

## Antioxidant based inner-transformation Green Juice

### **Dr2bthin Recipe:**

- 2 green apples
- 2 ribs of celery
- Handful of parsley
- 1 capsicum
- 1/4 lemon
- 1/2 tsp flax seed

Add water, ice and blend it in the blender for thin light consistency.

**Antioxidants in Parsley:** Parsley is an excellent source of vitamin C, your body's primary water-soluble antioxidant. People that consume healthy levels of vitamin C in foods have reduced risk of a wide variety of diseases, including atherosclerosis, colon cancer, diabetes, and asthma.

**Celery:** Celery just 16 oz of fresh celery juice a day can transform your health and digestion in as little as one week. ... It helps to counteract acidosis, purify the bloodstream, aid in digestion, prevent migraines, relax the nerves, reduce blood pressure, & clear up skin problems.

### Instructions for consumption:

*1 glass in the morning empty stomach and 1 glass at 4 -5 pm.*

**ADD ALL INGREDIENTS IN A BLENDER AND ADD ICE IF DESIRED BRING TO DESIRED CONSISTENCY AND ENJOY.**

*If u have complex medical conditions please consult with your physician before consumption.*

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