipation but also improving the digestive system and easing liver health problem.

Serves 1

Strawberry 20 grams, whole fresh and cleaned

Kohlrabi 50 grams, mixing leaves, body and stem

Muskmelon 1 slice, sliced, seeded and skinned

Lemon ½ piece, cut into half, seeded, with skin on

Dash of Fine Sea Salt, always good to add in some for seasoning

Day 9 Dissolve Fat and Bad Cholesterol

A natural remedy in lowering bad cholesterol and dissolving fat fast through juicing. This extremely high dietary fiber and vitamin C juice recipe is something you should try at least once a week. It helps in having smooth pass motion too.

Serves 1

Banana 1 piece, peeled and cut into sections

Bitter Gourd 100 grams, seeded and cut into slices

Apple 50 gram, skinned and remove core, cut into slices

Filter Water 100 ml, mix into fruits and vegetable when blending

Day 3 Super Fast Motion

Mango is rich in dietary fiber and lemon is the known to be efficient in cleansing, mixing these 2 together help to accelerate the movement in intestine and get the toxic element flush out the body faster.

Serves 1

Mango 2 pieces, peeled and remove core, cut into slices

Lemon ½ piece, cut into half, seeded, with skin on

Some Honey, dissolve in warm water and let cool before adding into the juice

Day 4 Perfect Diuretic

This unique juice helps in diuretic, detoxing through urination. Also it makes your feel better and smooth in pass motion too.

Cucumber has the effect of body cooling, teaming up with apple which is rich in dietary fiber and lemon the strong body cleanser give you the ultimate diuretic juice for the day.

Serves 1

Apple 1 piece, remove core, cut into slices

Cucumber 100 grams, cut into slices

Lemon ½ piece, cut into half, seeded, with skin on

Some Fine Sea Salt, dissolve in warm water and let cool before adding into the juice

Day 5 Intestine Cleaner

There are tones of dirt and toxic element sticking on the intestine wall through the years. This toxic particles will accumulate bit by bit until make you fall sick.

Try this intestine cleaner juice to get rid all of them.

Celery has really coarse dietary fiber that when flush through the intestine, it can swept away the sticky toxic on the intestine wall easily.

Pineapple and Lemon is a really good natural detergent in accelerating the cleansing effect.

Serves 1

Grape 100 grams, whole

Celery 60 grams, stem only, cut into sections

Pineapple ½ piece, skinned, cut into slices

Lemon ½ piece, cut into half, seeded, with skin on

Some Fine Sea Salt, dissolve in warm water and let cool before adding into the juice

BODY

SLIMMING

For Everyone



Day 6 Say Goodbye To Fat

Pineapple is strong in fat burner. Consume pineapple juice everyday helps in body slimming. However if drinking pineapple juice alone too often will hurt the stomach as it is might too acidic to some people.

So the recipe here is a neutral one that suit everyone, with adding some rock sugar and salt into the pineapple juice, this help neutralize a bit.

Serves 1

Pineapple 50 grams, skinned and cut into slices

Some Rock Sugar, dissolve in warm water and let cool before adding into the juice

Some Fine Sea Salt, dissolve in warm water and let cool before adding into the juice

Day 7 Diuretic & Edema Eliminator

*Have you ever thought of mushroom can be one of the juicing ingredients?
Mixing mushroom and grapes help to get rid of edema and good for diuretic for everyone.*

Serves 1

Dried Mushroom 10 grams, soaked in warm water until soft, rinse through running water before use.

Grapes 120 grams, whole with seeds and skin on

Raw Honey 10 ml, dissolve in warm water and let cool before adding into the juice

Tips:

After eating grapes and immediately drink 500 ml of water will help to flush out / pass motion like diarrhea. It is safe and will heal naturally after 1-2 times visit of toilet.

Day 8 Extreme Fat Burner

This superb vegetable juice is really an extreme fat burner. It includes of coriander, asparagus, onion, and red raw sugar.

Asparagus is alkaline vegetable, rich in dietary fiber, vitamins A, C, E and also great inclusive of vegetable protein that is good for our body system.

Serves 1

Asparagus 50 grams, cooked in boiling hot water for 5 minutes, dried

Coriander 10 grams, chop into sections

Onion 15 grams, cut into slices

Red Raw Sugar 2 tablespoons, dissolve in warm water and let cool before adding into the juice

Day 10 Overhauling Digestion System

Our digestion system is the 2nd busiest function part after the heart, it needs to run almost 24 by 7 for digesting and absorbing nutrient for our body to absorb. Drinking the right juice will help to rebuild a better digestion system. Here is a great vegetable and fruit juice recipe for overhauling digestion system purposes.

Serves 1

White Cabbage 300 grams, chop into small slices

Orange 1 piece, peeled and seeded

Lemon ½ piece, seeded and cut into slices

Healing



Day 11 Remove Fatigue & Tiredness

After a long day of office work, it is good timing to drink a glass of freshly squeeze ice cooling pomelo juice.

Pomelo has great ingredients like rich in vitamin C, bioflavonoid , dietary fiber and taste really good. The sweet and sour juice helps to wash your tiredness and muscle fatigue.

Serves 1

Pomelo 500 grams, peeled, remove the seeds, scoop out the flesh only and cut into slices

Some Fine Sea Salt, dissolve in warm water and let cool before adding into the juice

Day 12 Control Blood Pressure

High blood pressure is a common sickness in today society, most people has certain level of high blood pressure it is just either minor or it has not shoot up to the dangerous zone.

Drinking banana rock melon milk shake helps to control the blood pressure at the moderate level.

Serves 1

Banana 2 pieces, peeled and cut into sections.

Rock Melon 150 grams, peeled, remove the seeds and cut into cubes.

Skim Milk 200 ml, blend with the fruits

Day 13 Liver Safer

Liver is the most important organ in our human body, it is the universal filtering system. The blended juice of pumpkin, orange and milk helps in liver damage healing.

Serves 1

Pumpkin 100 grams, peeled and steamed before blending

Orange ½ piece, peeled, separate into cloves

Full Cream Milk 200 ml, blend with the fruits

Day 14 Soar Throat Relief

Sometimes over done or over deep fried or bbq foods can cause soar throat easily. As the throat is absorbing too much of heat foods and toxics, inflammation and swollen of throat is something pretty common these days.

Lotus apple lemon juice is something really great home remedy in easing the soar throat and inflammation.

Serves 1

Lotus 150 grams, cleaned and cut into slices

Apple 1 piece, peeled, cut into slices

Lemon ½ piece, skinned, seeded and cut into thin slices

Tips:

To have better drinking experience, you can add some ice cubes, a dash of fine sea salt and serve chilled.

Day 15 Crystal Clear Vision Saver

Most of us are staring computer at least 6 hours every day, the eyes are really tired and overstrain. A light massage around the eyes balls and frame does help, more over this juice recipes

Serves 1

Lotus 150 grams, cleaned and cut into slices

Apple 1 piece, peeled, remove the core and cut into slices

Lemon ½ piece, skinned, seeded and cut into thin slices

Tips:

To have better drinking experience, you can add some ice cubes, a dash of fine sea salt and serve chilled.

Rejuvenation



Day 16 Overhauling Digestion System

Our digestion system is the 2nd busiest function part after the heart, it needs to run almost 24 by 7 for digesting and absorbing nutrient for our body to absorb. Drinking the right juice will help to rebuild a better digestion system. Here is a great vegetable and fruit juice recipe for overhauling digestion system purposes.

Serves 1

White Cabbage 300 grams, chop into small slices

Orange 1 piece, peeled and seeded

Lemon ½ piece, seeded and cut into slices

Day 17 Healthy Blood Cell Regeneration

Blood cell is the sauce of life for our body, healthy and new blood cell is really important to our health.

One of the important nutrient of building blood cell is iron, and we can take in many rich iron foods or even supplement, but there is another great way of taking enough iron that our body needs in a day , it is by making dragon fruit juice.

Dragon fruit or also known as pitaya is very rich in iron, helps in blood cell reproduction and prevents anemia. Of course it does other great function as well like the vegetable albumin inside dragon fruit will help to detox heavy metal particles from our body, and the anthocyanin ingredient helps in anti-aging too.

Serves 1

Dragon Fruit 1 piece, peeled, cut into cubes and blend it.

Tips:

If possible, try to get one which is red flesh instead of white one. Since red flesh dragon fruit has richer nutrient compare to the white ones. Particularly the rich content of anthocyanin and iron.

Day 18 Physical Fitness Booster

Sometimes we felt reckless in doing certain assignment and really felt no energy to pursue the given task. Especially for people their work is related to heavy physical challenges.

A combination of papaya, orange and raw honey is a perfect match for regenerating physical fitness and healthier lifestyle.

Serves 1

Papaya 3 slices, chop into small slices

Orange 1 piece, peeled and seeded

Raw Manuka Honey 1 tablespoon, dissolve in water before added into the juice

Day 19 Clear of Mind

Peach is rich in vitamin C and potassium. Potassium is an essential nutrient to balance our blood sugar level, when ever potassium is low in our body, we usually will feel like reckless, fatigue, irritation, and unclear mind.

So to have a clear mind, drinking peach juice is something you should consider doing couple of days in a week. More over peach is really low calories fruit.

Serves 1

Peach 1 piece, peeled and cut into cubes

Banana 1 piece, peeled and cut into sections

Pineapple 50 grams, fresh or bottle unsweetened one will do

50 ml Water, dissolve in water before added into the juice

Tips:

No need to add any sugar or honey, as by itself it is naturally sweet enough. Adding pineapple help to bring out the peach fragrant which makes it taste better.

Day 20 Easing Dysmenorrhea

For ladies, dysmenorrhea is really painful and sometimes it lasts for couple of days. Taking pain killer to overcome this pain is not healthy at all, a better way is to consume some healthy foods and drinks that will ease the pain and accelerate the menstruation cycle.

Ginger has great effect in stimulating body digestion, detox, blood circulation system which helps in relieving symptoms like nausea and dysmenorrhea.

Pineapple has great cleansing effect and apple is great for restoring body strength.

Serves 1

Ginger 2 cm, peeled and cut into slices

Apple 1 piece, peeled, remove the core and cut into slices

Pineapple 100 grams, fresh or bottle unsweetened one will do

Beauty



Day 21 Pimples & Acnes Buster

Most teenagers will go through a stage where pimples and acnes start to popping up. This is really embarrassing and annoying. Sometimes under heavy work pressure and consistently in burning night oil will cause acne problem too.

Here is a good piece of juicing recipes that helps to prevent and ease the pimples and acnes situation.

Serves 1

Strawberry 100 grams, washed and cut into half

Lemon ½ piece, cut into slices and seeded

Plain Yogurt ½ cup, to mix with the fruits for blending

Raw Manuka Honey 1 teaspoon, dissolve in water before added into the juice

Day 22 Skin Whitening

A perfect crystal clear face skin complexion is something we all desire to have. This can be easily achieve by drinking healthy juice everyday.

Mixing kiwi fruit, apple and mint leaves able to give you the bright skin complexion that you dream off. Since this combination is rich in Vitamin C and A that helps in skin regeneration and whitening effect.

Serves 1

Kiwi Fruit 3 piece, peeled and cut into half

Apple 1 piece, Seeded, remove the core and cut into slices

Mint Leaves 3 slices, crashed and mix with fruits for blending

Raw Manuka Honey 1 teaspoon, dissolve in water before added into the juice

Day 23 Freckles Fader

Freckles most of the time is born with and sometimes is sign of aging or some case is over expose under strong sun light. It is really hard to get rid of freckles totally, it is best to prevent it rather than to cure it.

Any citrus fruits are good for preventing freckles, since they have high density of selenium that is great antioxidant element and some like orange has rich pectin from the outer pulp skin fiber helps in lowering LHL cholesterol level in our body.

Serves 1

Orange 3 piece, peeled and separate into multiple cloves

Carrot 1 piece, brush and cut into sections

Lemon ½ piece, cut into slices and seeded

Tomato 1 piece, cut into half

Raw Manuka Honey 1 teaspoon, dissolve in water before added into the juice

Day 24 Beauty Secret

Alkaline foods helps in making the blood ph level to be more alkaline as this is really important in dissolving the acidic toxins developed from animal protein in the meat that we consume. Thus serving the body detox, promote metabolism and ultimately preventing aging. The more healthy the intestine and internal organ is, the better outlook and skin complexion you will see.

Serves 1

Tomato 2 piece, cut into half

Plum 2 piece, remove the core and cut into half

Lemon ½ piece, cut into slices and seeded

Raw Manuka Honey 1 teaspoon, dissolve in water before added into the juice

Day 25 Increase Skin Softening & Elasticity

A pretty good pressure relief and increase skin elasticity and softening effect juice remedy for ladies that suffer from work life pressure.

Wheat germ is rich in glutathione a sulfur based antioxidant and when combine with selenium, an oxidation enzyme is formed which can help to dissolve chemical carcinogens in our body, and protecting our brand cell. Also wheat germ has lot of zinc with dietary fiber that helps in lowering LHL cholesterol level and prevent diabetes, more over wheat germ promotes the growth of good intestine bacteria.

Serves 1

Plan Yogurt 1 cup, to be mix and blend with juice

Wheat Germ 1 tablespoon, added into the blended juice later

Lemon ½ piece, cut into slices and seeded

Raw Manuka Honey 1 teaspoon, dissolve in water before added into the juice

Anti-Aging



Day 26 Skin Aging Buster

Skin aging is something all of us really headache about, especially to ladies, yet we hardly can run away with it. Of course there are numerous of beauty products out there to help slowing down the skin aging effect, still practicing healthy eating and juice drinking habit will help to fight this.

Combining orange, tomato and pineapple juice helps this as this juice has really rich and concentrated in Vitamin A, which helps in accelerating skin metabolism, increase resistance on skin irritation and bacteria attack, and for most in preventing skin aging.

Serves 1

Pineapple 100 grams, fresh or bottle unsweetened one will do

Orange 1 piece, peeled and seeded

Tomato 1 piece, cut into half

Celery 10 grams, cut into sections

Lemon ½ piece, seeded and cut into slices

Raw Manuka Honey 1 teaspoon, dissolve in water before added into the juice

Day 27 Wrinkles Eraser

This fruit punch will help in wrinkles prevention, slowing down the process of wrinkles formation, as well as make the existing wrinkles looks lighter.

Serves 1

Grapes 20 pieces, washed and juice as a whole, keep the seeds

Pamelo 1/4 piece, peeled and seeded

Tomato 1 piece, cut into half

Celery 10 grams, cut into sections

Broccoli 10 grams, cut into sections

Orange 2 pieces, peeled and seeded

Raw Manuka Honey 1 teaspoon, dissolve in water before added into the juice

Day 28 Forever Young

Raw ginger and ginseng is great for fighting aging. Since few thousands years ago, in Asian countries, raw ginger and ginseng is really popular and widely consumed for stronger body and longevity.

Serves 1

Papaya 100 gram, peeled and cut into slices

Ginger 2 cm, peeled and cut into slices

Ginseng 5 gram, boiled and keep the water and subtiments

Tips:

Ginger by itself already serve the anti-aging and enhance body strength purpose, by adding ginseng is to have booster effect.

Raw ginseng is the best choice, but usually is hard to source. An alternative is American ginseng.

Day 29 Superb Antioxidant

The main ingredient in fighting aging is antioxidant.

Here is a recipe that provides very rich antioxidant, prevents cold, blood cell purifying, improve blood circulation, reduce LHL cholesterol, and helps in digestion.

Serves 1

Garlic 2 cloves, peeled

Carrot 2 pieces, brushed and cut into sections

Beetroot 2 small pieces, brushed and cut into half

Celery 2 stalks, brushed and cut into sections

Raw Manuka Honey 1 teaspoon, dissolve in water before added into the juice

Day 30 Milk Blend

Milk is a great source of liquid we should take frequently specially during old age. It has really rich in calcium, protein, vitamins A, D and B12, riboflavin, phosphorous and pantothenic acid. All of these great minerals and vitamin helps in preventing osteoporosis, colon cancer prevention, lower blood pressure and avoiding type 2 diabetes; which all of these diseases are frequent visitor during our aging phase.

Serves 1

Any Fruits 250 grams, peeled and cut into cubes for blending

Full Cream or Skinny Milk 250 ml, to mix with fruits for blending

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