Lemon Ginger Blast Recipe

By Lou Corona

Ingredients:

1 peeled lemon
2 Apples
½ to 1 Habanero (full pepper for more advanced)
3 inches Fresh Ginger
3 inches Fresh Turmeric Root (when available)
1 Cucumber
1 Bunch Celery
1 Bunch Cilantro
1 Bunch Parsley (regular or Italian)
1 Handful Fresh Mint

Servings: 1

Directions:

1. Juice all ingredients
2. Cut final juice amount with 1/3 water.
3. Drink

Lou’s Tip:

To **SUPER CHARGE** your Ginger Blast, take 3 PuraZyme capsules after every blast!

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PuraDyme is more than just a nutritional company! We are a company devoted to helping others achieve a more vibrant, radiant, and healthy lifestyle! Founded by Lou Corona and his 4 Principles, Lou Corona leads the way in how to generate a “Paradigm” shift in health consciousness and to ultimately create a more Lean, Clean, and Serene Liyfstyle!