

# ULTIMATE MORNING JUICE

## ANTI-CANCER & ANTI-INFLAMMATORY


After our diagnosis we visited Hippocrates Wellness, where we learned about the power of sprouts and wheatgrass. We drank this powerhouse juice daily (for 5 years).



- 1 Handful Sunflower Sprouts
- 1 Handful Pea Sprouts
- Wheatgrass-enough for 2oz juice
- 2 Handfuls Kale
- 2 Handfuls Spinach
- 1 Cucumber
- 1/2 Lemon
- 1/2 Lime
- Ginger



\*Put thru masticating juicer & enjoy!

 **COOL TIP:** Make the ok sign & fill the circle with wheatgrass to yield a 2 oz. serving of juice. Whaala!

### JUICING TIPS

1. A masticating juicer keeps more nutrients intact (no heat) & it can handle sprouts & grasses.
2. Let taste buds adjust & shotgun it! Add extra lemon/lime to mask the grassy flavor, without adding unwanted sugar. This is not a fine glass of wine meant to be sipped— so chug it before all those amazing nutrients dissipate.
3. Cancer loves sugar, so we limit fruit. If this isn't a concern for you—by all means add some fruity goodness!
4. Use organic or local grown when possible and choose nutrient-dense veggies; sprouts, grasses, & green leafy greens! (Have gorgeous greens delivered right to your door [gotsprouts.com](http://gotsprouts.com)).
5. Lemon juice, vinegar, and baking soda work great for washing fruits/veggies.
6. Use a strainer to rid foam from juice.
7. Re-juice pulp to conserve those precious organic veggies.
8. Consume fresh juice within 15 minutes or store in air-tight, toxic-free containers & consume within 24 hours.
9. Keep juicer clean or have spare parts. Nothing is worse than craving a juice, but realizing you must first clean the juicer (ugh).
10. Enjoy! The more you drink it—the more you'll learn to love the earthy flavor!