

## The secret to juice detoxing:

**Nourish, heal,  
glow from within.**

Chef Linda Kordich  
*Power of Juicing*



Uncover the path towards authentic vital energy and disease-free living. Juicing is one important step you can take to obtain optimal health and unwavering vitality. Discover what true glowing feels like through the healing powers of Juice Therapy.

### *The Digestion Miracle*

15 carrots  
3 large handfuls of adult spinach

#### *Directions:*

Process through a juicer.  
Juice will need to be consumed straight away if using a fast juicer. If you're using a slow juicer it can last for 3 days refrigerated.

### *The Ambrosia Delight*

1-1 cup almonds  
1-2 cup cashews  
2-5 cups water  
*depending on how thick you like it*  
2 tablespoons maple syrup

#### *Directions*

Process in blender or nut milk maker.  
Strain & refrigerate until needed.  
Will last three days refrigerated.

### *The Pretty Pink Majestic*

2 frozen bananas  
*peeled*  
1/2 cup frozen cherries  
3 cups almond milk  
1/2 cup frozen strawberries  
1/2 cup dried Coconut flakes or fresh coconut  
12.5 dates pitted

#### *Directions*

Place ingredients into blender.  
Blend till smooth.

