

Anti-Cancer Juice

Recipe courtesy of "Beat Cancer Kitchen" cookbook by Chris Wark

5 Small Carrots

1-2 Celery Stalks

1/2 Beet Root & a few beet greens

1-inch piece of fresh ginger

Juice all the ingredients together to determine how many ounces of juice your juice yields. Then multiply the ingredients to get the desired amount of juice you want to make each day.