



GET THREE FREE 3 DAY DETOX JUICE AND SMOOTHIE RECIPES

Herbalist Viola

EMAIL US:

SUPPORT@VERYWISEALTERNATIVES.COM

WWW.VERYWISEALTERNATIVES.COM

Very Wise Alternatives



DETOX



YOUR BODY



FREE RECIPES FROM HERBALIST VIOLA

VERY WISE



ALTERNATIVES LLC

Background word cloud containing terms: peace, Integrative, additional, BALANCE, change, DIET, prevention, mind, ENERGY, root cause, faith, HOLI, health, medicine, fruit, body, vegetables, spirit, natural, emotions, fitness, Scientific.

WELCOME TO VERY WISE ALTERNATIVES LLC

Greetings Family,
I am Herbalist Viola
and here are some
of my Special Juicing
& Smoothie Recipes
FREE for you to USE
and share with your
family.



Very Wise
Alternatives



BALANCING ACT

Detoxing is excellent for the body**
You can Juice or blend One Fruit or vegetable at a time and drink as well**



1ST RECIPE

3 DAY DETOX

BLEND or JUICE

3 Cucumbers

3 Green Apples

2 Piece of Ginger

1 bunch of Parsley

(half dropper cayenne pepper tincture optional)

Clean all Fruits and Vegetables

Cut up small pieces (depending on
your device. Blend up or Juice

Serve in Glass Jars & ENJOY

Refrigerate in Glass Jars.





2ND RECIPE

3 DAY DETOX

BLEND or JUICE

1 whole Pineapple (cut up & core)

2 Lemons

4 /5 Carrots

1 Mint (2 leaves)

Clean all Fruits and Vegetables

Cut up small pieces (depending on
your device.

Blend up or Juice

Serve in Glass Jars & ENJOY

Refrigerate in Glass Jars.





3RD RECIPE

3 DAY DETOX

BLEND

3 / 4 Beets

3 / 4 Carrots

3 Cucumbers

3 hand Spinach (or dandelion
Leaves)

Clean all Fruits and Vegetables

Cut up small pieces (depending on
your device.

Blend up . Serve in Glass Jars &

ENJOY

Refrigerate in Glass Jars.



BONUS

3 Celery

3 Carrots

2 Pomegranate

Clean all Fruits and Vegetables

Cut up small pieces (depending on your device.)

Blend up . Serve in Glass Jars &

Enjoy. Store in Glass Jars.

Drink Clean water (Half your body weight daily)

Keep refrigerator

ORANGE
KIWI



RASPBERRY
MINT



BLUEBERRY
LIME



STRAWBERRY
BASIL



LEMON
CUCUMBER



TUTTI
FRUTTI



I Appreciate You

I (Herbalist Viola) am local in the Fort Bragg & Surrounding Areas (North Carolina).

Reach Out: I Offers Teas, Soaps, Cleanses, Tinctures and More.

Support@verywisealternatives.com

Or

910.745.8165

