

# Juice Recipe for Eczema and Psoriasis

4 medium sized carrots washed but not peeled  
2 stalks celery  
1 small unpeeled cucumber  
Small bunch Swiss chard

Wash all ingredients well and juice each one separately and set aside in different containers. Then combine everything together in a blender for one minute. Drink separately from meals.

Recipe from Heinerman's Encyclopedia of Healing Juices by John Heinerman