

The Green Lion
An Alchemist's Guide to Juicing



Chavah Aima

The Green Lion
An Alchemist's Guide to Juicing

© Copyright, Chavah Aima, 2011. All Rights Reserved.

Enlightened Life Publishing
Austin, Texas
U.S.A.
www.enlightenedlife.org

A word from the publisher

Nothing in this book is intended to constitute or substitute for medical advice, or to diagnose or treat any disease or illness. Before beginning any diet or fasting program you should consult with your healthcare professional and seek his/her supervision when making changes to your diet. Neither the publisher nor the author shall be liable or responsible for any problems allegedly arising from any information or suggestion in this book. Your health and well-being are your responsibility, and if you suspect that you have a medical problem, we urge you to seek professional advice.

Introduction

The juice of living plants is the transmuted essence of the sun, the sustainer of all life on earth. When this liquid gold is consumed, solar nutrition is received directly into the blood stream via the digestive track. No effort is required by the body to process and assimilate this supercharged nectar of the divine. By adding fresh juices to one's regular diet, and through the process of fasting solely on juices from time to time, greater spiritual health and well being may be attained.

Living juice is what is needed, and it is created by using the right juicer. The best juicers work on all types of produce and grasses, and they do so by extracting the juice from the whole fruit or vegetable. Extraction takes place as the machine masticates the produce and separates the fibers from the juice. Here's a photo of a good machine that will help you attain pure alchemical gold.



The Alchemists' Friend

Green juices contain the greatest amount of solar force. Growing and juicing wheat grass is one of the highest alchemical arts, leading the wise into radical healing and enlightened life. All greens are valuable allies for maintaining wellness as they provide essential vitamins and minerals, and increase alkalinity in the body. The *vital essence* of the sun transmutes into a special nutritional form within each colorful fruit and vegetable. Experience the life-giving powers of all of the raw foods nature has to offer as you blend them into delightful and nourishing alchemical elixirs.

The solar force is also accessed by direct contact between the human body and the sun. Vitamin D, essential for health and disease prevention, is made by the body from sunlight received through the skin. This is the human organism acting in a similar manner to the plants of the earth. Watching the sun rise and set allows subtle solar vibrations to enter into the body through the visual cortex. As this force is integrated over time, profound healing and transformation can occur.

As you feast upon the juices featured in this book, may you receive the gifts of health, happiness and a long life. A big glass (or two or three!) of fresh, organic juice is a great addition to your daily diet. A weekly 24-hour, juice-only fast is an ideal way to recharge mind, body and soul. Gradually increase your days of juice fasting from 3 to 21, and you will experience a profound transformation.

Always be aware of your own unique needs and listen to your body. Consult your health care professional before beginning any fast, for advice on adjusting juices for specific medical conditions, and for guidance on interactions between specific juices and prescription medications. Diabetics should substitute green vegetables for fruits and sweet vegetables such as carrots and beets.

To learn more about the secrets of regenerating the body-mind and soul with alchemical methods, please see my book, *Living Light: The 21-Day Alchemical Regeneration Plan*.

BASIC ALCHEMY

Add the juice of one lemon to 8 ounces of water and stir. Drink first thing in the morning on an empty stomach. Wait 60 to 90 minutes before consuming foods or other juices.

THE GREEN DRAGON

Juice enough fresh cut wheat grass to make 2 ounces. Before drinking, gaze deeply at the emerald color of the juice, absorbing it visually for a few moments. For best results, enjoy the Green Dragon on an empty stomach, and wait 60 to 90 minutes before consuming foods or other juices. Taken once a day, the Green Dragon removes toxins and rebalances all systems. In case of minor illness, 4 ounces daily is recommended. For more serious diseases, add 8 ounces or more daily to the diet as a healing support.

DAILY TONIC

2 stalks celery
3-4 sprigs fresh parsley
2 carrots
3 kale leaves

Process all through the juicer, strain, stir and enjoy. For a smoother drink, add the juice of ½ a lemon.



GREEN LION TIP

Wash, cut and bag produce as soon as you bring it home to have it juicer-ready in the refrigerator when needed.

ALCHEMICAL SULFUR

6 purple cabbage leaves
6 green cabbage leaves
2 stalks celery
¼ cup cilantro
¼ inch slice of ginger
½ small lime, peeled

Process the vegetables through the juicer. Strain and drink. Nutritional research shows that the consumption of the *Brassica* family of vegetables such as cabbage, cauliflower, broccoli and kale prevent many cancers and pre-cancerous conditions.

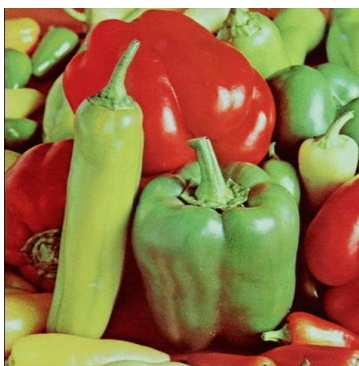
THE RED LION

1 beet
4 beet leaves
2 kale leaves
1 stalk celery

Juice, strain and enjoy. This elixir tones the muscles of the large intestine, and floods the body with essential minerals.

ELEMENTAL FIRE

Adding fresh chili or bell pepper (in tolerated quantities) to any juice may help stimulate metabolism and aid weight loss.



DEPTH CHARGE

1 tsp. Chlorella powder
 1 tsp. Spirulina flakes or powder
 1 tsp. Blue-green algae powder
 ½ tsp. Kelp powder

Blend powders and 6-8 ounces of water by hand or in a blender until smooth.

SIMPLE CLEANSE

1 cucumber
 3 stalks celery
 Juice, strain and pour.



GREEN LION TIP

To improve the taste of drinks that contain an abundance of dark greens, add the juice of ½ a lemon to the mix.

EVERYDAY ENLIGHTENMENT

2 carrots
 2 stalks celery
 ½ cup parsley
 1/2 medium beet
 3 beet greens
 2 leaves kale
 Process, strain and enjoy.

ETERNAL YOUTH

1 bunch organic* green grapes

Remove grapes from stems and process into juice. Pour the juice through fine mesh to remove seed particles. Grapes were revered as sacred forbidden fruits by the ancients. They are traditionally associated with the restoration of sexual energy, youth and vitality. According to Canadian researchers, grape juice inhibits cholera, herpes viruses, influenza and other viral infections.

(*Do not use non-organic grapes which contain dangerous levels of pesticide residues.)



ALCHEMICAL WATER

Juice 12 to 15 stalks of asparagus and 3-4 sprigs of parsley. Add the juice of ½ lemon if you find the taste too alkaline. This juice detoxifies the liver and kidneys, and rapidly restores alkalinity to all bodily systems.

COOL ALCHEMY

Juice fresh watermelon, including some of the rind. This juice is cooling to the system and lubricates the digestive track. It supports and stimulates intestinal clearing, and keeps the kidneys healthy.

BONE ELIXIR

6 to 8 Kale Leaves

6 to 8 Collard Leaves

6 one-inch cubes of fresh Pineapple

Juice the green leaves, followed by the pineapple pieces. This juice is high in absorbable calcium and potassium, benefitting the blood, heart, soft tissues, muscles and bones. The pineapple improves the taste and aids digestion, preventing or diminishing intestinal gas from these strong greens.

DIANA'S LIGHT

6 Leaves Mustard Greens
1 small Beet
3 Nettle Leaves

Juice all produce, strain and drink. High in minerals and deeply cleansing, Nettles nourish skin, hair and nails. Mustard Greens contain balanced nutrients essential for women, including iron and calcium. One cup of Mustard Greens contains enough potassium to prevent heart attacks and maintain healthy blood pressure. Its magnesium and phosphorus balance contribute to healthy bones and increased brain function.



GREEN LION TIP

To reduce the bitterness of strong greens, remove the stems before juicing the leaves. As your taste adapts and tolerance increases, you can begin to add the stems to the juice as well.

ALCHEMICAL AIR

1 bunch of Dandelion Greens
1 bunch Watercress

Trim the bottoms of the stems from the Dandelion and Watercress. Rinse the leaves well. Juice and enjoy. Dandelion greens contain an abundance of calcium potassium salts that chemically remove toxins from the moist tissues of the lungs. They also contain xanthophyll and lutein, which are natural disinfectants for the lungs. Wild dandelions, growing far away from roadways and areas treated with herbicides are ideal for juicing. The younger leaves are sweeter than the large ones, especially in late summer and fall.

FOUNTAIN OF HEALTH

6 Tangerines
3 Limes

Peel the fruits, being sure to retain the white pulp. You may need to scrape the inside of the peeling to be sure you get it all. Juice the pulp and fruits. Strain, stir and drink. Citrus fruits should not be used too often due to their acidity. Some people tolerate them better than others so listen to your body when consuming these fruits. Tangerine and Lime juice is used in Chinese traditional medicine to break up mucus in the throat, sinuses and lungs.

TIBETAN ALCHEMY

½ Cup Goji Berries
1 ½ Cups Water

Soak the berries in the water overnight. Blend in a high speed blender until smooth and creamy. These Himalayan berries have been clinically proven to increase flexibility, improve memory and support lasting energy.

NATURE'S MEDICINE

1 Cup of Berries
4 Apples

Choose blackberry, currants, blueberry, raspberry, cranberry, elderberry, boysenberry, or strawberry alone or in combination. Juice the berries and the apples. Strain and enjoy. Berries are high in antioxidants and support a strong immune system.



FIRE OF HERMES

- 1 Cup Sunflower Sprouts
- 1 Cup Alfalfa Sprouts
- 1 Cup Radish Sprouts
- 1 Cup Broccoli Sprouts
- 2 Stalks Celery

Juice the sprouts first, then the celery. This drink is full of life-force energy. Sprouts are high in nutrition and contain the alchemical secret of life: the first emergence of the green leaves signifies life at its peak expression.

SOL OF NATURE

- 4 Apples
- 5 Carrots
- ¼ inch piece of Ginger

Juice, strain and sip.

VENUS AND MARS

- 6 Romaine Lettuce Leaves
- 1 Medium Cucumber
- ¼ Cup Cilantro
- 2 Tomatoes
- ½ Red Bell Pepper

Pour strained juice into a glass. Add the juice of ½ lime and stir.





GREEN LION TIP

Fast on fresh juices one day each week to rest the digestive track and allow the body's energy to work on removing toxic debris.

WHITE NATURE

4 Pears
4 Apples

Juice fruits and stir. Serve with a few leaves of fresh mint.

PERSEPHONE'S DELIGHT

4 Pomegranates
1 Red Apple

Peel skin from Pomegranates. Juice seed clusters, followed by the apple.

RED EARTH

1 Medium Beet plus Leaves
1 small Turnip
½ Parsnip
¼ head of Red Cabbage
3 Stalks Celery

Strain the juice. Add 1/8 tsp. Cayenne Powder, stir and serve with a celery stick.

WHITE CROW

1 Cucumber, peeled
3 Stalks Celery
1 Green Apple
1 Pear

THE EAGLE AND THE LION

1 Rhubarb Stalk
1 Apple
6 Carrots
2 Celery Stalks
3 inches Burdock Root
3 inches Salsify Root

Burdock purifies the blood and reduces inflammation. Salsify is high in protein and B vitamins.

QUINTESSENCE

6 Carrots
2 Celery Stalks
5 Leaves and Stems of Rainbow Chard
½ Cucumber, peeled
½ Cup Parsley

Juice, strain, stir and serve.

