

HolisticHealthHerbalist.com's

Ultimate Acne Cleanse

101 Juice Recipes for
Health, Happiness, and
Clear Skin!



See Results in Just 3 Days!

101 Juice Recipes for Health, Happiness, and Clear Skin!

Introduction

Hey there, and welcome to my mini crash course on juicing for radiant clear skin!

This course will teach you the fundamentals of juicing for health and cleansing to achieve the best results possible... and the best part is, you're going to see a world of difference after just THREE days on my secret regimen.

So who am I?

I'm just a normal person, like you, who has suffered from acne. I began breaking out in 7th grade and continued to break out worse and worse until about a year and a half ago. I truly know how painful and frustrating it is to deal with acne and spent years taking acne medications and buying every product I could find that claimed to "cure" acne. Nothing worked.

After over 10 years of failed cures and spiraling health, I had finally had enough! I could hardly get out of bed anymore. That's when I decided to take matters into my own hands. I started doing my own research and experimentation. What I found was that an all natural, holistic approach offered the most drastic results. Within 3 months I was completely clear! It wasn't just a little space of time...but permanent! Instead of every inch of my face being irritated, bumpy, and covered in inflamed acne, I had smooth skin for the first time in a decade!

So how did I accomplish this? This free e-book is going to teach you how to kick-start your journey to clear skin using this secret 3 day acne cleanse.



What are the Benefits of Juicing?

Juicing allows for the maximum absorption of vitamins, minerals, and live enzymes from fresh fruits, vegetables, sprouts, and grasses. When the fiber is removed from fresh produce through the process of juicing, your body is able to get large amounts of pure nutrients in the highest absorbable form possible.

How do you get more nutrients? Simple. Just imagine trying to eat all the produce that goes into making a juice. It's much easier to drink 8 apples than it is to sit down and eat

them.

Drinking fresh juices, even just once a day, will greatly improve the quality of your skin as well as a few other health issues such as weight loss, various physical illnesses, and even stress and fatigue. You'll notice higher amounts of energy, better sleep, and of course get a kick-start to saying goodbye to acne for good!

What Juicer do I get for this Cleanse?

To tell you the truth, you don't even have to have a juicer to make the recipes in this book. If you have a blender or a food processor and a nut milk bag, you'll be able to make all 101 juice recipes. All you really need to get is the nut milk bag which can be found at most health food stores or online. You might even be able to use a few layers of cheesecloth in a pinch.

As for the juicers I recommend, don't worry about spending tons of money. You really don't need to for just 3 days of cleansing.

A nice simple juicer to pick up would be the Jack Lalanne Juicer. It usually runs about \$100.00 on Amazon.com and works just fine. You can even get the little personal juicers like the Magic Bullet for about \$68.

If you're really serious about juicing then you might want to check out these bad boys:

- Hurom Slow Juicer (my favorite)
- Breville Juicer
- Green Star Juicer
- Omega Juicer

Each of these juicers will last for years and work exceptionally well. You really can't go wrong with any of them if you plan on making juicing a regular part of your health routine. Also note that the above list is more of a guideline. Every juicer that comes up under these brands will be great, but you definitely don't need to buy expensive juicers like these to achieve the same results.

About the Recipes

All of the recipes in this book can be altered any way you like.

- If it tastes too green, add more fruit like apples, pineapple, or pears.

- Not enough juice? Add coconut water or juice more “juicy” fruits and vegetables like apples or cucumbers.
- Don’t have all of the ingredients? That’s okay! You can invent your own!
- Feel too cold eating and drinking so much raw food? Try adding ginger or cayenne to your juices to stay warm.
- If you make your own, make sure to include one **flavor superstar** to your mix like granny smith apples, ginger, Italian parsley, garlic, or cilantro. These guys have big flavors that will make any juice taste great!

The possibilities are endless! So have fun creating your own.

How to use a blender or food processor for making juice:

You may find that some of these recipes might not have enough liquid to blend properly in these machines unless you add some yourself. I recommend either adding fresh spring water or coconut water to recipes little by little until they blend smoothly.

Next, you will want to strain it. Do so by pouring the “smoothie” into a nut milk bag and squeeze out as much liquid as possible into a bowl.

This achieves the same result as juicing and works out your arms at the same time!

I don’t recommend adding any spices like cayenne to your juice until AFTER you have strained it.

The Acne Cleanse Action Plan

To prepare for the *juicing* part of this cleanse, you will need:

- A juicer, a blender, or a food processor
- 1 or 2 nut milk bags
- A large bowl or other container for straining juice
- Lots and lots of fresh ripe produce (choose some recipes to follow below)
- A committed mindset!! (You can do this if you put your mind to it!)
- Grab a few lemons too for your morning lemon water

To prepare for the *meals* part of this cleanse you will need:

Salad Ingredients (6 servings)-

- 6 heads of romaine lettuce
- 1 pint of ripe cherry tomatoes

- 6 persian cucumbers
- 3 avocados
- 1 bunch fresh cilantro
- 2 bunches green onions
- Hemp seeds
- Sour Kraut or Kim Chi
- Alfalfa Sprouts if desired

These ingredients are for my favorite daily salad and can be added to or omitted to your liking.

Salad Preparation-

- Chop 1 head of romaine as thinly as possible and fluff into a large salad bowl
- Finely chop some of the fresh cilantro
- Thinly slice 2 persian cucumbers
- Dice ½ and avocado
- Slice in half one handful cherry tomatoes
- Thinly chop 2-3 green onions
- 1-2 TBS raw sour kraut
- 1 TBS raw hemp seeds, or chopped nuts of your choice if you're feeling like you need more protein



Toss all ingredients together thoroughly.

Dressing (1-2 servings)-

- ¼ cup good olive oil
- 2 or more TBS Balsamic vinegar to taste
- Freshly cracked black pepper
- A pinch of Himalayan salt or sea salt
- 1 tsp freshly ground Herbs de Provence
- 1 small clove of garlic finely chopped if desired

Dressing Preparation-

- Grind the herbs and mix all of the ingredients together. Taste and change to your liking and drizzle over the salad.

This is my favorite salad to make at home because it's absolutely delicious!

I highly encourage you to try and eat 2 of these a day while eating lots of fresh fruits and vegetables and drinking fresh juices in between.

Whole organic fruits and vegetables-

These are what I like to snack on all day in between my salads and juices.

- Carrots
- Apples
- Berries
- Melons
- Citrus

Teas-

I recommend drinking Skin Detox by Yogi Tea. It tastes pleasant and will help speed up the process. You can find it at most health food stores.

Change it up! These are just examples of what I like to eat on this 3 day cleanse.

First Thing in the Morning

Lemon Water-

½ fresh squeezed lemon into 8oz of spring water. You don't want to be drinking any tap water during this cleanse.

Upon waking, make a fresh 8oz glass of lemon water and drink it down. You don't have to guzzle it, just try to drink it within about 15 min. It's actually quite refreshing and will get things flowing.

You should have to have a bowel movement within the hour of having your lemon water. If not, you might actually be dehydrated so try drinking another glass if you desire.

If you want an extra kick, try adding 1-2 tsp of Bragg's raw apple cider vinegar to 8oz of spring water instead. Raw apple cider vinegar is very cleansing and great for getting rid of acne!

First Juice-

Choose whichever juice listed in this book to start your day. My favorite is the pineapple orange juice.

All organic fruits and vegetables are jam packed with nutrients! Drinking them in the form of freshly pressed juice feeds, hydrates, and nourishes every cell in your body, allowing them to function properly and more efficiently.

Snacks-

Eat as much fresh chopped fruit and vegetables as you desire. I recommend eating apples the most due to their detoxifying qualities. Pectin in apples is known to pull toxins from the body.

Lunch

Make another big salad or make sure you've packed one for work or school. Feel free to have coconut water, coconut kefir, or kombucha if you need a beverage to go along with it.

Juice-

Have another fresh juice of your choice. If you need to pack one, try getting a blender ball cup. These are really handy when you need to shake up your juice!

Snacks-

Eat lots more produce like carrot sticks or pieces of juicy melon. The idea here is to eat as CLEAN as possible! The cleaner you eat, the faster your acne will clear. So while I know it's hard not to eat that peanut butter or ranch dressing with those carrot sticks, try not to!

Feel free to drink more coconut water or fresh lemon water. Maybe have a mug of Skin Detox tea.

Dinner-

Make another huge salad. Add other ingredients like sliced red bell pepper, shaved carrot, or chopped strawberries for some variety. You can even concoct your own dressing. Just make sure your ingredients are pure.

Drink more coconut water or fresh lemon water.

Dessert-

Make a delicious fruity juice or even a smoothie to change things up a bit (most of these



recipes can be made into smoothies too! Again, if it tastes too green for you, add more fruit!)

Here's a **simple fruit salad recipe**:

- 2 or more large bananas chopped into fourths
- 1 or more cups fresh berries or your choice

Preparation-

- Chop the bananas and place in a bowl
- Blend the berries until smooth and pour over the chopped bananas
- Eat as much as you want!

You can blend any fruit for this to top the bananas. You actually don't even need to use bananas as the base for this recipe! I've used chopped mango, strawberries (with pureed bananas), pineapple, and peaches with delicious results.

Repeat all of these steps each day for 3-5 days.

What to Expect

This cleanse is designed to last for 3-5 days and can be altered to suit your needs. If you're a definite beginner, include a lot of solid raw foods every day. If you're experienced, you can cleanse by juicing only. It's all up to you! The more experienced you become, the clearer you'll get! But please make sure to listen to your body during this cleanse, if you feel woozy, add some protein like nuts and seeds or even a very small amount of grass fed meat.

Also note that during this cleanse you might experience more breakouts. Don't worry! This is normal and does not last long! This simply means that the cleanse is really getting out those toxins, which is exactly what you want to happen. You may need to do this cleanse a few times to get full results depending on the severity of your acne, current health, and immune system functionality, so don't fret!

You'll find that eating cleanly gives you the best results!

And now...

On to the Recipes!

Feel free to drink as many juices per day as you like! Some recipes call for the use of both a juicer and a blender. This is only for textural purposes and does not need to be done.

For recipes that contain garlic, be sure to strain the juice through a strainer that is specifically for “smelly” juices. This is why I recommend having 2 nut milk bags. You can also try using a stainless steel mesh strainer as well.

For juices that contain cayenne, be sure to add a small amount first! You don’t want to accidentally ruin your juice! Also stir in the cayenne AFTER your juice has been strained.

Why are all of these juices strained?

All of the juices in this book are strained so that their absorbability is the highest possible. You can also drink more juice when there is less fiber in the way.

This is in no way saying that fiber is bad! Fiber is essential for proper digestion. If you are ONLY juicing, feel free to drink the juices unstrained if you desire. If you are eating salads along with the juices, you can strain them. It’s really up to you!

Also note that some recipes are for certain ailments or interests such as head ache, bone strength, or immunity boosters. These were added for those who might experience detox symptoms or for those interested in knowing what juices can be used for. These are just for fun, taste great, and can be consumed at any time!

So without further ado...



1. Radiance Juice

Ingredients-

- 5-7 Honeycrisp Apples (or any sweet apple)
- Juice of 2-3 Lemons or Limes
- 5-6 Stalks of fresh Celery
- 1 Cucumber
- Half Head of Romaine
- 1 Head of Dino Kale or any Kale of your choice

Preparation-

Chop up your ingredients for easy juicing and juice! Pour through a fine strainer and enjoy.

2. Orange, Basil, and Spinach Juice

Ingredients-

- 1 Pint of Fresh Squeezed Orange Juice
- 1 Cup Fresh Spinach
- 1/2 -1 Cup of fresh Basil or Cilantro

Preparation-

Juice the oranges and pour into a blender. Add the basil and spinach and blend until smooth. Strain.

3. Green Grape Juice

Ingredients-

- 1 lb of ripe Green or Red Grapes
- 1 bunch of Kale

Preparation-

Juice the ingredients, strain, and enjoy!

4. Rainbow Juice

Ingredients-

- 5-6 Ripe Tomatoes
- 3-4 stalks of Celery
- 1 small Bunch of Carrots
- 1 Bunch of Parsley
- 1 Large handful of Spinach
- 1-2 Beets
- 1 Handful of Romaine
- 1 small bunch of Watercress (this is spicy, so it's optional)

Preparation-

Chop the ingredients and juice! Pour through a strainer and enjoy!

5. Holy Watermelon Juice

Ingredients-

- 1 large ripe Watermelon
- 1 handful of Holy Basil or Italian Basil

Preparation-

Chill the watermelon for a few hours. Chop into pieces and juice with the holy or Italian basil. Strain and enjoy!

6. Watermelon Refresher

Ingredients-

- 1 large chilled Watermelon
- 1 handful of fresh Mint

Preparation-

Juice and strain the chilled watermelon juice. Pour of freshly bruised mint leaves and enjoy!

7. Strawberry, Apple, Cherry Juice

Ingredients-

- 5 large sweet Apples
- 1-2 cups frozen or fresh Cherries (allow to thaw if frozen)
- 1 pint fresh Strawberries

Preparation-

Cut up the apples into pieces and remove tops from the strawberries. Add all of the ingredients to a blender and blend until smooth. Strain and enjoy!

8. Pineapple Orange Juice

Ingredients-

- 2 cups freshly squeezed Orange Juice
- 1 cup chilled Pineapple

Preparation-

Blend together until smooth and enjoy! This is one of my all time favorite breakfast juices!

9. Pineapple Strawberry Apple Orange Juice

Ingredients-

- 1 cup fresh Pineapple
- 1 cup fresh Strawberries
- 1 cup chopped Honeycrisp or Pink Lady Apples
- 1 cup of fresh Orange Juice

Preparation-

Blend all ingredients together until smooth. Strain and enjoy!

10. Basic Green Juice

Ingredients-

- 1 bunch of Kale, Collards, Chard, or a combination
- ½ bunch of Italian Parsley
- 2-3 stalks of Celery
- 1 Honeycrisp or Pink Lady Apple
- The juice from ½ a Lemon

Preparation-

Juice, strain, and enjoy!

11. Pineapple Spice

Ingredients-

- 1 1/2 cups fresh Pineapple
- 2 ripe Pears
- 1 inch of fresh Ginger Root

Preparation-

Run all the ingredients through a juicer. Strain, and pour over ice if desired.

12. Tangy Green

Ingredients-

- 1 small bunch of Kale
- 1 bunch of fresh Cilantro

- 1 cup of fresh Pineapple
- 2 juicy Limes

Preparation-

Juice all ingredients and strain.

13. Ruby Red

Ingredients-

- 1 Beet
- 1 ½ cups of Pineapple
- ½- 1 pint of Strawberries
- 1 inch of Ginger Root

Preparation-

Juice and strain!

14. Glowing Skin Saver

Ingredients-

- ½ cup chopped Radishes
- 6-7 cups fresh Green or Red Grapes
- ½ bunch of Watercress or a few leaves of Kale
- 1 Cucumber
- 1 inch of Ginger Root

Preparation-

Juice, strain, and feel the glow!

15. Cooling Mint Cucumber

Ingredients-

- 2 Cucumbers
- 2-3 stalks of Celery
- 1 small handful of fresh Mint
- 2 juicy Limes

Preparation-

Juice, strain, and pour over fresh bruised mint leaves and ice.

16. Apple Grape Lemonade

Ingredients-

- 4 large Apples
- 2-3 cups fresh Green or Red Grapes
- The juice of ½-1 Lemon

Preparation-

Juice, strain, and pour over ice.

17. Watermelon Cantaloupe Goodness

Ingredients-

- 1 Cantaloupe
- 1 small Watermelon

Preparation-

Chill the watermelon and cantaloupe and cut into chunks. Blend until smooth and frothy. Strain and enjoy!

18. Cherry Peach Passion

Ingredients-

- 2 cups fresh or frozen Cherries
- 2 fresh ripe Peaches
- 1 Pear
- 1 Passion Fruit

Preparation-

Blend until smooth and strain.

19. Grapefruit Orange Lemon

Ingredients-

- 1-2 juicy Ruby Grapefruit
- 4 Oranges
- 1 Lemon

Preparation-

Juice, strain, and pour over ice and bruised mint leaves.

20. Apple-ade

Ingredients-

- 4 sweet Apples
- 1 Lemon

Juice and enjoy as is poured over ice!

21. Mango Pear

Ingredients-

- 2 fragrant Mangos
- 4 Pears

Preparation-

Juice, strain, and enjoy!

22. Orange Peach

Ingredients-

- 2 cups fresh squeezed Orange Juice
- 2 Peaches

Preparation-

Blend until smooth and drink as is!

23. Apricot Mango Blush

Ingredients-

- 6-8 Apricots
- 2 fragrant Mangos
- 3 Juiced Oranges

Preparation-

Blend until smooth and strain.

24. Bone Builder

Ingredients-

- 1 small bunch of Kale
- 1 handful of Italian Parsley
- 4-6 Carrots
- 2 Apples
- 1 Green Bell Pepper

Chop ingredients, juice, and strain.

25. Savory and Spice

Ingredients-

- 4-6 Carrots
- 2 Apples
- 1 handful of Italian Parsley
- 1-2 small cloves of Garlic
- 1 inch of Ginger Root

Preparation-

Juice the garlic first followed by the ginger to reduce odor. Juice the rest of the ingredients and strain through a sieve (otherwise your nut milk bag will forever-more smell like garlic!).

26. Body Cleanser

Ingredients-

- 4-6 Carrots
- 2 Apples
- 2-3 stalks of Celery
- ½-1 Beet
- ½ cup of Wheatgrass or Italian Parsley

Preparation-

Juice the wheatgrass first followed by the carrot to prevent clogging the juicer. Juice the rest of the ingredients and strain.

27. Pink Sunrise

Ingredients-

- 2 cups of fresh or frozen Raspberries

- 2 Juiced Ruby Red Grapefruits

Preparation-

Blend and enjoy!

28. Apple Tart

Ingredients-

- 4 sweet Apples
- 1 ½ cups fresh Cranberries
- 1-2 Juiced Oranges

Preparation-

Juice, strain, and enjoy!

29. Cooling Cucumber

Ingredients-

- 2 large ripe Tomatoes
- 1-2 Cucumbers
- 3 stalks of Celery

Preparation-

Juice, strain, and pour over ice.

30. Digest Ease

Ingredients-

- 4-6 Kiwis
- 2 cups fresh Pineapple
- 1 small handful of Mint
- ½ inch of Ginger Root

Preparation-

Juice the ginger and kiwis first and then the rest of the ingredients. Strain and enjoy!

31. Pineapple Herb

Ingredients-

- 2 cups fresh Pineapple
- 1 small handful of Italian Parsley
- ½ inch of Ginger Root

Preparation-

Juice, strain, and pour over ice.

32. Got Enzymes?

Ingredients-

- 3-4 Juiced Oranges
- ½ fresh Papaya
- 2 cups fresh Pineapple
- 1 Mango
- 1 ripe Banana

Preparation-

Blend until smooth and strain.

33. The Real V8 II

Ingredients-

- 2 ripe Tomatoes
- 3-4 Carrots
- 2 stalks of Celery
- 2 Radishes
- 2 sweet Apples
- ½-1 cup Broccoli
- 1 Cucumber
- ½ Green Bell Pepper

Preparation-

Juice, strain, and pour over ice.

34. Apple Fennel

Ingredients-

- 1 bulb of Fennel
- 3-4 Honeycrisp or Pink Lady Apples

- 2-3 stalks of Celery

Preparation-

Juice, strain, and enjoy!

35. Sparkling Soulshine

Ingredients-

- 2 cups Green or Red Grapes
- ½-1 Juiced Lemon
- 2-3 Juiced Oranges
- 4-6 oz chilled Sparkling Water

Preparation-

Juice the ingredients, strain and mix with the chilled sparkling water.

36. Sparkling Ginger Ale

Ingredients-

- 2-3 Granny Smith Apples
- ¼ Juiced Lemon
- ½ inch of Ginger Root
- 4-6 oz Sparkling Water

Preparation-

Juice, strain, and stir in chilled the sparkling water.

37. Green Machine

Ingredients-

- 4 granny Smith Apples
- 3 Leaves of Kale
- 1 large handful of fresh Spinach
- 1 handful of Italian Parsley or Wheatgrass

Preparation-

Juice the wheatgrass and/or parsley first followed by the other ingredients. Strain and enjoy!

38. Fruit Power

Ingredients-

- 2 Juiced Oranges
- 2 cups of fresh Pineapple
- 1 cup fresh Strawberries
- 1 banana

Preparation-

Blend until smooth and strain if desired.

39. Veggie Power

Ingredients-

- 2 Pink Lady Apples
- 4-6 Carrots
- 1 handful of Italian Parsley
- ½ of Ginger Root
- 2 cloves of Garlic

Preparation-

Juice the garlic and ginger first followed by the other ingredients. Strain through a sieve and enjoy!

40. Iron Pumper

Ingredients-

- 2 sweet Apples
- 1 large Beet
- 3 leaves of Kale
- 1/3 cup of Broccoli
- 4-6 Carrots

Preparation-

Juice, strain and enjoy!

41. Strawberry Melon

Ingredients-

- 1 large ripe Cantaloupe
- 1 pint of fresh Strawberries

Preparation-

Juice, strain, and enjoy one of my favorite juices!

42. Liver Recharge

Ingredients-

- 3 Apples of any variety
- 1 large Beet

Preparation-

Juice and strain.

43. Knock a Cold

Ingredients-

- 3-4 Granny Smith Apples (you can use sweet apples if you prefer)
- 1 inch of Ginger Root
- 1 Juiced Lemon
- 1 small handful of Watercress
- Small dash of Cayenne Pepper

Preparation-

Juice the watercress first followed by the other ingredients. Strain and then stir in a small dash of cayenne pepper.

44. Liver Tonic Juice

Ingredients-

- 4 Radishes
- 1 Beet
- 4 Carrots
- 2 Apples of any variety

Preparation-

Juice, strain, and enjoy the tonic benefits of this juice.

45. Green Machine II

Ingredients-

- 4-6 Kiwis
- 1 handful fresh Mint
- 2-3 Granny Smith Apples
- A squeeze of Lime

Preparation-

Juice the mint first followed by the kiwis and apples. Strain, pour into glass with a squeeze of fresh lime.

46. Pineapple Ginger Blast

Ingredients-

- 2-3 cups fresh Pineapple
- ½ inch Ginger Root
- ¼ Juiced Lemon

Preparation-

Juice the ginger first followed by the lemon and pineapple. Strain and enjoy over ice!

47. Potassium Quincher

Ingredients-

- 4-6 Carrots
- 1 handful of fresh Italian Parsley
- 3 stalks of Celery
- 2 ripe Tomatoes
- 1 large handful of Spinach

Preparation-

Juice the parsley and spinach by pushing them through the juicer with a carrot to prevent clogging. Juice the rest of the ingredients and strain.

48. Fruit Punch

Ingredients-

- 2 ripe Peaches
- 4 Juiced Oranges
- ½ Papaya

Preparation-

Juice, strain, and enjoy! I can seriously drink this all day!

49. Bone Builder II

Ingredients-

- ½ head of Red Cabbage
- 3 leaves of Kale
- 1 red Bell Pepper
- 3 Red Apples

Preparation-

Juice the cabbage and kale first followed by the other ingredients. Strain and enjoy!

50. Spicy Tomato

Ingredients-

- 4-5 ripe Tomatoes
- 2 -3 Red Bell Peppers
- A small dash of Cayenne Pepper

Preparation-

Juice, strain, pour into a glass and stir in a small dash a cayenne pepper to taste.

51. Crimson Pepper

Ingredients-

- 2-3 Red Bell Peppers
- Half a head of Celery
- 1 clove of Garlic
- ¼ inch piece of a Hot Pepper or dash of Cayenne
- 2 cups fresh Orange Juice

Preparation-

Juice the garlic first, followed by the other ingredients. Strain and enjoy this savory juice!

52. Tummy Tamer

Ingredients-

- 3 Pink Lady Apples
- ½ a bulb of Fennel

- 1 small handful of fresh Mint
- ½ inch of Ginger Root

Preparation-

Juice, strain, and feel better!

53. Tension Headache Be Gone!

Ingredients-

- 3 Granny Smith Apples
- 2 stalks of Celery

Preparation-

Juice, Strain, enjoy!

54. Green Paradise Juice

Ingredients-

- 2 sweet Apples
- 3 leaves of Kale
- ½ a bunch of fresh Cilantro
- 1 cup of fresh Spinach
- 2 Carrots
- 1 large Cucumber

Preparation-

Juice all ingredients and strain!

55. Mean Green

Ingredients-

- 4 Carrots
- 2 cloves of Garlic
- 1 bunch of Kale
- 3-4 stalks of Celery
- 1 ripe Tomato
- 2 Granny Smith Apples

Preparation-

Run through the juicer and strain.

56. Rise and Shine Juice

Ingredients-

- 2 Cucumbers
- 1 bunch of Celery
- 1 bunch of Italian Parsley
- 2 Granny Smith Apples
- 2 cups of fresh Spinach
- 1 juicy Lime
- 1 juicy Lemon
- ½-1 inch of Ginger Root

Preparation-

This is another favorite of mine! Just juice, strain, and feel energized for the day!

57. Immunity Boost

Ingredients-

- 3-4 Carrots
- 1 sweet Apple
- Juice of half a Lemon
- 2 cloves of Garlic
- ¼-½ inch of Ginger Root
- 1 handful Italian Parsley
- 1 handful fresh Cilantro

Preparation-

Juice, strain, and drink up to help prevent colds or to shorten their duration.

58. Mojito Style

Ingredients-

- 1 whole head Romaine Lettuce
- 3 large Cucumbers
- 1 juicy Lime
- ½ handful fresh Mint
- 2 Pears

Preparation-

Juice, strain, and enjoy with breakfast.

59. Zen Mind

Ingredients-

- 3 large Cucumbers
- 3-4 leaves of Kale
- 1 Lemon
- 3-4 stalks of Celery
- 2-3 cups fresh Pineapple

Preparation-

Juice and strain!

60. Sparkling Blood Orange

Ingredients-

- 6 Blood Oranges
- 3-4 Tangerines
- Sparkling Water

Preparation-

Juice the citrus, pour into glasses about 2/3 of the way up, and top off with chilled sparkling water.

61. Green Lemonade

Ingredients-

- ½ juiced Lemon
- 2 cups of Spinach
- 1 Cucumber
- 2 Granny Smith Apples

Preparation-

Juice and strain.

62. Cucumber-Pear

Ingredients-

- 1 Pear
- 1 inch of Ginger Root
- 1 Cucumber
- 3 stalks of Celery

Preparation-

Run through a juicer and strain!

63. Pineapple Green Juice

Ingredients-

- 1 head of Romaine
- 1 cup Spinach
- 3-4 cups of Pineapple

Preparation-

Juice the spinach first followed by the other ingredients. Enjoy!

64. Citrus Blaster

Ingredients-

- 3 Carrots
- 2 Oranges
- 1 Grapefruit
- ½ inch of Ginger Root

Preparation-

Juice, strain, and have with breakfast!

65. The Grass is Greener

Ingredients-

- 2 oz Wheatgrass Juice
- 1 Cucumber
- 2 Granny Smith Apples
- 1 Lemon
- ½ inch of Ginger Root
- 1 bunch of Kale

- 1 bunch of Spinach
- ½ bunch of Italian Parsley
- 5-6 stalks of Celery

Preparation-

Juice the parsley, spinach, and ginger first followed by the other ingredients. Strain and enjoy this super green juice!

66. Green Sprout Juice

Ingredients-

- 1 large handful of fresh or homegrown Sprouts (ex: sunflower, mung bean, alfalfa..etc!)
- 5 leaves of Kale
- ½ bunch of Italian Parsley
- 1 large Cucumber
- 4 stalks of Celery
- 4 sweet Apples
- 1 Lemon

Preparation-

Juice, strain, and reap the benefits of freshly juiced sprouts!

67. Citrus Melon

Ingredients-

- 1 small Watermelon
- 2 sweet Apples
- 2 Oranges
- 1 small handful of fresh Mint

Preparation-

Juice, strain, and pour over ice if desired.

68. Green and Clean

Ingredients-

- ½ bunch of Dandelion Greens
- 3 Carrots
- 1 large Cucumber

- ½ a juiced Lemon

Preparation-

Juice, strain, and drink up! This juice is great for cleansing the liver

69. Green Grapefruit

Ingredients-

- 1-2 Grapefruits
- ½ bunch of Kale
- 1 large handful of Spinach
- 2 Carrots

Preparation-

This juice is great when you're feeling a cold coming on. Juice, strain, and enjoy!

70. Green Energy

Ingredients-

- 3 sweet Apples
- 1 Lemon
- ½ inch of Ginger Root
- 1 handful Mustard Greens
- 2 cups Pineapple
- 2 Cucumbers

Preparation-

Enjoy this juice when you're feeling burnt out for a quick boost! Juice and strain!

71. Green Earth Juice

Ingredients-

- 1 handful Spinach
- 3 cups fresh Pineapple
- 7 leaves of Kale
- 1 stalks of Fennel

Preparation-

Juice, strain, and enjoy this earthy juice!

72. In a Hurry Green Juice

Ingredients-

- 2 sweet Apples
- 1 huge Handful of Spinach
- 3 stalks of Celery

Preparation-

Juice, strain, and head out the door!

73. Mixed Berry Watermelon Juice

Ingredients-

- 5-6 cups fresh Watermelon
- 3-4 cups mixed Berries
- 1 Lemon

Preparation-

Blend until smooth and strain!

74. Cucumber Mojito

Ingredients-

- 2 large Cucumbers
- 1-2 juicy Limes
- 1 small handful of fresh Mint

Preparation-

Juice, strain, and pour over ice with a dash of sparkling water.

75. Get Hydrated

Ingredients-

- 5 cups Watermelon
- 1 Myer Lemon
- ½ inch of Ginger Root

Preparation-

Blend until smooth and strain.

76. Summer Sweet

Ingredients-

- 2 Peaches
- 2 cups of ripe Cherries
- 2 cups of ripe Strawberries
- 4 Pink Lady Apples

Preparation-

Blend until smooth, strain, and enjoy!

77. Inflammation-less Juice

Ingredients-

- 5 Oranges
- 1 Grapefruit
- 1/2 inch fresh Turmeric
- 1 inch of Ginger Root

Preparation-

Juice, strain, and enjoy! This juice is especially great for acne and other unbalanced inflammation. Be careful when juicing Turmeric! It stains everything, so be sure to strain this juice using a sieve.

78. Green Melon Juice

Ingredients-

- 5 cups Watermelon with the rind
- 1 juicy Lemon
- 1/2 Cucumber
- 1/2 fresh Turmeric
- 1/2 inch of Ginger Root
- 1 bunch of Italian Parsley

Preparation-

Juice and strain through a sieve so that other strainers don't become strained by the turmeric.

79. Lung Tonic Juice

Ingredients-

- 1 head of Celery
- 4 Pink Lady Apples
- 1 juicy Lime
- 1 juicy Lemon
- 1 inch of Ginger Root
- 1 bunch of Watercress

Preparation-

Juice and strain. This juice will clear your lungs in no time flat!

80. Get Hydrated II

Ingredients-

- Water from 1 Young Coconut
- 1 handful of Spinach
- 1 handful of Cilantro
- 1 small handful of fresh Mint

Preparation-

Blend until smooth and creamy. Strain and enjoy!

81. Morning Green Juice

Ingredients-

- Water from one Young Coconut
- 1/2 Cucumber
- 2 stalks of Celery
- 2 Cups of fresh Pineapple
- 1 small handful of Cilantro

Preparation-

Blend, strain and enjoy!

82. Tropical Green Juice

Ingredients-

- 3 cups Pineapple
- ½ ripe Papaya
- 2 Kiwis
- 5 leaves of Kale
- 1 large Cucumber
- 3 cups Watermelon
- 1 Lime

Preparation-

Juice, strain, and enjoy!

83. Green Mango Juice

Ingredients-

- Water from 1 Young Coconut
- 1 ripe Mango
- ½ head of Romain
- 1 Cucumber
- 2 Pears
- 5 leaves of Kale

Preparation-

Run all ingredients through a juicer and strain well.

84. Green Goodness

Ingredients-

- 3-4 stalks of Celery
- 2 Pears
- ½ Cucumber
- 1 small head of Romaine
- 1 oz Wheatgrass Juice
- 6 stalks of Kale
- 2 handfuls of Spinach
- Water of 1 Young Coconut
- 2 Honeycrisp or Pink Lady Apples

Preparation-

Juice all ingredients except the coconut water and strain.

85. Green Goddess Juice

Ingredients-

- 1 sweet Apple
- 1 Pear
- 1 bunch of Italian Parsley
- 2 stalks of Celery
- 2 Cucumbers
- 2 handfuls of Spinach
- 1 inch of Ginger Root
- ½ ripe Papaya

Preparation-

Juice and strain!

86. Green Apple Juice

Ingredients-

- 3 Granny Smith Apples
- ½ Cucumber
- 1 handful Romaine
- 1 oz Wheatgrass Juice
- 2 stalks of Celery
- 2 handfuls of Spinach
- 5 stalks of Kale
- Water from 1 Young Coconut
- 1 juicy Lemon

Preparation-

Juice all of the ingredients except the coconut water and strain.

87. Skin Detox Juice

Ingredients-

- 2 sweet Apples
- 1 Beet
- 1 juicy Orange
- ½ juicy Lemon

Preparation-

Juice, strain and enjoy!

88. Anti-oxidant Juice

Ingredients-

- 1 Beet
- 5 Carrots
- 2 juicy Oranges
- 1 small handful of fresh Mint

Preparation-

Juice the mint first followed by the other ingredients. Strain and enjoy!

89. Fruit Punch

Ingredients-

- 3 cups fresh Pineapple
- 1 large fragrant Mango
- ½ small Watermelon
- Water from 1 Young Coconut

Preparation-

Blend until smooth and strain.

90. Murasaki Juice

Ingredients-

- 3 cups ripe Red Grapes
- 2 cups ripe Blueberries
- ¼-½ Red Cabbage
- 3-4 stalks of Celery
- Water from 1 Young Coconut

Preparation-

Juice all ingredients except the coconut water and strain.

91. Strawberry Orange Juice

Ingredients-

- 1 pint of Strawberries
- 1 large Pear
- 2 cups fresh Orange Juice

Preparation-

Blend ingredients until smooth and strain.

92. Green Delight

Ingredients-

- 1 Granny Smith Apple
- ½ Cucumber
- ¼ green Cabbage
- 1 large handful fresh Spinach

Preparation-

This juice is great for a snack. Simply juice and strain.

93. Digest Better Juice

Ingredients-

- 1 bulb of Fennel
- ½ inch of Ginger Root
- 1 small handful of fresh Mint
- 1 Granny Smith Apple
- ½ Cucumber

Preparation-

Juice the mint first followed by the other ingredients. Strain.

94. Get Grounded Juice

Ingredients-

- ¼ head of green Cabbage
- 3-4 stalks of Celery
- 1 large Cucumber
- 2 cups fresh Spinach
- 2 sweet Apples

- a squeeze of Lime

Preparation-

Juice the spinach first followed by the other ingredients. Strain and enjoy!

95. Spicy Cantaloupe

Ingredients-

- 1 Cantaloupe
- 1 inch Ginger Root

Preparation-

Juice, strain and enjoy!

96. Cucumber Cooler II

Ingredients-

- 2 large Cucumbers
- 1 small handful of fresh Mint
- ½ juicy Lemon
- Water from 1 Young Coconut

Preparation-

Juice all ingredients except the coconut water, strain and enjoy!

97. Pear Carrot Jicama Juice

Ingredients-

- 1 ½ cups chopped Jicama
- 2 Pears
- 3 Carrots
- ¼ inch Ginger Root
- A dash of Cayenne to taste

Preparation-

Juice, strain, and add a dash of Cayenne.

98. Favorite Morning Juice

Ingredients-

- 1 large juicy Pink Grapefruit
- 1 Pink Lady Apple
- 4 Carrots
- ½ Ginger Root
- ½ a juicy Lemon

Preparation-

Juice all ingredients and strain.

99. Minty Grapefruit

Ingredients-

- 3 large Grapefruit
- 1 small handful fresh Mint

Preparation-

Juice the mint first and then the grapefruit. Strain and enjoy this delicious refreshing drink.

100. Skin Detox II

Ingredients-

- 1 large Cucumber
- 3 cups Pineapple
- Water from 1 Young Coconut
- A dash of Aloe Vera juice

Preparation-

Juice all ingredients except the coconut water. Strain and enjoy! Feel free to add a hint of mint if desired.

101. Super Green Apple

Ingredients-

- 5-6 large Granny Smith Apples
- 10-20 Chlorella Tablets

Preparation-

Juice the apples and then blend the resulting apple juice with the chlorella tablets until smooth.

The Cleanse is Over, Now What?

You made it! CONGRATS!

So you may be wondering what to do now that the cleanse is over. Not to worry!

It's now up to you to keep eating as clean as you can.

- If you did juice only for the cleanse, start eating small amounts of fresh fruits and vegetables to get back into eating solids.
- If you had solids during the cleanse like salads and whole fruits, keep eating them!

Start adding other foods to your diet like pure nut butters, whole grains, and grass fed meats. If you consume dairy, try to stick with cultured grass fed butters, organic grass fed milks, and aged grass fed cheeses. Stay away from the mass produced stuff! Orange cheese is NOT normal!

Keep up the clean diet and maybe do the cleanse again sometime in the future.

I hope that you enjoyed these recipes as much as I do!

I look forward to seeing you around Holistichealthherbalist.com and would love to hear back from you guys who have completed this 3 days cleanse on the [HolisticHealthHerbalist](https://www.facebook.com/HolisticHealthHerbalist) Facebook page!

Thank you SO MUCH for taking your first step toward acne free skin!

Love and Light,

Tash



