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# JUICING FOR LIFE

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Thanks for downloading our newest e-book "Juicing For Health". I'm very passionate about juicing I love concocting different recipes and trying them out. I have to be honest over the years I have made some really nasty tasting juices, only to sit there and choke them down, not giving my wife the satisfaction of letting her know garlic and grapes was not a good idea.

Along the way I have made some great tasting juices and I wanted to share them with you. This e-book is a collection of some really nice tasting recipes.

### **Disclaimer**

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# The Sweet Apple

## Ingredients

2 Apples  
3 Celery Stalks  
1 Orange (peeled)  
2 Pears  
1 Sweet Potato

## Directions

Process apples, celery, orange and pears in a juicer. Add the sweet potato and juice to a blender, blend till smooth.

## Benefits

- The high copper and vitamin C content in pears as as good anti-oxidants that can protect cells from damages by free radicals.
- Pears have a high amount of fructose and glucose, which helps you get a quick and natural boost of energy.
- The pectin in apples lowers LDL (“bad”) cholesterol. People who eat two apples per day may lower their cholesterol by as much as 16 percent.
- Oranges, being high in flavonoids and vitamin C has been known to halve the risk of heart diseases.

# The Salsa Fiesta

## Ingredients

1 Dash Cayenne Pepper  
1 Celery Stalk  
1 Handful Cilantro  
1 Clove Garlic  
1 Onion  
1 Red Bell Pepper  
1 Dash Of SeaSalt  
1 Tomato

## Directions

Process all ingredients in a juicer, shake or stir and serve.

## Benefits

- Capsaicin in bell peppers blocks transmission of pain, so it can help relieve pain to a certain degree. It is also effective for eliminating headaches and migraines.
- Bell peppers help increase our body metabolism by lowering triglycerides which are stored in our body fats. This helps to burn calories more effectively.
- Tomato juice is an excellent source of vitamin C, calcium and phosphorous, all nicely packaged for maintaining the structural integrity of bones and teeth.
- The high level of vitamin C in bell peppers coupled with flavonoids make bell peppers a very good food that helps prevent respiratory problems like asthma, emphysema, wheezing, lung infections, etc.

# The Island Mamma

## Ingredients

2 Red Apples  
4 Kiwi (No Skin)  
1 Small Lemon  
1/2 small Lime  
2 Oranges (Peeled)  
1 Small Pineapple

## Directions

Process all ingredients in a juicer, shake or stir and serve.

## Benefits

- Consuming vitamin C rich foods helps to lower the incidence of peptic ulcers and in turn, reduce the risk of stomach cancer.
- The high magnesium content in kiwifruit enhances energy production within the brain, thereby increasing concentration, memory, and relieving mental fatigue.
- Adding lemon juice to a beverage can help increase weight loss.

# The Kale Monster

## Ingredients

2 Red Apples  
4 Carrots  
1/2 Cup of Cilantro  
1/2 small Lime  
1 Cup of Kale  
1 Large Red Bell Pepper

## Directions

Process all ingredients in a juicer, shake or stir and serve.

## Benefits

- One of the main benefits of using kale in your juice blends is that it provides a large nutritional punch with one of the fewest calorie counts per cup of any other vegetable.
- Carrot juice is diuretic and helps to eliminate excess fluids from the body, reducing water retention, especially for women during their monthly menstruation cycle and in pregnant women.
- A carrot a day reduces stroke risk by 68 percent.

# The Green Machine

## Ingredients

2 Green Apples  
5 Celery Stalks  
1 Cup of Kale  
1/2 small Lime  
3 Cups of Spinach  
1 Large Green Bell Pepper

## Directions

Process all ingredients in a juicer, shake or stir and serve.

## Benefits

- Kale is a rich source of organosulfur compounds, which is great at fighting many cancers, especially colon cancer.
- The high content of vitamin K is essential in anchoring calcium in bones, making it important to bone health.
- Lemon juice assists in curing respiratory problems, along with breathing problems and revives a person suffering from asthma. Lemon, being a rich rich source of vitamin C, helps in dealing with respiratory disorders.
- Research found that rats fed an extract from apple skins had a 57 percent lower risk of liver cancer.
- The pectin in apples lowers LDL ("bad") cholesterol. People who eat two apples per day may lower their cholesterol by as much as 16 percent.

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# Mint Berry Madness

## Ingredients

3 Cups Organic Blueberries  
2 Kiwi (Peeled)  
1 Cup of Mint  
1/2 small Lime  
15 Strawberries

## Directions

Process all ingredients except the mint in a juicer. Add the juice and mint leaves to a blender, blend till smooth.

## Benefits

- The high magnesium content in kiwifruit enhances energy production within the brain, thereby increasing concentration, memory, and relieving mental fatigue.
- The high content in potassium found in strawberries enhances diuresis, which contributes to detoxifying the body, as well as regulating blood pressure.
- Several nutrients contained in kiwifruit, including iron, copper and vitamins C and E, have antioxidant properties.
- Due to their high content in vitamin C, strawberries stimulate the secretion of salivary and gastric juices, thereby improving the digestion of starchy and protein foods.



# Watermelon Screamer

## Ingredients

1 Cup Organic Blueberries  
1 Dash Cayenne Pepper  
1/2 Small Lime  
1/2 Watermelon

## Directions

Process all ingredients in a juicer, shake or stir and serve.

## Benefits

- The rich beta-carotene and vitamin C content in watermelon do wonders in quenching inflammation that contributes to conditions like osteoarthritis or rheumatoid arthritis.
- Watermelon's cleansing and natural diuretic effect is healing for kidney and bladder problems.
- The combination of folic acid and the other essential vitamins in watermelon plays an important role in reducing the risk of strokes.
- The powerful anti-oxidant in watermelon reduces toxic matters in the body, that in turn reduces asthma attacks.
- The combination of folic acid and the other essential vitamins in watermelon plays an important role in reducing the risk of heart attacks.
- Drink a big glass of watermelon juice. It is very effective in aiding the elimination of wastes. Consuming plenty of this red juice will do a lot of good.

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