



boost energy

Beets help the body absorb more nutrients and oxygen.



improve circulation

Pomegranates produce iron, improving blood flow.



stronger heart

Apples reduce high cholesterol levels.



improve eyesight

Tomatoes provide eyes retinas with Vitamin A.



fight disease

Watermelons' antioxidants can help fight cancer!



maintain weight

Grapefruits are high in enzymes that help burn fat.



brighten skin

Carrots promote even skin tone and reduce sunburn.



lift spirits

Pears contain Vitamin B to help fight depression.



strengthen bones

Pineapple is rich in manganese for strong bones.



relieve pain

Ginger is known to reduce headaches & migraines.



detoxify

Limes help rid the body of free radicals and uric acid.

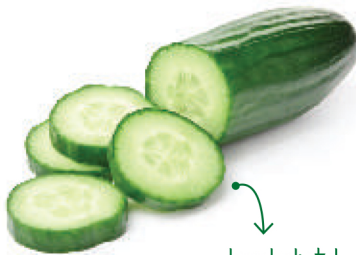


*cleanse yourself from the inside out
Lemons cleanse the kidneys and digestive system. Fresh lemon juice removes toxins and provide a great overall detox!*



healthy heart

Parsley chlorophyll oxidizes the blood for the heart.



keep hydrated

Cucumbers are made up of 95 percent water and keep body functioning properly by eliminating toxins.



find zen

Celery calms the nervous system with essential oils.



improve focus

Spinach gives mental push to memory and mind.



aid digestion

Broccoli is a smart carb that is high in fiber.



prevent disease

Basil eliminates infectious diseases in the body.



beneficial to beauty

Kale nourishes hair and nails with fatty acids.

