

THE FOUR RED JUICES (Rotate Daily)

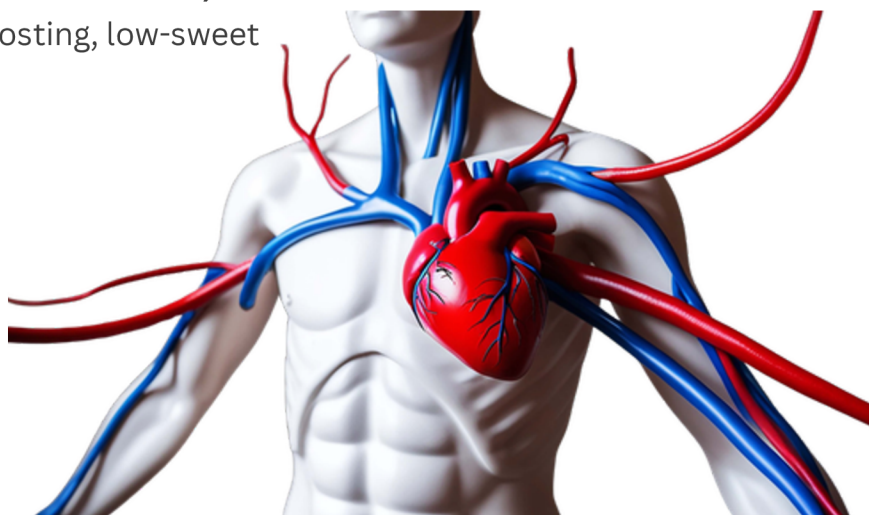
All yield 24–32 oz depending on juicer.

1. RED REVITALIZER (SAVORY + EARTHY)

Grounding, nitric-oxide boosting, low-sweet

Ingredients

- 1 medium beet (raw)
- 2 carrots
- 3 celery stalks
- ½ cucumber
- 1 lemon (peeled)
- 1 inch ginger
- 1 tbsp sea moss gel
- Optional: small handful parsley



Notes:

- Excellent for blood pressure, oxygen delivery, and stamina
- Very diabetes-friendly

2. SPICY ROOT DETOX (SAVORY, WARMING)

Thermogenic, reduces inflammation, supports liver + gallbladder

Ingredients

- 2 medium beets
- 1 cucumber
- 2 celery stalks
- 1-inch turmeric root
- 1-inch ginger
- ½ lime (peeled)
- ½ tsp cayenne (optional, add after juicing)
- 1 tsp spirulina (optional, mix in)



Notes:

- Bold flavor
- Deep “clean-out” juice
- Low in sugar

3. GLOWING BERRY-BEET BLEND (Lightly sweet)

Antioxidant-rich, easier for beginners, still low glycemic

Ingredients

- 1 medium beet
- ½–1 cup strawberries or raspberries
- ½ green apple (optional)
- 1 cucumber
- ½ lemon
- 1 tbsp sea moss gel

Notes:

- Berries keep sugars low
- High in polyphenols for vascular health
- Kid-friendly flavor



4. POMEGRANATE POWER JUICE (Sweet-savory)

Cardiovascular powerhouse, great for inflammation and recovery

Ingredients:

- ½ cup pomegranate arils
- small beet or ½ large
- 1 cucumber
- 2 celery stalks
- 1-inch ginger
- 1 tbsp sea moss gel
- Optional: Add ¼ cup cherries for deeper flavor (maintains diabetes-friendliness).

Notes:

- Strong antioxidant activity
- Supports nitric oxide production
- Rich, pleasant flavor