



*10 Balanced Juices  
For More Energy*

*Shine Total Health*  
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# JUICING

## THE NURISHING DRINK

Are you looking for a way to nourish your body from the cellular level outwards? Something to help you melt away pounds, gain energy, and eliminate constipation? Look no further than juicing! Juicing is a simple way to accomplish all of the following plus hydrate your body and fill up on fruits and veggies!

OF COURSE, THE BENEFITS OF JUICING DON'T END THERE. YOU'LL ALSO:

- Give your digestive system a much-needed break
- Access a boost of natural energy
- Help your body clean out acid waste
- Feel more centered
- Reverse signs of aging

The key is to **BALANCE** your juices!

What happens when the sugars in your green juice (the natural byproduct of removing the fibers from the produce you use to juice) are tipping the scales of your hormone balance? We've all heard or felt the powers of a good green juice. Freshly pressed green juices are loaded with nutrients and chlorophyll, delivering liquid sunshine to the entire body. This sunshine brings oxygen to the blood to help with circulation, detoxification and energy.

Because juice contains vital minerals and nutrients, you can also curb hunger with a big glass of it. Especially when your body is depleted of nutrients or dehydrated, you are left feeling hungry. Juice will solve that problem and leave you feeling better than you've felt in a long time!

But what happens when a good thing is not good for your body? It needs a three part upgrade. Here's how:

**Include one ingredient from each list for a balanced green juice.**

**fat**

**CHOOSE ONE:**

- 1-2 tablespoons coconut oil
- 1- 2 tablespoons ghee or raw butter (if dairy is tolerated)
- 2 tablespoons coconut cream

**fiber**

**CHOOSE ONE:**

- 1 tablespoon fresh ground flax seed
- 1 tablespoon ground or whole chia seeds
- add back in some of the fiber that is filtered from the juicer

**protein**

**CHOOSE ONE:**

- 1 tablespoon ground or whole chia seed
- 1 teaspoon local bee pollen
- 1/2 teaspoon spirulina

*(note: juices with lots of leafy greens have more protein from the get-go!)*

In this handout, I provide you with 10 delicious green juice recipes with some UPGRADE It: for each. Green juice is typically all greens sweetened with lemon or lime. Many juice newbies want to add lots of fruits for a more pleasant taste, but you can sweeten green juice with a green apple or a dash of ginger. You can even add in fresh herbs like basil, mint or parsley. Amazing results will occur by adding one green juice a day.

# HOW TO MAKE JUICE

To make juice, put all ingredients through a juicer. You can add a dash of cinnamon or cayenne if you want to spice it up and boost your digestive fire.

Drink your juice first thing in the morning for optimal nutrient assimilation and absorption. If you want to make your juice ahead of time, it will stay good for 24 hours.

**Note** – If you have thyroid issues or sensitivity to foods that contain goitrogens, any of these greens can be substituted for parsley or lettuce, or you can lightly steam the dark, leafy greens before using.

# RECIPES

Each recipe makes 1-2 servings.

## NEWBIE JUICE

1 green apple

6 kale leaves

2 cucumbers

Juice of 1 lemon

UPGRADE It:: 1-2 Tbs coconut oil, 1 Tbs chia seeds, 1 tsp bee pollen

## GREEN HAPPINESS

8 stalks celery

1 cucumber

1 orange

1 bunch parsley

Juice of 1 lemon

UPGRADE It:: 1-2 Tbs coconut oil, 1 Tbs ground flax, 1 tsp bee pollen

## PERFECT CUCUMBER

1 handful of spinach

1/2 head of romaine lettuce

1 cucumber

1 handful of parsley

1/2 green apple

Juice of 1 lemon

UPGRADE It:: 1-2 Tbs organic ghee, 1 Tbs chia seeds, 1 tsp bee pollen

## GREEN KISS

1 handful spinach

4 leaves of dandelion

1 carrot

1 cucumber

Juice of 1 lemon

UPGRADE It:: 1-2 Tbs organic ghee, 1 Tbs chia seeds, 1 tsp bee pollen

## **CARROT BLAST**

2 carrots

6 stalks celery

1 cucumber

2-inch piece of ginger

## **LIVER LOVE**

1 apple

1 cucumber

Juice of 1 lemon

1-inch piece of ginger

Dash of cayenne

2 ounces of coconut water

## **BLOOD BOOST**

1 cucumber

3 celery stalks

1 small beet, peeled

2 carrots

Juice of 1 lemon

## **DETOX ME**

1 cup spinach

2 cucumbers

1 handful parsley

Juice of one lemon

## LIVER LOVE 2

2 grapefruits, juiced  
1 handful fresh parsley  
1 handful fresh mint  
2 ounces of coconut water

## SOOTHE THE GUT

2 cucumbers  
4 stalks celery  
1 handful of parsley  
1 handful of cilantro  
Juice of 2 lemons  
1 ounce aloe vera juice