

Juice Combinations to benefit various organs

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| Liver | Dandelion leaf 5-10%, carrot and apple |
| Kidneys | Carrot 40%, Parsley 20%, Apple 40% |
| Skin | Beet 20% with beet tops (a few), celery, cucumber, ¼ potato, carrot, apple. |
| Blood | Kale 10%, Parsley, ginger (small piece), apple, carrot. |
| Bowel | Spinach, apple, carrot |
| Gas | Red cabbage 20%, carrot 40%, apple 40% |
| Lungs | Carrot, parsley, ¼ potato, watercress, ginger (thick slice), mustard greens (in season) or chard. |
| Adrenal Glands | Beet 20% with beet tops (a few), celery, romaine lettuce |
| Stomach | Fennel 10%, cabbage 10%, celery, apple |
| Bladder | All melon juices and (in combination) carrot, beet, cucumber, parsley |
| Gall Bladder | Parsley, beet with tops (a few), apple, celery |
| References: | The Juiceman's Power of Juicing by Jay Kordich, William Morrow & Co. 1992 Intuitive Eating – Humbart Santillo, ND, Hohm Press, 1993 |