

WISH

World Integrated Systems in Health
Dr. Sandra J. Bevacqua

Fresh Vegetable Juicing

- Make fresh juice every day, i.e. celery, cucumber, parsley, beet greens, spinach, kale, Swiss chard, broccoli, collards, malva, dandelion greens, wheatgrass, barley grass, burdock and /or any sprouted grains, seeds, or beans.
- Flavor the juice with carrot, beet, winter squash, apple, lemon, lime, garlic, or ginger. (If you don't already own one, my favorite juicer is the single auger Omega Juicer-any of the 8000 series. It makes great tasting juice, is quiet and is very easy to clean.
- Drink 8 to 16 oz. of freshly squeezed juice per day, unless instructed differently by your health care practitioner.
- Store extra in the refrigerator and use within 12 hours.
- Consider using the pulp in soups (raw or cooked) or in your favorite baked food recipes.
- Go to <http://astore.amazon.com/w0c8-20> for a selection of juicing recipe books.

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FRESH CLEANSING JUICE RECIPES

Note: Please use organic ingredients.

JUICE RECIPES:

Potassium Juice – Juice 3 carrots, 3 stalks of organic celery, ½ bunch of spinach, ½ bunch of parsley. Optional: Add 1-2 tsp of Bragg's Liquid Aminos.

Ginger/Lemon Cleanse – 1" slice of fresh ginger root, 1 fresh lemon, 6 carrots with tops, 1 apple.

Skin Clarifier – Juice 2 slices of pineapple with skin, 1 cucumber (organic), ½ apple and ¼ inch slice fresh ginger root.

Daily Carrot Juice Cleanse – Juice 4 carrots, ½ cucumber (organic), 3 stalk organic celery with leaves, 1 tbsp of chopped dry dulse.

Parsley Cleanse – Juice 1 bunch of parsley, 6 carrots with tops, and ½ an apple, seeded. Parsley juice is a tonic for the adrenals, nervous system and circulatory system.

Magnesium Migraine Cleanse – juice 1 clove of garlic, 1 handful each of parsley and arugula (if available), 5 carrots, 2 stalks of organic celery with tops.

High Protein sprout cocktail – Juice 3 cored apples with skin, 1 tub of clover or sunflower sprouts (4 oz), 6 sprigs of fresh mint.

Golden Enzyme Drink – Juice enough pineapple for 1 ½ to 2 cups pineapple juice, 4 carrots, 1 tsp honey.

Evergreen Enzyme Drink – Juice 1 apple, cored, 1 tub clover sprouts, ½ fresh pineapple, skinned/cored, 3 small handfuls of fresh mint and 1 tsp spirulina powder or granules.

Papain & Bromelain Enzyme Punch – Juice 1 papaya, peeled/seeded, 1 pineapple, skinned/cored, ¼ inch fresh ginger, peeled.

HEALTHY BROTH RECIPES:

Onion & Miso Broth – sauté 1 choppen onion in ½ tsp of sesame oil for 5 minutes. Add 1 stalk of organic celery with leaves; sauté for 2 minutes. Add 1 quart of vegetable stock. Cover and simmer for 10 minutes. Add 4 tbsp of miso and 2 green onions with tops. Remove from heat; whirl in the blender if desired. Makes enough for 6 small bowls.

Miso, Green Tea and Mushroom Broth – Steep 2 Tbsp. green tea leaves (or 2 green tea bags), 1-2 tsp of lemon juice, 2 Tbsp of sea vegetables, 3 cups of dried shiitake mushrooms, soaked and slivered (save the soaking water). Mince 1 large clove of garlic and chop ½ of a small onion, sauté in 1 tbsp of grape seed oil and 1 tsp sesame oil. Add 3 cups of vegetable stock; bring to a boil and add ¼ cup shredded carrots. Add 1 tbsp miso paste, mushroom soaking water, and cayenne pepper to taste. Cook 5 minutes simmering gently.