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# JUICE RECIPES

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## Jogger's Paradise

3 oranges

2 hard pears

1 small yam

Here is a muscle-blasting, power-pushing juice recipe for joggers. Juice fasters often experience periods of phenomenal strength and endurance. Clean blood, clean muscles, and enzyme-rich, nutrient-packed, fuel make for intense aerobic activity.

Water fasting usually requires rest, but not so with juice fasting. Look out!

You can clean your house, run and lift weights with the best of them. Try this juice out on a five-mile jog. Add a little crushed ice and let your taste buds sing. Sip slowly.

## Flying Orange

2 pears

3 pink grapefruit

1 sweet potato

A delicious alcohol free party pleaser that will blow both socks off. Ask the host if you can take your juicer to the party. Enjoy an enzyme high without a nasty hangover.

It may be more expensive than beer, but who wants to drink yeast excrement (alcohol) anyway?

## A Taste of Heaven

2 carrots

1 sweet potato

2 apples

thin slice of Spanish onion

pinch dulse powder

## Athlete's Super Fuel

1/2 watermelon

1 lemon

5 oranges

1 can frozen pineapple concentrate

So you're just entered the iron man contest. No more couch baby-sitting for you.

Heading for the threshold of endurance. Developing a discipline like iron that

will keep you running with power toward that finish line. Fixed and resolute, yet flexible and gentle. Driven and focused, yet child-like and joyful. Ready those muscles for training. Stir the soul.

#### Fantastic Fertility

3 hard pears

1 cantaloupe

1 sweet potato

A delightful surprise to both men and women is the increased vitality of their sexual organs.

#### Citrus Slurp

1 grapefruit

1 orange

Citrus juice made from a hand citrus juicer and a centrifugal force juice extractor can be quite different. The electric juice extractor produces a thick frothy juice, which is more tart. The quality and the nutritional value of the two are similar so it is only a matter of preference. This is an awesome waker-upper and is healthier than coffee. It may take a little more time to make, but you will gain time because of the sharp mind that you will have in whatever you do.

#### The Hyper House Cleaner

2 yams

1 beet

1 slice Spanish onion

2 lemons

1 celery

slice of ginger

So you're ready to clean house. To scale the Mount Everest of dust and garbage. To enter the black hole of the basement. To chop a jungle trail through the kid's bedroom. To reach into crevices too horrid to imagine. Yes, you need juice. Not just plain juice, but hyper-housecleaner juice. More powerful than a janitor in a drum. More thorough than Mr. Clean. Able to leap kid's toy's in a single bound. Polish up those cleaning utensils and get ready for an aerobic house-cleaning workout.

#### Pineapple Piper

1 pineapple

1 sweet potato

4 oranges

This juice is like music to your cells. Let this amazing juice parade down to belly to the applause of 9000 taste buds.

### Race Runner

1 lemon  
2 radish  
1 beet  
1 slice Spanish onion  
2 sweet potato  
1 celery  
2 Tbs. cider vinegar

So you've made the decision to run the race. Then, here is the juice for you. Make it in the morning just before a brisk walk of discipline. Make it a walk of war against doubt, fear, worry, lazy thinking, role-playing and frustration.

### Red Ice

1 beet  
1 sweet potato  
2 apples  
1 lemon  
1 tomato  
thin slice of Spanish onion  
1 garlic clove  
1/2 can of frozen apple concentrate

Crush ice or blend with water till slush. Add juice and get ready to chill out.

### The Pain Remover

1 lemon  
1 orange  
3 hard pears  
3 apples

Bruises, aches and sprains can be irritated by a toxic bloodstream and a high-protein diet. But a low-protein, natural diet, lessens irritation and reduces inflammation. Not only does this juice taste delightful, it assists in the healing process.

### The Brain Stimulator

1 oranges  
1 hard pears  
1 yam  
1 grapefruit  
1 apple

For this juice to be effective, you need a five-day juice fast to clear the coffee, donut and junk food residues out of the bloodstream. Once clear, this wide-spectrum, nutrient-rich juice will

stir the brain into super-activity. Better memory, sharper thinking and good study techniques are the tools for great marks. No more morning brain fog. Now you can leap out of bed to study while brushing your teeth and preparing for the day.

#### Super Duper Spicy Tomato

3 ripe tomatoes  
1/2 green or red pepper  
1 celery stock  
1 apple  
1 Tbs. Good Tasting Yeast  
1/2 tsp. onion powder  
1/2 Tsp. garlic powder  
1 tsp. Worcestershire  
pinch of freshly ground black pepper  
3 drops Louisiana Hot Sauce (optional for the real man)

Do you enjoy bungi jumping? How about sky diving? If you have an adventurous personality, then this is the perfect juice for you. When you are fasting, drinking this juice may make you feel like you have just eaten a large pizza. If you are on a cleansing fast, eliminate the good tasting yeast.

#### Fabulous Fennel

1 fennel bulb  
1/2 beet with greens  
2 apples

If you enjoy the taste of licorice, you will love fennel. This unusual vegetable looks like fat celery with feathers. Fennel helps your eyes to increase in sensitivity, overcoming night blindness. Some have found fennel juice good for relieving migraine headaches.

#### Garlic Breath Delight

2 tomatoes  
2 apples  
1 clove of garlic  
sprig of parsley

This bacteria buster means business. Garlic reduces blood pressure, helps with the problem of blood clotting, lowering the LDL which increases bad cholesterol. Garlic boosts the immune system and encourages the recovery of heart attack victims. Garlic contains allicin which inhibits bacterial growth and fungus, helping with yeast over-growths, and useful in treating candida. Garlic increases the flow of digestive enzymes and encourages detoxification through the skin. The addition of parsley helps in combating the unpleasant odor of garlic. This juice is worth losing a few friends over.

### The Cancer Killer

1 beet

1 carrot

1 celery stick

1/2 potato

1 radish

Rudolf Breuss's, anticancer mixture has helped thousands of suffering people. This juice blend, during fasting, exerts a death blow on cancer. This was attested by over 24,000 patients who wrote him describing relief from their diseases. His patients were given small amounts of this juice over 42 days. A tea composed of nettle, St. John's wart, marigold, artemisi and monarda was also given. By "starving out" the cancer, Rudolf Breuss reported a 96% success rate for the thousands of patients he treated over 30 years of practice. (Rudolf Breuss died in 1989 at 93 years of age.)  
Its composition is: 55% beet root, 20% celery root, 20% carrot, 3% potato, 2% radish.

### Apple-berry Better Bladder

2 apples

1 1/4 cups of cranberries

Cranberry juice is a powerful healing tonic, filled with quinine which changes to hippuric acid in the liver. Hippuric acid is able to assist in the removal of purines, uric acid, urea and toxic build-up in the prostate gland, testicles, kidneys and bladder. An excellent preventative juice for North American men who are battling the increased risk of prostate cancer. It is a wonderful defense against yeast infections for women. Cut apples into wedges, seeds and all.

### The Niagara Falls Cleanser

1 wedge watermelon

1/2 lb. red grapes

Watermelon rind has chlorophyll, vitamin A, protein, potassium, zinc, iodine, nucleic acids and enzymes which aid digestion. Ninety-five percent of the nutritional content in watermelon is in the rind. The seeds may be a little noisy but are harmless to the juicer.

You may be curious about the name. When you put a sloppy wet piece of watermelon in the juicer it comes out like Niagara Falls. Because watermelon is a great diuretic, your kidneys and bladder will experience a honeymoon of youthful health. If you are short on money, watermelon juice is the ticket. You can add just about anything to watermelon juice, so again, we encourage you to have some fun.

#### A Favorite

one cantaloupe

5 ice cubes

2 Tbs. of Sucanat

dash of cinnamon

Juice the cantaloupe and blend with Sucanat, cinnamon and ice cubes.

This juice recipe has become a favorite drink. Stunningly refreshing and full of flavor. Has more than 15,000 I.U. of vitamin A and over three times the vitamin C content of an apple. It also contains myoinositol, a lipid which helps with anxiety, insomnia and in battling hardening of the arteries. It also contains the greatest amount of digestive enzymes. Melons are recommended by the American Cancer Society as powerful agents in the fight against intestinal and skin cancer. Cantaloupe contains approximately 100 calories, yet it is dense in nutrients. This makes melon a perfect food for healing and weight loss. Delicious, filling and low in calories.

#### Lemon~Lime Ginger Ale

handful of grapes

1 apple, cored and sliced

½ inch fresh ginger (less if you find the taste too strong)

1/2 lime

1/4 lemon

sparkling mineral water

Remove the grapes from the stem. Juice the apple and ginger together, then juice the rest of the fruit. Pour the juice in a large glass and fill to the top with sparkling water and serve with ice.

#### Peach Pear Apple Juice Recipe

1 apple, cored and sliced

2 peaches, remove seed

1 pear, sliced

Process through a juicer and serve.

#### Fruit Punch (Juice)

6 strawberries, fresh or thawed from frozen

1 apple, cored and sliced

1/2 orange, peeled and sectioned

Process the fruit in a juicer and serve.

#### Fruit Nectar Recipe

1/2 cup raspberries, fresh or thawed from frozen

1 orange, peeled and sectioned

1 nectarine, pitted and sliced

Process the fruit in a juicer and serve.

#### Blueberry Cherry Juice Recipe

handful of cherries, pitted

3/4 cup blueberries

1 apple, cored and sliced

Process the fruit in a juicer and serve.

#### Fruit Juice Recipe Ideas ...

1 cup strawberries

2 med. apples

1 tsp. lemon juice

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1/2 red grapefruit

1 med. orange

2 handfuls cranberries

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1 pear

1 peach

1 apple

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1 orange

1 mango

1 apple

## Vitality Juicing Recipes

### Morning Sunshine Juice

Juice together:

4 granny smith apples or gravenstein apples

2 inch fresh ginger, peeled

1 meyer lemon, peeled

4 oz water to dilute

### Dreamcicle

Juice together:

2 nectarines or peaches

1/2 cantaloupe

2 apples

1 inch ginger claw

2 Tbs. ground flax seeds

Add 8-10oz frozen ice cubes and blend

### Ginger Grape Juice

Juice together:

2 cups red grapes

2 inch fresh ginger, peeled

1 meyer lemon, peeled

4 oz water to dilute

### Lunchtime Juice

4 carrots

2 cucumber

2 stalks celery

1 beet

For a sweeter juice: 2-4 oranges, skins off.

For savory juice: onions, basil, ginger or garlic.