

The Inevitable Green Drink - GF, CF, SF, VEG

Comments:

Our poor livers bear the brunt of detoxifying the lyme critters from our system and must soldier on around the clock. I'm not going to pretend that this drink tastes pretty..because it doesn't, but it is a gentle way bathe your body in nutrients and your liver will thank you!

Dandelion repairs liver function and increases the flow of bile helping our bodies detox the lyme sludge. Carrots have antimicrobial properties. Beets are rich in antioxidants that produce glutathione and act as body guards for our liver. They also contain betaine which fights inflammation. Cucumber eases water retention. Lemons possess antibacterial properties and support the liver. Wheat grass contains high amounts of chlorophyll and has an alkalizing effect on our bodies (disease cannot thrive in an alkaline environment). The human body can easily transform chlorophyll into hemoglobin improving red blood cell count and increasing the transport of oxygen throughout the system. It is energizing!

Ingredients:

1 large beet and its greens
2 medium carrots
½ bunch dandelion greens, rinsed
2 cucumbers
1 lemon with the rind
1 tbsp wheat grass powder (you can find this on vitacost)

Directions:

Chop all ingredients and place into a juicer in batches.
Add powdered wheat grass to the juice and drink immediately.

Submitted by: Kaela 08/09