



## What's so great about veggie juice?

### Sunrise Seniorita

The Vit. C, iron, and calcium in *Oranges* helps fight off bacteria, prevent cold and flu, regulates energy level and ups body's immunity, encourages restful sleep, and keeps bones strong.

Carrots, specifically *carrot juice*, is the richest source of Vit.A and excellent for the eyes, bones, and teeth. Also helps dry skin, is cancer fighting, and is known as the "miracle juice" to improve overall health enormously.

*Ginger* prevents nausea, menstrual cramps, is an anti-inflammatory, and can help arthritis.

### Viva la Veggie

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*Beets* are full of fiber which not only helps you feel full but helps fight fat and also high in nutrients that protect against heart disease and certain cancers.

*Parsley* has THREE times Vit. C as an orange, is valuable to kidney stones and helps settle the stomach.

## Summer Solstice

*Celery* calms nerves, aids in the effectiveness of the kidneys, and has almost zero calories.

*Green apple* helps prevent disease, increases memory and function skills

*Lemon* is a natural antibacterial, can halt the progress of infection and ups the immune system



**“Juicing raw fruit and vegetables is one of the best ways to get the maximum benefit from these foods. Think of juice fresh from the juicer as liquid power! It's uncooked, it's easily digested, it will absorb straight away AND deliver its goodness straight to where it's needed with little strain on the digestive system! There is increasing evidence to support the disease fighting and protective qualities of raw juices and foods.”**



**From Health Magazine, March 2008**

***“Convenience can be healthy, too”***

\***Smoothies**-Those made with **whole fruits and yogurt** are full of antioxidants, fiber, and calcium.

\***Nut Butters**-Add cashew or almond butter to your daily routine. They're full of healthy unsaturated oils and protein.

***What's in my smoothie?***

## **Banana Berry Bliss**

*Banana* fights off constipation, arthritis, anemia, and urinary problems.

*Mixed Berries* are super high in fiber to help you feel full and also high in anti-oxidants which slow down the aging process.

## **Tropical Tango**

*Pineapple* is a great bone strengthener and good for colds and coughs.

*Banana* fights off constipation, arthritis, anemia, and urinary problems.

## **Ecuadorian Euphoria**

*Manna* is blue green algae and has disease fighting properties.

*Banana* fights off constipation, arthritis, anemia, and urinary problems.

*Nut Butter* is a good quality usable source of protein, high in non-trans fats.

\*\*\*Add a scoop of **Beverly Protein Powder** in Vanilla or Chocolate for a meal replacement!\*\*\*

