

Let's Go Shopping

Where possible, choose fresh, local and organic produce that is in season. Items with an asterisk (*) should be organic or not used at all when juicing because you are absorbing the nutrition, as well as any remaining pesticide residue, directly to your blood stream without the protection of the fiber to assist in pulling the toxins through the body with less detriment. Furthermore, organic crops contained significantly more vitamin C, iron, magnesium, and phosphorus and significantly less nitrates than conventional crops. Always wash your produce with warm water and Apple Cider Vinegar or GSE (Grapefruit Seed Extract).

Fresh Foods to Juice:

| | | | |
|------------------|------------|----------|--------------|
| alfalfa sprouts* | carrots* | kiwi | pineapple |
| apples* | celery* | lemon | radishes |
| asparagus | chard* | lettuce* | spinach* |
| beetroot | cilantro* | limes | sweet potato |
| beet greens* | cucumber* | mint | tangerine |
| bell pepper* | dandelion* | onion | tomatoes |
| berries* | garlic | orange | turmeric |
| burdock root | ginger | papaya | watercress |
| broccoli | grapes* | parsley | watermelon |
| cabbage | grapefruit | parsnip | |
| cantaloupe | kale* | pear | |

Optional Additions:

cayenne pepper
turmeric powder
cinnamon powder
wheatgrass powder
coconut water

Quality Juicers:

Breville Juice Fountain
Jack LaLanne
Omega Vert T330
Champion
Green Star
L'Equip
Hurom

Optional Supplies:

Vita-Mix or BlendTec Blender
nut mylk bag or cheese cloth
funnel
wide-mouth quart jars w/lids
Apple Cider Vinegar
GSE (Grapefruit Seed Extract)

Additional Cleansing Aids:

Enema combination kit
Organic Coffee for Enemas
Professional Colonics
Colosan powder
Dr. Tung's Tongue Scraper
Probiotic Cleanse by New Chapter

Oceans Alive – Marine
Phytoplankton
NCD –Zeolite liquid
Psyllium Husk or Chia Seeds
Smooth Move tea
Alfalfa Leaf tea
Fennel Seed tea

Burdock Root tea
Pau d'Arco bark tea
Cardamom Seed tea
Cinnamon Bark tea
Peppermint tea
Feverfew tea
Ginger Root tea

Where?

Under the RESOURCES tab of the website is a listing of local Farmer's Markets, Online Stores, CSA's and Local Markets.