



Liza Twohill

JUICING

Juicing is a wonderful way to add nutrients, chlorophyll, and enzymes to the body. Juicing allows for high extraction and concentration of nutrients. The best juicers on the market are the ones that work under pressure and slowly. Centrifuge juicers (the ones that spin very fast and make loads of noise) are not recommended for optimal nutrient extraction. Best to speak with your local health food store for the best juicer on the market.

Base Vegetables

Use vegetables with a neutral flavour that can balance stronger flavoured ones like broccoli, which may be difficult to drink straight up. Carrot is often used as a base, just be aware of its higher sugar content.

- Celery
- Cucumber
- Fennel
- Carrot

Healthy Accents

- Ginger
- Lemon
- Green apple
- Sour fruits
- Broccoli
- Kale
- Cabbage
- Collard greens

Sweet Fruits

Use sweet fruits and vegetables with strong vegetables like broccoli and kale to balance flavour.

- Apple
- Pear
- Melon
- Beet
- Carrot
- Berries



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Add water to any juice that is too strong. Add natural sparkling water for a "soda" that kids love.

The Beginner Juice

GFCF/SCD/Gaps/Paleo

- 2 carrots
- 1 apple
- ½ beet

Enzymes Juice

GFCF/SCD/Gaps/Paleo

- ½ mango
- 1 cup papaya
- 1/8 chunk of large pineapple with rind
- 2 kiwis with skins

Digestion Juice

GFCF/SCD/Gaps/BED/Paleo

- ½ inch piece of ginger
- 5-10 sprigs of mint
- 2 kiwis with skins on
- ½ fennel bulb

Antioxidants Juice

GFCF/SCD/Gaps/Paleo

- 1 apple
- ¼ cup blueberries
- 2 kiwis with skin on
- 1 carrot
- ¼ - ½ red pepper

Iron Juice

GFCF/SCD/Gaps/Paleo

- 2 leaves kale
- ½ cup broccoli
- ½ beet
- 2 carrots
- 1 orange

Anti-Inflammatory Juice

GFCF/SCD/Gaps/BED/Paleo

Use a green apple instead of pineapple for BED.

- ¼ pineapple with rind
- ¼ inch piece of ginger
- 2 collard green leaves
- ½ fennel bulb
- ¼ inch piece of fresh turmeric root (optional)

Potassium Juice

GFCF/Paleo

- 5-10 sprigs parsley
- ¼ jicama
- Carrots
- Spinach
- Celery