



DR. DONALD NURSE'S BEET JUICE RECIPE



**ONE (1) MEDIUM SIZED BULB OF BEETS
(SIZE OF A
SMALL ORANGE)**

THREE (3) CARROTS

ONE (1) CUCUMBER

ONE (1) APPLE

A PIECE OF GINGER

**HALF LEMON – REMOVE THE OUTER
SKIN BEFORE JUICING**

A STALK OF CELERY



**HALF A TEASPOON OF TURMERIC
(OPTIONAL)**