

Healing your body from within



LOVE JUICIN

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All natural plant based recipes & ingredients

HEALING THE BODY FROM WITHIN

All natural plant based recipes & ingredients

Love Jucin Menu

Juices

Detox green

Celery, Kale {when in season} Spinach
Cucumber, Apple, Ginger,
Mint

Sun kiss

Celery, Cucumber,
Pineapple, Apple, Lemon,
Ginger

Vitalize shot

Apple, Carrot, Cucumber,
Orange, Lemon, Beetroot

Flu shot

Apple, Carrot, Orange,
Lemon, Ginger

Wheat Grass Shot

Smoothies

Summer time

Carrot Pineapple, 2
Bananas, Ginger, Lemon

Breakfast time

Soya milk, Vanilla, 1
Banana
2 tbsp Porridge Oats
Nutmeg

Fruit shoot

Strawberries, Banana,
Orange,

Green Leaf

Spinach, Kale, Avocado,
Lime, Pineapple, Ginger

Protein Shot

Hemp Protein
Pumpkin Seed Protein

Make your own

Juices

Smoothies

Salads

Dressing olive oil Lemon & Vinegar,
Peanut butter sauce, Vegan & roast
Tomatoes Mayonnaise.

Chickpea Wraps,

Curried Chickpeas, Spinach, Avocado,
Mango sauce/ Mint sauce

Fruit salads

Oats Porridge (select Fruit & Milk)

Vegan Ice cream

Vanilla, Chocolate, Strawberry

Vegan yogurt

Vanilla, Chocolate, Strawberry

Vegan Cake

Carrot Cake

Bottle Water

Coconut water

Ginkgo

disease
eye health
inflammation
diabetes
bone healing
Anxiety
dementia
Alzheimer's
Depression

Ginger

The Active Ingredient in Ginger Can Help
Fight Infections
Ginger May Improve Brain Function and
Protect Against Alzheimer's Disease
Contains a Substance That May Help
Prevent Cancer
Lower Cholesterol Levels
Can Help Treat Chronic Indigestion
Lower Blood Sugars and Improve Heart
Disease Risk Factors
Anti-Inflammatory Effects Can Help With
Osteoarthritis

Mint

Garlic

Nutmeg

Cashew nuts

Aloe Vera

Dandelion root

Providing antioxidants.
Reducing cholesterol. ...
Regulating blood sugar. ...
Reducing inflammation. ...
Lowering blood pressure. ...
Aiding weight loss. ...
Reducing cancer risk. ...
Boosting the immune system

Sea moss

It can improve your thyroid function. ...
It may help to improve your energy levels. ...
It'll boost your immunity. ...
It may nourish your skin. ...
It could improve your emotional health

Bladderwrack

used for obesity, arthritis, joint pain, "hardening of the arteries" (arteriosclerosis), digestive disorders, heartburn, "blood cleansing," constipation, bronchitis, emphysema, urinary tract disorders, and anxiety. Other uses include boosting the immune system and increasing energy.

Mango leaf

Regulates Diabetes. **Mango leaves** are very useful for managing diabetes. ...
Lowers blood pressure. ...
Fights restlessness. ...
Treats gall and kidney stones. ...
Cures respiratory problems. ...
Treats dysentery. ...
Remedy for ear aches. ...
Heals burns.

Turmeric

pain caused by inflammatory diseases, like arthritis
preventing cancer
stopping DNA mutations
several skin diseases

Flax Seed

decreasing obesity
regulating blood pressure
preventing colon cancer
inflammation
hot flashes

Echinacea

colds
immunity
bronchitis
upper respiratory infections

Grapeseed

cancer
lowering LDL (bad) cholesterol
leg vein circulation
oedema
blood pressure

Vervain

Headaches.
General aches and pain.
Insomnia.
Digestive dysfunction.
Upper respiratory tract symptoms.
Urinary tract infections.
Depression and anxiety

Dr. Sebi Alkaline Food List

Vegetables

Amaranth greens (same as Callaloo, a variety of spinach)
Avocado
Bell Peppers
Chayote (Mexican Squash)
Cucumber
Dandelion greens
Garbanzo beans (chick peas)
Izote (cactus flower/ cactus leaf)
Kale
Lettuce (all, except Iceberg)
Mushrooms (all, except Shitake)
Mustard greens (removed)
Nopales – Mexican Cactus
Okra
Olives
Onions
Poko salad (greens)
Sea Vegetables (wakame/dulse/ arame/hijiki/nori)
Squash
Tomato (cherry and plum only)
Tomatillo
Turnip greens
Zucchini
Watercress – (added)
Purslane (Verdolaga)

Fruits

Apples
Bananas (the smallest one or the Burro/mid-size (original banana))
Berries (all varieties- Elderberries in any form – no cranberries)
Cantaloupe
Cherries
Chirimoya (sugar apples)
Currants
Dates
Figs
Grapes (seeded)
Limes (key limes preferred with seeds)
Mango
Melons -seeded
Orange (Seville or sour preferred, difficult to find)

Papayas
Peaches
Pears
Plums
Prickly Pear (Cactus Fruit)
Prunus
Raisins (seeded)
Soft Jolly Coconuts
Soursops – (Latin or West Indian markets)
Tamarind – (added)

Nuts & Seeds

(Includes nut & seed butters)
Hemp Seed
Raw Sesame Seeds
Raw Sesame "Tahini" Butter
Walnuts
Brazil Nuts

Oils

Olive Oil (Do not cook)
Coconut Oil (Do not cook)
Grapeseed Oil
Sesame Oil
Hempseed Oil
Avocado Oil

Spices – Seasonings

MILD FLAVORS
Basil
Bay leaf
Cloves
Dill
Oregano
Parsley
Savory
Sweet Basil
Tarragon
Thyme

PUNGENT & SPICY FLAVORS

Achiote
Cayenne – African Bird Pepper
Coriander (Cilantro)
Onion Powder
Habanero
Sage

Sweet Flavors

100% Pure Agave Syrup – (from cactus)
Date Sugar – (from dried dates)

Salty Flavors

Pure Sea Salt
Powdered Granulated Seaweed (kolp/dulse/nori has a "sea taste")

Grains

Amaranth
Folio
Kamut
Quinoa
Rye
Spelt
Teff
Wild Rice

Natural Herbal Teas

Allspice
Anise
Burdock
Chamomile
Elderberry
Fennel
Ginger
Raspberry
Tila

DR. SEBI APPROVED

HERBAL TEAS

Anise
Burdock
Elderberry
Fennel
Ginger
Red Raspberry
Tila

AHEALTHYCRUSH.COM

VEGAN PROTEIN

- Pea **Protein**
- Hemp **Protein**
- Pumpkin Seed **Protein**
- Brown Rice **Protein**
- Soy **Protein**
- Sunflower Seed **Protein**
- Sacha Enchi **Protein**
- Chia **Protein**