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# ULTIMATE JUICE REBOOT

DISCOVER HOW TO CURE VARIOUS  
AILMENTS WITH THIS NATURAL  
JUICE HEALING THERAPY



# Ultimate Juice Reboot

By Gladys Cheow

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## About The Author



Health and natural healing are two domains that fascinate Gladys. She started to practice a healthy lifestyle and do all the necessary things to head in the right direction after she has experienced a severe virus attack and was bedridden for four days.

For Gladys, there is nothing more important than love and health. However, people can find and lose health, as well as love. Health is practically the most beautiful thing you can offer to all people around you.

She believes that there is nothing more precious and valuable that you can offer yourself, and the people around you, than health. You are able to offer this precious gift to others only if you take good care of yourself first. People around you will also get inspired by your desire to live a healthy life, so you practically encourage them to do the same thing, with or without your will.

# Introduction

Our theory is based on the fact that our bodies are affected by One Disease and can be cured with One Solution. Toxicity and Deficiency are practically the 2 main aspects that can lead to a disease. A wide range of ailments can be cured or improved in case we manage to get rid of Toxicity and replace any Deficiencies.

However, there is also a lot of research to support which particular fruits and vegetables can help with particular ailments. We have therefore compiled a comprehensive list of ailments and suggest some fruits and vegetables along with juice recipes that could be of benefit to each particular condition.

People are already accustomed with Natural Juice Healing Therapy. They have been using the natural healing juices obtained from veggies and fruits to cure various ailments from long ago. Once the electronic juice extractors have appeared on the market, this type of treatment has become easier to adapt. Therefore, the number of people practicing Natural Juice Healing Therapy has increased considerably.

If you want to learn more about which fruits and veggies can be consumed as natural remedies for a particular health problem, you might want to continue reading this eBook.

You can prevent, ease, or even health various health related issues with the help of these healthy juicing recipes. Besides the fact that they are really healthy, they taste delicious as well.



## Why Choose Juice?

It is very healthy to consume fresh fruits and vegetables each and every day. However, can you envision yourself consuming two apples and two oranges for breakfast, or maybe a handful of nettles and one kilo of carrot? Will you be able to enjoy some external leaves of cabbage, cauliflower, or a bloomy salad?

We need to consider two things: the quantity and the types of fruits and vegetables that we need to consume. We can use the whole fruits and veggies when practicing juicing and blending. Compared to the parts of the fruits that we usually consume, the parts that we throw away contain more beneficial substances.

The body can also absorb more vitamins and minerals whenever we prefer to drink fresh all-natural drinks made out of fruits and vegetables. By blending and juicing the fruits and veggies we practically release all of the important nutrients trapped within the fibers.

We can obtain practically the very best nutrients from the healthy fruit and vegetable juices.

A juicer is all you need in order to prepare the healthy juices.



## How To Prepare The Juicing Ingredients?

You need to wash and clean the fruits and vegetables properly before you start the juicing process.

Not all fruits will fit into the juicer lid in their natural form, so you need to chop them into some suitable pieces.

You need to do the juicing process gradually.

## How To Consume And Preserve Healthy Juices?

It is recommended that you drink the fresh juice as soon as you finish the preparation process. However, you also have the possibility to make a larger quantity of juice and store the rest in the fridge.

You can also use different cold-pressed oils or containers to preserve the juice properly.

Apart from increasing the value of juice, cold-pressed virgin oil will also slow down digestion. Make sure you pick only glass bottles or pitchers if you prefer this kind of storage unit.

## The Recommended Amount Of Juice

If you are just starting out, you should not exaggerate with the amounts of juice that you consume daily. You should allow your body to adapt to these healthy nutritional substances by increasing the daily intake step-by-step.

The type of juice that you consume will also determine the recommended quantity. You need to take note of your body's reactions and start the drinking process slowly.





# **Ultimate Juice Reboot Recipes and Remedies**



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~CELERY HAPPINESS~  
JUICE RECIPE (FOR ANXIETY/FATIGUE)



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# ~Celery Happiness~

## Juice Recipe (For Anxiety/Fatigue)

Approx. 230ml

### Ingredients:

- Celery - 5 stalks, large
- Honey - 1 tbsp

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

The organic alkaline minerals in celery juice have a calming effect on the nervous system helps to reduce anxiety and nervousness.

# ~TROPICAL LOVE~ JUICE RECIPE (FOR ASTHMA)



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# ~Tropical Love~

## Juice Recipe (For Asthma)

Approx. 450ml

### Ingredients:

- Apples - 2 large
- Celery - 2 stalks, large
- Oranges (peeled) - 2 large

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

A study included in the American Journal of Respiratory Critical Care Medicine found that participants who ate apples twice a week had as much as a third lower risk of developing asthma.

The benefit comes from the powerful antioxidants that are contained in the fruit's peel (especially in red apples) and provide a natural antihistamine and inflammatory effect that can help allergies and asthma.

~SWEETIE LULLABY~  
JUICE RECIPE (FOR BLOATING)



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# ~Sweetie Lullaby~

## Juice Recipe (For Bloating)

Approx. 450ml

### Ingredients:

- Apples – 1 large
- Carrots - 8 medium
- Oranges (peeled) – 1 large

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

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.



# ~SUMMER PEAR PLEASURE~ JUICE RECIPE (FOR COLD)



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# ~Summer Pear Pleasure~

## Juice Recipe (For Cold)

Approx. 450ml

### Ingredients:

- Apples – 1 large
- Carrots - 2 medium
- Celery - 2 stalk, large
- Lemons (peeled) – 1 medium
- Pears - 1 medium
- Ginger Root – ½ thumb (1" dia)
- Turmeric Root - 3 thumb (1" dia)

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

Ginger contains chemicals that specifically target rhinoviruses, the most common family of cold viruses, as well as substances that suppress coughing. It's also a natural pain and fever reducer and a mild sedative, so it can help you rest when you're sick.

Lemon juice can treat a person who is suffering from cold, flu or fever. It helps to break fever by increasing perspiration.

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.

## ~BEET IT UP~ JUICE RECIPE (FOR CONSTIPATION)



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# ~Beet It Up~

## Juice Recipe (For Constipation)

Approx. 500ml

### Ingredients:

- Apple - 1 medium
- Beet Root - 1 beet
- Carrots - 6 medium
- Lemon (peeled) - ¼ fruit
- Oranges (peeled) - 2 fruits

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

Apples contain a natural laxative. When juiced, it helps aid bowel movements. It is most effective when mixed with carrots juice, you can expect bowel movement the next day.

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

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.

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

# ~ LEMON GREEN DREAM ~ JUICE RECIPE (FOR COUGH)



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# ~Lemon Green Dream~

## Juice Recipe (For Cough)

Approx. 500ml

### Ingredients:

- Apples - 1 large
- Celery - 4 stalk, large
- Lemon (peeled) – 1/2 fruit
- Orange (peeled) - 1 fruit

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

Celery is an excellent natural cure for cough relief and helps with sore throat.

~GRANNY\*S FAVORITE~  
JUICE RECIPE (FOR DEPRESSION)



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# ~Granny\*s Favorite~

## Juice Recipe (For Depression)

Approx. 500ml

### Ingredients:

- Apples - 2 medium
- Celery - 2 stalk, large
- Kale - 1 cup
- Lemon (peeled) – ½ fruit
- Spinach - 2 cup

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

Spinach is one of the best sources of folic acid for your body and if you have been suffering through depression then it would work as a very appropriate Natural Antidepressant. Spinach would cure your folic acid deficiency and hence you would be able to cure your depression without consulting any expensive psychiatrist. Spinach is not only a very effective Natural Antidepressant but also this Antidepressant Food Effects your body's stamina and strength very positively.

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.



# ~SPORTY BOOSTER~ JUICE RECIPE (FOR ENERGY)



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# ~Sporty Booster~

## Juice Recipe (For Energy)

Approx. 450ml

### Ingredients:

- Apples - 1 medium
- Celery – 1 ½ stalk, large
- Orange (peeled) - 1 fruit
- Pears - 2 medium
- Sweet Potato - 1 small

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

You can get quick and natural boost of energy from pear juice, due largely to its high amounts of fructose and glucose.

# ~FUCHSIA PINK FANTASY~ JUICE RECIPE (FOR FEVER)



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# ~Fuchsia Pink Fantasy~

## Juice Recipe (For Fever)

Approx. 230ml

### Ingredients:

- Cabbage (red) - 4 leaves
- Lemon (peeled) - ½ fruit
- Pears - 2 medium

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

The cooling effect of pears is excellent in relieving fever. One of the best ways of bringing down a fever quickly is to drink a big glass of pear juice.

Lemon juice can treat a person who is suffering from cold, flu or fever. It helps to break fever by increasing perspiration.

# ~VERY BERRY~ JUICE RECIPE (FOR FLU)



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# ~Very Berry~

## Juice Recipe (For Flu)

Approx. 450ml

### Ingredients:

- Apples - 2 large
- Lime - 1/2 fruit
- Strawberries - 3 cups

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

Strawberries are very rich in vitamin C, which plays a key role in enhancing immune system function, as well as in preventing and fighting infectious diseases such as flu and cold.

# ~GREENIE IN THE JAR~

JUICE RECIPE (FOR HIGH BLOOD PRESSURE)



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# ~Greenie In The Jar~

## Juice Recipe (For High Blood Pressure)

Approx. 450ml

### Ingredients:

- Apples - 1 medium
- Celery - 1 stalk, large
- Cucumber – ½ medium
- Kale – 2 cups
- Lemon - ¼ fruit
- Oranges (peeled) - 1 fruit
- Parsley - 1 handful

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

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

Celery calms the nerve because of the high calcium content & helps in controlling high blood pressure.



# ~PINK HAWAII~ JUICE RECIPE (FOR HIGH CHOLESTEROL)



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# ~Pink Hawaii~

## Juice Recipe (For High Cholesterol)

Approx. 450ml

### Ingredients:

- Lemon (peeled) - ¼ fruit
- Tomato - 1 small
- Watermelon - 1 large wedge

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

Watermelon juice is healthful in preventing cholesterol from clogging arteries and can increase HDL, the good cholesterol, reducing the risks of cardiovascular diseases

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.

# ~ LIQUID GOLD ~

## JUICE RECIPE (FOR IMPROVING EYESIGHT)



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# ~Liquid Gold~

## Juice Recipe (For Improving Eyesight)

Approx. 380ml

### Ingredients:

- Apple - 1 small
- Carrots - 4 medium
- Ginger Root – ½ thumb (1" dia)
- Lemon (peeled) – ½ fruit

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

Carrot is rich in vitamin A it is good for improving eyesight.

# ~VELVET PASSION~ JUICE RECIPE (FOR INDIGESTION)



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# ~Velvet Passion~

## Juice Recipe (For Indigestion)

Approx. 350ml

### Ingredients:

- Apple - 1 medium
- Beet Root - 1 beet
- Carrots - 5 medium
- Celery - 1 stalk, large
- Spinach - 1 cup

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

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.

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

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.

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.

# ~BARBIE BRIGHT~ JUICE RECIPE (FOR ITCHING)



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# ~Barbie Bright~

## Juice Recipe (For Itching)

Approx. 450ml

### Ingredients:

- Tomato - 1 medium
- Watermelon - 1 large wedge

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

As watermelon juice cleanses the body of toxic wastes, it also greatly reduces itchiness that result from toxicity of acidosis.



# ~BERRY KIWI BOOSTER~ JUICE RECIPE (FOR MOOD SWINGS)



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# ~Berry Kiwi Booster~

## Juice Recipe (For Mood Swings)

Approx. 450ml

### Ingredients:

- Blueberries - 2 cup
- Strawberries - 16 medium
- Kiwifruit - 2 fruit

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

Berries contain fiber and folate. Fiber aids in weight loss and helps lower cholesterol and blood pressure. Folate may protect against cardiovascular disease and age-related memory loss, and since folate contributes to the production of serotonin, it may also help ward off depression and improve your mood.

Eating strawberries and drinking strawberry juice stimulate the release of serotonin, which improves mood and is responsible for a feeling of relaxation and a general sense of well-being.

~FUN KIWI TWISTER~  
JUICE RECIPE (FOR POOR MEMORY)



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# ~Fun Kiwi Twister~

## Juice Recipe (For Poor Memory)

Approx. 450ml

### Ingredients:

- Apples - 1 medium
- Kiwifruit - 2 fruit
- Lemon (peeled) - ¼ fruit
- Lime (peeled) - 1 small
- Oranges (peeled) - 1 fruit
- Pineapple – ½ fruit

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

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

# ~APPLE JOY WATCHER~ JUICE RECIPE (FOR WEIGHT LOSS)



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# ~Apple Joy Watcher~

## Juice Recipe (For Weight Loss)

Approx. 330ml

### Ingredients:

- Apples - 1 medium
- Cucumber – ½ medium
- Kale – 1 cup
- Lemon – ½ fruit
- Spinach - 1 cup

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

Adding lemon juice to a beverage can help increase 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.

~GREEN FANTASY~  
JUICE RECIPE (FOR WEIGHT LOSS)



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# ~Green Fantasy~

## Juice Recipe (For Weight Loss)

Approx. 400ml

### Ingredients:

- Apples - 1 medium
- Celery - 2 stalk, large
- Cucumber – ½ medium
- Ginger Root – ½ thumb (1" dia)
- Kale – 2 cups
- Lemon (peeled) - ¼ fruit

### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

Adding lemon juice to a beverage can help increase 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.



# ~SUMMER FIRST LOVE~ JUICE RECIPE (FOR WEIGHT LOSS)



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# ~Summer First Love~

## Juice Recipe (For Weight Loss)

Approx. 450ml

### Ingredients:

- Beet Root - 1 beet (3" dia)
- Cabbage (red) - 2 leaves
- Carrots - 3 medium
- Lemon (peeled) - ½ fruit
- Orange (peeled) - 1 fruit
- Pineapple - ¼ fruit
- Spinach - 2 handfuls

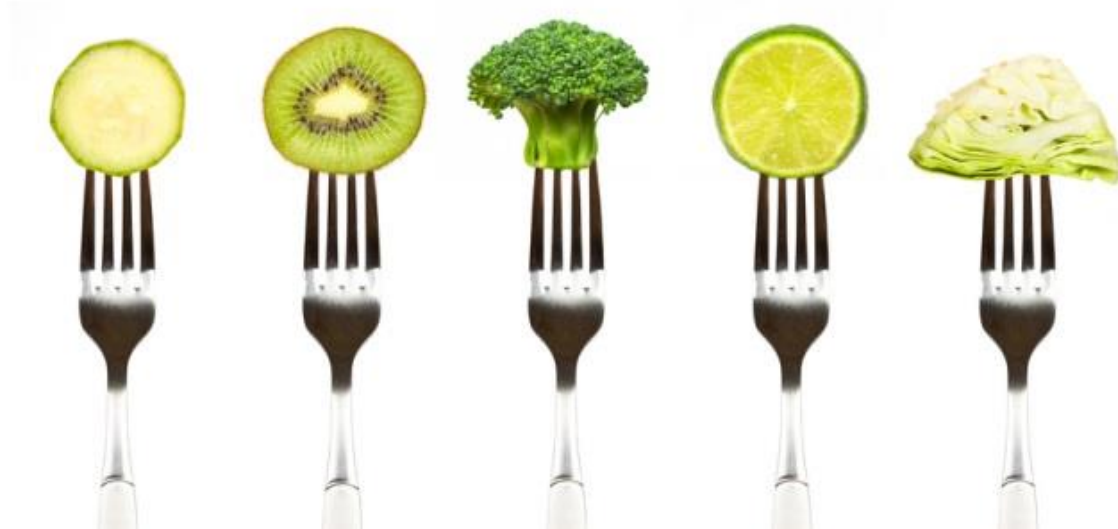
### Directions:

Place all ingredients into a juicer, blend well and serve immediately.

### Note:

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

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



I hope you feel inspired by the benefits of Juicing and feel inspired to prepare something nutritious and delicious for yourself or your loved ones!

I look forward to connecting with you more through my newsletter.  
Talk to you soon!

With Lots of Love!

Gladys Cheow

# We Love Your Juicing Tips and Testimonials

Sharing is caring

Experiences are the best teacher and our juicing experiences are amazing. Surely, you have your juicing story, too. Your experiences, your tips on juicing for health, your testimonials, and your recipes for healthy all-natural drinks would be very beneficial for our juicing community.

So join us and write in to us today!

