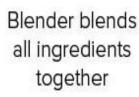


Juicing vs. Blending

Juicer separates juice from fiber





Juicer options:

Variety of choices with their own pros & cons: Centrifugal, masticating, twin-gear, hand-crank

CRAZY SEXY GREEN JUICE INGREDIENTS:

Base Cucumber & celery



1-2 leafy greens



Blender options:

High-speed blenders are best for super-creamy, green smoothles!

CRAZY SEXY GREEN SMOOTHIE INGREDIENTS:

Base Filtered water, coconut water or nut milk



- 3:1 ratio of veggles to fruits
- 1 fat: ½ avocado or spoonful nut butter

Bonuses Cayenne pepper, gingerroot, broccoli stems, and more ...



Sioccon stems, and more ...

>> No pulp/fiber <<



- Instant infusion of vitamins, minerals, & phytonutrients to your bloodstream
- Gives digestive system a break: Cells can focus on rest & repair
- Removing the fiber means you can pack more veggles in a juice

Bonuses Raw cacao, vegan protein powder, chia, hemp seed, goji berries, and more ...

>> Pulp/fiber-filled <<

- Supports digestive health: Sweeps toxins through digestive tract & aids regular elimination
- Satisfies hunger & sustains energy over time
- Balances blood sugar

