

Juicing Celery: Superfood That Can Repair The Digestive System & Detoxify

Source: [TRUTHstreammedia](https://www.truthstreammedia.com)

This simple juicing video will show you how about \$1.50 per day in celery juice can boost your diet with essential vitamins and minerals, while helping to improve a long list of ailments including digestive disorders, high blood pressure, arthritis, inflammation, auto-immune disorders, anemia, asthma, skin problems and more. A recommended dose of 16 oz. of celery juice per day can alkalize the body, flush out toxins, promote white blood cells, purify the blood stream, improve digestion, cleanse the colon, and acts as a powerful anti-inflammatory.

Eat your veggies, or juice them and have even more! Organic vegetables are highly recommended to avoid/reduce toxins including pesticides.