

# The Right Drink for Every Situation

Written by Ryan Donada

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There are drinks for various types of situations and needs. Turning simple items in the cupboards and fridge into drinks, one can boost energy, ease colds, help upset stomachs, cure bad breath, relieve muscle cramps, or get relaxed. Naturopathic physician and the founder and owner of Rejuvena Health & Aesthetics in Scottsdale, Dr. Suneil Jain, offers these drinks to help someone in certain situations. It is recommended to use a juicer for the following recipes.



## Endurance/ Healthy Energy

This combination is rich in chlorophyll, vitamin A, vitamin C, folic acid, magnesium, and calcium which all help to oxygenate the blood boosting energy and improving mental clarity. Wheat grass shots are also great for boosting energy due to its high chlorophyll content.

2 large carrots

1 large cucumber

½ a lemon

1 handful of kale

1 handful of spinach

1 handful of parsley

1 handful of dandelion greens

1 apple



## Cold Relief

The following potent antimicrobial combination is rich in vitamin C, vitamin A, vitamin B1 and potassium that together helps boost the immune system and reduce congestion. These foods can also help ease colds when simply eaten by themselves.

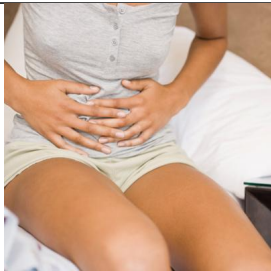
1 lemon

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- ½ a clove of garlic
- 1 slice of ginger root
- 1 apple or pear
- 1 small beet
- 1 handful of alfalfa sprouts
- 1 pinch of cayenne pepper
- 1 tablespoon of honey (preferably raw)



## Upset Stomach/ Nausea

This combination helps to both soothe and heal the digestive tract by reducing nausea and gas while improving elimination of waste.

- 1 slice of ginger: anti-nausea, anti-inflammatory, improves digestion
- 1 small bunch of alfalfa sprouts:
- ½ a head of cabbage: cleanses and heals the digestive tract
- ½ small papaya
- ¼ wedge of lemon



## Bad Breath

This combination stimulates production of saliva and is rich in chlorophyll that helps neutralizes bacteria and freshen the breath.

- 1 shot of wheatgrass

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1 orange

½ a lemon

1 handful of kale

1 handful of parsley

1 apple



## Muscle Cramps

Coconut water is rich in the electrolytes magnesium, potassium and sodium, all ingredients that help aid muscle cramps. This combination also provides phosphorus, vitamin B, C, A, E, iron and the necessary carbohydrates lost due to exercise.

Coconut water (preferably raw)

Handful of strawberries

½ a papaya



## Relaxation

This combination is rich in naturally occurring opiates, calcium and magnesium which all help to relax the body. This combination is also rich in vitamin C, which helps to oxygenate the blood at night.

1 head of lettuce

1 pear or apple

1 carrot

½ sweet potato

½ grapefruit

½ a bunch of kale