

# Catherine Chan's Natural Health and Fertility Care Clinic

13 Beechwood St Ourimbah, NSW, 2258

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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.