

## Green Smoothie With 11 Awesome Facts.

### INGREDIENTS:

1/2 Head Celery  
1 Cucumber  
1 Cup Cilantro & Parsley  
1 Lemon  
2 Tbsp Ginger  
1/3 Pineapple



## GREEN SMOOTHIE

### 11 Facts about this Smoothie

1. Celery can help reduce arthritis and rheumatism pain by clearing uric acid from painful joints.
2. Celery has anti-inflammatory, anti-oxidant properties and can be used for swollen glands.
3. Celery is a great source for you to get Vitamin C.
4. Celery has calming effects.
5. Eating cucumber daily can help control eczema break outs.
6. Cucumber can be used for treatment of heart burn.
7. Pineapple cleanses the intestines and the kidneys and promotes a healthy metabolism.
8. Ginger can be used to relieve nausea.
9. Parsley is full of B Vitamins which are responsible for the energy production from food.
10. Cilantro naturally balances hormones and can be used to treat PMS and cramping.
11. Lemons alleviate arthritis pain, cleanse the liver and create an alkaline environment.



 /LOVEJUICING