

VEGETABLE & FRUIT JUICE w/TURMERIC

YANG – Activates digestion, blood tonic, Li detox, reducing pain, energizes

Product Source: Farmers Market, Fresh Market, regular store, Asian market, EYS



RECIPE AND GUIDANCE for 4 PEOPLE

INGREDIENTS	SUBSTITUTE
1 small Sweet Potato	red or white
1 Bell pepper red (circulation)	(yellow for spleen) (green for liver)
1 Orange only partially peeled	Orange juice or Tangerine
1 toe Ginger fresh	½ tea spoon ginger powder
1 Red Beet	(yellow beet for spleen)
1 Apple green	Boskop or red (old) apple to regulate bowel
1 toe Turmeric fresh	1 tea spoon Turmeric powder
½ cup Blueberries	Strawberries for hung-over
1 stem Celery stalk	Parsley if you have Kidney stones
1 stalk Lemon grass fresh	Kaffir Lime partially peeled (for oral health)

Consume your freshly prepared juice immediately since oxidation destroys nutrients.

To modify this juice to your individual benefit adjust your recipe following the guide below:

- Add more beets to clean your blood.
- Skip the bell pepper if you suffer from gas or heartburn.
- Add ginger to overcome jet-leg and motion sickness (careful, it is spicy), add blueberries if you experience atherosclerosis or diabetes, add celery to lower blood pressure...

HISTORY AND BENEFIT



The word juice derived from French jus, the word used from Latin jus for broth, soup and sauces. It includes any liquid that occurs naturally (includes our bodily fluids) or is secreted from plants or animal tissue. Extracting juice from plants or animals goes as far back as our existence. Each culture had their favorites, tricks and medical discoveries of plant extract, for external coloring, oils and for consumption. Animals and birds roll in juicy elements for health benefits and some roll in mud, dust and even poop for practical or protective reasons.

With modernity we can extract juice by either pressing, grinding, centrifuging and with a fast blender. Ideally we should consume fiber with drinking extracts; it helps us digest and absorb nutrition. Juicing should not be a food replacement strategy. The fresh juice of fruits and vegetable are most potent when consumed within one hour of extraction. More than one cup is not necessary. There is no clear guidance befitting all. The above base-recipe is a good start.

The medicinal actions of citrus peels come in part from their primary essential oil, d-limonene. D-limonene has antimicrobial and anti-inflammatory properties. It also acts as a solvent for cholesterol, which has led some physicians to use it to dissolve cholesterol-containing gallstones. D-limonene neutralizes gastric acid and supports normal peristalsis, making it useful for relief of heartburn and gastroesophageal reflux disease (GERD). Research also indicates that d-limonene has cancer-preventive properties.

