

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Winter Boost Juice



1 large yellow grapefruit

2 ruby red grapefruit

2 oranges

Wash and quarter your fruit and run through a juicer. If you don't have a juicer you can do it by hand by cutting the fruit in half and using a citrus juicer or just simply squeeze over a large bowl. Pour through a strainer if desired and enjoy a glass on ice.