

JUST JUICE 4 LIFE

Just Juice 4 Life offers *fresh organic local* fruit and vegetable juices that stimulate your taste buds & assist with the healing of many acute and chronic conditions you or a loved one may be suffering from. Below is a list of just a *few* of the most nutritious juices we prepare for our clients that suffer from some of the following ailments, but it is important to note that true healing takes time, so as wonderful as these juices are they need to be included in a daily routine to truly reap the benefits. For more information on customized juice options please contact us to set up a private consultation to ensure we put a plan together that is most beneficial to you and your goals!

<u>BEET IT</u> (beet, carrot, cucumber, apple, ginger)	<u>STEEL BONES</u> (kale, parsley, carrot, apple, lemon + ginger)	<u>DETOX</u> (kale, dandelion greens, cucumber, apple, carrot, celery, cabbage, parsley, fennel, lemon, ginger)	<u>DIGEST AID</u> (fennel, celery, cucumber, apple, parsley, lemon)
Arthritis	Insomnia	Depression	Irritable bowel syndrome
Sugar cravings	Osteoporosis/ osteopenia	Obesity	Reduce blood pressure
Migraine headaches	Menopause	Anti-Cancer (esp. colorectal)	Obesity
Obesity	Depression	Immunity	Antispasmodic
Liver & gallbladder	Circulation problems	Gout	Anxiety/depression
Anti-Cancer	Chrons/Colitis	Hair Loss	Indigestion/heartburn/gas
Candidiasis	Anti-Cancer	Increase energy	Respiratory congestion
Cellulite	Anti inflammatory	Celiac	Promotes milk flow
Cholesterol	Diabetes	Anti-Cancer	Promotes menstruation
Chronic Fatigue Syndrome	Eczema	Improve immune system	Arthritis/Gout/ rheumatism
Constipation	Anemia	Chronic Fatigue Syndrome	Asthma

For more information please contact **Damaris Pinedo** @ justjuice4life@gmail.com or (585) 615-2988
www.just-juice-4-life.com