



Juicing for Good Health Workshop Notes Nov 2014

Presented By

Antonietta Natoli

<http://health.bythebay.com.au>



Medical Disclaimer

- In all cases of ill health:
- ALWAYS seek a professional opinion
- NEVER self-diagnose and/or self-medicate

CONTINUE taking prescribed medications. Discuss any changes you would like to make to your prescribed medication regime with your doctor/healthcare practitioner first.

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Pesticides

Plants aren't just coated with pesticides, plants soak up pesticides; root vegetables in particular are vulnerable as well as fruits and veggies with thin "skins" as they lack the proper physical barriers needed for protection. No matter how much you wash them you can't get rid of the [pesticides that are now throughout your food](#).

The [National Institutes of Health's recent studies](#) have found, "Only 5–10% of all cancer cases can be attributed to genetic defects, whereas the remaining 90–95% have their roots in the environment and lifestyle."

According to the Pesticide Action Network, ["90% of lettuce tests positive for 47 different pesticides and 57 different chemical residues."](#)

National Pesticide

Information Network: <http://npic.orst.edu/health/residue.html>

<http://www.choice.com.au/reviews-and-tests/food-and-health/food-and-drink/safety/pesticides-in-fruit-and-veg.aspx>

Easy ways to minimise land fill

1. Plan

Weekly/monthly

Seasonal cooking and buying

Fridge Fest - what's in the fridge/garden?

Storage: (Aus Gov't Living Greener.com.au)

- Storage 3-4 fridge and (Choice says 5 degrees and avoid overcrowding)
- minus 15-18 Freezer

Scraps - POV

Freeze:

- Juicer pulp
- Left overs
- Green waste - take to place with compost/worm farm/garden

2013

clean fifteen & dirty dozen+

FEWEST TRACE PESTICIDES

MOST TRACE PESTICIDES

sweet potato



papaya

strawberries



cucumber

pineapple



sweet peas

celery



bell pepper



cantaloupe



sweet corn

grape tomatoes



spinach

eggplant



grapefruit

grapes



hot pepper



kiwi



onions

nectarine



peach



mushrooms



asparagus

potato



apple



avocado



cabbage

+ kale summer squash +



mango



+ indicates traces of known neurotoxins

www.bodyunburdened.com

Source: Environmental Working Group

<http://www.ewg.org/foodnews/summary.php>

Why Juice?

Juicing concentrates the healthful compounds in these plants, allowing you to benefit from them more effectively than by eating small amounts of the whole fruit or vegetable. By harnessing the powerful antioxidants and enzymes of raw fruits and vegetables, using these juice recipes for arthritis may increase your joint mobility and comfort and reduce swelling.

You can also increase the anti-inflammatory effectiveness of your juice recipe by mixing it with green tea, raw cold-pressed flax seed oil or liquid fish oil. These all have additional properties that make them healthful elements in an anti-inflammatory diet.

Green tea contains epigallocatechin-3-gallate (EGCG) which has been shown to be helpful in the treatment of rheumatoid arthritis.

Flax and fish oils contain omega 3 fatty acids which are useful for a variety of conditions including various forms of arthritis. These can also be mixed with fresh juices. The following juice recipes for arthritis can all be easily made using most electric juicers.

Arthritis

Fruits and vegetables believed to be effective for those with arthritis pain include:

- ginger
- pineapple
- papaya
- blueberries
- grapefruit
- spinach
- grapes
- plums
- kale
- pears
- bok choy
- sour cherries
- pomegranate
- cauliflower
- raspberries
- strawberries
- onions
- apples
- carrots
- beets
- garlic
- lettuce

Pineapple, Carrot & Celery Juice

5 carrots
2 stalks of celery
4 oz pineapple
1 tsp lemon juice

Papaya Orange Juice

¼ papaya, peeled
1 large orange, peeled

Papaya Blueberry Juice

2 cups blueberries
¼ papaya, peeled

Broccoli Carrot Juice

1/2 cup fresh broccoli, cut in pieces
3 medium carrots, roots only
1 apple, core removed
1/2 lemon, peeled

The Naked Kitchen <http://www.thenakedkitchen.com/>

Detox:

The Green Cucumber

- 1 cucumber
- 1 large cup of spinach
- 1 large cup of parsley
- 1 celery stock
- 1/2 medium lemon, peeled

Refreshing Renewal

- 2 stalks of fennel
- 1/2 a cucumber
- 1/2 a green apple, cored
- 1 handful of mint
- 1 inch piece of ginger root

Ginger Root Boost

- 1 inch slice ginger root
- 1 lemon, peeled
- 6 carrots (feel free to add the green tops)
- 1 apple, cored

Veggie Mix

- 3-4 carrots
- 2 celery stalks
- 1/2 a beet
- 2 broccoli florets
- 1/2 a lemon, peeled

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- 2 celery stalks
- 1/2 a beet
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- 1/2 a lemon, peeled

Cucumber Beet

- 1 cucumber
- 3 carrots
- 1 beet
- 2 stalks of celery
- 1 handful of parsley

Note: *Cucumber and bell pepper are good sources of silicon which is recommended to strengthen skin hair and nails. Studies show that foods high in silicon reduce signs of ageing, improving thickness and reducing wrinkles!*

Stress: Original V8 Recipe

- 2 large Carrots
- 3 stalks Celery large
- 1/2 Cucumber
- Parsley - 2 handfuls
- 1/2 medium Capsicum
- Spinach - 1 cup
- Tomatoes - 3 medium whole

Some of the ways this juice benefits the body:

- Celery calms the nerves because of the high calcium content & helps in controlling high blood pressure. Raw celery should be eaten to reduce high blood pressure.
- Tomato improves heart health by helping lower blood pressure due to its high content in potassium. It also prevents the oxidation of cholesterol, which is one of the first steps in the formation of atherosclerotic plaques.
- A recent study also shows that certain protein compounds in spinach are beneficial in lowering high blood pressure.

- Capsicum juice can significantly help to reduce cholesterol. The concentrated anti-oxidant fights oxidative stress that is the main culprit in oxidizing the LDLs in our blood. In the process, it also retards the development of atherosclerosis (hardening of the arteries) and lower blood pressure.

Spinach and Depression:

Spinach is a great source of Manganese & Magnesium. Manganese and magnesium are two powerful allies in your depression-healing lifestyle. Manganese helps synthesize the fatty acids necessary for a healthy nervous system and is also involved with the synthesis of B vitamins, amino acid formation and the prevention of mood swings due to low blood sugar. Magnesium is crucial in helping manufacture the enzymes that support brain metabolism. In a study, the National Institute of Health found that a deficiency in magnesium reduces levels of mood-calming serotonin. Tryptophan is an essential amino acid that your brain converts to soothing serotonin. Tryptophan also helps you get that good night's sleep that is so essential to controlling depression because the serotonin that tryptophan produces is itself converted into melatonin, the sleep-inducing hormone.

Popeye Power

- 2 apples
- ½ cucumber
- 1 lime
- Spinach

CARROT PULP MARMALADE

Ingredients

- 3 oranges
- 4 cups of water
- 3 cups of carrot pulp
- 4 tablespoons of lemon juice
- 3 cups of honey
- 1/2 teaspoon of ground ginger
- 1 package of store-bought dried pectin

Instructions

Peel all three oranges and cut the rinds into very narrow slices. Cook the slices in four cups of water until they're tender ... then let sit at least seven hours (or overnight).

Once the peelings have had a chance to stand for seven (or more) hours, add the carrot pulp to them and boil for 10 minutes. Next, chop the oranges into a bowl and remove all seeds. Then introduce the oranges, lemon juice, honey, and ginger to the pulp/peelings mixture and boil for 20 minutes more.

If—after 20 minutes—the marmalade has begun to jell on its own ... terrific! Pour the mixture into hot, sterile canning jars and seal. Otherwise—if the jam hasn't thickened—you should stir in the dried pectin at this point. (I don't know why, but sometimes you'll need the pectin and sometimes you won't. All I can say is, when in doubt . . . use the pectin.) Boil the pectin-enriched marmalade for another 10 minutes, stirring constantly. Remove from heat, but continue to stir for an additional seven minutes. Finally, pour the marmalade into hot, sterile canning jars and seal.

Carrot Pulp Dip

- 2 cups carrot pulp,
- 1 large avocado, and
- 1-2 tablespoons lemon juice (depending on how tangy you like it)
- Mash until well incorporated.

Top it with a combination of anything you like e.g. Dulse flakes, olives sauerkraut, chopped green onion, chopped tomatoes, chopped capsicum, and fresh herbs such as chopped parsley or coriander. The dip is a blank canvas on which to add your own unique toppings and seasonings.



Raw Carrot Cake - <http://thereluctantrawfoodist.com/pulp-rocks-or-what-to-do-with-juicing-pulp/>

Incorporate into stuffing for chicken or meat dishes

Juice fasting

http://www.all-about-juicing.com/Juice_Fast.html

Spiced Candied Orange Peel

Yield: 4 cups

Ingredients

- 4 oranges
- 2 1/2 cups sugar
- 2 cups water
- 1 vanilla bean, split down the middle
- 10 whole black peppercorns
- 6 cardamom pods, smashed
- 4 cinnamon sticks
- 3 cloves
- 1 cup sugar for coating

Instructions

Cut the orange into quarters. Use a spoon to scoop out the fruit but be sure to leave as much of the white pith attached as possible. Slice the peel into thin slices about 1/4 inch thick or smaller.

Place the orange peels in a large saucepan and cover with cold water. Bring to a boil and simmer for 3 minutes. Drain and repeat this process 2 more times using fresh water each time (do not skip this step because it removes the bitterness from the peel).

Clean the saucepan with soap and water. Add the water, sugar, vanilla bean, peppercorns, cardamom pods, cinnamon sticks and cloves. Bring to a boil, stirring occasionally to dissolve the sugar. Reduce to a simmer and add the orange peels. Simmer on low heat, stirring every 10-15 minutes, until the fruit becomes slightly translucent, 1 1/2 to 2 hours.

Line a baking sheet with parchment paper and a cooling rack. Using tongs, remove the orange peels from the syrup, shake off any excess liquid and move to the rack to finish draining. Don't discard the syrup, it's wonderful in drinks. Allow the candied orange peels to dry overnight.

Toss with sugar before serving.

Raw Banana Peel Upkari

<http://www.ruchikrandhap.com/2011/11/raw-banana-peel-upkarisaute-kelyachya.html>

- Peel of 4 raw bananas (chopped)
- 1/4tsp Turmeric powder
- Salt
- 1/2tsp Mustard seeds
- 1/2tsp Urad dal (Black gram)
- Few curry leaves

Grind:

- 2tbsp Grated coconut
- 1tsp Cumin seeds
- 3 Green chillies (optional)
- 4 Garlic cloves

Instructions

Grind all the ingredients under the list 'to grind' as fine paste and keep aside.

Meanwhile cook the chopped raw banana peels in water with turmeric powder and salt until they get cooked. drain the water.

Heat the oil, let splutters the mustard seeds, urad dal and curry leaves, now add the cooked raw banana peels, grounded paste and salt(if needed) and cook until the raw bananas get well coated with grounded paste.

Serve as side dish with rice and dal.

Raw Banana Peels Stir-fry/Kaya Tholi Thoran

Serves 2

<http://priyaeasytastyrecipes.blogspot.com.au/2013/03/raw-banana-peels-stir-frykaya-tholi.html>

Ingredients

- the peels of 4 Green bananas
- 1/2 onion finely chopped
- 1/4 tsp turmeric powder
- 1/2 tsp tamarind paste or 1 tbsp tamarind juice
- salt to taste

Seasoning

- 1/2 tsp mustard
- 1/2 tsp urad dal
- 5-6 curry leaves
- 1 clove garlic crushed
- 1 tsp vegetable masala powder * see notes
- 1/2 onion finely chopped
- 1 tbsp oil for frying

Instructions

1. Wash & place each peel on a cutting board - green side down, scrape out the white fleshy portion. The green surface is fibrous and not edible.
2. Mince the white portion of the peel and place it in a wok and add enough water to cover it, salt to taste, 1/2 a chopped onion, turmeric & tamarind paste/juice and cook it on a medium flame till half the water has dried up. Stir in between to avoid it from sticking to the bottom of the pan. When the peels have partially cooked. Turn off the flame & keep it aside
3. In another heavy bottomed pan heat the oil, reduce the flame and toss in the mustard. When it stops spluttering add the urad dal, curry leaves and crushed garlic. Stir it, taking care to see that the contents do not burn. Add the remaining 1/2 chopped onion and fry till translucent. Add the vegetable masala powder (you can turn off the flame to avoid burning).
4. Add the pre-cooked peel mixture and its water. Check salt to taste & allow to cook for a further 2 minutes on a slow flame. Serve hot with rice or chapattis.

Notes

To peel a raw banana run a knife along the length of the banana, making a shallow slit all the way down taking care to see that the inside flesh is not bruised. Once you have made several slits, gently use the tip of the knife to remove the peel off the flesh. Use flesh to make chips.

Use any masala powder that is suitable for vegetables or a blend of spices or may even use Bafat powder.

Kanchakalar Khosha Bata

is a traditional Bengali dish typically had with hot steamed rice. <http://www.archanaskitchen.com/indian-recipes/chutneys/1353-kanchakalar-khosha-bata-a-traditional-bengali-raw-banana-peel-chutney>

Ingredients

- 2 raw bananas
- 6 cloves of garlic
- 1 green chilli
- salt to taste

Seasoning

- 2 tablespoons mustard oil
- ½ teaspoon nigella seeds
- 1 dry red chillies

Method

Cook the 2 raw bananas until very soft. Once cooked, peel the skin. For this recipe we will be using the cooked and peeled skin.

Blend the banana peel and the remaining ingredients into a smooth paste. Transfer to a bowl and keep aside.

In a small pan; add the mustard oil. Once the oil is heated; add in the kalonji and the dry red chillies. Sauté on medium flame until the red chillies are roasted and browned. At this stage add in the peel paste and sauté on low heat for 2 to three minutes until the raw smell goes away.

Serve the spicy and delicious Kanchakalar Khosha Bata with hot steamed rice.

Banana Peel Uses

- Clean silver ware and leather shoes
- Whiten teeth
- Clean plant leaves
- Deter aphids - bury dried it cut up banana peels 5cm deep around the base of the plant
- Meat tenderiser
- Haemorrhoid help
- Compost accelerator
- Relieve minor skin irritations: insect bites, itchy dry skin, bruises, acne
- Remove splinters and warts

Soil fertiliser

Dry out banana peels on screens during the winter months. In early spring, grind them up in a food processor or blender and use it as a mulch to give new plants and seedlings a healthy start. People, who grow roses and plants like staghorn ferns, also use banana peels; simply cut up some peels and use them as plant food around your established plants.

Attract butterflies and birds

Bring more butterflies and various bird species to your backyard by putting out overripe bananas (as well as other fruits such as mangos, oranges, and papayas) on a raised platform. Punch a few holes in the bananas to make the fruit more accessible to the butterflies. Some enthusiasts swear by adding a drop of Gatorade to further mush things up. The fruit is also likely to attract more bees and wasps as well, so make sure that the plat-form is well above head level and not centrally located. Moreover, you'll probably want to clear it off before sunset, to discourage visits from raccoons and other nocturnal creatures.

Eat Banana Peel for Better Health

Dr. Paul Haider

Great for Depression – Did you know that ripe Banana Peels are great for depression? Banana Peels are packed full of serotonin which boost your mood and help you feel happy, just like prozac and lots of other mood enhancing drugs... according to a study at the University of Taiwan. Studies show that if you eat two Banana Peels a day for three days you have a net increase of 15% in your serotonin level – Wow!

Sleep Better – At the same time Banana Peels are full of lots of tryptophan that help you get a good night's rest.

Lower Cholesterol – And Banana Peels have more soluble and insoluble fiber than what you find in the banana itself, that means Banana Peels lower your cholesterol... thus helping to prevent cardiovascular disease, strokes, and cancer.

In fact there are been some people who have started the process of eating Banana Peels daily and thus lowered their LDL or bad cholesterol, and total cholesterol all the way back to normal, and they also detoxed their body at the same time... and found their mood greatly enhanced.

Cardiovascular Health – And Banana Peels can help eliminate atherosclerosis from your body by preventing cholesterol from sticking to the walls of your arteries.

Weight Loss and Obesity – And because Banana Peels are full of fiber they also fill you up and thus can help with weight loss and obesity.

Banana Peel Tea - boil peels in water and drink

Wrinkles - it is said that regularly applying banana peel to your forehead and cheeks can tighten the skin and reduce wrinkles

Whole Banana Smoothie

Take one whole banana and add 1 1/2 cups of any kinds of milk you want, 1/2 teaspoon of vanilla, and a 1/2 cup of ice cubes or more and blend in a powerful blender... it tastes great!

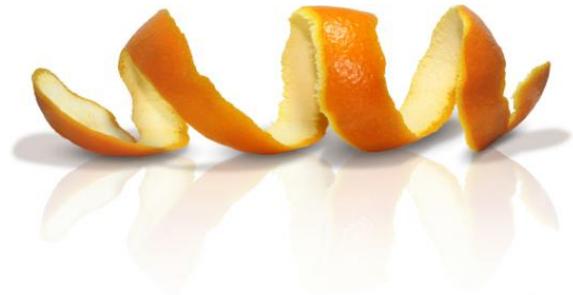
Orange peels

http://www.gov.pe.ca/photos/original/wi_orangepeel.pdf - full of great ideas!!!

Ayurveda, orange peel is tikta (bitter) and it improves digestion and removes sluggishness in the abdomen. It helps to remove gas, heartburn, vomiting and acidic eructation. It works well in perking up appetite and relieving nausea.

Due to its pacifying properties, orange peel powder helps dissolving phlegm in respiratory systems and alleviate cough, asthma etc.

Beneficiary aspects of orange peels come from its essential oils, which have anti-microbial and anti-inflammatory properties. Essential oil d-limonene has ability to defuse stomach acids and maintain normal intestinal movements. It also promotes normal liver function.



Studies have shown that orange peel can dissolve cholesterol and triglyceride. That means consumption of orange peel can benefit obese persons who have high cholesterol levels. It has a flavonoid known as hesperidine, which is said to be effective against colon cancer and osteoporosis.

Essential oils from orange peels are sedative in nature so can be used to calm nerves and induce sleep. Use orange peels in baths or simmer in a pot for uplifting your mood and drive away insomnia.

Beauty Properties of Orange Peels

Oily skin responds well to application of orange peels. It balances the skin oils and makes skin smooth and soft.

Dried orange peel beads act as natural exfoliators and remove dead cells and blackheads gently and naturally, bringing a glow to the skin.

Orange peels help in removing dark spots and blemishes.

Due to its cleansing, anti-inflammatory, anti-bacterial and antifungal properties, it works well against pus filled pimples and acne.

To remove damp or musky odour from house and fill it with beautiful fragrance, it can be boiled in water with clove or cinnamon.

Orange Peels in Cooking

Make Orange zest - it enhances the taste and flavour of many dishes.

Dried orange peels can absorb humidity from brown sugar

Sweet candies made with orange peel can tickle your taste buds and improve your appetite and the vitamin c in them would protect you from the onset of many ailments

Dry your orange peels and use as kindling. They're naturally flammable and burn longer than your ordinary

stick.

Insect repellent:

Mix orange peels and water, spray the solution outside your home, will prevent ants from coming in.

Similar thing goes for using orange peels to keep flies away. Hang up orange peel around your patio and it will keep them away.

Cat and mozzie repellent

Orange Peel Cleaner:

1. Fill a glass jar with orange peels (any variety of orange works well). Wash the peels well before eating, but you do that anyway, right? You want clean oranges for your cleaner and for your body's sake.
2. Pour in vinegar to cover the peels. If you're not eating a pile of oranges in one sitting, just cover the peels with vinegar as you go, filling the jar over time. When it's full to the top, move to the next step.
3. Cap the jar, set it in a dark spot, and wait at least 2 weeks, or 1 month for full potency.
4. Strain the vinegar, compost the softened peels, and use the vinegar for household cleaning and disinfecting.
5. Are you new to cleaning with vinegar? There are so many uses for the stuff, we're not going to list them all here – Vinegar Tips has 1,001 tips for you. This orange vinegar is especially powerful thanks to the limonene the vinegar has liberated from the peels. Use caution when cleaning painted, varnished, or other delicate surfaces!

Misc

Avocado shells: Seedling pots: Scooped-out avocado shells make perfect biodegradable "pots" to start seedlings in before you plant them in the garden.

Home-made Potpourri

Crushed egg and nut shells - snail and slug deterrent

Pickled rinds: In a pickle: All kinds-o-rinds can be pickled and eaten as a delicious condiment. Most recipes for pickled watermelon, lemon, orange, and even pumpkin rind involve a simple mixture of vinegar, sugar, and spices, and some can simply be stored in the fridge rather than canned once prepared.

Corn silk tea

<http://www.cornsilk.org/Cornsilk-Tea-Benefits/>

Reusing corn husks: <http://bbq.about.com/od/grillinghelp/a/aa040806a.htm>

Watermelon Rind

One serving provides 2% of the daily recommended intake of vitamin C and 1% of the vitamin B-6 your body requires every day. This makes watermelon rind good for your skin and immunity, as well as the health of your nervous system.

- [Fitday: Watermelon Rind](#)
- [University of Maryland Medical Center; "Vitamin C"; June 18, 2009](#)
- [Linus Pauling Institute: Vitamin B-6](#)
- ["Mother Earth News"; "Recycle That Watermelon Rind"; S. Kruse; May/June 1976](#)
- [Food.com: Watermelon Rind Jam](#)

Sautee chopped watermelon rinds in olive oil -- season them with salt and pepper for added flavour, or get creative by using a mixture of red chili flakes, paprika and coriander.

Use watermelon rinds, along with carrots, potatoes and parsnips, to add bulk and nutritional value to stews, or juice watermelon rinds for a nutrient-packed beverage.



Watermelon Pickle - <http://www.taste.com.au/recipes/1625/watermelon+rind+pickle>

Watermelon Chutney - <http://www.epicurious.com/recipes/drink/views/Watermelon-Rind-Chutney-109655>

Tokhmeh Roasted Watermelon Seeds

- Dry the watermelon seeds in the sun.
- Sprinkle a little salt water on a baking sheet, and over 1 layer of the watermelon seeds.
- Roast in a slow over oven, turning occasionally, until crunchy (about 10 minutes).
- Salt and enjoy

Miscellaneous

Darken grey hair: Boil potato peels in water for about a half-hour, strain and let cool. Rinse your hair with this water after shampooing and it will gradually darken grey hair, without the use of harsh chemicals.

Pistachio garden soap: Make a heavy duty bar of soap by pulverizing pistachio shells with a little water in the blender, then mix with melted glycerin soap - or any other you prefer.

Vodka infusions: All kinds of fruit skins, particularly citrus rinds, can be added to vodka to create a great infusion. Just add peels and let it steep for a week or two.

Ailment & Recommended Juices

<http://www.juicingcafe.com/juice-cures>

Anaemia	Apple, asparagus, beetroot, blackberry, carrot, celery, dandelion, fennel, black grape, lettuce, parsley, prune, spinach, strawberry, turnip, watercress.
Antibiotics	(ie after treatment with) Apple, cranberry, cucumber, garlic, onion, papaya.
Arthritis	Apple, carrot, celery, cucumber, fennel, grape, grapefruit, parsnip, potato, spinach, strawberry, turnip.
Asthma	Carrot, endive, parsnip, radish, spinach, turnip.
Bad breath	Apple, carrot, cucumber, lemon, spinach.
Bladder disorders	Beetroot, cabbage, carrot, cucumber, dandelion, endive, parsnip, spinach, watercress.
Blood pressure (high)	Beetroot, cabbage, carrot, cucumber, kiwi, orange, papaya, parsley, pineapple, spinach.
Blood pressure (low)	Beetroot, carrot, celery, cucumber, spinach, watercress.
Bones and teeth	Broccoli, cabbage, carrot, dandelion, kale, parsnip, tomato, turnip, turnip top.
Cancer	Apricot, asparagus, beetroot, blackberry, blackcurrant, broccoli, carrot, celery, endive, grape, kiwi, mango, melon, orange, peach, potato, radish, spinach, strawberry, turnip, watercress.
Catarrh	Beetroot, carrot, celery, cucumber, ginger, radish, raspberry, spinach, turnip, watercress.
Colds	Apricot, carrot, ginger, grapefruit, kiwi, lemon, lime, orange, pepper, pineapple, potato, strawberry, tomato.
Colitis	Apple, beetroot, cabbage, carrot, cucumber, papaya, spinach.
Constipation	Apple, cabbage, carrot, lettuce, papaya, peach, pear, pineapple, prune, spinach.
Cystitis	Cranberry, pear.
Diabetes	Asparagus, Brussels sprout, carrot, celery, endive, lettuce, parsley, spinach.
Digestive system	Beetroot, carrot, celery, cucumber, endive, grapefruit, lemon, papaya, pear, pineapple, radish, raspberry, watercress.
Eye trouble	Asparagus, beetroot, broccoli, carrot, celery, cucumber, dandelion, endive, fennel, parsley, peach, spinach, turnip.
Fatigue	Beetroot, carrot, lemon, lettuce, orange, raspberry, spinach, watercress.
Fatty degeneration	Beetroot, carrot, cucumber, spinach.
Fever	Celery, cucumber, grape, grapefruit, lemon, lime, orange.
Fluid retention	Asparagus, carrot, cranberry, cucumber, dandelion, melon, parsnip, pear, radish, watermelon.

Gall bladder and gallstones	Apple, beetroot, carrot, celery, cucumber, dandelion, radish, spinach, watercress.
Gout	Apple, beetroot, carrot, celery, fennel, lemon, lime, orange, parsley, pineapple, spinach.
Haemorrhoids (piles)	Apple, carrot, grape, pear, potato, spinach, turnip, watercress.
Hair	Asparagus, broccoli, cabbage, carrot, cucumber, kale, lettuce, parsnip, pepper, watercress.
Hay Fever	Beetroot, carrot, celery, endive, kale, parsnip, spinach.
Headaches	Apple, beetroot, cabbage, carrot, celery, fennel, spinach.
Heart disease	Beetroot, blackberry, carrot, dandelion, endive, papaya, pepper, pineapple, raspberry, spinach, strawberry.
Hernia	Cabbage, carrot, celery, cucumber, parsley, spinach.
Indigestion	Beetroot, cabbage, carrot, cucumber, lettuce, papaya, peach, pineapple, spinach, tomato.
Insomnia	Carrot, celery, lettuce.
Kidney disorders	Apple, asparagus, beetroot, broccoli, cabbage, carrot, celery, cranberry, cucumber, endive, grape, melon, potato, watermelon.
Liver disorders	Apple, asparagus, beetroot, carrot, celery, dandelion, endive, grape, grapefruit, kale, lemon, lime, papaya, parsnip, pear, potato, spinach, watercress.
Lymph circulation	Apple, beetroot, celery.
Menstrual Problems	Beetroot, fennel, watercress.
Morning sickness	Ginger, peach.
Nails	Cucumber, parsnip, pepper.
Nervous system	Asparagus, carrot, celery, fennel, lettuce, spinach.
Pregnancy	Beetroot, carrot, cucumber, dandelion, grapefruit, kale, lettuce, parsley, parsnip, peach, spinach, turnip, watermelon.
Premenstrual Tension	Blackberry.
Prostate trouble	Asparagus, beetroot, carrot, cranberry, lemon, lettuce, pear, spinach.
Rheumatism	Apple, asparagus, beetroot, carrot, celery, cucumber, grape, lemon, orange, strawberry.
Sexual drive	Asparagus, beetroot, carrot, celery, cucumber, watercress.
Skin disorders	Apple, asparagus, beetroot, broccoli, cabbage, carrot, dandelion, endive, grape, grapefruit, kale, lettuce, lime, melon, orange, parsnip, pepper, potato, radish, spinach, strawberry, tomato, turnip, watercress, watermelon.
Throat problems	Carrot, ginger, lemon, lime, pineapple.
Travel sickness	Apple, ginger.
Ulcers	Beetroot, cabbage, carrot, papaya, potato, spinach.
Viral infections	Carrot, celery, citrus fruits, garlic, parsley, pineapple.

Varicose veins	Asparagus, beetroot, carrot, celery, grapefruit, parsley, potato, spinach.
Weight loss	Apple, beetroot, carrot, celery, cucumber, dandelion, endive, fennel, grape, grapefruit, lemon, lettuce, lime, orange, papaya, parsnip, pineapple, radish, spinach, tomato, watercress, watermelon.

Some combos with ailments

<https://www.knowyourgut.com/powerful-juice-recipes-for-13-common-ailments/>

<http://cognitivedimension.wordpress.com/2012/05/14/juice-recipes-for-ailments/> ***

<http://www.all-about-juicing.com/health-conditions.html> ***

Smoothie recipes

<http://www.bostonmagazine.com/health/blog/2013/03/29/12-healthy-breakfast-smoothie-recipes/>

Growing Food from scraps

<http://www.thegreencycler.com/2013/dont-buy-them-re-grow-them-15-fruits-and-vegetables-you-can-grow-from-scrap/>

Fruit scrap vinegar <http://thenourishingcook.com/how-to-make-fruit-scrap-vinegar/>

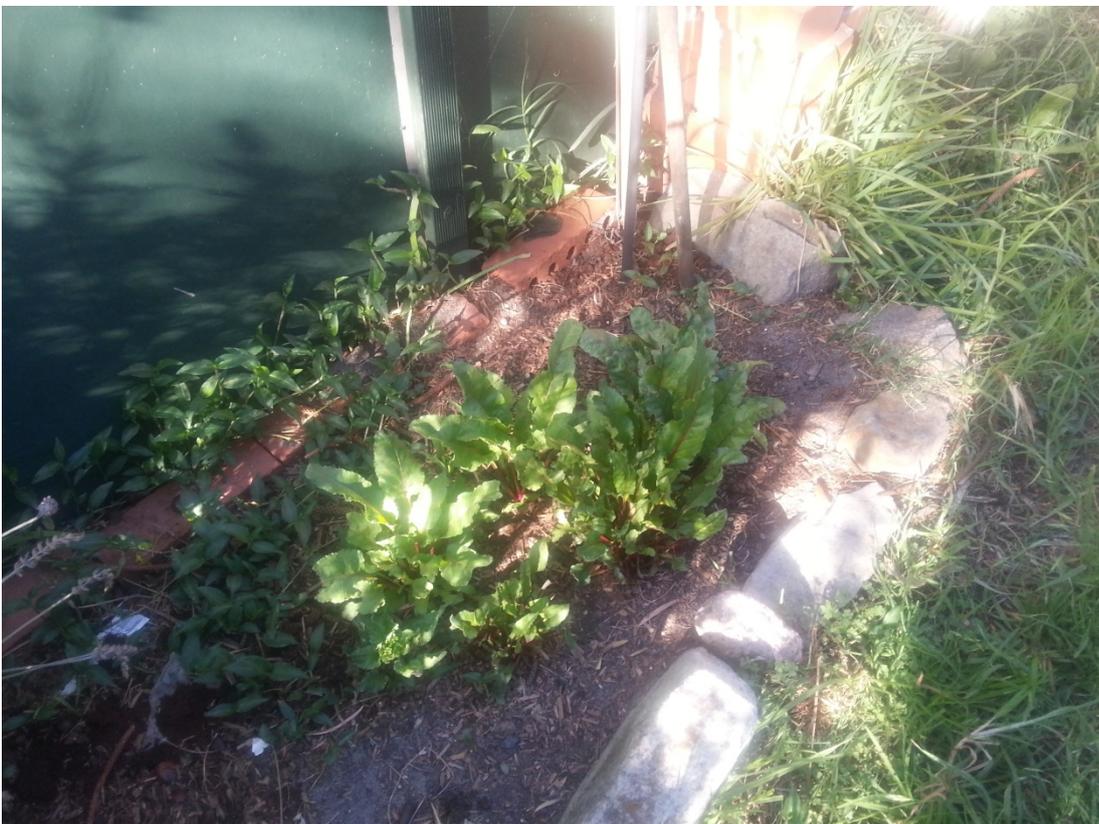
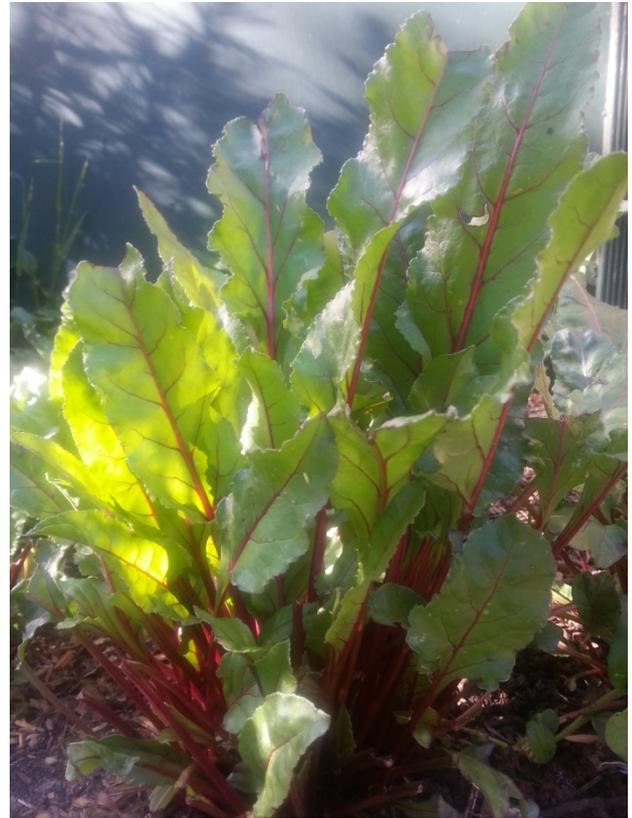
<http://www.buzzfeed.com/arielknutson/vegetables-that-magically-regrow-themselves>

Gardening in small spaces

<http://www.apartmenttherapy.com/gardening-without-a-garden-10-ideas-for-your-patio-or-balcony-renters-solutions-167221>

<http://www.pinterest.com/christinsadler/balcony-apartment-gardening/>

<http://www.urbanorganicgardener.com/apartment-gardening/>





For more information about other workshops or any of our service please feel free to contact us:

Antonietta Natoli

Health By The Bay

Located at the Healthpac Medical Centre
260-262 Beamish St
Campsie

Mobile: 0401 416 560

Web: <http://health.bythebay.com.au>

Email: info@bythebay.com.au