

The Juicing Ginger's Big Book of Liquid Love

Fifty plant-based, nutrient-dense,
healing juice and broth recipes,
specially formulated for those on
liquid diets for health or
detoxification purposes

Anna's Organics
Eat Well. Live Well. Be Well.



Thanks for your purchase of “The Juicing Ginger’s Big Book of Liquid Love”!

On behalf of *Anna’s Organics Wellness LLC*, I want to say how much I sincerely appreciate your support. I also want to congratulate you on the hard work and care you are putting into healing your body! This book is chock-full of fresh fruit and vegetable juice and broth recipes that will make your cells SING for joy! Now, a little background on this book...

I’m sure you’ve heard the expression, “When life gives you lemons, MAKE LEMONADE!” Well, as an all-liquid recipe book, this book is quite literally my attempt to “make lemonade out of lemons.” After struggling with severe health and digestive issues my entire life, in August of 2016, one month before my 20th birthday, I was diagnosed with an extremely rare, mutated form of cystic fibrosis—a mutation that targets primarily the digestive organs. By the time I got my diagnosis, my digestive organs (liver, pancreas, and kidneys) had already suffered tremendous damage. Since 2016, I have been in and out of liver and kidney failure, managing to control my levels with herbs and nutrition. My pancreas has

suffered most of all from my delayed diagnosis, and it was just a matter of time before I developed chronic pancreatitis.

After a year of battling severe pancreatic issues, I was forced into a 100% liquid diet in May of 2018, after finally developing chronic pancreatitis. I lived on liquids only for 4 months, but I managed to slowly reduce my pain and am beginning to be able to incorporate some smoothies and an occasional solid bite of food back into my diet. I firmly believe that, had I not been filling my body with the amazing, life-giving nutrients contained in the ingredients found in the recipes to follow, that I may not be here writing this today! As a Certified Integrative Nutritionist and Wellness Coach, I strive to educate my clients and all those around me that food really is medicine, and that God provided us with everything we could ever possibly need to help our bodies begin their self-healing process.

Life may have given me lemons (CF-related chronic pancreatitis), but I've chosen to MAKE LEMONADE by writing this all-liquid recipe book. All liquids may sound boring...but these delicious recipes will prove to

you the opposite: that a liquid diet CAN be exciting and fun! These are the very recipes that kept me alive and fighting for 4 months...and are still a HUGE part of my diet today. I hope you enjoy them!

God bless you on YOUR healing journey!

~Anna, "The Juicing Ginger"

*This book is dedicated to my Heavenly Father:
You've kept me going throughout this most difficult time. You've fed me
spiritually through Your Word and reminders of Your promises to me, and
You've fed me physically with the life-giving nutrients in YOUR foods.
Thank You, precious Lord. You really DO work all things for good.*

Romans 8:28

DISCLAIMER:

The following recipes are for enjoyment purposes ONLY, and are not meant to diagnose, treat, cure, or prevent any illnesses.

PLEASE READ:

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SECTION 1: Anna's Favorite Juice Recipes!

These recipes don't necessarily fall under the "Therapeutic Juices" category in that they aren't formulated to synergistically create a healing response in the body (like the juices in Section 3), but they are still incredibly healing...and incredibly tasty!

1. Kale-Apple Cooler

One large bunch organic kale
6 pink lady apples
Large handful organic parsley (about 1/2 cup, packed)
Large thumb ginger (optional, but recommended!)

*NOTE: If you don't want this juice as sweet, you can halve the apples and add a cucumber or 6 ribs of celery.

2. "Good Morning Sunshine" Green Juice

One large head organic romaine lettuce
Large handful organic cilantro (about 1/2 cup, packed)
Large thumb ginger
4 navel oranges*
3 organic apples

3. Pineapple-Apple Perfection

One ripe pineapple, peeled and chopped
4 apples
One organic cucumber
Large handful mint
6 ribs organic celery

4. "ABC" Juice

4 apples

1/2 medium or 1 small beet (make sure it is organic and well cleaned)

One organic cucumber

Optional "boosters" (my favorites for this juice are ginger, turmeric, and mint!)

5. Super Alkalizing Apple Juice

5 apples

6 ribs celery

4" piece turmeric

One lemon

6. Sweet 'n Salty Minty Madness

6 ribs celery

1 pound green grapes

Large handful fresh mint

7. My Favorite Green Juice

1 pound spinach OR kale

Large thumb ginger

Large piece turmeric

Large handful cilantro

Large handful parsley
1 cup organic coconut water (preferably fresh)
2 apples

8. Celery-Cucumber-Apple-Lemon-Sage

6 ribs celery
One cucumber
5 apples
One lemon
Handful sage

9. Cucumber-Apple-Dill

One cucumber
6-7 apple
Large handful dill

10. Antiviral Apples 'n Spice

6-7 apples
One pound fresh spinach
Handful fresh oregano
Handful fresh thyme

11. Orange-Apple-Dill

5 oranges
4 apples
Large handful fresh dill

12. Spicy Strawberry Sipper

2 heads romaine lettuce
One pint strawberries
3 apples
Large handful parsley
5-6 easter egg radishes

13. Wonderful Watermelon-Dill Refresher

1/2 mini watermelon
Large handful dill
6 ribs celery

14. Soothing Sweet Treat

1 1/2 heads romaine lettuce
4 golden delicious apples
2 pears
Large handful fresh dill

*Note: ALL CITRUS listed in recipe designates peeled and sectioned. DO NOT use citrus peels.

SECTION 2: FUN RECIPES!

*These recipes are exactly what they sound like—FUN RECIPES!
Here you'll find some knock-off recipes of childhood favorites,
in addition to others that will make your taste buds
twirl and evoke giggles and grins.*

15. Green Lemonade

1 1/2 heads romaine lettuce
5-6 apples
One lemon
1/2 cucumber

16. Jolly Rancher Juice

1/4 mini watermelon
4 granny smith apples
3 ribs celery

17. Ginger (no) Ale

Large thumb ginger
16 oz. sparkling mineral water
2-3 T raw local honey

Directions: juice ginger and add to sparkling water. Stir in raw honey and serve chilled, over ice.

18. Peaches 'n Cream

7 peaches
1 cup raw coconut meat
One cucumber

19. Minty Melon Magic

1/2 cantaloupe
3 apples
Large handful mint
4 ribs celery

20. Warm Lemonade/Limeade

16 oz boiling water
Juice of 1 whole lemon or lime
3 T raw honey

Directions: pour boiling water into large mug and add citrus juice. Stir in raw honey and let cool 5 minutes. Enjoy!

21. Dreamsicle Sipper

6 oranges
1 cup raw coconut meat
4 ribs celery

22. "GREENa Colada"

One pineapple, peeled and chopped
1 cup coconut water

1 1/2 heads romaine lettuce OR 1 pound spinach
Optional boosters: cilantro, ginger, turmeric, mint

23. Luscious Liquid Gold

6 oranges
Large piece turmeric
Large thumb ginger

24. The Green Machine

1 pound spinach OR 1 1/2 heads romaine lettuce
One cucumber
4-6 ribs celery
One large handful parsley

25. Apple Pie Delight

6 Fuji apples
3 ribs celery
Ground cinnamon, cloves, nutmeg, and allspice (sprinkle on top after juice is ready)

SECTION 3: Therapeutic Juice Recipes

These recipes are specifically designed to work therapeutically in the body, holding to the belief that “food is medicine.” I designed these recipes myself, based on my extensive training in both Integrative and Holistic Nutrition, as well as juice and food therapies. These juices work synergistically in the body to elicit the desired result (noted below the title of each of the following recipes) or promote health and detoxification in a specific area of the body.

26. Get Your Body in Balance!

This recipe combines all five flavors: sweet, spicy, sour, salty, and bitter. The five flavors are recognized and emphasized in both Traditional Chinese Medicine and Ayurveda as the primary way of restoring balance in the body. It is strongly encouraged to include all five flavors throughout your day...with this delicious juice, you get all five in one jar! Winning!

6-7 dandelion green leaves

Large piece turmeric

7 ribs celery

One lemon or lime

One jalapeño pepper (less if sensitive to heat...remember juicing draws out the flavors of everything!)

5 Fuji apples

27. Liver Lover

A delicious way to “love your liver”! Bitter flavors promote bile flow and liver cleansing, but luckily so do sweet beets! This juice combines all the ingredients your liver loves into a sweet and refreshing treat that’s perfect for anytime of day, particularly if you’re feeling bogged down, irritable, or heated (ANGER is the emotion associated with a toxic or stagnant liver!).

2 small or 1 medium beet (make sure beets are organic and cleaned very well)

5 dandelion greens

Large piece fresh burdock root (if you can’t find fresh burdock, you can stir in 1/2 tsp dried powder or 1 dropperful of burdock root tincture)

6 ribs celery

4 apples (preferably Fuji since they are sweetest, to offset the bitterness of the other ingredients)

One lemon

3 carrots
5 kale leaves
Large piece fresh turmeric

28. The Tummy Tamer

One of my favorites. I can't tell you how many times this juice saved me! It's soothing, satisfying, nourishing, all while being super gentle on the tummy. Perfect for those days you KNOW you need nutrition, but are too nauseous for anything else.

1 bulb fresh fennel
Handful fresh mint
Handful fresh dill
One cucumber
6 ribs celery
5 apples (I like Fuji for this recipe)

29. Be CALM Juice

There's just something about fresh mint that mellows even the most anxious souls...

One cucumber
5 apples (I like Fuji for this recipe)
One lemon
Large handful fresh mint

30. The Flu Shot

After drinking this juice, your immune system will be jumping for joy. Those critters that have been making you feel awful, on the other hand? Not so much.

6 oranges
One head romaine lettuce
4" piece fresh turmeric
4" piece fresh ginger
3-4 cloves garlic (depending on heat tolerance...the more the better!)
Large handful fresh oregano
Large handful fresh thyme

31. Circulation Sensation

This juice will get your heart pumpin' and your blood flowin'!

1 medium beet (make sure organic and well cleaned)
One cucumber
Large thumb ginger
2 cloves garlic
3 apples
Sprinkle of cayenne pepper (for garnish after juice is ready)

32. Kidney Stone CRUSH(er)

Anyone remember that pop beverage called "Crush"? It was a sugary, syrupy, kidney clogging nightmare...this, on the other hand, is similar in taste (minus the syrupy nastiness), but has the

OPPOSITE effect—this juice literally dissolves any and all stones! Tip: dealing with stones (kidney, gall, pancreatic, etc.)? Try a 5-7 day CITRUS JUICE FAST. Holy guacamole. STONES BE GONE!

2 grapefruits
4 oranges

*NOTE: avoid grapefruit juice if taking prescription medications.

33. You've Got Some Nerve

Nerve pain is the worst...but it's no match for this juice! This blend is an amazing combination of glucose and mineral salts—the DYNAMIC DUO when it comes to soothing painful, inflamed nerves (or even nervous tension!).

One cucumber
6 ribs celery
Water of one fresh young coconut (about 10 oz. coconut water)

34. The Mover

No one likes being “backed up”...especially your colon. After this juice, though, that won't be an issue.

1 pound fresh spinach
4 pears
7 fresh figs
1/2 small beet
Large thumb fresh ginger

35. Happy Pancreas Juice

Sweet potatoes are one of the absolute BEST foods for your pancreas...which is interesting since whole sweet potatoes actually LOOK like a pancreas! God is pretty creative, isn't He?! Anyway, this juice is a delicious, soothing tonic for when your pancreas is needing a little anti-inflammatory TLC. Tip: don't want it cold? You can heat it up, too! (It's AMAZING with a little cinnamon and nutmeg on top!)

One extra large sweet potato (make sure it's organic and well cleaned)
3 apples (I like Fuji for this recipe)
Thumb ginger
Medium piece turmeric (about 2")
One cucumber OR 6 ribs celery (celery will add some saltiness)

36. EYE Love Juicing!

The ULTIMATE juice for your eyes! Vitamin A, Vitamin C, and all the antioxidants your heart could desire.

10 medium carrots
3 apples (I like pink lady or honeycrisp in this juice, to balance the sweetness of the carrots)
2 oranges
1 tsp wild blueberry powder, sprinkled on top of juice (I like Vimergy brand!)

37. So Long, Sore Throat

Sore throats are the WORST! But luckily this juice is the BEST for them! After drinking this spicy sip, you can successfully say "so long" to your sore throat!

5 oranges
3 cloves garlic
4" piece horseradish
2 tsp wheatgrass juice powder, stirred into juice

38. Pineapple Pick-Me-Up

When we get tired, our body has to work harder to keep us going. Oftentimes, this taxes our reserve of precious proteolytic enzymes...aka the little guys that, well, keep us going! Pineapple is AMAZINGLY high in energizing enzymes, plus this juice is just too delicious not to make!

One whole pineapple, peeled
1/2 small beet
1/2 jalapeno pepper
1 head romaine lettuce
4 ribs celery
Large handful cilantro

39. Gout Be GONE!

Gout is incredibly painful...but thankfully God gave us FOOD as a way to get rid of it!

2 pounds tart cherries (resort to organic bottled tart cherry juice as a last resort)
6 ribs celery
2 cups raw brussel sprouts

40. The Fungus Fighter

Whether you're fighting candida, SIBO, SIFO, or even just a nasty infection, this juice (tonic) is a lifesaver...and really energizing too!

1 T raw unfiltered apple cider vinegar (I recommend Bragg's brand)

Large thumb ginger, juiced

3 T fresh coconut water (or bottled)

Juice of 1/2 fresh lemon

4 drops oregano oil (I like Oreganol 73 brand)

1/4 tsp cayenne pepper (yes it's spicy...I recommend knocking it back as quick as possible!)

Directions: add all ingredients to a shot glass. Bottoms up!

NOTE: I recommend doing this juice once per day, in the morning, for 1-2 weeks, or until symptoms improve.

SECTION 3: Best-Ever Broths and Soul-Soothing “Latte” Recipes

*This section houses all of my favorite, original-recipe broths and stocks!
Soothing, nourishing, comforting, calming...is there anything
better than a delicious, warm broth? I definitely don't think so.
Broths and other warming beverages are an excellent way to balance fresh raw
juices while on a liquid diet. Juices are very cooling to the body (or “yin,” as
we say in Traditional Chinese Medicine), and warm broths can provide
a warming effect (“yang”), which restores balance while still
filling your body with nourishing, healing nutrients.*

41. Pancreas Soothing Broth

One large sweet potato, peeled and chopped
Handful dulse leaves (preferably from Iceland)
1 T each fenugreek, anise, and fennel seeds
4 cloves garlic, minced

Directions: Combine all ingredients in large soup pot and cover with water. Bring to a boil and reduce heat to a low simmer. Cover and simmer 45 minutes. Strain broth and store in an airtight container for up to 3 days.

42. Immune Boosting Broth

6 cups water
1/2 cup raw sauerkraut
4" fresh turmeric, grated
4" fresh ginger, grated
2 T raw, unfiltered apple cider vinegar
1/4 cup coconut aminos
2 T wakame seaweed
4 cloves garlic, minced

Directions: Combine all ingredients in a large soup pot and bring to a boil over high heat. Reduce heat to a low simmer, cover, and simmer for 45 minutes to 1 hour. Strain broth and store in an airtight container in the refrigerator for up to 3 days.

43. Garden Veggie Broth

3 carrots, peeled and chopped
1/2 medium or 1 small onion, chopped
4 cloves garlic, minced
1 cup chopped celery
1/2 packed cup parsley

Directions: In a large pot, add the onion, carrots, celery, garlic, and parsley and cook them over high heat for 5 to 10 minutes, stirring frequently. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add 2 quarts of water and bring to a boil. Lower the heat and simmer, uncovered, for 30 minutes. Strain broth and store in an airtight container in the refrigerator for up to 3 days.

44. Mushroom “Mylk”

1 T mushroom powder of choice (my favorites are cordyceps, turkey tail, lion’s mane, and reishi...ok, ok, I like them all!)
8-16 oz. of boiling water (depending on how “milky” you want it)

Directions: Add mushroom powder to a mug or thermos and pour hot water on top. Stir and let rest for 5 minutes before enjoying. Can sweeten with honey or pure stevia, if desired.

45. Hot ChocoNOT

1 T carob powder
1 cup plant-based milk of choice (try my CocoNOT Milk, recipe below!)

1/2 tsp raw vanilla bean powder
Raw honey or pure stevia, to taste

Directions: Combine all ingredients in a high speed blender and blend until smooth. Pour mixture into a soup pot and heat over medium-high heat until desired temperature is reached. Serve warm.

NOTE: There is NOTHING wrong with chocolate—in fact, it's GREAT for you—it's super high in antioxidants (I'm talking the REAL, 100% cacao, not Hershey's!), but it does contain caffeine, which can be hard on the adrenal glands. If you suffer from adrenal fatigue, stay away from cacao and all other types of chocolate for the time being. Luckily, God gave us a caffeine-free alternative...CAROB! (By the way...did you know BOTH cacao and carob are actually fruits?!)

46. Instant CocoNOT Milk

2 T raw coconut butter (NOT coconut oil!)
1/2 cup water
3 cups water
Raw honey or pure stevia to sweeten, if desired

Directions: Combine coconut butter and 1/2 cup water in high speed blender and blend until completely mixed. Add remaining 3 cups water and blend on high speed until thoroughly mixed. Pour into an airtight container and store in the refrigerator. Use within 5 days.

NOTE: You can use another nut butter for this “milk” too, if you'd like. Just keep in mind coconut fats are medium chain triglycerides, meaning they are digested and metabolized much differently (more easily!) than other fats. MCTs are the fats of choice for anyone with pancreatic or digestive issues.

47. No More Nausea Tea

1 T marshmallow root
1 T chamomile flower
2 cinnamon sticks
4" fresh ginger
1 T fennel seeds

Directions: Combine all herbs in a large soup pot and cover with 4 cups water. Bring to a boil over high heat, reduce to a simmer, and simmer for 30 minutes. Strain tea and store in an airtight container in the refrigerator for up to 5 days.

48. Copycat GI-Friendly "Coffee"

Coffee is delicious and can be healthy (it's a great source of antioxidants!), but it's highly acidic, making it not the best choice for those of us who have digestive problems OR those with low bone density or osteoporosis. But take heart! It's CHICORY to the rescue! Bonus: chicory is AWESOME for the liver. Win-win!

1 T chicory root, dried
16 oz. boiling water

Directions: Add chicory root to a mug or thermos and pour boiling water on top. Let steep for 10 minutes (covered). Strain tea and discard chicory root. Serve warm, sweetened with raw honey or stevia, if desired (you could also add some of my CocoNOT Milk, recipe above!).

49. Protein-Packed Vanilla “Latte”

The gut (and the rest of the body) needs protein to heal...and the soul? Well that's what vanilla lattes are for. This delicious drink combines two in one: body healing and soul healing. What more could you ask for?!

1 cup organic pea protein powder (I like Nuzest brand...alternatively, for EXTRA gut-healing benefits, you could opt for 1 scoop of collagen peptides. Vital Proteins is my fave brand!)

1/2 tsp raw vanilla bean powder

1 cup CocoNOT Milk, recipe above

Raw honey or pure stevia, to taste

Directions: Combine all ingredients in a high speed blender and blend until smooth. Pour mixture into a small soup pot and bring to a boil over high heat. Remove from heat and pour into a mug or thermos. Let rest 5 minutes and serve warm, sprinkled with nutmeg, if desired.

50. DIY Elemental Shake Recipe

Elemental shakes (or elemental diets) are often utilized in cases of extreme malnutrition, or in individuals that are dealing with excessive fungal, bacterial, or yeast overgrowth. They are a specific ratio of nutrients, strategically designed and formulated to provide the person with everything they need, while giving their body and digestive organs the rest they need in order to heal in the shortest time possible. Elemental diets are used NO LONGER than 2-3 weeks MAXIMUM, but can significantly speed healing process when combined with herbal or pharmaceutical antibiotics (in the case of SIBO, or small intestinal bacterial overgrowth). If you're not sure whether or not an elemental diet would help you, feel free to email me at annasorganicslynchburg.com. We can discuss the best options for you and your healing. I'm happy to help however I can!

1 scoop pure protein powder (pea protein, collagen, or unflavored bone broth protein)
1 tsp MCT oil
2 T raw honey
1000 mg pure L-glutamine powder
1 capsule Vitamin B complex
500 mg Vitamin C
400 IU Vitamin E
1 capsule multivitamin
Pinch Celtic sea salt, to taste

Directions: Add all ingredients to a shaker cup and shake well to combine. Add water until desired consistency is reached, secure lid, and shake well. Sip slowly.

Thanks again for your purchase and support of *Anna's Organics Wellness*. Chronic illness is never easy...but together, we can overcome using GOD'S MEDICINE! I hope this book has been helpful, and that the recipes found inside will bring nourishment and healing to your physical body, while bringing joy and satisfaction to your emotional and spiritual bodies. Much love to you wherever you are and...

Happy Healing!

Love in **CHRIST**,

Anna R. Johnson,

**Certified Integrative Nutritionist and Health Coach,
Certified Plant-Based Nutritionist, Certified Regenerative Detoxification Specialist,
Certified Aromatherapist, Certified Pilates Instructor, Certified Reiki Levels I & II, Certified Yoga
Instructor, Trained Herbalist, Iridologist, Homeopathic Medicine Practitioner, Traditional Chinese
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