



Miracle Drink

Juice Recipe

(Carrot, Beet, Apple Juice)

1 whole apple, stem removed

1 whole carrot

1 whole dark red beet, including root and greens

1/2 lemon

1" ginger root

Properties of this drink include:

Lowering LDL ("bad") cholesterol, improving eyesight, toning the kidney, liver, and pancreas, strengthening the heart, lowering blood pressure, and boosting immunity.

Miracle Cleanse Recipe

Yijin Wang



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