



JUNGLE JUICE

Green drinks, using fresh plant materials, provide concentrated nutrition full of enzymes to the body. They are easily absorbed and provide vital building blocks to the body for the (re)generation of healthy tissue.

The JUNGLE JUICE provides an instant increase in vitality. The nutrients are easily assimilated, and every single cell of your body will benefit and feel its revitalizing and nutritional effect. It is true “Cell Food!”

The nutritional value will vary with the choice of ingredients and is enhanced by the addition of fresh ginger root. Both Ginger and honey serve as “carriers” for the herbal ingredients.

INGREDIENTS

ALWAYS USE

- Lemon (with peel if organic)
- Approx. 1 thick slice Fresh Ginger Root
- Honey, acc. to taste, possibly 1–2 tsp.
- Water or Mineral Water – approx. 350ml or 1–2 cups

VARY

- Fresh herbs of your choice (small handful for 1 big glass)
- Examples of Edible Herbs: Chickweed, Yarrow, Wild Rose petals, Borage flowers, Wild Strawberry leaves, Alfalfa.

NOTE: In northern climates when the wild plants are under a cover of snow you can use sprouts, spinach or other green vegetables available to you.

DIRECTIONS

BLEND all ingredients in blender until finely chopped. Drink as is or strain. Anyone new to herbal medicine might want to strain the Jungle Juice until accustomed to the “green taste”. The Jungle Juice is best enjoyed fresh right after preparation.

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