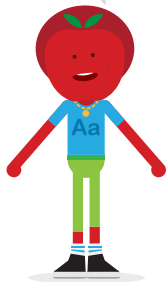
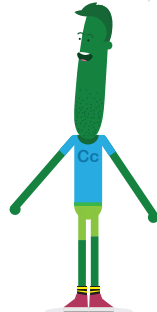


An apple a day,
takes the toxins away.



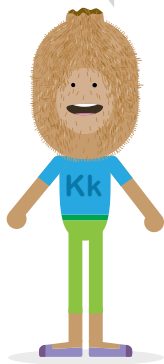
Adam Apple

I can help your joints to flow,
and encourage your hair to grow.



Caz Cucumber

I remove congestion,
to help you with digestion.



Kiki Kiwi

Give me a little squeezey,
I'll help you breathe easy.



Limmy Lime

What ingredients we are going to need

Apple, Cucumber, Kiwi, Lime.

It is so easy to do

Alternate 1 apple, 1 'chunk' cucumber, 1/4 kiwi and 1/8 lime per child through a juicer and juice up the goodness.

Why it is good for us

Apples can help to protect your teeth, keep your brain sharp, fight disease, help control your bowels, help remove toxins and help you maintain a healthy weight. Limes can help with weight loss, skin care, digestion, constipation, eye & gum care, mouth ulcers and respiratory disorders.

Cucumbers help to keep your body hydrated, aid digestion, stimulate your hair growth and can help your body eliminate toxins. They contain silica which promotes joint health by strengthening the connective tissues around your joints.

Kiwi's help relieve constipation and help your body to digest food. They are good for your skin and can help boost your body's immune system which helps you fight against disease.

Together this is a great toxin eliminating, digestion boosting, congestion clearing, gorgeous green glass of juice!