



Kickstart the New Year!

JUICING RECIPES

River Road Juicing Boxes with a mix of Ginger and Tumeric: 8x48oz

Ginger is a cleansing, warming herb and stimulates blood flow to the digestive system and increases the absorption of nutrients. Healing properties include increasing the action of the gallbladder while protecting the liver against toxins. **Juicing Tip:** Use 1/2 inch to 1 inch and leave the peel on.

Tumeric is part of the ginger family and increases bile production and bile flow which improves digestion. Healing properties include anti-inflammatory, lowers blood cholesterol, heals wounds and protects liver cells. **Juicing tip:** Use 1/2 inch to 1 inch for each cup of juice and leave the peel on.

HANGOVER REMEDY

1 serving

- 4 apples
- 1/2 inch piece gingerroot
- 1/2 lemon



SPIN DOCTOR

1 serving

- 1 cup fresh spinach
- 2 carrots
- 1 apple
- 1 tomato
- 1/2 inch piece of fresh turmeric

DIGESTIVE COCKTAIL

2-3 servings

This powerful drink will really get the digestive juices flowing! Tip: Serve before or after dinner in small glasses over ice. For an extra kick, add a dash of cayenne

- 2 carrots
- 2 tomatoes
- 1/4 fresh fennel bulb
- 1 clove garlic (for a milder version omit the garlic)
- 4 fresh basil leaves
- 4 sprigs fresh dill
- 2 sprigs fresh thyme
- 2 stalks celery
- 1 red beet
- 1/2 inch piece of fresh turmeric
- 1/4 tsp powdered mustard
- 1/4 tsp ground cumin

ORANGE ZINGER

1 serving

- 1 orange (preferably a Satsuma)
- 3 carrots
- 1/2 inch piece gingerroot
- 1 apple