

Healblend Juice Therapy

CELERY & PINEAPPLE JUICE



- 1 lemon
- 1/2 cucumber
- 2 celery stalks
- 1 parsley piece
- 1/2 cup pineapple
- 1/2 tsp ginger

This delicious juice will give you energy to start your day, along with a great detox to refresh your gut and reset your body health.

You can mix this in a Juicer without adding water. Or if you don't own a Juicer, you may use a blender and add 1 cup of water to mix all together and strain to easily drink it. Drink this for a week and then alternate for another juice.

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