

10 Day Green

# SMOOTHIE CLEANSE

Lose 10 pounds juicing

Protects from

# 300

Known diseases

LORRAINE PAIGE

**10 Day Green**  
**Smoothie**  
**Cleanse**

Lose 10 Pounds Juicing.  
Protects from 300 known diseases.

**Lorraine Paige**

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## Introduction

10 day green smoothie cleanse was designed to help you to achieve more in as little time as possible with fruits available in your local store. This book has helped many see their intended results without spending thousands of dollars on workout video tapes, equipments or pills.

The 10 day cleanse not only cleans your liver to aid metabolism of fat but also protects you against various illnesses (up to 300 known conditions and illnesses) such as stroke, poor eyesight, Alzheimer, breast cancer and improves blood circulation as well. All recipes have been proven to work.

All ingredients are carefully chosen and must be taken as directed, unless after the tenth day, you may wish to continue the diet for your general health. Only then may you twist the contents or swap the diet content. All recipes have been tested to work for most conditions such as asthmatic, diabetic, obese patients. Which better way to torch fat than with a smoothie that also protects you from a lot more illnesses? Its only ten days!

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## Day One

### Fresh Apple Ginger Root

It's a glass of fresh! You may find that this tastes a bit "earthy" because your taste buds may not be used to this whole thing. If that's the case, just add an extra apple or two to sweeten it up. You can blend this recipe too, but I imagine you'll want to peel the lemon, lime, and ginger.

#### Ingredients

Apples - 2 medium (3" dia) 364g  
Celery - 3 stalk, large (11"-12" long) 192g  
Cucumber - 1 cucumber (8-1/4") 301g  
Ginger Root - 1/2 thumb (1" dia) 12g  
Lemon (with rind) - 1/2 fruit (2-3/8" dia) 42g  
Lime (with rind) - 1 fruit (2" dia) 67g  
Parsley - 1 bunch 150g  
Spinach - 2 cup 60g

#### Directions

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

#### Benefits

##### Increased Libido

Parsley is good for the sexual system. It builds the blood and stimulates brain activity.

##### Lower Blood Pressure

Celery calms the nerve because of the high calcium content & helps in controlling high blood pressure. Raw celery should be eaten to reduce high blood pressure.

When people who participated in the DASH (Dietary Approaches to Stop Hypertension) Study added foods high in potassium, magnesium and fiber, their blood pressure dropped to healthier levels. Those people in the study who ate a diet rich in these compounds in addition to the other foods on this diet (low fat dairy foods, seafood, lean meat and poultry) lowered their blood pressure by 5.5 points (systolic) over 3.0 points (diastolic).

Drinking lemon juice is helpful for people suffering with heart problems as it contains potassium. It controls high blood pressure, dizziness, nausea as provides relaxation to mind and body. It reduces mental stress and depression.

A recent study also shows that certain protein compounds in spinach are beneficial in lowering high blood pressure.

##### Bone Protection

French researchers found that a flavanoid called phloridzin that is found only in apples may protect post-menopausal women from osteoporosis and may also increase bone density. Boron, another ingredient in apples, also strengthens bones.

The high content of vitamin K is essential in anchoring calcium in bones, making it important to bone health.

### **Asthma**

One recent study shows that children with asthma who drank apple juice on a daily basis suffered from less wheezing than children who drank apple juice only once per month. Another study showed that children born to women who eat a lot of apples during pregnancy have lower rates of asthma than children whose mothers ate few apples.

Lemon juice assists in curing respiratory problems, along with breathing problems and revives a person suffering from asthma. Lemon, being a rich source of vitamin C, helps in dealing with respiratory disorders.

### **Breast Cancer Prevention**

A Cornell University study found that people who ate one apple per day reduced their risk of breast cancer by 17 percent. Rats fed three apples per day reduced their risk by 39 percent and those fed six apples per day reduced their risk by 44 percent.

Recent studies shown that limonoids in lemons inhibit the development of cancer in laboratory animals and in human breast cancer cells.

### **Digestion**

One of ginger's most touted health benefits is its ameliorating effects on digestive ailments. It can help digest fatty foods and break down proteins. It is excellent for reducing gas. Many people report that it will also relieve nausea, and can be effective in treating morning sickness as well as motion sickness.

Parsley adds color and aids digestion of the foods we eat and acts to prevent gas and bloating.

Lemon juice helps to cure problems related to indigestion and constipation.

Apples contain a natural laxative. When juiced, it helps aid bowel movements. It is most effective when mixed with carrots and spinach juices, you can expect bowel movement the next day. Regularly eating apples also will ensure bowel movements due to its gel-forming fiber, pectin. It improves the intestinal muscle's ability to push waste through the gastrointestinal tract.

The high fiber content in spinach makes it a remarkable intestinal tract scrubber. It cleans out the system by removing the accumulated wastes in the digestive tracts by its mildly laxative effect. More importantly, it also repairs, heals and nourishes the tracts and tones up their functions. An excellent help for constipation, colitis, poor digestion or stomach ulcers.

### **Alzheimer's Prevention**

A study on mice at Cornell University found that the quercetin in apples may protect brain cells from the kind of free radical damage that may lead to Alzheimer's disease.

### **Colon Cancer Prevention**

One study found that rats fed an extract from apple skins had a 43 percent lower risk of colon cancer. Other research shows that the pectin in apples reduces the risk of colon cancer and helps maintain a healthy digestive tract.

### **Liver Cancer Prevention**

[Learn More](#)

Research found that rats fed an extract from apple skins had a 57 percent lower risk of liver cancer.

### **Lower Cholesterol**

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.

Recent studies show that ginger might also have a role in lowering LDL cholesterol because the spice can help reduce the amount of cholesterol that is absorbed.

Recent studies shown that limonoids in lemons help in reducing cholesterol.

### **Antioxidants**

The flavonoids in parsley—especially luteolin—have been shown to function as antioxidants that combine with highly reactive oxygen-containing molecules (called oxygen radicals) and help prevent oxygen-based damage to cells. In addition, extracts from parsley have been used in animal studies to help increase the antioxidant capacity of the blood.

### **Improved Complexion**

The silica in cucumber is an essential component of healthy connective tissue, which includes intracellular cement, muscles, tendons, ligaments, cartilage, and bone. Cucumber juice is often recommended as a source of silicon to improve the complexion and health of the skin, plus cucumber’s high water content makes it naturally hydrating—a must for glowing skin.

Lemon juice, being a natural antiseptic medicine, can participate to cure problems related to skin. Drinking of lemon juice mixed with water and honey brings glow to the skin.

### **Lung Cancer Prevention**

According to a study of 10,000 people, those who ate the most apples had a 50 percent lower risk of developing lung cancer. Researchers believe this is due to the high levels of the flavonoids quercetin and naringin in apples.

### **Increased Blood Circulation**

Being a warming herb, ginger can help knock out a fever. This property also makes it effective in stimulating circulation of the blood. It can also help relax muscles around the blood vessels and is said to help prevent blood clots from forming. The warming effects make it a natural decongestant as well as an antihistamine, making it the perfect remedy for colds.

### **Arthritis Prevention**

While one study suggests that high doses of supplemental vitamin C makes osteoarthritis, a type of degenerative arthritis that occurs with aging, worse in laboratory animals, another indicates that vitamin C-rich foods, such as parsley, provide humans with protection against inflammatory polyarthritis, a form of rheumatoid arthritis involving two or more joints.

### **Reduce Inflammation**

Ginger can also help reduce inflammation. So it can be used to treat any disease that is caused by inflammations such as arthritis or ulcerative colitis. Some studies show that it can even help inhibit the replication of the herpes

simplex virus.

The high alkalinity properties in spinach makes it the perfect choice of food for people suffering inflammatory ailments, like osteoarthritis and rheumatoid arthritis.

### [Weight Loss](#)

Adding lemon juice to a beverage can help increase weight loss.

### **Cancer Prevention**

Ginger has been shown in animal trials to help slow or even prevent cancerous tumor growth.

The fine chlorophyll and carotene (lutein) found in spinach is beneficial in fighting and preventing cancer. A variety of flavonoid compounds found in this vegetable are powerful anti-oxidants and anti-cancer agents. Studies have shown that properties in spinach slows down cancerous cell division, especially in cancers of the breast, cervical, prostate, stomach, and skin.

### **Blood Cleanse**

The high grade content of iron in spinach makes it a great blood builder. It regenerates and reactivates the red blood cells and supplies fresh oxygen to the body.

### **Macular Degeneration Prevention**

The abundance content of vitamin A and carotenoids help prevent age-related eye problems. When combined with endive and carrot juice, it effectively helps prevent macular degeneration, night blindness, and the development of cataracts.

[Learn More](#)

## Day Two Kermit The Frog

### Ingredients

Cabbage (red) - 4 leaf 92g

Lemon (with rind) - 1/2 fruit (2-1/8" dia) 29g

Pears - 2 medium 356g

### Directions

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

### Benefits

#### Osteoporosis Prevention

Pears have a high level of boron. Boron can help the body to retain calcium, which can help prevent or retard osteoporosis.

#### Energy

Pears have a high amount of fructose and glucose, which helps you get a quick and natural boost of energy.

#### Reduce Inflammation

Pear juice has an anti-inflammatory effect and helps relieve sufferers of much pain in various inflammatory conditions.

#### Cancer Prevention

The high copper and vitamin C content in pears as good anti-oxidants that can protect cells from damages by free radicals.

#### Lower Blood Pressure

Drinking lemon juice is helpful for people suffering with heart problems as it contains potassium. It controls high blood pressure, dizziness, nausea as provides relaxation to mind and body. It reduces mental stress and depression.

Pears have anti-oxidants and anti-carcinogen glutathione which helps prevent high blood pressure.

#### Stroke Prevention

Pears have anti-oxidants and anti-carcinogen glutathione which helps to prevent strokes.

#### Immune System

The anti-oxidant nutrients in pears are a great way to boost your immune system. Drink pear juice at the first sign of a cold.

### **Lower Cholesterol**

Recent studies shown that limonoids in lemons help in reducing cholesterol. Pears have a high content of pectin, which helps to lower cholesterol levels.

### **[Weight Loss](#)**

Adding lemon juice to a beverage can help increase weight loss.

### **Asthma**

Lemon juice assists in curing respiratory problems, along with breathing problems and revives a person suffering from asthma. Lemon, being a rich source of vitamin C, helps in dealing with respiratory disorders.

### **Breast Cancer Prevention**

Recent studies shown that limonoids in lemons inhibit the development of cancer in laboratory animals and in human breast cancer cells.

### **Improved Complexion**

Lemon juice, being a natural antiseptic medicine, can participate to cure problems related to skin. Drinking of lemon juice mixed with water and honey brings glow to the skin.

### **Digestion**

Lemon juice helps to cure problems related to indigestion and constipation.

[Learn More](#)

## Day Three

### Sweet Green Salsa

#### Ingredients

Cayenne Pepper (spice) - 1 dash 0.22g  
Celery - 1 stalk, large (11"-12" long) 64g  
Cilantro - 1 handful 34g  
Garlic - 1 clove 3g  
Onion (spring/scallion) - 1 medium (4-1/8" long) 15g  
Pepper (sweet green) - 1 medium (approx 2-3/4" long, 2-1/2" dia) 119g  
Salt (himalayan) - 1 dash 0.4g  
Tomato - 1 cup cherry tomatoes 149g

#### Directions

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

#### Benefits

##### Pain Relief

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.

##### Cancer Prevention

Several research studies have shown that lycopene, a carotenoid pigment found in the skin and flesh of tomatoes, may play a role in the prevention of some types of cancer, including lung, prostate and colon cancer. Lycopene derives its health benefits primarily from its antioxidant activity which is even higher than that of beta-carotene. Thus, it is an extremely powerful anti-oxidant activity that lycopene acts as an anti-cancer agent. Colored bell peppers contain very high anti-oxidant and phytonutrients that are especially helpful in preventing cancers of the bladder, cervix, pancreas and prostate.

##### [Weight Loss](#)

Bell peppers help increase our body metabolism by lowering triglycerides which are stored in our body fats. This helps to burn calories more effectively.

##### Energy

The high content of potassium and phosphorous in this red juice helps relieve the symptoms of stress, tiredness, fatigue, muscle weakness, as well as prevent muscle spasms and cramps.

##### [Detoxification](#)

Not only does tomato juice have anti-oxidant and diuretic properties and improves the digestive function, it also stimulates the detoxifying function of the liver and kidneys. The overall result of these effects is a more efficient removal of toxins from the body with consequent improved health and well-being.

## **Reduce Inflammation**

It is well known that vitamin C, which is highly dense in tomato juice, helps prevent and fight inflammation. A recent study has shown that tomatoes contain another powerful anti-inflammatory agent, which is particularly concentrated in the tomato skin that fights inflammation.

## **Antioxidants**

Several antioxidant substances are contained in tomato juice, including lycopene, betacarotene, vitamin C and selenium, which can be helpful in preventing the damage caused by free radicals to body tissues leading to premature aging and many chronic degenerative diseases.

### **Lower Blood Pressure**

Celery calms the nerve because of the high calcium content & helps in controlling high blood pressure. Raw celery should be eaten to reduce high blood pressure.

Bell pepper juice can significantly help to reduce cholesterol. The concentrated anti-oxidant fights oxidative stress that is the main culprit in oxidizing the LDLs in our blood. In the process, it also retards the development of atherosclerosis (hardening of the arteries) and lower blood pressure.

## **Digestion**

The organic acids in tomato fruit and juice enhance the digestive function by stimulating salivary and gastric secretions, thereby promoting the digestion of foods rich in starch (such as bread, pasta, rice and potatoes), as well as in protein (such as meat, fish, eggs and milk products).

A bell pepper is a stimulant herb. It helps relieve gastrointestinal problems like indigestion, stomach ulcers, colic, dyspepsia, diarrhea and gas.

## **Bone Protection**

Tomato juice is an excellent source of vitamin C, calcium and phosphorous, all nicely packaged for maintaining the structural integrity of bones and teeth.

## **Breast Cancer Prevention**

Tomatoes are a good dietary source of melatonin. Melatonin protects against breast cancer in several ways, including by reducing aromatase activity within the breast, thereby reducing estrogen production. Several studies of early-stage breast cancer survivors have found that higher levels of carotenoids in the blood are associated with both lower risk of breast cancer recurrence and lower risk of a new primary breast tumor. Another study found that plasma levels of retinol (a form of vitamin A that is a by-product of  $\beta$ -carotene in the body) also are positively associated with breast cancer survival in postmenopausal women.

## **Improved Complexion**

Lycopene in tomatoes is said to improve the skin's ability to protect against harmful UV rays. Tomato is a skin food suitable for healing from internal or externally. Its rich vitamin A and C makes it helpful for anti-aging skin, skin imperfections and brightens up a dull complexion.

## **Macular Degeneration Prevention**

The high vitamin C and beta-carotene makes bell peppers especially beneficial in preventing eye problems like astigmatism, cataracts and macular degeneration.

[Learn More](#)

### **Asthma**

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.

### **Heart Disease Prevention**

Tomato improves heart health by helping lower blood pressure due to its high content in potassium. It also prevents the oxidation of cholesterol, which is one of the first steps in the formation of atherosclerotic plaques.

### **Immune System**

Bell pepper's strong content of vitamin C stimulates white cells to fight infection, naturally building a good immune system.

### **Lower Cholesterol**

Bell pepper juice can significantly help to reduce cholesterol. The concentrated anti-oxidant fights oxidative stress that is the main culprit in oxidizing the LDLs in our blood. In the process, it also retards the development of atherosclerosis (hardening of the arteries) and lower blood pressure.

## Day Four

### Pineapple Sprout Energizer

You can optionally add any or all of these to it: 1 handful of parsley, 1 handful of cilantro, 1 garlic clove.

#### Ingredients

Brussel Sprout - 1 sprout 19g  
Cucumber - 1 cucumber (8-1/4") 301g  
Oranges - 2 fruit (2-5/8" dia) 262g  
Pineapple - 1/4 fruit 226.25g  
Spinach - 5 handful 125g

#### Directions

Try to get the spinach through first by alternating a hard fruit/vegetable with the spinach as you feed it in.

#### Benefits

##### Lower Blood Pressure

When people who participated in the DASH (Dietary Approaches to Stop Hypertension) Study added foods high in potassium, magnesium and fiber, their blood pressure dropped to healthier levels. Those people in the study who ate a diet rich in these compounds in addition to the other foods on this diet (low fat dairy foods, seafood, lean meat and poultry) lowered their blood pressure by 5.5 points (systolic) over 3.0 points (diastolic).

A recent study also shows that certain protein compounds in spinach are beneficial in lowering high blood pressure.

A flavonoid called hesperidin found in oranges can lower high blood pressure.

##### Cancer Prevention

The fine chlorophyll and carotene (lutein) found in spinach is beneficial in fighting and preventing cancer. A variety of flavonoid compounds found in this vegetable are powerful anti-oxidants and anti-cancer agents. Studies have shown that properties in spinach slows down cancerous cell division, especially in cancers of the breast, cervical, prostate, stomach, and skin.

Liminoid is a compound found in oranges that has been found to help fight cancers of the mouth, skin, lung, breast, stomach and colon. The high vitamin C content also acts as a good anti-oxidant that protects cells from damages by free radicals.

##### Improved Complexion

The silica in cucumber is an essential component of healthy connective tissue, which includes intracellular cement, muscles, tendons, ligaments, cartilage, and bone. Cucumber juice is often recommended as a source of silicon to improve the complexion and health of the skin, plus cucumber's high water content makes it naturally hydrating—a must for glowing skin.

The anti-oxidant in orange help protect the skin from free radical damage known to cause signs of aging.

##### Stomach Cancer Prevention

[Learn More](#)

Consuming vitamin C rich foods helps to lower the incidence of peptic ulcers and in turn, reduce the risk of stomach cancer.

### **Reduce Inflammation**

The high alkalinity properties in spinach makes it the perfect choice of food for people suffering inflammatory ailments, like osteoarthritis and rheumatoid arthritis.

### **Blood Cleanse**

The high grade content of iron in spinach makes it a great blood builder. It regenerates and reactivates the red blood cells and supplies fresh oxygen to the body.

### **Digestion**

The high fiber content in spinach makes it a remarkable intestinal tract scrubber. It cleans out the system by removing the accumulated wastes in the digestive tracts by its mildly laxative effect. More importantly, it also repairs, heals and nourishes the tracts and tones up their functions. An excellent help for constipation, colitis, poor digestion or stomach ulcers.

Though oranges taste acidic, it actually has an alkaline effect in the digestive system and helps stimulate the digestive juices, which helps to relieve constipation.

### **Immune System**

Oranges, being high in vitamin C can help stimulate white cells to fight infection, naturally building a good immune system.

### **Heart Disease Prevention**

Oranges, being high in flavonoids and vitamin C has been known to halve the risk of heart diseases.

### **Macular Degeneration Prevention**

The abundance content of vitamin A and carotenoids help prevent age-related eye problems. When combined with endive and carrot juice, it effectively helps prevent macular degeneration, night blindness, and the development of cataracts.

### **Bone Protection**

The high content of vitamin K is essential in anchoring calcium in bones, making it important to bone health.

## Day Five

### Fresh Morning

This juice recipe is great to start with for those who are trying to ease themselves into this whole juicing thing and they're not quite ready to drink those deep colored looking juices. If you need it even sweeter, just add another apple to it. Don't think that just because it's said to be a "beginner juice" means it's not as good for you, this juice is great for you!

#### Ingredients

Apples - 2 medium (3" dia) 364g

Carrots - 3 medium 183g

Celery - 4 stalk, large (11"-12" long) 256g

#### Directions

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

#### Benefits

##### Lower Cholesterol

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.

Pectin in carrots lowers the serum cholesterol levels.

##### Lung Cancer Prevention

According to a study of 10,000 people, those who ate the most apples had a 50 percent lower risk of developing lung cancer. Researchers believe this is due to the high levels of the flavonoids quercetin and naringin in apples. Beta-carotene consumption has been linked to reduced risk of several cancers, notably lung cancer. British researchers discovered that increasing beta-carotene consumption from 1.7 to 2.7 milligrams a day reduced lung cancer risk more than 40 percent. The average carrot contains about three milligrams of Beta-carotene. In a study, researchers found that eating fiber rich carrots reduce the risk of colon cancer by as much as 24 percent. Another study shows that women who ate raw carrots were five to eight times less likely to develop breast cancer than women who did not eat carrots.

##### Alzheimer's Prevention

A study on mice at Cornell University found that the quercetin in apples may protect brain cells from the kind of free radical damage that may lead to Alzheimer's disease.

##### Asthma

One recent study shows that children with asthma who drank apple juice on a daily basis suffered from less wheezing than children who drank apple juice only once per month. Another study showed that children born to women who eat a lot of apples during pregnancy have lower rates of asthma than children whose mothers ate few apples.

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### **Bone Protection**

French researchers found that a flavanoid called phloridzin that is found only in apples may protect post-menopausal women from osteoporosis and may also increase bone density. Boron, another ingredient in apples, also strengthens bones.

### **Breast Cancer Prevention**

A Cornell University study found that people who ate one apple per day reduced their risk of breast cancer by 17 percent. Rats fed three apples per day reduced their risk by 39 percent and those fed six apples per day reduced their risk by 44 percent.

### **Colon Cancer Prevention**

One study found that rats fed an extract from apple skins had a 43 percent lower risk of colon cancer. Other research shows that the pectin in apples reduces the risk of colon cancer and helps maintain a healthy digestive tract.

### **Liver Cancer Prevention**

Research found that rats fed an extract from apple skins had a 57 percent lower risk of liver cancer.

### **Digestion**

Apples contain a natural laxative. When juiced, it helps aid bowel movements. It is most effective when mixed with carrots and spinach juices, you can expect bowel movement the next day. Regularly eating apples also will ensure bowel movements due to its gel-forming fiber, pectin. It improves the intestinal muscle's ability to push waste through the gastrointestinal tract.

Carrots have a cleansing action on the liver and helps it to release more bile, which will cause peristaltic action. This can help to relieve constipation and help with digestion.

### **Lower Blood Pressure**

Celery calms the nerve because of the high calcium content & helps in controlling high blood pressure. Raw celery should be eaten to reduce high blood pressure.

### **Improving Eyesight**

Deficiency of vitamin A can cause some difficulty seeing in dim light. Since carrot is rich in vitamin A it is good for improving eyesight.

### **Macular Degeneration Prevention**

This is a common eye disease of elderly. It impairs the macula. Researchers found that people who ate the most Beta-carotene had a forty percent lower risk of macular degeneration compared with those who consumed the least.

### **Reduce Water Retention**

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.

### **Stroke Prevention**

A carrot a day reduces stroke risk by 68 percent. Many studies have strengthened the “carrot effect” on brain. Studies conducted on stroke patients revealed that those with highest levels of Beta carotene have the best survival rate.

### **Immune System**

Carrots do wonders for boosting the immune system by increasing the production and performance of white blood cells; building resistant to various kinds of infections.

### **Improved Complexion**

The high quality vitamin C and other rich nutrients in carrot juice efficiently nourish the skin, preventing dry skin, psoriasis and other skin blemishes. It also has powerful cleansing properties that are effective in detoxifying the liver, which is overall effective for acne which can be caused by toxicity of the blood.

### **Heart Disease Prevention**

In a study meant to reveal therapeutic value of carrots researchers at the Wolfson Gastrointestinal Laboratory in Edinburgh, Scotland revealed that cholesterol level reduces by 11 percent if seven ounces of raw carrots a day is taken for three weeks. High cholesterol is a major factor for heart disease. Since regular consumption of carrots reduces cholesterol level it is good to prevent heart related problems. A group of Swedish scientists discovered that root vegetables can reduce the chances of having a heart attack. A study conducted at the Mario Negri Institute of Pharmacological Research in Italy found that those who ate more carrots had one third the risk of heart attack as compared with those who ate fewer carrots.

[Learn More](#)

## Day Six

### Lime Fruity Punch

#### Ingredients

Apples - 2 medium (3" dia) 364g  
Kiwifruit - 4 fruit (2" dia) 276g  
Lemon (with rind) - 1/4 fruit (2-3/8" dia) 21g  
Lime (with rind) - 1/4 fruit (2" dia) 16.75g  
Oranges (peeled) - 2 fruit (2-5/8" dia) 262g  
Pineapple - 1 fruit 905g

#### Directions

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

#### Benefits

##### Stomach Cancer Prevention

Consuming vitamin C rich foods helps to lower the incidence of peptic ulcers and in turn, reduce the risk of stomach cancer.

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##### Digestion

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Apples contain a natural laxative. When juiced, it helps aid bowel movements. It is most effective when mixed with carrots and spinach juices, you can expect bowel movement the next day. Regularly eating apples also will ensure bowel movements due to its gel-forming fiber, pectin. It improves the intestinal muscle's ability to push waste through the gastrointestinal tract.

Due to its relatively high content in fiber, kiwifruit has natural laxative properties that help cleanse the digestive tract and prevent or remedy digestive disorders.

Though oranges taste acidic, it actually has an alkaline effect in the digestive system and helps stimulate the digestive juices, which helps to relieve constipation.

##### Mental Health

The high magnesium content in kiwifruit enhances energy production within the brain, thereby increasing concentration, memory, and relieving mental fatigue.

##### Antioxidants

Several nutrients contained in kiwifruit, including iron, copper and vitamins C and E, have antioxidant properties.

##### Cancer Prevention

Liminoid is a compound found in oranges that has been found to help fight cancers of the mouth, skin, lung,

breast, stomach and colon. The high vitamin C content also acts as a good anti-oxidant that protects cells from damages by free radicals.

### **Immune System**

Kiwifruit is highly effective in enhancing and modulating the immune system function, thereby contributing to combat and prevent cold and flu, as well as other types of infections and inflammation.

Oranges, being high in vitamin C can help stimulate white cells to fight infection, naturally building a good immune system.

### **Heart Disease Prevention**

Due to its high potassium and low sodium content, kiwifruit helps maintain blood pressure within normal ranges and prevent hypertension. In addition, potassium plays a critical role in regulating and improving heart function, while vitamin C helps lower blood cholesterol, thereby preventing atherosclerosis and related heart disease. Oranges, being high in flavonoids and vitamin C has been known to halve the risk of heart diseases.

### **Asthma**

One recent study shows that children with asthma who drank apple juice on a daily basis suffered from less wheezing than children who drank apple juice only once per month. Another study showed that children born to women who eat a lot of apples during pregnancy have lower rates of asthma than children whose mothers ate few apples.

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A flavonoid called hesperidin found in oranges can lower high blood pressure.

### **Lower Cholesterol**

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.

Recent studies shown that limonoids in lemons help in reducing cholesterol.

### **Lung Cancer Prevention**

According to a study of 10,000 people, those who ate the most apples had a 50 percent lower risk of developing lung cancer. Researchers believe this is due to the high levels of the flavonoids quercetin and naringin in apples.

### **Improved Complexion**

Lemon juice, being a natural antiseptic medicine, can participate to cure problems related to skin. Drinking of lemon juice mixed with water and honey brings glow to the skin.

The anti-oxidant in orange help protect the skin from free radical damage known to cause signs of aging.

### **[Weight Loss](#)**

Adding lemon juice to a beverage can help increase weight loss.

## Day Seven

### Full Metal Gear

Very high immunity levels, very good for diseases that weaken your system. Can be used as a prevention measure, works even better.

#### Ingredients

Apple - 1 medium (3" dia) 182g  
Carrots - 3 medium 183g  
Garlic - 2 clove 6g  
Ginger Root - 1 thumb (1" dia) 24g  
Parsley - 1 handful 40g

#### Directions

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

#### Benefits

##### Increased Blood Circulation

Being a warming herb, ginger can help knock out a fever. This property also makes it effective in stimulating circulation of the blood. It can also help relax muscles around the blood vessels and is said to help prevent blood clots from forming. The warming effects make it a natural decongestant as well as an antihistamine, making it the perfect remedy for colds.

##### Lower Cholesterol

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.

Recent studies show that ginger might also have a role in lowering LDL cholesterol because the spice can help reduce the amount of cholesterol that is absorbed.

Pectin in carrots lowers the serum cholesterol levels.

##### Digestion

One of ginger's most touted health benefits is its ameliorating effects on digestive ailments. It can help digest fatty foods and break down proteins. It is excellent for reducing gas. Many people report that it will also relieve nausea, and can be effective in treating morning sickness as well as motion sickness.

Parsley adds color and aids digestion of the foods we eat and acts to prevent gas and bloating.

Apples contain a natural laxative. When juiced, it helps aid bowel movements. It is most effective when mixed with carrots and spinach juices, you can expect bowel movement the next day. Regularly eating apples also will ensure bowel movements due to its gel-forming fiber, pectin. It improves the intestinal muscle's ability to push waste through the gastrointestinal tract.

Carrots have a cleansing action on the liver and helps it to release more bile, which will cause peristaltic action. This can help to relieve constipation and help with digestion.

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### **Lung Cancer Prevention**

According to a study of 10,000 people, those who ate the most apples had a 50 percent lower risk of developing lung cancer. Researchers believe this is due to the high levels of the flavonoids quercetin and naringin in apples. Beta-carotene consumption has been linked to reduced risk of several cancers, notably lung cancer. British researchers discovered that increasing beta-carotene consumption from 1.7 to 2.7 milligrams a day reduced lung cancer risk more than 40 percent. The average carrot contains about three milligrams of Beta-carotene. In a study, researchers found that eating fiber rich carrots reduce the risk of colon cancer by as much as 24 percent. Another study shows that women who ate raw carrots were five to eight times less likely to develop breast cancer than women who did not eat carrots.

### **Increased Libido**

Parsley is good for the sexual system. It builds the blood and stimulates brain activity.

### **Improving Eyesight**

Deficiency of vitamin A can cause some difficulty seeing in dim light. Since carrot is rich in vitamin A it is good for improving eyesight.

### **Macular Degeneration Prevention**

This is a common eye disease of elderly. It impairs the macula. Researchers found that people who ate the most Beta-carotene had a forty percent lower risk of macular degeneration compared with those who consumed the least.

### **Reduce Water Retention**

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.

### **Stroke Prevention**

A carrot a day reduces stroke risk by 68 percent. Many studies have strengthened the “carrot effect” on brain. Studies conducted on stroke patients revealed that those with highest levels of Beta carotene have the best survival rate.

### **Alzheimer’s Prevention**

A study on mice at Cornell University found that the quercetin in apples may protect brain cells from the kind of free radical damage that may lead to Alzheimer’s disease.

### **Asthma**

One recent study shows that children with asthma who drank apple juice on a daily basis suffered from less wheezing than children who drank apple juice only once per month. Another study showed that children born to women who eat a lot of apples during pregnancy have lower rates of asthma than children whose mothers ate few apples.

### **Bone Protection**

French researchers found that a flavanoid called phloridzin that is found only in apples may protect post-menopausal women from osteoporosis and may also increase bone density. Boron, another ingredient in apples, also

strengthens bones.

### **Breast Cancer Prevention**

A Cornell University study found that people who ate one apple per day reduced their risk of breast cancer by 17 percent. Rats fed three apples per day reduced their risk by 39 percent and those fed six apples per day reduced their risk by 44 percent.

### **Colon Cancer Prevention**

One study found that rats fed an extract from apple skins had a 43 percent lower risk of colon cancer. Other research shows that the pectin in apples reduces the risk of colon cancer and helps maintain a healthy digestive tract.

### **Liver Cancer Prevention**

Research found that rats fed an extract from apple skins had a 57 percent lower risk of liver cancer.

### **Immune System**

Carrots do wonders for boosting the immune system by increasing the production and performance of white blood cells; building resistant to various kinds of infections.

### **Improved Complexion**

The high quality vitamin C and other rich nutrients in carrot juice efficiently nourish the skin, preventing dry skin, psoriasis and other skin blemishes. It also has powerful cleansing properties that are effective in detoxifying the liver, which is overall effective for acne which can be caused by toxicity of the blood.

### **Heart Disease Prevention**

In a study meant to reveal therapeutic value of carrots researchers at the Wolfson Gastrointestinal Laboratory in Edinburgh, Scotland revealed that cholesterol level reduces by 11 percent if seven ounces of raw carrots a day is taken for three weeks. High cholesterol is a major factor for heart disease. Since regular consumption of carrots reduces cholesterol level it is good to prevent heart related problems. A group of Swedish scientists discovered that root vegetables can reduce the chances of having a heart attack. A study conducted at the Mario Negri Institute of Pharmacological Research in Italy found that those who ate more carrots had one third the risk of heart attack as compared with those who ate fewer carrots.

### **Antioxidants**

The flavonoids in parsley—especially luteolin—have been shown to function as antioxidants that combine with highly reactive oxygen-containing molecules (called oxygen radicals) and help prevent oxygen-based damage to cells. In addition, extracts from parsley have been used in animal studies to help increase the antioxidant capacity of the blood.

### **Reduce Inflammation**

Ginger can also help reduce inflammation. So it can be used to treat any disease that is caused by inflammations such as arthritis or ulcerative colitis. Some studies show that it can even help inhibit the replication of the herpes simplex virus.

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### **Arthritis Prevention**

While one study suggests that high doses of supplemental vitamin C makes osteoarthritis, a type of degenerative arthritis that occurs with aging, worse in laboratory animals, another indicates that vitamin C-rich foods, such as parsley, provide humans with protection against inflammatory polyarthritis, a form of rheumatoid arthritis involving two or more joints.

### **Cancer Prevention**

Ginger has been shown in animal trials to help slow or even prevent cancerous tumor growth.

## Day Eight

### Kale Collard Soothe

Kale is rich in vitamins and minerals such as calcium, potassium and iron. This makes it perfect for juicing!

#### Ingredients

Apple - 1 medium (3" dia) 182g

Carrots - 3 medium 183g

Cilantro - 1 handful 34g

Collard Greens - 1 cup, chopped 36g

Kale - 4 leaf (8-12") 140g

Pepper (sweet red) - 1 medium (approx 2-3/4" long, 2-1/2 dia.) 119g

#### Directions

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

#### Benefits

##### Cervical Cancer Prevention

Widely considered to be healthful foods, collards are rich in invaluable sources of phyto-nutrients with potent anti-cancer properties, such as di-indolyl-methane (DIM) and sulforaphane that have proven benefits against prostate, breast, cervical, colon, ovarian cancers by virtue of their cancer cell growth inhibition and cytotoxic effects on cancer cells.

##### Ovarian Cancer Prevention

Widely considered to be healthful foods, collards are rich in invaluable sources of phyto-nutrients with potent anti-cancer properties, such as di-indolyl-methane (DIM) and sulforaphane that have proven benefits against prostate, breast, cervical, colon, ovarian cancers by virtue of their cancer cell growth inhibition and cytotoxic effects on cancer cells.

##### [Weight Loss](#)

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.

##### Cataracts Prevention

In several studies, people with a history of eating lutein-rich foods like kale had up to 22% lower risk for cataracts, which would otherwise have been severe enough to require extraction.

##### Colon Cancer Prevention

One study found that rats fed an extract from apple skins had a 43 percent lower risk of colon cancer. Other research shows that the pectin in apples reduces the risk of colon cancer and helps maintain a healthy digestive tract.

Kale is a rich source of organosulfur compounds, which is great at fighting many cancers, especially colon can-

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cer. In other research, sulforaphane from Kale has been shown to have a more direct effect on cancer prevention, especially in colon cancer, inducing cancer cells to destroy themselves. This was seen in a recent study in which animals were genetically bred to develop intestinal polyps, a condition that leads to tumor formation. This group of animals was then fed sulforaphane and found to have higher rates of apoptosis (cell suicide) and smaller tumors that also grew more slowly than animals who received no sulforaphane.

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### **Cancer Prevention**

Kale contains sulforaphane (especially when juiced), which is a chemical that has anti-cancer properties against many cancer types. The cancer-protective compounds in kale have thus been the subject of intense research, particularly their role in blocking the growth of cancer cells and inducing cancer cell death (apoptosis).

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### **Immune System**

Kale studies reveal that sulforaphane helps support a healthy immune system, which is a key component in staving off cancer. Sulforaphane has been found to significantly enhance the production of several chemicals that are involved in the immune response, such as interleukin-2 and interferon-gamma.

Collard leaves contain Di-indolyl-methane which has been found to have an effective immune modulator, anti-bacterial and anti-viral properties by potentiating Interferon-gamma receptors and production. Fresh collard leaves are also rich in vitamin-C. Provides about 59% of RDA per 100 g. Vitamin-C is a powerful natural anti-oxidant that offers protection against free radical injury and flu-like viral infections.

Carrots do wonders for boosting the immune system by increasing the production and performance of white blood cells; building resistant to various kinds of infections.

### **Lung Cancer Prevention**

According to a study of 10,000 people, those who ate the most apples had a 50 percent lower risk of developing lung cancer. Researchers believe this is due to the high levels of the flavonoids quercetin and naringin in apples. Beta-carotene consumption has been linked to reduced risk of several cancers, notably lung cancer. British researchers discovered that increasing beta-carotene consumption from 1.7 to 2.7 milligrams a day reduced lung cancer risk more than 40 percent. The average carrot contains about three milligrams of Beta-carotene. In a study, researchers found that eating fiber rich carrots reduce the risk of colon cancer by as much as 24 percent. Another study shows that women who ate raw carrots were five to eight times less likely to develop breast cancer than women who did not eat carrots.

Consumption of natural fruits rich in flavonoids helps to protect from lung and oral cavity cancers.

### **Lower Cholesterol**

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.

Pectin in carrots lowers the serum cholesterol levels.

### **Heart Disease Prevention**

In a study meant to reveal therapeutic value of carrots researchers at the Wolfson Gastrointestinal Laboratory in Edinburgh, Scotland revealed that cholesterol level reduces by 11 percent if seven ounces of raw carrots a day is taken for three weeks. High cholesterol is a major factor for heart disease. Since regular consumption of carrots reduces cholesterol level it is good to prevent heart related problems. A group of Swedish scientists discovered that root vegetables can reduce the chances of having a heart attack. A study conducted at the Mario Negri Institute of Pharmacological Research in Italy found that those who ate more carrots had one third the risk of heart attack as compared with those who ate fewer carrots.

In Kale research, the benefits of lutein also extend to prevention of atherosclerosis. An 18-month study from the University of Southern California found that in a group of 480 men and women aged 40 to 60 with no history of heart disease, those with the lowest serum lutein concentration had a five-fold greater increase in carotid artery thickness, a risk factor for heart disease, compared with those who had the highest serum lutein concentrations. This study also included an in-vitro portion, which compared tissue cultures of cells exposed to various combinations of lutein and detrimental, low-density lipoprotein (LDL), which is known to promote atherosclerosis. The researchers found that pretreatment of cells with lutein dose-dependently protected the cells against inflammation associated with LDL plaque formation, again confirming lutein's protective effect against atherosclerosis.

### **Digestion**

Apples contain a natural laxative. When juiced, it helps aid bowel movements. It is most effective when mixed with carrots and spinach juices, you can expect bowel movement the next day. Regularly eating apples also will ensure bowel movements due to its gel-forming fiber, pectin. It improves the intestinal muscle's ability to push waste through the gastrointestinal tract.

Carrots have a cleansing action on the liver and helps it to release more bile, which will cause peristaltic action. This can help to relieve constipation and help with digestion.

### **Improving Eyesight**

Deficiency of vitamin A can cause some difficulty seeing in dim light. Since carrot is rich in vitamin A it is good for improving eyesight.

Collard greens are also an excellent source of vitamin-A (222% of RDA per 100 g). Vitamin A is required for maintaining healthy mucus membranes and skin, and is also essential for vision.

### **Alzheimer's Prevention**

A study on mice at Cornell University found that the quercetin in apples may protect brain cells from the kind of free radical damage that may lead to Alzheimer's disease.

Collard greens have beneficial effects in Alzheimer's disease patients by limiting neuronal damage in their brain.

### **Bone Protection**

French researchers found that a flavanoid called phloridzin that is found only in apples may protect post-menopausal women from osteoporosis and may also increase bone density. Boron, another ingredient in apples, also strengthens bones.

Collard greens contain amazingly high levels of vitamin-K, provides staggering 426% of recommended daily levels per 100 leaves. Vitamin K has potential role in the increase of bone mass by promoting osteotrophic activity

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in the bone.

### **Breast Cancer Prevention**

A Cornell University study found that people who ate one apple per day reduced their risk of breast cancer by 17 percent. Rats fed three apples per day reduced their risk by 39 percent and those fed six apples per day reduced their risk by 44 percent.

Widely considered to be healthful foods, collards are rich in invaluable sources of phyto-nutrients with potent anti-cancer properties, such as di-indolyl-methane (DIM) and sulforaphane that have proven benefits against prostate, breast, cervical, colon, ovarian cancers by virtue of their cancer cell growth inhibition and cytotoxic effects on cancer cells.

### **Macular Degeneration Prevention**

This is a common eye disease of elderly. It impairs the macula. Researchers found that people who ate the most Beta-carotene had a forty percent lower risk of macular degeneration compared with those who consumed the least.

### **Reduce Water Retention**

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.

### **Stroke Prevention**

A carrot a day reduces stroke risk by 68 percent. Many studies have strengthened the “carrot effect” on brain. Studies conducted on stroke patients revealed that those with highest levels of Beta carotene have the best survival rate.

### **Asthma**

One recent study shows that children with asthma who drank apple juice on a daily basis suffered from less wheezing than children who drank apple juice only once per month. Another study showed that children born to women who eat a lot of apples during pregnancy have lower rates of asthma than children whose mothers ate few apples.

### **Liver Cancer Prevention**

Research found that rats fed an extract from apple skins had a 57 percent lower risk of liver cancer.

### **Improved Complexion**

The high quality vitamin C and other rich nutrients in carrot juice efficiently nourish the skin, preventing dry skin, psoriasis and other skin blemishes. It also has powerful cleansing properties that are effective in detoxifying the liver, which is overall effective for acne which can be caused by toxicity of the blood.

### **Energy**

Collard is high in iron, which is an important nutrient to ensure energy levels stay high.

### **Antioxidants**

Collard greens are also an excellent source of vitamin-A (222% of RDA per 100 g) and flavonoid poly-phenolic anti-oxidants such as lutein, carotenes, zeaxanthin, cryptoxanthin etc. These compounds are scientifically found to have antioxidant properties.

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## Day Nine

### Beet Fat Smoothie

#### Ingredients

Beet Root - 1 beet (2" dia) 82g

Carrots - 3 medium 183g

Sweet Potato - 1/2 sweet-potatoes, 5" long 65g

#### Directions

Feed ingredients into juicer in this order: Beet, sweet potato, then carrots.

#### Benefits

##### Liver Cleanse

The cleansing virtues in beets juice is very healing for liver toxicity or bile ailments, like jaundice, hepatitis, food poisoning, diarrhea or vomiting.

##### Blood Cleanse

Beets have been shown to help cleanse the blood, cleanse the colon and strengthen the gall bladder and liver. The high content of iron in beets regenerates and reactivates the red blood cells and supplies fresh oxygen to the body. The copper content in beets help make the iron more available to the body. A great blood builder.

##### [Weight Loss](#)

Beets are useful in helping cleanse the liver, and the liver helps metabolize fat.

##### Heart Disease Prevention

In a study meant to reveal therapeutic value of carrots researchers at the Wolfson Gastrointestinal Laboratory in Edinburgh, Scotland revealed that cholesterol level reduces by 11 percent if seven ounces of raw carrots a day is taken for three weeks. High cholesterol is a major factor for heart disease. Since regular consumption of carrots reduces cholesterol level it is good to prevent heart related problems. A group of Swedish scientists discovered that root vegetables can reduce the chances of having a heart attack. A study conducted at the Mario Negri Institute of Pharmacological Research in Italy found that those who ate more carrots had one third the risk of heart attack as compared with those who ate fewer carrots.

Medical studies have also shown that including beets in your diet helps protect a body against heart disease.

##### Energy

Beets are high in carbohydrates which means they are a great instant energy source, but unlike processed foods which are high in carbohydrates, beets will energize your body. Beets can be regarded as body fuel.

##### Improving Eyesight

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##### Macular Degeneration Prevention

[Learn More](#)

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### **Stroke Prevention**

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### **Detoxification**

The chorine from beet juice detoxifies not only the liver, but also the entire system of excessive alcohol abuse.

### **Digestion**

Carrots have a cleansing action on the liver and helps it to release more bile, which will cause peristaltic action. This can help to relieve constipation and help with digestion.

The cellulose content in beets helps to ease bowel movements. Drinking beet juice regularly will help relieve chronic constipation.

### **Immune System**

Carrots do wonders for boosting the immune system by increasing the production and performance of white blood cells; building resistant to various kinds of infections.

### **Improved Complexion**

The high quality vitamin C and other rich nutrients in carrot juice efficiently nourish the skin, preventing dry skin, psoriasis and other skin blemishes. It also has powerful cleansing properties that are effective in detoxifying the liver, which is overall effective for acne which can be caused by toxicity of the blood.

### **Lower Cholesterol**

Pectin in carrots lowers the serum cholesterol levels.

### **Lung Cancer Prevention**

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### **Stomach Cancer Prevention**

Beet root is a traditional treatment used for leukemia. Beet root contain an amino acid betaine which has an anti

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cancer properties. Red beet therapy, consisting of consumption of approximately two pounds of raw, mashed beets daily, has been favorably reported for cases of leukemia and tumors (includes cancer). Research also shows that beet juice can help inhibit the development of colon and stomach cancer.

**Lower Blood Pressure**

All of the beet's healing and medicinal values effectively normalize blood pressure, lowering high blood pressure or elevating low blood pressure.

**Colon Cancer Prevention**

The pigment that gives beets their rich, purple-crimson color betacyanin-is also a powerful cancer-fighting agent. Beets' potential effectiveness against colon cancer, in particular, has been demonstrated in several studies.

## Day Ten

### Ginger Root Paradise

#### Ingredients

Apple - 1 medium (3" dia) 182g  
Carrots - 4 medium 244g  
Ginger Root - 1 thumb (1" dia) 24g

#### Directions

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

#### Benefits

##### Increased Blood Circulation

Being a warming herb, ginger can help knock out a fever. This property also makes it effective in stimulating circulation of the blood. It can also help relax muscles around the blood vessels and is said to help prevent blood clots from forming. The warming effects make it a natural decongestant as well as an antihistamine, making it the perfect remedy for colds.

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waste through the gastrointestinal tract.

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### **Reduce Inflammation**

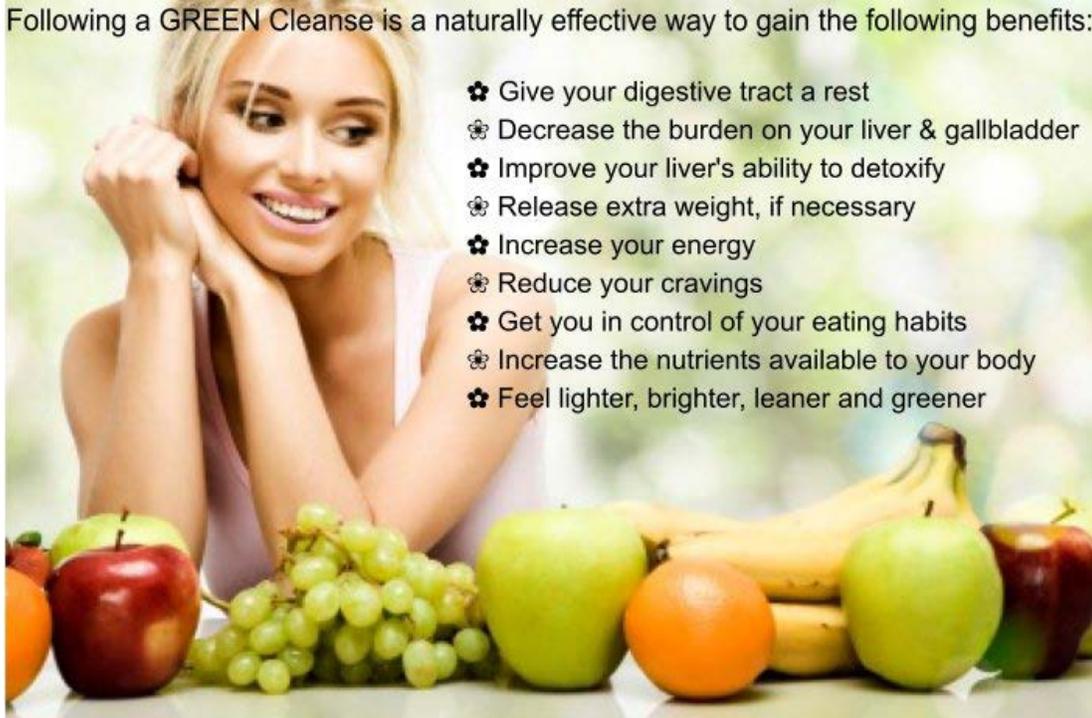
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Following a GREEN Cleanse is a naturally effective way to gain the following benefits:



- ✿ Give your digestive tract a rest
- ✿ Decrease the burden on your liver & gallbladder
- ✿ Improve your liver's ability to detoxify
- ✿ Release extra weight, if necessary
- ✿ Increase your energy
- ✿ Reduce your cravings
- ✿ Get you in control of your eating habits
- ✿ Increase the nutrients available to your body
- ✿ Feel lighter, brighter, leaner and greener

The Truth About Fat Burning Foods

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\*\*\*\*\*  
Whether you think you can or cannot,  
you are right. Start strong!  
\*\*\*\*\*

**Lorraine Paige**

**The End**

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