

## **Healing Juice**

*Beyond just providing fiber, celery has alkaline properties which help to detoxify your body. But make sure you buy organic celery as conventional celery is known to contain high amounts of pesticides. Radishes are a healthy source of carbohydrates, are high in fiber, and help to detoxify your body. Tomatoes are a source of numerous nutrients and aid in digestion.*

### **Ingredients:**

- **4 Celery ribs**
- **2 radishes**
- **1 garlic clove**
- **2 plum tomatoes**

### **Instructions:**

- **Juice the celery, radishes, garlic, and tomatoes.**
- **Serve immediately and enjoy the healing qualities of the fresh juice.**