

JUICE DETOX

RECIPES & DIRECTIONS

In conjunction with the EESystem Detox Salt Bath Protocol, it's also important to incorporate detox juices to help the body rid itself of toxins. Ingredient amounts provided are for one serving. *Reduce/add as desired.*

RECIPE 1



2 Stalks
Celery



1/2
Cucumber



1/2
Lime



1 Cup
Cilantro



1 Cup
Kale



1
Green Apple



RECIPE 2



2 cm
Turmeric



4
Carrots



1 cm
fresh Ginger



1
Orange



1/2
Lemon



3 stalks
Celery



RECIPE 3



1
Beet



2
Carrots



3 stalks
Celery



1/2
Lemon



1 cm
fresh Ginger



1 Green
Apple



DIRECTIONS

1. Place ingredients in a juicer & blend.
2. Serve chilled.