



NATURALLY HEALTHY HAIR Inc. TM

Natural Fruit and Vegetable Juice Recipes for Healthy Hair and Skin

Many fresh juices have powerful healing, energy boosting and rejuvenating properties that can assist with hair and skin disorders. It has been proven that consuming fresh pressed juices helps the organs and the body cleanse itself of unwanted toxins, which can result in softer and healthier looking skin and hair. The body's largest excretory organ is our skin so taking care of the skin can be easy with a diet which consists of eating healthy nutritional foods along with fresh pressed juices.

These recipes contain fruits and vegetables, which are known to promote wellness and enhance the skins natural beauty. Juicing is great as an additional regimen for skin care. Consuming fresh organic juice daily will assist in achieving healthier skin and hair. As you make juicing a natural part of your daily diet routine, you will notice a difference in increased energy levels and a healthy vibrant looking complexion.

Please use fresh Organic produce, wash all fruits and vegetables thoroughly before juicing. Some vegetables need to be trimmed, peeled or cut.

VEGETABLE JUICE RECIPES

ALKALINE FLUSH

2 Roma Tomatoes	¼ Cucumber
1 Carrot	1 Celery stalk
Handful Spinach	½ Green pepper
½ Red pepper	¼ cup Cabbage
2 Green Onion	

GREEN MACHINE

6 Carrots	½ Green pepper
1 handful Lacinato kale	½ handful turnip greens



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DEEP CLEANSE

1 lg. Beet (with leaves) 2 Cucumbers

5 Carrots

- Carrot juice can be used treat sunburn.

CARROT RUSH

6 Carrots 1 Beet

6 Romaine leaves 8 Spinach leaves

3 Sprigs parsley

- This is a blood regenerator, high in iron and chlorophyll.

SKIN CARE

2 Cucumber 2 Sticks of Celery

1 lg. Garlic clove Ginger Root - 2 inch

- Cucumber juice is beneficial for skin care as it is rich in the mineral silica, which is good for the complexion and skin elasticity.

Juicing for skin care can result in natural detoxification, weight loss and healthy looking skin.

MORNING RISE

3 Oranges 2 Pears

1 Apple

- Oranges can improve skin texture, moisture and reduce body heat.



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VIBRATION

6 carrots 1 apple
½ inch ginger root ½ green bell pepper

SMOOTHING ELIXER

5 Apples 2 Large carrots
1 Lg. celery stalk 2 Cucumber

- Apple and cucumber encourage smooth satin skin.

IRRESISTABLE COMPLEXION

3 Cups spinach 1 Cup of parsley
4 Oranges

- Spinach is rich in iron and orange juice is full of vitamin C, which is wonderful for a clear complexion.

Watercress + 3 times a non-green juice for eczema treatments

FRUIT JUICES

MELON REGULATOR

1 Cantaloupe 5 Ice cubes

- Melons are powerful agents in the fight against skin cancer.

STRAWBERRY HEAVEN

20 Strawberries 6-8 Purple/Red seeded grapes

- Fresh juices hydrate the body and help combat dry skin.



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STAMINA BUILDER

- 4 apricots 1 bunch red seeded grapes
- 1 pear

CITRUS BUSTER

- 1 Pineapple 2 Pink grapefruit (fruit only)
- 2 whole Lemons 2 whole Limes

- Vitamin C is a powerful anti-oxidant that helps promote healthy skin.

SMOOTHIES

- Smoothies are an excellent alternative for a healthy break-fast.

STRAWBERRY BANANA

- 30 Strawberries 8 Medium bananas
- 6 C Orange juice fresh 4 Tbsp flax Oil

TROPICAL DELIGHT

- 1 Pineapple 4 Apricots
- 4 Passion fruit 2 Lg. Papayas peeled/seeded
- 2 Apples Ginger root-1 inch, peeled
- 2 Mangoes peeled

- Papaya and pineapple are rich in vitamin C, E and iron to improve skin complexion and metabolism.



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BENEFITS OF RAW NATURAL INGREDIENTS*

* Apples: remove toxins from the intestines; stimulate peristalsis and bowels; flush kidneys; natural acids for digestion.

* Apricots: potassium and magnesium for energy and stamina; iron for blood building; silicon for hair and skin. High in beta carotene = anti cancer.

* Bananas: potassium

* Bell pepper: silicon vitamin C

* Celery: potassium, sodium

* Cherries: iron, magnesium, potassium, silicon, vitamin A

* Citrus: vitamins C and A

* Cucumbers: silicon

* Dandelion greens: magnesium

* Ginger root: zinc

* Dinosaur Kale: selenium, calcium, Iron

* Parsley: calcium

* Watercress (for acne – mineral needed is silicon).

* Strawberries/ Raspberries: ellagic acid: anti-cancer

Ellagic acid is usually stored as ellagitannin (tannin) in raspberries, strawberries, cranberries, walnuts, pecans, pomegranates, and various other plant foods. Hydrolysis of ellagitannin yields ellagic acid and the dilactone of hexahydroxydiphenic acid.

RESEARCH FINDINGS /CANCER

The highest levels of ellagic acid are found in raspberries, strawberries, and pomegranates, especially when they are freeze-dried. Studies have shown that ellagic acid is able to cause apoptosis (cell death) in cancer cells. Some also claim that it can prevent the binding of carcinogens to DNA, and strengthens connective tissue, which may keep cancer cells from spreading. Studies demonstrate that ellagic acid is able to reduce heart disease, birth defects, liver fibrosis, and to promote wound healing.

Courtesy of www.zhigong.com



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PAIN AWAY

½ pineapple juiced 4 handfuls dark leafy greens
2 strong brewed Cups comfrey tea (1 C herb – 1C Water)

BONE ACHE

Calcium drinks, any combination including 1 or more of the following: Broccoli, Lacinato, Mustard, Spinach, Swiss chard or Turnip greens + Tangerines.

SUPER TEETH & GUMS

Citrus – Oranges, Grapefruit, Lemons Vitamin C Black Cherries – Magnesium
Purple/Red Seeded Grapes

CANKER SORE NO MORE

4 C Cranberries (quinic acid) 4 Apples

SMOOTH MOVE

4 Apples 2 Pears

FATIGUE BE GONE

4 Carrots 2 Celery 2 Parsley Sprigs 2 Apples 2 handfuls Dandelion greens

FATIGUE NO MORE

½ Pineapple 3 radishes 2 Celery 1 handful dandelion greens

HEADACHE BUSTER

1 Fennel 4 Apples 4 Celery ¼ Pineapple

MOTION SICKNESS

A few pieces of crystallized ginger



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A VITAMIN

4 Carrots 1 Persimmon ½ Red bell pepper 1 Orange ½ handful parsley
3 Broccoli florets w/ stem

A VITAMIN 2

1 Cantaloupe

A VITAMIN 3

6 carrots ¼ Sweet potato

KIDNEY FLUSH

5 Cauliflower florets w /stems 4 Carrots 1 handful parsley

IMMUNE BOOST

6 Carrots 2 Celery 1 Handful parsley 3 cloves garlic

LARYNX HEALTH

½ Pineapple 3 Celery 2 inch Ginger root

WEIGHT LOSS

1 Pink grapefruit 2 apples

GREY HAIR

1 inch wedge Cabbage 4 Carrots

HAIR GROW

6 Carrots 2 handful alfalfa sprouts 4 Romaine lettuce leaves



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NATURALLY HEALTHY BEAUTY TIPS:

- Many of us do not realize that hair and skin problems can come from within.
- If possible, shop at your local farmer's market for fresh organic fruits and vegetables.
- The healthy extracted freshness of the juices excites the taste buds, and more importantly purifies the blood (which in turn affects your skin's appearance) and rejuvenates the cells and the complexion.
- Going without food for a couple of days on a Cleansing Juice Fast is a great way to detoxify from all the chemicals we come in contact with from day to day, it will unearth our naturally healthy glow and beauty.
- Use fresh organic fruit juices for cleansing, especially at the onset of your cleanse. Then try fresh organic vegetables, they will provide the nourishment you need so your body is can heal and grow strong.
- Remember, cleansing will free the body to heal many health problems, before they are a realized health risks/problems.
- The body needs 10 times the amount of nutrition to heal than it does to live on a day to day basis. The absolute best way to get this nutrition is from whole foods and fresh pressed juices.
- Fresh fruit and vegetable juices contain nutrients, live enzymes and minerals that are only potent for about 30 minutes after the juice is made, so drink as soon as possible.
- Drinking fresh juices at least 3-4 times per week will yield excellent results.



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PRO AGING

Pro aging recipes contain vegetables that have known nutrients beneficial to skin and hair. Calcium from the dark leafy greens for bone strength and also plenty of nutrients that promote the body's manufacture of collagen. Carrots, broccoli, garlic and onions are especially high in antioxidants, an excellent guard against disease associated with aging.

PRO 1

* 4 carrots * 3 celery * handful of spinach * small onion * ½ ginger root (peeled)

PRO 2

* 4 carrots * ½ cup of broccoli * handful of spinach * ½ cucumber * 1 garlic clove lg.

PRO 3

* 2 apple * ¼ cabbage * 2 handful of spinach * ¼ ginger root (peeled)

PRO 4

* 2 tomatoes * 5 celery * 1 handful parsley * ½ lemon juiced

PRO 5

* 1 cucumber * 5 celery * ¼ beet



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CABBAGE JUICE PH AND WEIGHT LOSS

Cabbage juice is known for its ability to heal peptic ulcers and aid in weight loss. It's is full of vitamin K, C, fiber, manganese, B6, Folic Acid, Omega 3 fatty acids, calcium, phyto-nutrients and anti-oxidants. Cabbage juice is also low in calories.

Purple cabbage has even more nutrients and protects against Alzheimer's disease. (Food Science and Technology) Juicing cabbage provides anti-carcinogenic glucosinolates (anti cancer fighters) to the blood.

When you cook cabbage, you decrease the special myrosinase enzyme that makes cabbage such a powerful healer, thus making cabbage less effective as an pro life food. When drinking cabbage juice you can mix it with fresh carrot or apple juice for a smooth mellow taste.

Dr. Janice Stuff, an assistant professor at Baylor College of Medicine and a CNRC nutrition scientist says "Research suggests that consuming just two servings a day of cruciferous vegetables could cut the risk for certain types of cancer, including prostate and esophageal cancers, by nearly 50 percent". Other cruciferous vegetables include broccoli and broccoli sprouts, Brussels sprouts, horseradish, mustard greens, collard greens, bok choy, cauliflower, purple cabbage, horseradish, kohlrabi, rutabaga, watercress, and Japanese wasabi.



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HOMEMADE RECIPES FOR HEALTHY HAIR

SHINY HAIR BLASTER

Stir 1 teaspoon honey, 4TBSP Soul conditioner into 4 cups (1 quart) warm water. After shampooing, pour 2 cups of mixture through hair. Do not rinse out. Style normally.

FRUIT SMOOTHIE HAIR MASK TREATMENT

Blend ½ banana, ¼ cantaloupe, ½ avocado, 1TBSP wheat germ oil and 1 TBSP plain yogurt. For extra conditioning, squeeze in 2-3 vitamin E capsules. Wrap hair in saran wrap cover with hot towel and leave on hair for 15 minutes. Rinse as needed may need a light shampoo depending how you are styling the hair.

HONEY & SOUL OIL HAIR MASK

Mix ½ cup honey and 4 TBSP Soul oil. Work a small amount at a time through hair until coated. Cover hair with saran wrap; leave on 30 minutes. Shampoo lightly and rinse.

DANDRUFF TREATMENT

Boil 14 heaping TBSP dried thyme in 4 cups water for 10 minutes. Strain and cool. Pour 1 cup of mixture over clean, damp hair. Massage into scalp, **do not** rinse. Use the remainder of the solution for further treatments...

HAIR SETTING LOTION

Dissolve a teaspoon of vegan gelatin (agar agar powder) or vegetarian (fish powder) gelatin in 2 cups of warm water and use this as a setting lotion before styling hair. You can use this as a liquid in a spray bottle or chill it and use it as a hair gel.

FLAKY SCALP

Warm 6TBSP Soul oil (Sit bottle in a glass of hot water 10 min.) then gently apply to scalp with fingers. Let set for at least an hour and then shampoo as usual. Part the hair in 4 sections for easy application.