



Juice Recipes to Cleanse the Liver

Each recipe makes approximately 1 pint.

Recipe #1

Juice	Amount	Comments
Green apple	1 cup	Contains malic acid, which purifies the bile
Parsley	2 Tbsp	Bitter, purifying herb that is rich in Vitamins A & K
Lemon	½ lemon	Promotes general cleansing and prevents gallstones
Water	¾ cup	Reduces sugar concentration

Recipe #2

Juice	Amount	Comments
Pineapple	1 cup	Contains bromelain, which helps to break down protein
Cucumber, peeled*	1 cup	Cooling vegetable that contains phytosterols that regulate cholesterol production

*If the cucumber is unwaxed, the peels may be included in the juice. If cucumber creates gassiness, try seeding it prior to juicing.

Recipe #3

Juice	Amount	Comments
Beet greens	½ cup	Bitter, purifying vegetable that is rich in carotenes
Beet root	½ cup	Rich in trace minerals; thins the bile which makes it easier for the liver to detoxify
Celery	½ cup	Supports the adrenal glands, which takes stress off the liver when trying to control blood sugar
Lemon	½ lemon	Promotes general cleansing and prevents gallstones
Water	¼ cup	Reduces sugar concentration

Recipe #4

Juice	Amount	Comments
Red Cabbage	¾ cup	Contains I3C, which helps the liver to detoxify hormones
Spinach	¼ cup	Contains Lutein, an antioxidant that protects the liver and helps to detoxify foreign chemicals (such as estrogen from plastic) that may be congested in the liver
Chard	¼ cup	Bitter, purifying vegetable that is also rich in Lutein
Raspberry Leaf Tea	¾ cup, iced	Reduces sugar concentration and helps to balance hormones

Recipe #5

Juice	Amount	Comments
Carrot	1 cup	Rich in Vitamin A, a nutrient abundantly found in liver; Vitamin A also encourages proper maturation of cells
Ginger	2" peeled	Warming herb, aids digestion
Peppermint tea	1 cup, iced	Stimulates relaxation and aids digestion; traditionally used as an herbal aid for liver support