

Tamatha's Green Juice Recipe

5 green apples

3 lemons

big chunk of ginger root

1 bunch of celery

1 bunch of cilantro & parsley

add as much spinach, kale and red lettuce as you like

1 beet or 5 large carrots

Once juiced, I blended 1Tbsp of fresh papaya seeds.

I gave her about 1 quart daily along with capsules that contained: barberry, burdock root, astragalus, milk thistle, dandelion root and cayenne. 2 capsules 3-5 times daily, then 2 capsules, 3 times a day of turmeric and black pepper OO size.

I would also make her almond and coconut smoothies with different kinds of berries and fresh turmeric and black pepper corns.

This is the recipe for the juice Tamatha gave her mother to help her heal her liver plus other supplements she gave her.

Recipe by Tamatha Davis