

# B/Well

## DETOX JUICE RECIPES



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## GUT REBOOT



## INGREDIENTS

- 1 fennel bulb
- 2 cucumbers
- 1/2 lemon
- 1 inch of ginger

Gut-friendly zesty refresher, thanks to the anethole, which relaxes the digestive tract and reduces bloating, gas, and cramping.



A top-down view of a glass filled with bright pink beet juice, which has a layer of fine bubbles on its surface. The glass is surrounded by fresh beets with their characteristic red and white striped stalks and large green leaves with prominent red veins. The background is a clean, white surface.

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## SWEET BEET GLOW

### INGREDIENTS

- 2 medium beets
- 1 apple
- 1-inch piece of ginger
- 1/2 cucumber

Juice the beets and ginger first, followed by the apple and cucumber for a naturally sweet and earthy juice





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## IMMUNITY BOOM

Appetizers

## INGREDIENTS

- 1 orange
- 1 grapefruit
- 1-inch piece of ginger
- 1/2 cucumber

Juice all the ingredients together. Serve immediately for a zesty immune-boosting drink.



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## PINEAPPLE CITRUS REFRESHER

### INGREDIENTS

- 1/2 pineapple
- 1 orange
- 1 grapefruit
- 1/2-inch piece of ginger

Combine all ingredients in the juicer for a tropical, tangy refreshment.



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## GREEN VITALITY ALKALIZER



## INGREDIENTS

- 1/2 bunch of kale
- 1 lemon
- 1 cucumber
- 1 green apple
- 1 inch piece of ginger

This anti-oxidant alkalizer is a staple during the week and especially after a night of indulgence and alcohol.



A close-up photograph of a glass filled with a vibrant red liquid, likely the elixir being advertised. The glass has a textured, ribbed appearance. In the background, there are blurred images of fresh fruit, including what appears to be a pineapple and some yellow fruit, possibly mango or pineapple chunks, in a white bowl.

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## BLOOD CLEANSER ELIXIR

\*MY FAMILY'S ABSOLUTE FAVORITE

## INGREDIENTS

- 1 pineapple
- 1 beets
- 1 cucumber
- 1 apple
- 1 inch piece of ginger

This anti-viral, anti-bacterial potent elixir is an immune boosting magic bullet and a bug zapping secret.



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## AUTUMN BLANKET



## INGREDIENTS

- 1 apple
- 1 pear
- 2 medium carrots
- 1 orange
- 1/2 inch piece of ginger
- a sprinkle of cinnamon on top

This warm embrace is exactly what we need on those dampish fall afternoons. Cinnamon helps reduce inflammation.



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## CURE-ALL GRANDMA'S RECIPE

### INGREDIENTS

- 16 ounces of warm or hot water
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- ½ teaspoon ground ginger
- ¼ teaspoon cinnamon
- 1 dash cayenne pepper
- 1 teaspoon raw, local honey (optional)

Warm the water. Mix all ingredients together.

Best served warm but drink at desired temperature.





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## NIGHTCAP



## INGREDIENTS

- 1 cup tart cherry juice (or 1 cup fresh cherries, pitted)
- 1/2 cucumber
- 1 kiwi (peeled)
- 1 small handful of spinach
- 1/2 lemon (peeled)
- 1 teaspoon raw honey (optional, for added sweetness)

Great sleep adjuvant, thanks to the melatonin and magnesium.



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## NIGHTCAP



## INGREDIENTS

- 1 bunch of dark grapes (like Concord grapes)
- 1/2 lemon to tame the sweetness

The best allied to support overall detoxification and resetting the body's elimination pathways and defense mechanism. Ideal also for juice fasting.

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