

Powerful Turmeric Juice

- 1/2 teaspoon Turmeric
- Thumb sized piece of ginger (grated)
- Squeeze of 1/2 lime
- 1/2 pint of water
- Plenty of ice and blend in a juicer



Tumeric - known to be one of the most powerful healing herbs. It is great for bones and joints as it has anti-inflammatory properties.

Turmeric's also a natural liver detoxifier and a kidney cleanser, and it speeds metabolism and aids in weight management. Plus it heals and alleviates conditions of depression, psoriasis, damaged skin, arthritis and more.

Simple steps to a highly, effective powerful juice:

1. Add the turmeric to the water and pour it into the blender or stir quickly
2. Add grated ginger and squeeze of 1/2 a lime
3. Blend, blend, blend. The colour now should look like an extra fiery marigold.
4. Add ice and Enjoy!

Drink daily to reap the benefits!