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PREPARATION OF FRUIT AND VEGETABLES

Almost any type of fruit or vegetable can be made into juice. Use only the freshest fruit organically grown--if possible. Juice fresh fruits and vegetables as soon as possible. Long periods of storage can cause a loss of valuable vitamins. Fruit should be firm and juicy. Do not use over ripe or mushy fruit. Cut away brown spots on apples, pears, peaches, etc. and remove the stones. When juicing grapes, wash them and remove them from stems. Juice only seedless varieties.

Vegetables should be crisp and free from discoloration. Cut the tops off carrots and wash them before juicing. Never peel vegetables or fruits before juicing them. Much of their goodness lies just beneath the skin. Smaller pieces of fruit and vegetables usually contain more nutrient than larger varieties. This is probably because the smaller ones have a larger proportion of skin in relation to their flesh. A little lemon juice can be added to apple juice and celery juice to prevent discoloration.

Fresh juices should not come into contact with any metal except stainless steel. A chemical reaction may occur, especially with tin. For the same reason, use only bowls and jars made from plastic, glass, china, enamel, or earthenware. Most vegetable juices separate quickly and have a shorter shelf life than citrus juices. (Two days for most vegetable juices.)

All yields are based on extraction with the Automatic Model V-10. Most other vegetable extractors yield approximately one half of what the V-10 produces in extracting juice from most fruits and vegetables.

GENERAL POINTS ON JUICE

One cucumber will give quite a lot of juice in comparison with other vegetables. It is vastly improved by adding a little lemon juice and honey. Celery juice is rather strong, so it is best used with other juices. Use the leaves as well as the sticks of celery. Tomato juice combines well with yogurt. Grape juice or pineapple juice make delightful bases for fresh fruit salads. Add parsley or mint to carrot or tomato juice. Spinach juice can be added to other juices or whisked up with yogurt. Use small handfuls of leaves and stalks in the juice extractor. It is also rather strong, so it needs to be taken in combination with other juices. Watercress is very concentrated, so is best used in a mixture. Feed the washed stalks and leaves in small bunches into the juicer, adding a little water.

For normal juice drinking, for health and pleasure rather than therapy, a pint of juice a day is recommended.

OTHER REQUIRED ITEMS - UTENSILS

- 1 ea. Half Gallon Pitcher
- 1 ea. Quart Pitcher
- 1 ea. Butcher Knife
- 1 ea. Poly Cutting Board 18" x 18"
- 1 ea. Wire Whisk
- 1 ea. Measuring Cup Set
- 1 ea. Paring Knife

OPTIONAL

- 1 ea. High Powered Mixer

DRINKS THAT DON'T MIX

While so many fruits and vegetables complement each other and make delicious juices, there are some that do not go well together. Here is a list as a guide:

Grape juice should not be mixed with carrot juice.

Apricot juice should not be used with juice extracted from green vegetables, such as cabbage.

Blackberry juice should not be used with juice extracted from beetroot or the topes of beetroot.

Fig juice is incompatible with radish juice.

Citrus juices, such as grapefruit, orange or lemon, do not go with cabbage, watercress or turnip top juice.

Pear and tomato juices are incompatible.

Do not take prune juice with cabbage, watercress or onion juice.

There is no great danger in any of these combinations is taken, but they will probably upset the digestion and make life temporarily uncomfortable.

JUICE SUMMARY SHEET

PLU # PRODUCT	INGREDIENTS	8 oz.	16 oz.	32 oz.
Apple	Apples	8 oz.	16 oz.	32 oz.
Apple-Pear	Apples	5 oz.	10 oz.	20 oz.
	Pears	3 oz.	6 oz.	12 oz.
Cantaloupe	Cantaloupe	8 oz.	16 oz.	32 oz.
Sunshine	Apple	6 oz.	12 oz.	24 oz.
Lunch	Strawberry	2 oz.	4 oz.	8 oz.
Carrot	Carrots	8 oz.	16 oz.	32 oz.
Passion	Strawberry	2 oz.	4 oz.	8 oz.
Fruit	Banana	1 oz.	2 oz.	4 oz.
Pineapple		4 oz.	8 oz.	16 oz.
Orange		1 oz.	2 oz.	4 oz.
Bunny	Carrots	3.5 oz.	7 oz.	14 oz.
Delight	Cabbage	2 oz.	4 oz.	8 oz.
Celery		2.5 oz.	5 oz.	10 oz.
Lemon		1/4	1/2	1
Visual	Carrots	5 oz.	10 oz.	20 oz.
Sensation	Lettuce	3 oz.	6 oz.	11 oz.
	Lemon	1/4	1/2	1
Potassium	Spinach	1.5 oz.	3 oz.	6 oz.
Broth	Parsley	1 oz.	2 oz.	4 oz.
	Celery	2 oz.	4 oz.	8 oz.
	Carrots	3.5 oz.	7 oz.	14 oz.
Energy	Carrots	6 oz.	12 oz.	24 oz.
Shake	Parsley	2 oz.	4 oz.	8 oz.
Ultimate	Carrots	5 oz.	10 oz.	20 oz.
Bone	Parsley	2 oz.	4 oz.	8 oz.
Builder				
Blood	Carrots	4 oz.	8 oz.	16 oz.
Builder	Celery	3 oz.	6 oz.	12 oz.
	Beets	1 oz.	2 oz.	4 oz.

PLU #	PRODUCT	INGREDIENTS	8 OZ.	16 OZ.	32 OZ.
Morning Glory	Carrots Tomatoes Celery	2 oz. 4 oz. 2 oz.	4 oz. 8 oz. 4 oz.	8 oz. 16 oz. 8 oz.	
Blood Shot	Apples Orange Carrots	3 oz. 3 oz. 2 oz.	6 oz. 6 oz. 2 oz.	16 oz. 12 oz. 4 oz.	
Georgia Sunshine	Orange Carrots Apple Lemon	4 oz. 1.5 oz. 2 oz. 1/2	8 oz. 3 oz. 4 oz. 1	16 oz. 6 oz. 8 oz. 2 oz.	
Florida Cooler	Orange Lemon	7 oz. 3/4	14 oz. 1-1/2	28 oz. 4 oz.	
Pineapple Orange	Pineapple Orange	2 oz. 6 oz.	4 oz. 12 oz.	8 oz. 24 oz.	
Banana Orange	Orange Strawberry Banana	5 oz. 2 oz. 1 oz.	10 oz. 4 oz. 2 oz.	20 oz. 8 oz. 4 oz.	
Celery	Celery	8 oz.	16 oz.	32 oz.	
Pineapple	Pineapple	8 oz.	16 oz.	32 oz.	
Lemonade	Apples Lemon	7 oz. 3/4	14 oz. 1-1/2	28 oz. 14 oz.	
Grape	White Grapes Red Grapes	4 oz. 4 oz.	8 oz. 8 oz.	16 oz. 16 oz.	
Banana Orange	Banana Orange	1 6.5 oz.	2 12.5 oz.	4 24.5oz.	

TOP BLENDS

These are just a few of the more popular blends:

Apple-Banana with Lemon

Carrot-Apple

Carrot-Celery and Cucumber

Grape-Orange and Papaya

Grapefruit-Orange

Mixed Melon and Lime

Orange-Banana and Pineapple

Pear-Apple and Lemon

Pineapple-Grape

Pineapple-Orange

Strawberry-Banana

V-3 (Celery, Tomato and Carrot)

APPLE

Pre: Wash the apples. Cut into quarters or halves and feed into V-10 juicer -- Core and all. The apples do not need to be peeled.

Yields: One Pound of fruit equals approximately 10.56 ounces of juice.

Nutritional Information:

Apple juice contains vitamins C, B1, B2 and B6. It also contains Pectin, Tannic Acids, Carotene, Folic Acids, Phosphorous, Iron, Sodium Chloride, and the following minerals: Malic Acid, Niacin, Biotin, Potassium, Calcium, Magnesium, and Sulphur. One ounce of juice contains about 10 calories.

Major Benefits:

Apple juice provides bulk, aids digestion, flushes kidneys, helps skin, purifies blood, cleans the liver, controls digestive upsets, improves the appetite, protects blood vessels in lymph tubes, help cure diarrhea, and fights infections.

(SEEN NEXT PAGE FOR BLENDS)

APPLE
POSSIBLE BLENDS

Apple-Boysenberry

1 Part Apple

1 Part Boysenberry

Apple-Carrot

3 Parts Apple

5 Parts Carrot

Apple-Cranberry

2 Part Apple

1 Part Raspberry

Apple-Strawberry

1 Part Apple

1 Part Strawberry

APPLE

The following blends are referred to as SMOOTHIES and for best results should be mixed in a high-speed blender.

Apple Banana Strawberry

One part Apple
One part Banana
One part Strawberry

Apple Banana Coconut

One part Apple
One part Banana
One part Coconut

Party Drinks:

Four to six cups apple juice
1 teaspoons honey
One lemon and one orange
Six cloves
Four cinnamon sticks
Two cardamom pods
Pinch of nutmeg, allspice and ground cinnamon.
Cut lemon & orange into thin slices and place in jug.
Pour apple juice over them. Add honey and spices.
(all but the cinnamon sticks.) Cover and let stand for
one hour. Strain juice and serve hot in glasses
with cinnamon stick in each.

Summer Pick-Me-Up:

One half cup orange juice
One half cup apple juice
One teaspoon lime juice
Stir in tall glass and serve over ice.

APRICOT

Prep: Wash, slice, remove pit and feed into the V-10

Blends:

Apricot-Banana

1 Part Apricot

1 Part Banana

Apricot-Orange

1 Part Apricot

1 Part Orange

Apricot-Pineapple

1 Part Apricot

1 Part Pineapple

Major Benefits:

Good for the mucous membranes

Good for respiratory organs

Cleans the body

Helps those suffering from anemia, impure blood, asthma, catarrach, diarrhea and Gallstones.

Additional Benefits:

High Alkaline

Nutritional information:

Vitamin A, C, B

Pantothenic Acid

Folic Acid

Protein

Potassium

Iron

Beta Carotene

Lipids

ASPARAGUS

Prep: Rinse and feed into V-10

Yields: One pound of raw vegetable equals approximately 9.75 ounces of juice.

Blends:

Asparagus-Carrot Juice

1 Part Asparagus

2 Parts Carrot

Major Benefits:

Stimulates Kidneys

Helps tiny capillaries

Helps prevent kidney dysfunctions

Helps general Glandular trouble

Helps diabetes and anemia

Breaks up oxalic acids

Good for Rheumatism and neuritis

Good diuretic

Nutritional Information:

Rutin

Alkaloid (asparagine)

Potassium

Bioflavonoid

Vitamin C, A, B

Manganese

BANANA

Prep: Mix with other blends using a high powered blender.

Blends:

Banana-Orange and Pineapple

1 Part Banana
1 Part Orange
1 Part Pineapple

Banana-Apple with Lemon

1 Part Banana
1 Part Apple
1 Slice Lemon

Banana-Apricot

1 Part Banana
1 Part Strawberry

Banana-Orange and Strawberry

1 Part Banana
1 Part Orange
1 Part Strawberry

Major Benefits:

Bananas are a natural laxative. They are helpful for ulcers, colitis and kidney problems.

Nutritional Information:

Bananas contain Vitamin A, B, C and E. Bananas are an almost perfect food. A fully ripe large banana contains about 100 calories. It is very low in sodium, high in potassium, and quite high in eleven other minerals and six vitamins.

BEANS (GREEN)

Prep: Wash and feed into V-10

Yields: One pound of raw vegetables equals approximately 10.5 ounces of juice.

Major Benefits: Helps Rheumatism
 Helps Gout
 Helps decrease urinary output
 Helps liver and pancreas

Nutritional Information:

Vitamin A, B, C	Phosphorus
Chlorophyll	Cobalt
Calcium	Inositol
Carbohydrates	Copper

BEETS

Prep: Wash. Cut into halves or fourths and feed into V-10.

Yields: One pound of raw vegetable equals approximately 8.5 ounces of juice.

Blends:

Beets-Carrot

1 to 2 Parts Beet juice

4 Parts Carrot Juice

Beet-Carrot-Cucumber

2 Parts Beet

8 Parts Carrot

3 Cucumbers

Major Benefits:

Good for blood

Helps tone and build

Helps cancer patients

Helps cool the blood

Regulates digestive system

Easily digests carbohydrates

Builds red corpuscles

Helps menstrual discomfort

Very helpful during menopause

Nutritional Information:

Vitamin A, B, C

Potassium

Iron

Phosphorous

Calcium

Magnesium

Amino Acids

Sodium

BOYSENBERRY

Prep: Wash berries and feed into V-10

Blends:

Boysenberry-Apple
1 Part Boysenberry
1 Part Apple

BRUSSELS SPROUTS

Prep: Rinse and feed into V-10

Blends:

Brussels Sprout-Carrot-String Bean-Lettuce

1 Part Brussels Sprout juice

1 Part Carrot juice

1 Part String Bean juice

1 Part Lettuce juice

Major Benefits:

Benefits those with diabetes
Strengthens and regenerates insulin
properties which work in the pancreas

Additional Benefits:

1 Cup of raw brussels sprouts are equal to 100 mg. of vitamin C.

Nutritional Information:

High in Vitamin C

CABBAGE

Prep: Peel off outer leafage, cut in halves or fourths and feed into a V-10.

Yields: One pound of raw vegetable soaked in water equals approximately 11.2 ounces of juice.

Blends:

Cabbage-Carrot-Cucumber

1 Part Carrot juice
1 Part Cabbage juice
1 drop of Cucumber juice

Cabbage-Carrot-Lettuce

1 Part Cabbage
2 Parts Carrot
1 Part Lettuce

Major Benefits:

Cabbage is helpful for ulcers and infections. It boosts energy, improves chemical reactions, aids in tissue nutrition, improves nerve function, and increases metabolism of carbohydrates, prevention of anemia, and helps build blood cells.

Nutritional Information:

Vitamin U (Similar to Vitamin K)	
Sulfur	Iodine
Iron	Calcium
Phosphorus	Vitamin A, B1, B2
Magnesium	Copper
Chlorophyll	Protein

CANTALOUPE

Prep: Rinse melon, quarter and feed V-10.

Blends: Rocky Mountain Sunrise
One part cantaloupe
One part honeydew
One part watermelon
One part orange
One part pineapple

Cantaloupe Apple
One part cantaloupe
One part apple

Cantaloupe Strawberry Orange
One part cantaloupe
One part strawberry
One part orange

Nutritional Information:

Cantaloupe is a good source of Vitamin C. It is rich in Vitamin A. One half of a 5-inch melon contains about 80 calories.

CARROT

Prep: Wash. Cut tops off, (do not peel) feed into V-10.

Yields: One pound of vegetables equals approximately 6.6 ounces of juice.

Blends:

Carrot-Celery-Tomato and Basil

1 Part Carrot
1 Part Celery
1 Part Tomato
1 Part Basil - adds zing to juice

Carrot-Celery and Cucumber

1 Part Carrot
1 Part Celery
1 Part Cucumber

Carrot-Apple

5 Parts Carrot
3 Parts Apple

Carrot-Beet-Cucumber

8 Parts Carrot
2 Parts Beet
3 Parts Cucumber

Carrot-Celery-Spinach

7 Parts Carrot
5 Parts Celery
4 Parts Spinach

Carrot-Beet

1 Part Carrot
1 Part Beet

Carrot-Cabbage-Lettuce

8 Parts Carrot
4 Parts Cabbage
4 Parts Lettuce

CARROT

Major Benefits

Normalizes the ENTIRE system
 Promotes appetite
 Aids to digestion
 Improvement and maintenance of bone structure and teeth
 Enhances mother's milk
 Increases resistance to infections
 Prevents eye, throat, tonsil and sinus infections
 Taken during last months of pregnancy helps to
 reduce puerperal sepsis
 Promotes nervous system
 Helps skin tone and dermatitis

Additional Benefits:

One glass of carrot juice contains:

Vitamin C	15 mg.
Niacin	1.1 mg.
B1	.1 mg.
B2	.1 mg.
Potassium	635 mg.
Sodium	88 mg.
Iron	1.3 mg.
Phosphorous	67 mg.
Calcium	69 mg.
Carbohydrates	18 mg.
Protein	29
Calories	78

Cocktails:

Pineapple-Carrot Surprise

2 cups Pineapple juice
 One cup of carrots
 One ounce lemon juice
 Blend well & serve

Pick-Me-Up

One part Papaya
 One part Orange
 One part Carrot
 Blend with 1/2 cup yogurt. Add 1/2 cup more
 orange juice and ice. Blend at high speed.

CARROT

Mystery Drink

Juice from 8 Carrots
2 large Cucumbers
8 ounces Coconut juice
Blend well.

Carrot Sunflower Milk Whirl

3 cups carrot juice
3/4 cup Sunflower Seeds
Blend seeds on high speed until finely ground.
Add carrot juice, blend for few seconds. For
extra nourishment add 1 tbsp. lecithin liquid
when blending.

CELERY

Prep: Wash, chop off end and feed into V-10

Yields: One pound of vegetable equals approximately 28 ounces of juice.

Blends:

Celery-Tomato-Carrot (V-3)

1 Part Celery
1 Part Tomato
1 Part Carrot

Celery-Carrot-Cucumber

1 Part Celery
1 Part Carrot
1 Part Cucumber

Celery-Carrot-Spinach

5 Parts Celery
7 Parts Carrot
4 Parts Spinach

Major Benefits:

Celery juice is diuretic and serves as a laxative. It aids in the healing of wounds. It soothes nerves, helps break up gall stones, stimulates sex drive, helps arthritis, and helps dieters eat less.

Nutritional Information:

Celery contains Vitamins A, B, and C. It contains magnesium, iron, copper, calcium, sodium, manganese, iodine, potassium and phosphorous.

Cocktails:

Celery-Honey

8 ounces Celery Juice
1 tsp. honey
Blend well

COCONUT

Prep: Open the coconut by piercing the three dark colored eyes at the top of the nut with a screwdriver. Pour out and reserve the liquid inside. Remove the meat from the shell and feed it into the V-10 Juicer. Add some of the liquid that was saved from the coconut to the extracted juice.

Blends:

Coconut-Pineapple

1 Part Coconut

1 Part Pineapple

Coconut-Apple-Banana

1 Part Coconut

1 Part Apple

1 Part Banana

CUCUMBER

Prep: Wash well and feed into V-10 (cut if necessary).

Blends: Cucumber-Celery-Carrot
 1 Part Cucumber
 1 Part Celery
 1 Part Carrot

Cucumber-Beet-Carrot
 3 Parts Cucumber
 2 Parts Beet
 8 Parts Carrot

Major Benefits: Skin Tonic
 Treats rheumatic conditions
 Diuretic
 Stimulates urine
 Helps water retention
 Treatment of high/low blood pressure
 Helps dental problems
 Helps gum disease (Pyorrhea)
 Promotes flow of urine
 Helps prevent hair loss and nail splitting

Additional Benefits: 3 calories to an ounce.

Nutritional Information: Cucumber juice contains:

Vitamin A, B, C	Potassium
Sulfur	Silicon.

One large cucumber has about 45 calories.
 This is about three calories per ounce.

Blends: Cucumber-Carrot-Lettuce-Spinach
 1 Part Carrot juice
 1 Part Lettuce juice
 1 Part Spinach juice
 1 Part Cucumber juice

FIG

Major Benefits: Easily digested
Corrects Constipation

Nutritional Information:

Vitamin A, B, C
Manganese
Bromine
Protease

Iron
Calcium
Amylase

GRAPE

Prep: Wash, remove from vine (use scatter) and feed into V-10.

Yields: One pound white grapes and one pound red grapes equals approximately 16 ounces of juice. The juice will be quite thick. A good way to thin it is to blend in a small amount of prepared apple juice.

Blends:

Grape-Orange and Papaya

1 Part Grape

1 Part Orange

1 Part Papaya

Grape-Pineapple

1 Part Grape

1 Part Pineapple

Grape-Apple

1 Part Grape

1 Part Apple

Major Benefits:

Easily digested

Super energy source

Super mineral source

Healthy skin

Enhances normal bowel

Improves urinary flow

Fights blood disorders

Poor circulation

Skin disorder

Liver trouble

Nervous exhaustion

Rheumatism

Arthritis

Digestive disorder

Low blood pressure

Gun Disease (Pyorrhea)

Nutritional Information:

Vitamin A, B, C

Fermentable Sugar

Free Acids

Volatile Acid

Malic Acid

Water

Tannin

Organic Iron

GRAPEFRUIT

Prep: Load one-half case of grapefruit at a time keeping a close watch for any moldy fruit into the Automatic W-48 juicer.

Yields: Once case of #56 grapefruits equals 227 ounces.

Blends:

Grapefruit-Orange

1 Part Grapefruit

1 Part Orange

Grapefruit-Orange and Strawberry

1 Part Grapefruit

1 Part Orange

1 Part Strawberry

Major Benefits:

Aids digestion
 Promotes normal urine
 Purifies the blood
 Overcomes constipation
 Helps high blood pressure
 Helps sluggish liver, gall stones, arthritis,
 obesity, ailments of the respiratory tract.

Nutritional Information:

Citric Acid	Sugars
Pectin	Limonene
Pinen	Vitamin C, A, P
Calcium	Phosphorus

Cocktails:

Cranberry-Grapefruit Mix

Juice from 1 Grapefruit

Juice from 1/2 cup of Cranberries

1-1/2 cup of water

2 Tbs. Honey

Blend well.

HONEY DEW

Prep: Peel melon and cut into quarters and feed into the V-10 juicer.

Blends:

Melon Mix

1 Part Honey Dew

1 Part Cantaloupe

1 Part Watermelon

Melon Mix

One part honeydew

One part berry

Melon Lime

Eight part melon

One Part lime

Major Benefits: Assists in the elimination of uric acids.

LEMON

Prep: Juice lemons one case at a time in the Automatic Juicer.

Yields: 192 ounces pure lemon juice per case. This will make about 12 gallons of lemonade.

Blends: Add a few drops to most vegetable blends to intensify flavor.

Lemon Watermelon

1 Part Lemon

1 Part Watermelon

Major Benefits: Helps fever
Wards off scurvy
Flavors low-salt diets
Good for Skin

Rheumatism Mix with a pinch of powdered garlic and drink on an empty stomach.

Warts Steep rind in vinegar and rub on warts.

Corns Rub juice on corns.

Colds Drink straight or mixed.

Fever Lemon promotes perspiration and heating lemon helps to form salicylic acid, which is a pain killer.

Indigestion Lemon juice with a bit of salt taken after meals.

Dieting Mixing lemon juice with barley water and drink before meals.

Dry Skin Rub against scalp for dandruff.

Nutritional Information: Vitamin C
Calcium

LEMON**FRESH LEMONADE:**

40 ounces fresh lemon juice

3 cups sugar

2-1/2 gallons water

Mix 3 cups sugar with 1/2 gallon hot water until dissolved. Add fresh lemon juice and 2 gallons ice cold water. Stir, taste and bottle.

To make pink lemonade, add a small amount of red food coloring or beet juice. This recipe is easily doubled to make 5 gallons at a time.

LETTUCE

Prep: Wash and drain (do not soak in water) Cut into small chunks and feed into V-10 vegetable juicer.

Yields: One pound of raw vegetable equals about ten 1/2 ounces of juice.

Blends:

Lettuce-Carrot-Spinach

1 Part Lettuce juice
1 Part Carrot juice
1 Part Spinach juice

Lettuce-Cabbage

1 Part Lettuce
1 Part Cabbage
1 Part Carrot

Major Benefits: Helps functions of adrenal glands
Helps nervous coughs
Helps diabetes, asthma
Calms nerves
Restores fertility

Nutritional Information:

Iron	Asparagine
Magnesium	Lactucine
Calcium	Hyoscyamine
Iodine	Chlorophyll
Phosphorous	Sodium
Copper	Vitamin A,B,C,D,E
Cobalt	Potassium
Zinc	

MELON (Honey Dew)

Prep: Wash, slice and feed into V-10

Blends:

Melon-Lime
8 Parts Melon
1 Part Lime

Melon-Berry
1 Part Melon
1 Part Berry

Melon Juice and Lemon Juice
8 Parts Melon
1 Part Lemon

Major Benefits: Assists in elimination of uric acids.

Nutritional Information:

Sugar
Cellulose
Vitamin A, B1, C

ORANGE

Prep: Load one-half case of oranges at a time into the Automatic Juicer. Watch closely for any soft or moldy fruit and discard.

Yields: One case of fruit equals approximately 2 gallons of juice (256 ounces).

Blends:

Orange-Pineapple

2 Parts Orange
1 Part Pineapple

Orange-Banana and Pineapple

8 Parts Orange
4 Parts Pineapple
1 Part Banana

Orange-Grapefruit

1 Part Orange
1 Part Grapefruit

Orange-Grape and Papaya

2 Parts Orange
1 Part Grape
1 Part Papaya

Orange-Pineapple and Strawberry

8 Parts Orange
4 Parts Pineapple
4 Parts Strawberry

Orange-Strawberry

2 Parts Orange
1 Part Strawberry

Orange-Banana

4 Parts Orange
1 Part Banana

ORANGE

Blends:

Orange-Raspberry

1 Part Orange

1 Part Raspberry

Major Benefits:

Helps regulate bowel movements

Additional Benefits:

One orange contains 50 to 100 mg. of Vitamin C.

Water	90%	Carbohydrates	5.6%
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Acid	2.5%	Cellulose	.1%
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Protein	.7%		
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Nutritional Information:

Irons

Magnesium

Calcium

Phosphorous

Potassium

Sodium

Copper

Bromine

Zinc

Bioflavinoids

Manganese

Cocktails:

Orange Nectar

1/2 cup fresh Orange juice

2 soft Bananas

Put in blender along with:

3 tbs. Honey

1/4 tsp. Almond Extract

1 quart Milk

Blend until frothy.

Summer Pick Me Up

1/2 cup fresh Orange juice

1/2 cup fresh Apple juice

1 tsp. Lime juice

Stir over ice.

Honey/Fruit Punch

1 cup of Orange juice

1/2 cup of Lemon juice

1/2 cup of Pineapple juice

2 cups of Water

2 tsp. Honey

ORANGESummer Freshener

4 ounces of Pineapple juice
2 ounces of Orange juice
1 ounce of Papaya juice
1 ounce of Carrot juice
1 drop Lime juice

Stir and serve.

Thirst Quencher

1 cup of Apple juice
1 cup of Orange juice
1/2 cup of Carrot juice
1 rib of Celery
1/2 Banana
2 green leaves or Romaine Lettuce or Spinach
2 sprigs of Parsley

Blend until liquefied, add crushed ice and blend again.

PARSLEY

Yields: One pound of vegetable equals approximately 6.56 ounces juice.

Blends:

Parsley-Spinach-Carrot

2 Parts Spinach

2 Parts Carrot

1 Part Parsley

PAPAYA

Prep: Wash papayas and cut into quarters. Feed into the V-10 vegetable juicer.

Blends: Papaya-Grape and Orange

1 Part Papaya
1 Part Grape
2 Parts Orange

Papaya-Orange

1 Part Papaya
2 Parts Orange

Papaya-Banana and Strawberry

2 Parts Papaya
1 Part Banana
1 Part Strawberry

Papaya-Pineapple

1 Part Papaya
1 Part Pineapple

Papaya-Strawberry

1 Part Papaya
1 Part Strawberry

Major Benefits:

Maintains fertility, helps prevent blood clotting and helps correct intestinal disorders.

Nutritional Information:

The milky juice of all papayas contain an enzyme called papain, a common ingredient in meat tenderizers and highly prized by some as a remedy for indigestion. Papaya is a rich source of Vitamin A, C, as well as potassium. One half of a medium sized papaya has about 60 calories. It has protein, fibrin, caprin & arginine.

PEACHES

Prep: Peel the peaches, remove the stones, and cut into halves or quarters. Feed into the V-10 vegetable juicer.

Major Benefits: Helps constipation
Treats colitis

Blends:

Peach-Orange

1 Part Peach
1 Part Orange

Peach-Pineapple

1 Part Peach
1 Part Pineapple

Peach-Strawberry

1 Part Peach
1 Part Strawberry

Nutritional Information:

Vitamin A, C	Calcium
Thiamin	Iron
Riboflavin	Phosphorous
Niacin	Copper
Manganese	Chlorine
Inositol	Pantothenic Acid

PEARS

Prep: Wash, cut in halves or fourths, feed into V-10

Yields: One pound fresh fruit equals approximately 10.56 ounces of juice.

Blends:

Pear-Apple and Lemon

1 Part Pear

1 Part Apple

1 Squeeze of Lemon

Pear-Apple

1 Part Pear

1 Part Apple

Pear-Pineapple

1 Part Pear

1 Part Pineapple

Pear-Grape

1 Part Pear

1 Part Grape

Major Benefits: Helps digestive disorders
Helps constipation

Nutritional Information: Low in acid

PLUMS

Prep: Wash the plums, remove the pits and feed into the V-10 juicer.

Nutritional Information:

Plum juice contains Vitamins A, B, and P. It also has calcium, phosphorous, copper, manganese, benzoic acid, fruit sugars and cellulose.

Major Benefits:

Plum juice aids digestion.

Blends:

Plum-Apple

1 Part Plum

1 Part Apple

Plum-Peach

2 Parts Plum

1 Part Peach

Plum-Grape-Apples

1 Part Plum

1 Part Grape

1 Part Apple

PINEAPPLE

Prep: Peel and core the Pineapple. Cut it into spears and feed into the V-10 Fruit and vegetable juicer. The cores can also be juiced.

Yields: One pound of fruit equals approximately 9.12 ounces of juice.

Blends: Pineapple-Orange
2 Parts Pineapple
1 Part Orange

Pineapple-Banana and Orange
4 Parts Pineapple
8 Parts Orange
1 Part Banana

Blend Well.

Pineapple-Grape
1 Part Pineapple
1 Part Grape

Pineapple-Coconut
2 Parts Pineapple
1 Part Coconut

Major Benefits: Helps relieve sore throat pain
Helps dissolve mucus formations
Aids in kidney functions.

Additional Benefits: Citric and Malic Acids

Nutritional Information:

Bromelin	Vitamin C, A, B
Iodine	Magnesium
Potassium	Calcium
Phosphorous	Iron
Sulphur	

PINEAPPLE

Cocktails:

Pineapple-Carrot Surprise

2 cups Pineapple juice

Juice from 2 Carrots

1 ounce of lemon juice

Blend and serve.

Honey Fruit Punch

1 cup of Orange juice

1/2 cup of Lemon juice

1/2 cup of Pineapple juice

2 cups of Water

2 tsp. Honey

Mix, chill, serve.

POTATO

Prep: Wash, cut in halves or fourths and feed into V-10

Blends:

Potato-Carrot-Celery

1 Part Potato juice

1 Part Carrot juice

1 Part Celery juice

Major Benefits:

Useful for ulcers and gastritis

Easily digested

Good for the skin

Cleans System

Helps emphysema

Helps gout

Additional Benefits:

Water 75%

Protein 2%

Minerals 1.05%

Carbohydrates 22%

Lipids .14%

Nutritional Information:

Vitamin A, B, C, D, K

Carbohydrates

Potassium

Fats

Folic Acid

Protein

Chlorine

RADISH

Prep: Wash and feed into V-10

Blends:

Radish-Carrot

1 Part Radish juice

2 Parts Carrot juice

Mix well.

Major Benefits:

Helps restore tone of mucus membranes in the body if taken one hour after taking horseradish.

Nutritional Information:

Potassium

Sodium

Iron

Vitamin B,C,D,P

Iodine

Magnesium

RASPBERRY

Prep: Wash the raspberries and feed into the V-10 juicer.

Blends:

Raspberry-Apple

1 Part Raspberry

1 Part Apple

Raspberry-Orange

1 Part Raspberry

1 Part Orange

SPINACH

Prep: Wash the spinach and feed into the V-10 juicer.

Yields: One pound vegetable equals approximately 6.4 ounces juice.

Blends:

Spinach-Carrot-Beet

1 Part Spinach

1 Part Carrot

1 Part Beet

Spinach-Carrot-Celery

4 Parts Spinach

7 Parts Carrot

5 Parts Celery

Spinach-Carrot-Lettuce

1 Part Spinach

1 Part Carrot

1 Part Lettuce

Spinach-Carrot

1 Part Spinach

1 Part Carrot

Spinach-Carrot-Turnip-Watercress

2 Parts Spinach

2 Parts Carrot

1 Part Turnip

1 Part Watercress

Spinach-Celery-Lettuce

2 Parts Spinach

1 Part Celery

1 Part Lettuce

SPINACH

Major Benefits: Excellent for intestinal tract
 Corrects constipation
 Regenerates blood
 Helps Rheumatism
 Cleanses and heals lower bowels and entire intestinal tract
 Repairs essential damage first

Nutritional Information:

Vitamin A, B, C	Folic Acid
Sodium	Thiamin
Potassium	Iron
Phosphorous	Sulphur
Magnesium	Riboflavin
Manganese	Zinc
Copper	Iodine
Chlorophyll	Mucilage

Cocktails:

Spinach-Celery-Carrot
 2 cups of Spinach
 2 1/2 cups of Celery
 3 1/2 cups of Carrot

STRAWBERRY

Prep: Wash the strawberries and feed into the V-10 juicer.

Yields: One pound of fruit equals approximately 9.28 ounces of juice.

Blends: Strawberry-Banana
 1 Part Strawberry
 1 Part Banana

Blend well.

Strawberry-Orange
 1 Part Strawberry
 1 Part Orange

Strawberry-Watermelon
 1 Part Strawberry
 1 Part Watermelon

Major Benefits: Good for Anemia
 Good for Pellegma and Sprue
 Aids against disease
 Laxative
 Helps Skin
 Promotes normal metabolism of liver, endocrine glands and nervous system.
 Combats gout
 Helps lower blood pressure

Nutritional Information:

Vitamin C,A,B,E,K	Niacin
Thiamin	Riboflavin
Pantothenic Acid	Pyridoxine
Biotin	Calcium
Phosphorous	Iron
Potassium	Sulphur
Magnesium	Levulose

STRAWBERRY

Cocktails:

Strawberry Shaky

1 cup of Strawberry juice

1 cup of Orange juice

1 tbs. of Honey

Blend and service over ice.

TOMATO

Prep: Wash, cut in halves or quarters and feed into V-10.

Yields: One pound of vegetables equals approximately 10.56 ounces of juice.

Blends:

Tomato-Celery and Carrot (V-3)

1 Part Tomato

1 Part Celery

1 Part Carrot

Major Benefits:

Helps blood

Good for teeth and bones

Reduces hemorrhoids

Nutritional Information:

Calcium

Copper

Magnesium

Iron

Sulphur

Vitamin A, B, C

Iodine

Cocktails:

Carrot-Watercress-Turnip-Spinach

2 cups of Carrot juice

2 cups of Watercress juice

1 cup of Turnip juice

1 cup of Spinach juice

WATERCRESS

Prep: Wash the watercress and feed into the V-10 juicer.

Blends:

Watercress-Turnip-Spinach-Carrot

1 Part Watercress

1 Part Turnip

2 Parts Spinach

2 Parts Carrot

Watercress-Carrot-Turnip

1 Part Watercress

2 Parts Carrot

1 Part Turnip

Watercress-Carrot

1 Part Watercress

2 Parts Carrot

Major Benefits:

Intestinal cleaner

Increases oxygen in blood stream

Good for anemia, low blood pressure and underweight

Helps dissolve coagulated blood

Cleans blood

Helps clear lung and relieve emphysema

Helps Rheumatism

Nutritional Information:

Sulphur

Chlorine

Calcium

Magnesium

Phosphorous

Potassium

Sodium

Iron

WATERCRESS

Cocktails:

Watercress-Carrot-Parsley-Potato

1 cup of Watercress juice

2 cups of Carrot juice

1 cup of Parsley juice

1 cup of Potato juice

Mix well.

Watercress-Cucumber-Beet

1 cup of Watercress juice

2 cups of Cucumber juice

2 cups of Beet juice

Mix well.

WATERMELON

Prep: Cut the watermelon into chunks and feed into the V-10 juicer. The seeds can go in the juicer but not in the rind.

Blends:

Watermelon-Strawberry

1 Part Watermelon

1 Part Strawberry

Watermelon-Lemon

2 Parts Watermelon

1 Part Lemon

RECIPES FOR REMEDIES

The following ailments and juice formulas are listed as a guide for general information. They are not intended to be prescriptive. We recommend that all illness be treated by a physician, particularly one who is familiar with alternative healing methods.

ACNE

- | | | |
|----|---|-----------------|
| 1. | Carrot juice | 16 ounces daily |
| 2. | Carrot juice | 6 ounces |
| | Spinach juice | 6 ounces |
| | Lettuce juice | 4 ounces |
| | Mixture daily | |
| 3. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |
| | Mixture daily in divided doses | |
| 4. | Asparagus juice | 6 ounces daily |
| | If there is a problem of water retention as well. | |

ADDISON'S DISEASE

- | | | |
|----|---------------|----------|
| 1. | Celery juice | 7 ounces |
| | Lettuce juice | 5 ounces |
| | Spinach | 4 ounces |

ADENOIDS

- | | | |
|----|--------------|-----------|
| 1. | Carrot juice | 16 ounces |
|----|--------------|-----------|

ALLERGY

- | | | |
|----|-----------------|-----------|
| 1. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |
| 2. | Carrot juice | 8 ounces |
| | Beet Root juice | 8 ounces |
| 3. | Carrot juice | 8 ounces |
| | Potato juice | 8 ounces |
| 4. | Carrot juice | 12 ounces |
| | Celery juice | 4 ounces |

ANEMIA

- | | | |
|----|------------------|----------|
| 1. | Turnip-top juice | 4 ounces |
| | Carrot juice | 4 ounces |
| | Spinach juice | 4 ounces |
| | Watercress juice | 2 ounces |

ANTIBIOTIC THERAPY

Good bacteria as well as bad bacteria are destroyed during therapy. You must restore the gastric flora. Eat some yogurt daily. Drink 16 ounces of any of the following through the day.

- | | | |
|----|--------------|-----------|
| 1. | Apple juice | 16 ounces |
| 2. | Papaya juice | 16 ounces |

Walk a lot, take vitamin supplements, especially vitamin E.

- | | | |
|----|-----------------|-----------|
| 1. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |
| 2. | Carrot juice | 8 ounces |
| | Beet Root juice | 4 ounces |
| | Celery juice | 4 ounces |
| 3. | Pineapple juice | 8 ounces |
| | Papaya juice | 8 ounces |

ARTHRITIS

- | | | |
|----|--|-----------|
| 1. | Take up to two pines of celery juice daily plus one of the following combinations daily. | |
| 2. | Grapefruit juice | 16 ounces |
| 3. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |
| 4. | Carrot juice | 10 ounces |
| | Beet Root juice | 3 ounces |
| | Cucumber juice | 3 ounces |

ASTHMA

Try a number of different combinations of juices to see which combination is best for you. Avoid concentrated carbohydrates and any food that is mucus forming.

- | | | |
|----|--------------|-----------|
| 1. | Carrot juice | 11 ounces |
| | Radish juice | 5 ounces |
| 2. | Carrot juice | 10 ounces |
| | Celery juice | 6 ounces |

BILIOUSNESS

The failure of the body to produce enough bile to digest fats. Discontinue eating fried foods and stop drinking alcoholic beverages.

- | | | |
|----|-----------------|-----------|
| 1. | Cucumber juice | 4 ounces |
| | Carrot juice | 8 ounces |
| | Beet Root juice | 4 ounces |
| 2. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |

BLADDER TROUBLE

- | | | |
|----|----------------|-----------|
| 1. | Carrot juice | 10 ounces |
| | Beet juice | 3 ounces |
| | Cucumber juice | 3 ounces |
| 2. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |

BONES AND TEETH

For young and old there is a continuing need for calcium. Take a pint a day of any combination of the following:

Beet Root leaves	Cabbage
Celery	Turnip Tops
Watercress	

BRONCHITIS

If it is due to smoking, stop smoking! If the inflammation is due to excess mucus in the bronchial tubes, try the following:

- | | | |
|----|------------------------------------|-----------|
| 1. | Turnip juice | 10 ounces |
| | Lemon juice | 4 ounces |
| | Water | 2 ounces |
| 2. | To cut mucus from the throat area: | |
| | Pineapple juice | 8 ounces |
| 3. | To restore strength: | |
| | Carrot juice | 10 ounces |
| | Beet Root juice | 5 ounces |
| | Cucumber juice | 1 ounce |

CHRONIC CATARRH

May be due to cigarettes, or inability to digest milk or starches, or possibly an overweight condition.

- | | | |
|----|------------------|----------|
| 1. | Papaya juice | 8 ounces |
| | Pineapple juice | 4 ounces |
| | Grapefruit juice | 4 ounces |

COLDS

Vitamin C, vitamin A, bee propolis, hot lemon juice.

- | | | |
|----|----------------|-----------|
| 1. | Carrot juice | 12 ounces |
| | Radish juice | 4 ounces |
| 2. | Carrot juice | 7 ounces |
| | Celery juice | 6 ounces |
| | Radish juice | 3 ounces |
| 3. | Carrot juice | 9 ounces |
| | Beet juice | 3 ounces |
| | Cucumber juice | 4 ounces |
| 4. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |

COLIC

- | | | |
|----|----------------|-----------|
| 1. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |
| 2. | Carrot juice | 10 ounces |
| | Beet juice | 3 ounces |
| | Cucumber juice | 3 ounces |

Not all gas pains in the abdominal region are due to the retention of food wastes in the system or to improper food combining (such as protein plus concentrated carbohydrates). If you suspect a cause other than stated, please call your doctor.

COLITIS

Eat more unprocessed bran or bran cereal. Drink the juice of a lemon in a glass of hot water first thing after rising.

- | | | |
|----|-----------------|-----------|
| 1. | Apple juice | 10 ounces |
| | Carrot juice | 6 ounces |
| 2. | Beet Root juice | 8 ounces |
| | Carrot juice | 4 ounces |
| | Cucumber juice | 4 ounces |
| 3. | Papaya juice | 16 ounces |
| 4. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |

CONSTIPATION

Add unprocessed bran to your diet. Eat yogurt daily. Try some blackstrap molasses mixed with the yogurt.

- | | | |
|----|----------------|-----------|
| 1. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |
| 2. | Carrot juice | 8 ounces |
| | Apple juice | 8 ounces |
| 3. | Potato juice | 16 ounces |
| 4. | Carrot juice | 9 ounces |
| | Beet juice | 4 ounces |
| | Cucumber juice | 3 ounces |

CONVALESCENCE

All juicers are helpful, as such are exercise and fresh air. Try string beans, beet root or carrot.

DERMATITIS

Try applying some aloe vera juice directly to the irritation, or some avocado pulp or papaya juice and pulp, or some yogurt.

- | | | |
|----|--------------|----------|
| 1. | Carrot juice | 6 ounces |
| | Apple juice | 6 ounces |
| | Celery juice | 4 ounces |
| 2. | Carrot juice | 8 ounces |
| | Celery juice | 8 ounces |

DIABETES

Must be treated by a physician. Helpful juices are:

- | | | |
|----|-----------------------|----------|
| 1. | Brussels Sprout juice | 8 ounces |
| | String Bean juice | 8 ounces |
| 2. | Carrot juice | 6 ounces |
| | Lettuce juice | 4 ounces |
| | String Bean juice | 3 ounces |
| | Brussels Sprout juice | 3 ounces |

DIARRHEA

Persistent cases require a physician. If natural cleansing is called for, some of these will help.

- | | | |
|----|-----------------|----------|
| 1. | Beet Root juice | 8 ounces |
| | Cabbage juice | 8 ounces |
| 2. | Papaya juice | 8 ounces |
| | Pineapple juice | 8 ounces |

DYSENTERY

Treat as above, but replace the lost fluid by drinking at least four pints of any of the above or plain water.

DYSPEPSIA

See indigestion.

ECZEMA

Should be treated by a physician. Many causes, possibly hereditary. Often brought on by stress, sometimes due to diet or alcohol. Try a vegetarian diet for a while to see if it clears the condition.

- | | | |
|----|--------------------------------------|-----------|
| 1. | Spinach juice | 5 ounces |
| | Carrot juice | 11 ounces |
| 2. | Potato juice | 10 ounces |
| 3. | Carrot juice | 9 ounces |
| | Beet juice | 3 ounces |
| | Lettuce juice
(green leaves only) | 4 ounces |
| 4. | Papaya juice | 12 ounces |

EMPHYSEMA

Must be treated by a physician. Some patients report they have been helped by juice in conjunction with medical treatment.

- | | | |
|----|--------------|----------|
| 1. | Watercress | 6 ounces |
| 2. | Potato juice | 6 ounces |

ENURESIS

- | | | |
|----|-----------------|-----------|
| 1. | Carrot juice | 10 ounces |
| | Beet Root juice | 3 ounces |
| | Cucumber juice | 3 ounces |

EYES

All eye troubles should be dealt with by a physician. In cases of night-blindness brought about by a lack of vitamin A, the following will be useful.

- | | | |
|----|---------------|-----------|
| 1. | Carrot juice | 8 ounces |
| | Celery juice | 8 ounces |
| 2. | Papaya juice | 16 ounces |
| 3. | Carrot juice | 8 ounces |
| | Spinach juice | 2 ounces |
| | Celery juice | 6 ounces |

FATIGUE

If it is chronic, it can be an indication that the cells of the body are not getting the energy they need from the food you are eating. It is also possible that fatigue can be the precursor of the disease. Try rest, fresh air and plenty of raw juices. If the condition does not improve, see a physician.

- | | | |
|----|------------------|-----------|
| 1. | Grapefruit juice | 16 ounces |
| 2. | Orange juice | 16 ounces |
| 3. | Grapefruit juice | 8 ounces |
| | Lemon juice | 2 ounces |
| | Orange juice | 6 ounces |
| 4. | Carrot juice | 16 ounces |
| 5. | Spinach juice | 6 ounces |
| | Carrot juice | 10 ounces |
| 6. | Beet Root juice | 3 ounces |
| | Cucumber juice | 3 ounces |
| | Carrot juice | 10 ounces |
| 7. | Orange juice | 8 ounces |
| | Apple juice | 6 ounces |
| | Lettuce | 1 ounce |
| | Lemon juice | 1 ounce |

FEVER

It's not the bad thing most people think. It is the body's effort to burn out something that it wants to get rid of. Drink all the juices you can: citrus, celery, grape.

FRACTURES

To heal a broken bone, the body requires calcium and silicon as well as vitamin C and all the other nutrients.

- | | | |
|----|--------------|----------|
| 1. | Carrot juice | 8 ounces |
| | Milk | 8 ounces |

Also, have a doctor set the bone.

GALLSTONES

Require treatment by a physician. Avoid fatty foods, lose weight.

- | | | |
|----|-----------------|-----------|
| 1. | Apple juice | 10 ounces |
| | Celery juice | 6 ounces |
| 2. | Carrot juice | 10 ounces |
| | Cucumber juice | 3 ounces |
| | Beet Root juice | 3 ounces |
| 3. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |

GOITER

Should be treated by a physician. Usually caused by too little iodine in the diet. Add organic iodine to the diet with kelp, dulse or sea lettuce.

- | | | |
|----|------------------|-----------|
| 1. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |
| 2. | Carrot juice | 10 ounces |
| | Spinach juice | 4 ounces |
| | Watercress juice | 2 ounces |

GOUT

You can have an ounce or so of whiskey but no wine or beer. No anchovies, no sardines. Try a vegetarian diet for a month to see the results. At any rate, reduce all fats in the diet to zero for a while.

- | | | |
|----|----------------------|----------|
| 1. | String Bean juice | 6 ounces |
| | Drink this every day | |
| 2. | Carrot juice | 6 ounces |
| | Spinach juice | 6 ounces |

HEMORRHOIDS

Add unprocessed bran to your diet and see your doctor. Helpful juices include:

- | | | |
|----|------------------|-----------|
| 1. | Potato juice | 8 ounces |
| | Watercress juice | 8 ounces |
| 2. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |
| 3. | Turnip juice | 2 ounces |
| | Watercress juice | 2 ounces |
| | Carrot juice | 12 ounces |

HAIR LOSS

Usually it's a condition you can blame on your father or mother for not choosing parents who did not go bald.

- | | | |
|----|---------------|----------|
| 1. | Spinach juice | 8 ounces |
| | Lettuce juice | 8 ounces |

HAY FEVER

If it's the area you live in, move when the sneezes attack. The best cure is to avoid the substance that causes the outbreak. Failing that, try some of these juices:

- | | | |
|----|-----------------|----------|
| 1. | Celery juice | 8 ounces |
| | Carrot juice | 6 ounces |
| 2. | Beet Root juice | 6 ounces |
| | Cucumber juice | 4 ounces |
| | Carrot juice | 6 ounces |

HEADACHES

If headaches are persistent, it is best to consult a physician. If they are a result of diet, they may be prevented by a change of diet from refined foods to raw vegetables and increased grains. Add a cereal that's rich in unprocessed bran.

- | | | |
|----|-----------------|-----------|
| 1. | Cabbage juice | 12 ounces |
| | Celery juice | 4 ounces |
| 2. | Carrot juice | 8 ounces |
| | Beet Root juice | 4 ounces |
| | Cucumber juice | 4 ounces |
| 3. | Cabbage juice | 10 ounces |
| | Beet Root juice | 6 ounces |

INDIGESTION

If chronic, see your physician. Can come from improper food combining, or not enough acid in the stomach. There are two acid conditions in the stomach: one is hydrochloric acid that is necessary for the digestion of food, and the other is putrefactive acid that is the result of incomplete digestion. Frequently it is a lack of hydrochloric acid that leads to what is called, erroneously, an acid condition. Try different juices to see if you can find one that will help your condition.

- | | | |
|----|-----------------|-----------|
| 1. | Cabbage juice | 16 ounces |
| 2. | Papaya juice | 16 ounces |
| 3. | Carrot juice | 10 ounces |
| | Beet Root juice | 3 ounces |
| | Cucumber juice | 3 ounces |
| 4. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |
| 5. | Pineapple juice | 16 ounces |
| 6. | Tomato juice | 16 ounces |
| 7. | Carrot juice | 7 ounces |
| | Beet Root juice | 6 ounces |
| | Lettuce juice | 3 ounces |

INFLUENZA

Call in a physician. Prevention is the best medicine. Winter can be hazardous to your health unless you build up your resistance all supplements all year long.

- | | | |
|----|--------------|----------|
| 1. | Carrot juice | 8 ounces |
| | Celery juice | 8 ounces |
| 2. | Carrot juice | 8 ounces |
| | Celery juice | 5 ounces |
| | Radish juice | 3 ounces |

KIDNEYS

Need sufficient fluid every day. Water is important and so is juice, particularly the following:

- | | | |
|----|-----------------|----------|
| 1. | Celery juice | 6 ounces |
| | Beet Root juice | 6 ounces |
| | Cucumber juice | 4 ounces |
| 2. | Carrot juice | 8 ounces |
| | Beet Root juice | 4 ounces |
| | Celery juice | 4 ounces |

LARYNGITIS

Don't strain to talk. It is important not to put extra stress on the larynx. Take some lemon juice in water and use it as a gargle. Sip some honey. Chew on a mixture of onion, garlic and apple-cider vinegar.

- | | | |
|----|-----------------|-----------|
| 1. | Pineapple juice | 8 ounces |
| | Carrot juice | 8 ounces |
| 2. | Pineapple juice | 16 ounces |
| 3. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |
| 4. | Carrot juice | 10 ounces |
| | Cucumber juice | 3 ounces |
| | Beet Root juice | 3 ounces |
| 5. | Apple juice | 8 ounces |
| | Carrot juice | 8 ounces |

LIVER PROBLEMS

Can be caused by too much alcohol, wine or beer, or a diet of highly concentrated sugar, starch, fats and meat, and not enough raw vegetables and fruit. Also the B-complex vitamins may be in short supply. Use supplements and drink juice.

- | | | |
|----|--------------|-----------|
| 1. | Apple juice | 16 ounces |
| 2. | Carrot juice | 8 ounces |
| | Celery juice | 8 ounces |

LOW BLOOD PRESSURES

See a physician. You need more vital foods in your diet.

- | | | |
|----|-----------------|-----------|
| 1. | Carrot juice | 10 ounces |
| | Spinach juice | 6 ounces |
| 2. | Spinach juice | 6 ounces |
| | Beet Root juice | 10 ounces |

MENSTRUATION, EXCESSIVE

Iron is needed. Organic iron is the best choice. Try a supplement of organic iron, vitamin C, vitamin A, vitamin D, and copper.

- | | | |
|----|---------------|----------|
| 1. | Cabbage juice | 8 ounces |
| | Lettuce juice | 8 ounces |

MENOPAUSE

- | | | |
|----|-----------------|----------|
| 1. | Carrot juice | 8 ounces |
| | Spinach juice | 8 ounces |
| 2. | Carrot juice | 6 ounces |
| | Turnip juice | 3 ounces |
| | Beet Root juice | 3 ounces |
| | Lettuce juice | 4 ounces |

MUCUS MEMBRANE (DRY)

Supplement with vitamin A, zinc gluconate, vitamin B2.

- | | | |
|----|-----------------|----------|
| 1. | Carrot juice | 8 ounces |
| | Celery juice | 8 ounces |
| 2. | Carrot juice | 8 ounces |
| | Pineapple juice | 4 ounces |
| | Papaya juice | 4 ounces |
| 3. | Carrot juice | 5 ounces |
| | Beet Root juice | 5 ounces |
| | Cucumber juice | 5 ounces |
| | Lemon juice | 1 ounce |

NERVOUSNESS

Can be caused by organic alkaline shortage, and many other problems. If it is caused by a dietary deficiency, try these:

- | | | |
|----|------------------------|-----------|
| 1. | Brussels Sprout juice | 4 ounces |
| | String Bean juice | 3 ounces |
| 2. | Carrot juice | 10 ounces |
| | Beet Root juice | 3 ounces |
| | Cucumber juice | 3 ounces |
| 3. | Carrot juice | 10 ounces |
| | Celery juice with tops | 6 ounces |

PEPTIC; DUODENAL; AND GASTRIC ULCERS

See your physician and try:

- | | | |
|----|-----------------|-----------|
| 1. | Cabbage juice | 16 ounces |
| 2. | Cabbage juice | 8 ounces |
| | Carrot juice | 8 ounces |
| 3. | Pineapple juice | 8 ounces |
| | Papaya juice | 8 ounces |
| 4. | Potato juice | 16 ounces |

PROSTATE TROUBLE

Some nutritionists recommend zinc gluconate and pumpkin seed oil. See your physician.

- | | | |
|----|-----------------|-----------|
| 1. | Lettuce juice | 5 ounces |
| | Asparagus juice | 5 ounces |
| | Carrot juice | 6 ounces |
| 2. | Beet Root juice | 16 ounces |
| 3. | Carrot juice | 8 ounces |
| | Beet juice | 4 ounces |
| | Cucumber juice | 4 ounces |
| 4. | Spinach juice | 8 ounces |
| | Carrot juice | 8 ounces |

RHEUMATISM

Build strength and wash out waste material.

- | | | |
|----|------------------|-----------|
| 1. | Beet Root juice | 8 ounces |
| | Watercress juice | 4 ounces |
| | Cucumber juice | 4 ounces |
| 2. | Celery juice | 5 ounces |
| | Cucumber juice | 5 ounces |
| | Carrot juice | 11 ounces |
| 3. | Celery juice | 8 ounces |
| | Carrot juice | 8 ounces |

SEXUAL DRIVE, WEAKENED

Nutritionists recommend vitamin E, honey and bee pollen. Herbalists like damiana, dong qui, and ginseng tea.

- | | | |
|----|-----------------|-----------|
| 1. | Beet Root juice | 16 ounces |
| 2. | Celery juice | 16 ounces |
| 3. | Carrot juice | 8 ounces |
| | Beet Root juice | 4 ounces |
| | Cucumber juice | 4 ounces |

SINUS

- | | | |
|----|--------------------------|----------|
| 1. | Carrot juice | 8 ounces |
| | Radish juice with leaves | 4 ounces |
| | Pineapple juice | 4 ounces |
| 2. | Carrot juice | 8 ounces |
| | Papaya juice | 8 ounces |

SKIN BLEMISHES

Vitamin A, Zinc Gluconate, PH balanced soap, balanced diet.

- | | | |
|----|-----------------|-----------|
| 1. | Apple juice | 12 ounces |
| 2. | Beet Root juice | 12 ounces |
| 3. | Cabbage juice | 6 ounces |
| | Carrot juice | 10 ounces |

Varicosity (Caused by Constipation)

Add bran to your diet. Eat whole grains. Eat one container of yogurt daily.

- | | | |
|----|------------------|-----------|
| 1. | Apple juice | 12 ounces |
| 2. | Asparagus juice | 2 ounces |
| | Potato juice | 12 ounces |
| 3. | Carrot juice | 8 ounces |
| | Spinach juice | 4 ounces |
| | Turnip juice | 2 ounces |
| | Watercress juice | 2 ounces |

WATER RETENTION

There are many causes, and you should see your physician. Juices with diuretic properties can be useful.

- | | | |
|----|-----------------|-----------|
| 1. | Asparagus juice | 6 ounces |
| 2. | Celery juice | 16 ounces |
| 3. | Cucumber juice | 8 ounces |
| | Celery juice | 8 ounces |