

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Apple, Celery, Ginger Juice

2 apples

4 stalks celery

1 inch of ginger root (with the skin on)

Juice all together

This is one of my favorite juice combinations for when I have sore muscles, a headache or feeling achy all over. This juice is high in those minerals that relax the body. Within about a half hour I feel so much better.

