

Juice Diet

Note: Recommended to take Juice in the morning and avoid Coffee/Tea for 1 hour after taking Juice

Juice	Properties
Carrot	Improves Eye-sight, Teeth, helps in curing Liver ulcers, Diabetes, TB , Cancer
Beetroot	Improves Blood, Digestion, strengthens Intestines, improves weight, provides resistance to Cancer
Bitter-gourd (Kakara/Karela)	Reduces Diabetes, cures worms in the stools, reduces kidney-stones, Arthritis , Allergy , Jaundice .
Cucumber (Keera/Keera Dosakaayi)	Reduces Joint-pains, reduces Weight- loss, helps in curing Diabetes, provides coolness to body, improves Digestion.
Ginger(Allam/Adrak)	Cures Colds, Cough, Asthma, Jaundice, Piles, Sinus, Dental diseases .
Honey(Thene/Madhu)	Improves eye-sight, reduces weight-loss , Helps in curing TB and diseases related to Intestines, Heart, Liver .
Lemon(Nimma/Nimbu)	Cures Colds, Fever, Heart problems, Nervous disorders, High BP, provides strength to Bones.
Wheat Grass (Godhuma Gaddi)	Considered as boon to life, Cures Psychological, Sex related, Gynaecology related , Digestion related problems.
Leafy Vegetables (Aku koora/Harit sabji)	Cures Kidney problems, Ulcers, purifies Blood, improves Digestion and in general helps in curing all diseases .
Raagi Jaava/ Raagi	Improves Immunity to diseases, provides strength to Body and Bones, improves Digestion.
Goose Berry (Vusiri/Amla)	Strengthens Nervous system, Heart, reduces Constipation, Cures Eye, Ear , Sex problems, Darkens hair.
Drumstick leaf (Mulaga Aku/)	Good for eyes, reduces Ulcers, Dandruff, Constipation, Gastric problems, strengthens Bones.
Garlic(Vellulli/Lasun)	Good for heart, Lungs, Improves digestion, Cures Kidney stones, Cholera, Typhoid
Sprouts(Molakalu/)	Provides all Vitamins and minerals to the body, Improves Immunity and increases energy levels
Cumin seeds (Jeeakarra/Jeera)	Improves Appetite, cures Nervous disorders, Fever, improves Blood circulation, helps curing heart problems.
Neem Leaf (Vepaaku/ Neem pattar)	Cures Diabetes, cures worms in stool, purifies Blood, provides mental peace
Aloevera (Kalabanda/)	Considered as wonder drug & divine gift, good for all parts of body from head to toes
Tomatoe (Tomata/Tamatar)	Cures Diabetes, Weight-loss, Good for Heart, Liver, Kidney, cures Gastric problem.
Radish (Mullangi/Muli)	Cures Breathlessness, Throat, Eye, Skin diseases, Intestine problems.
Cabbage	Cures Gastric problems,Ulcers, Anemia, Diahorrea, Obesity
Papaya(Boppayi/Papita)	Good for Liver, Digestion, Youthfullness, provides immunity to Cancer, reduces Kidney Problems, and Phelgm
Bottle Gourd(Anapakaaya /Sorakaya/Lauki)	Helps weight reduction, reduces Allergy, Constipation, purifies Blood