



Eduardo's Recipes · Juice Therapy

PURIFYING JUICE

150 grams of red grapes, a piece of celery and a grapefruit. Add teaspoon of ginger.

JUICE - AGAINST COLDS AND FLU

50 grams of currants, 2 kiwi and 1/2 grapefruit. Add a teaspoon of garlic powder and another of powdered parsley.

JUICE - AGAINST INFECTIONS

Two teaspoons garlic powder, one teaspoon of ginger, an infusion of green tea and 150grs of berries or 200 grams of strawberries.

JUICE - SLIMMING

1/2 apple, three carrots, three slices of pineapple and a few drops of apple cider vinegar.

JUICE - HANGOVER

A large tomato, two slices of cucumber, a splash of olive oil and an egg yolk. Add an apple if you wish. And if you want to remove a headache (if any), add a few drops of sherry.

JUICE - ANTI FATIGUE

A shot of sea water, two carrots and an apple.

JUICE - TO REGULATE THE INTESTINAL TRANSIT

Two pears and fresh parsley.

GRAPEFRUIT JUICE

Helps cleanse the liver. Add any fruit to taste, two grapefruits and two black plums, for example.

JUICE - ANTI STRESS

A celery stick, half an apple and three carrots.

These are a few examples of how juices help keep your body healthy and how they help you when ailments appear.

Remember that your intake should be continued more than a few days. And remember that all these recipes you can personalize by adding the fruit of your choice.