

Catherine Chan's Natural Health and Fertility Care Clinic

13 Beechwood St Ourimbah, NSW, 2258

Ph: +61 2 4362 2795

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Email: catherine@care.cc

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JUICE LIST

All quantities given are suggested daily consumption of juice

ACNE

Carrot, spinach and lettuce (equal parts) 500mL.

ALLERGIES

Carrot 300mL and spinach 200mL.

Carrot and beetroot (equal parts) 500mL.

Carrot 360mL and celery 120mL.

ANAEMIA

Carrot 300mL, dandelion 100mL and turnip 100mL.

Carrot 300mL, fennel 200mL and beetroot 120mL.

ANTIBIOTIC THERAPY

Cucumber 300mL, garlic 15mL and onion 50mL.

ARTERIES

Carrot 240mL, beetroot 120mL and celery 120mL.

Pineapple and pawpaw (equal parts) 500mL.

Horseradish (grated) 30mL, garlic 60mL and carrot 400mL.

Carrot 240mL, lettuce 120mL, and spinach 120mL.

ARTHRITIS

Carrot 300mL, beetroot 100mL, cucumber 100mL and celery 120mL or more.

ASTHMA

Horseradish (grated) 100mL, lemon 100mL, water 350mL and grapefruit 500mL.

BLADDER PROBLEMS

Carrot 300mL, beetroot 100mL and cucumber 100mL.

BRONCHITIS

Horseradish (grated) 120mL, lemon 50mL and water 350mL.

Cabbage 400mL and garlic 50mL.

CHRONIC CATARRH

Horseradish (grated) 120mL, lemon 50mL and water 350mL.

Carrot 300mL, radish 120mL and parsley 50mL.

COLDS

Carrot 200mL, celery 200mL and radish 100mL.

COLITIS

Beetroot 240mL, carrot 120mL and cucumber 120mL.

Pawpaw 500mL, carrot 300mL and spinach 200mL.

CONSTIPATION

Carrot 300mL and spinach 200mL.

Carrot 300mL, beetroot 120mL and cucumber 100mL.

DERMATITIS

Carrot and celery (equal parts) 500mL.

ECZEMA

Carrot 200mL, celery 120mL, parsley 50mL and spinach 100mL.

Pawpaw 350mL.

EYES

Carrot 360mL, parsley 30mL and watercress 60mL.

Carrot and celery (equal parts) 500mL.

FATIGUE

Grapefruit 240mL, lemon 50mL and orange 200mL, diluted 50:50.

Carrot 500mL, spinach 200mL and carrot 300mL.

Beetroot 100mL, cucumber 100mL and carrot 300mL.

FEVER

Cabbage 300mL, onion 40mL and garlic 30mL.

FLUID RETENTION

Asparagus 200mL.

Dandelion 360mL.

Dandelion 240mL and asparagus 120mL.

Cucumber 240mL, celery 240mL and parsley 120mL.

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GALLSTONES

(in case of emergency, professional supervision required)

Granny Smith apple juice at hourly intervals for three days.

GOITRE

Parsley 30mL, carrot 240mL and celery 200mL.

GOUT

Carrot 300mL, celery 120mL and parsley 50mL.

HAEMORRHOIDS

Carrot 300mL and spinach 200mL.

HAIR LOSS

Alfalfa 200mL, lettuce 120mL and carrot 200mL.

HAY FEVER

Horseradish (grated) 50mL, lemon 30mL and water 350mL.

Carrot 200mL, celery 200mL, spinach 60mL and parsley 60mL.

HEADACHE

Apple 240mL and parsley 60mL.

Cabbage 360mL and celery 120mL.

Carrot 240mL, beetroot 120mL and cucumber 120mL.

INDIGESTION

Cabbage 500mL

Pawpaw 500mL

Carrot 200mL, beetroot 200mL, lettuce 100mL, parsley 30mL and milk thistle 30mL.

KIDNEYS

Carrot 240mL, beetroot 120mL and parsley 60mL.

Dandelion 60mL, watercress 60mL, lettuce 120mL, carrot 240mL and parsley 30mL.

LIVER PROBLEMS

Granny Smith apple 500mL.

Carrot 300mL, beetroot 120mL and parsley 30mL.

Parsley, dandelion and milk thistle leaves.

LOW BLOOD PRESSURE

Carrot 300mL and spinach 200mL.

Carrot 150mL, celery 150mL, watercress 60mL, parsley 60mL and spinach 60mL.

MENSTRUATION, EXCESSIVE

Carrot 180mL, celery 120mL, spinach 120mL and parsley 60mL.

MENOPAUSE

Parsley 60mL, celery 120mL, carrot 200mL and spinach 100mL.

Carrot 200mL, turnip 100mL, beetroot 100mL and lettuce 120mL.

NERVOUSNESS

Carrot 300mL, beetroot 100mL and cucumber 100mL.

DUODENAL AND GASTRIC ULCERS

Cabbage and carrot (equal parts) 500mL.

PROSTATE TROUBLE

Lettuce, asparagus and carrot (equal parts) 500mL.

Carrot 240mL, beet 120mL and cucumber 120mL.

RHEUMATISM

Celery 150mL, cucumber 150mL and carrot 300mL.

Celery and carrot (equal parts) 500mL.