

Go Natural's Recovery juice

Johan's favorite recovery juice recipe if and when your system is under pressure.

Ingredients:

1. 4 x Carrots
2. ½ x Beetroot
3. 1 x Spinach leaf
4. 1 x Garlic clove or a 5mm thick Ginger slice
5. A Handful of Barley, Oat or Wheat grass
6. 1 x Apple
7. ½ Lemon
8. 1 x Tbsp raw pasture reared cream/coconut oil

Preparation:

1. Juice the ingredients with a gear or auger juicer.

Note:

Fast speed juicers are inefficient (poor juice yield) in extracting juice and they oxidise and denature nutrients in the juice before it is consumed.

2. Stir in the cream.

“Cream added to carrot juice helps the body to convert carotene efficiently into vitamin A (retinol). This remedy is used with success in European clinics for the treatment of cancer, psoriasis and many other diseases. Use only the best quality cream you can find – preferably raw but never ultra pasteurised.” *NOURISING TRADITIONS, p 609, Sally Fallon*

Enjoy it &



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