

# Healblend Juice Therapy

## ALOE VERA JUICE



- 1/2 cucumber
- 1/4 cup aloe vera gel
- 1 slice of pineapple
- 1 cup orange juice

Your gut will thank you once you start this juice. It's a great remedy to help your gut feel restore and refresh.

Never thought Aloe vera could help with stomach issues. This plant is full of nutrients that helps your gut by softening your flora and restoring gut wall tissues.

Place every ingredient in the blender, mix and drink. Delicious, Refreshing and you will feel a lot of energy.

Drink this for a week then alternate with other juice.

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