

## **JShake – Anti-Inflammatory Elixir**

Modified from the detox shake I created called the Green Monster Shake

This is meant to be your first beverage after your ½ lemon in water every morning. It helps to reduce the inflammation anywhere and everywhere in your body. You should drink this at least in the morning, maybe twice per day.

If you have a juicer, this is what I want you to have:

- 1-1 ½ apples (preferably organic)
- ½ lemon or juice of half lemon
- 1-3 leaves of kale (12/-1 cup) or collards or spinach (organic)
- 1 beet with the greens (optional but beneficial)
- 1 inch of turmeric root (less to start with)
- 1 inch of ginger root (less to start with)
- ½ cup pineapple
- ¼ cup green cabbage
- 1 handful of parsley – curly vs flat leaf
- ½ inch daikon radish
- Optional – 1 inch of cucumber (this helps to lessen the 'bite' of ginger and garlic)

If you are making this in a blender, use about 1- 1 ½ cups liquid. This can be half apple cider and water (and adjust as you make it for less sweet as time goes on). This will make a lot of drink, so drink 8-12 ounces in the morning, and drink the other half in the afternoon.

If you intend on only drinking this once per day, you need to increase the turmeric root to 1 inch for the amount you are consuming. So if you drink 8-12 ounces in the morning, you need to put in 2 inches of turmeric root into the drink.