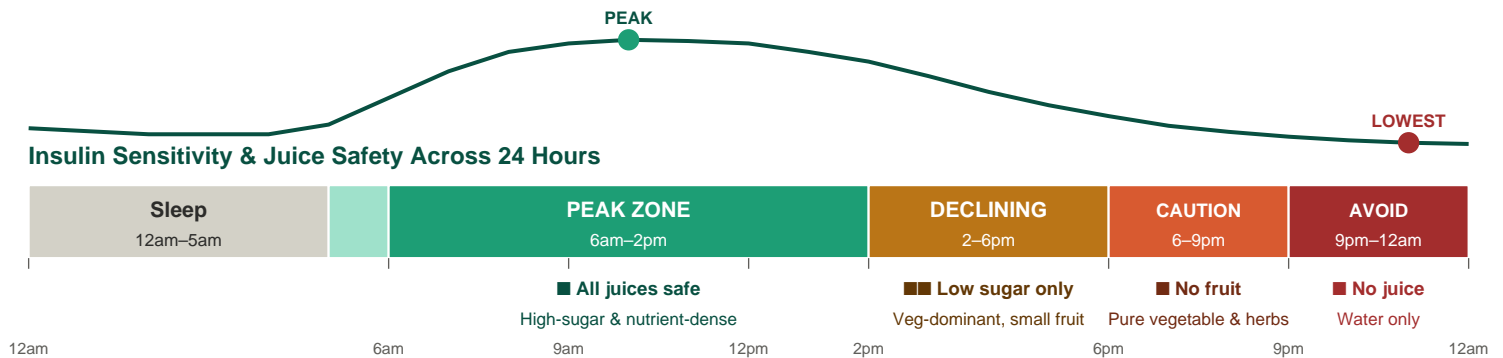


Healing Juice Recipe Guide

Optimum Benefit Recipes · Mapped to Insulin Time Zones · Organized by Major Organ



Zone	Time	What It Means for Juice
■ PEAK	6am–2pm	Insulin sensitivity at highest. Fruit sugars used as fuel — not stored. Best window for all high-sugar and nutrient-dense juices.
■ DECLINING	2pm–6pm	Sensitivity falling. Low-sugar juices only. No fruit-heavy blends. Vegetable-dominant with small fruit is acceptable.
■ CAUTION	6pm–9pm	Insulin sensitivity low. Fructose converts to triglycerides overnight. Pure vegetable and herb juices only.
■ SAFE	Before 7pm	No fruit sugars. Cucumber, celery, lemon, herbs, adaptogens only. Safe across all insulin zones.
■ AFTER 9PM	9pm–sleep	No juice at all except warm water with lemon. All sugars convert to triglycerides and raise LDL overnight.

General Preparation Rules: (1) Juice cucumber and celery with skin on. (2) Add powdered herbs after juicing — never through the juicer. (3) Turmeric always with black pepper — absorption increases 2000%. (4) Fat-soluble compounds require dietary fat — blend or consume alongside. (5) Ceylon cinnamon stick only — steep overnight and use the liquid. (6) Cilantro fresh and raw only. (7) Drink all juices within 20 minutes — oxidation begins immediately.

♥ ■ Heart & Cholesterol

PEAK ZONE 6am–2pm | 6–10am

The Arterial Flush

Ingredients: 2 medium beets · 3 stalks celery · 1 cucumber · 1 orange (peeled) · 1 inch ginger root · ½ lemon

Nitrates from beet dilate arteries within 90 minutes. Celery phthalides reduce vascular resistance. Orange hesperidin strengthens capillary walls. Ginger prevents platelet aggregation.

Why this window: Drink in the peak insulin window when the body can use the natural beet and orange sugars as fuel. Nitrate-to-nitric-oxide conversion is most efficient when metabolic rate is highest.

Heart & Cholesterol · Artery Health · Blood Health

PEAK ZONE 6am–2pm | 7–11am

The LDL Buster

Ingredients: 4 stalks celery · 1 cucumber · 2 cups kale · 1 green apple · ½ lemon · 1 inch ginger root

Kale bile acid binding removes LDL from the gut before absorption. Cucumber plant sterols compete with dietary cholesterol. Celery reduces total cholesterol through phthalide compounds.

Why this window: Green apple provides just enough natural sugar to make the juice palatable while keeping glycemic response low. Best drunk before breakfast to bind bile acids produced overnight.

Heart & Cholesterol · Liver & Detox · Blood Glucose

PEAK ZONE 6am–2pm | 8am–12pm

The Pomegranate Plaque Reversal

Ingredients: Seeds of 1 pomegranate · 2 beets (small) · 1 orange · ½ inch turmeric root · ½ lemon · Pinch black pepper

Punicalagins reverse existing arterial plaque — the only juice combination shown to do this in human studies. Turmeric curcumin reduces arterial inflammation. Black pepper increases curcumin absorption 2000%.

Why this window: High natural sugar content from pomegranate and orange requires peak insulin window for proper glucose metabolism. The punicalagin-LDL reversal mechanism is most active during morning metabolism.

Heart & Cholesterol · Artery Health · Anti-Inflammatory

SAFE ANY TIME | Any time before 7pm

The Blood Pressure Drop

Ingredients: 3 stalks celery · 1 cucumber · 1 cup hibiscus tea (cooled) · ½ lemon · 1 inch ginger root · 1 tsp raw honey

Hibiscus anthocyanins lower systolic blood pressure as effectively as ACE inhibitors. Celery phthalides directly relax arterial smooth muscle. Cucumber potassium balances sodium.

Why this window: No high-sugar fruits — safe across all insulin zones including the declining window. Hibiscus base makes this a true any-time cardiovascular support juice.

Heart & Cholesterol · Artery Health · Kidneys

■ Kidneys

SAFE ANY TIME | First thing — before food

The Morning Kidney Flush

Ingredients: 1 whole cucumber (with skin) · 4 stalks celery · ½ lemon · 1 inch ginger root · 1 cup water

Cucumber 96% water content and zero phosphorus makes this the safest kidney morning protocol. Celery natural diuretic flushes renal tubules. Lemon citrate prevents calcium oxalate stone formation from overnight urinary concentration.

Why this window: The cornerstone protocol. Drink on empty stomach before anything else. Empty stomach allows maximum absorption of kidney minerals and maximizes diuretic flushing before food slows transit.

Kidneys · Lymphatic · Anti-Inflammatory

SAFE ANY TIME | 7am–2pm

The Renal Shield

Ingredients: 1 cucumber · 2 stalks celery · ½ cup parsley (fresh) · 1 cup cabbage · 1 green apple · ½ lemon

Parsley apigenin reduces kidney inflammation. Cabbage phytochemicals reduce uremic toxins in the blood. Green apple malic acid supports the kidney's organic acid filtration process. All ingredients are low potassium and low phosphorus.

Why this window: Green apple provides mild sweetness and the malic acid kidney benefit, but keeps the glycemic load low enough to drink safely through the morning into early afternoon.

Kidneys · Liver & Detox · Gut & Digestion

SAFE ANY TIME | Morning and evening

The Stone Crusher

Ingredients: Juice of 2 lemons · 1 cucumber · 2 stalks celery · 1 tsp raw honey · 400ml water

Lemon citrate is the most effective natural kidney stone prevention compound — binds calcium before it forms oxalate crystals. This is the clinical protocol used in stone prevention medicine.

Why this window: Safe both morning and evening because there are no high-sugar fruits. Lemon citrate works all day. Evening version supports overnight kidney filtration when kidneys do much of their repair work.

Kidneys · Lymphatic · Blood Health

SAFE ANY TIME | Any time

The Urinary Soother

Ingredients: 1 cucumber · ½ cup cranberries (fresh or frozen) · 2 stalks celery · 1 inch ginger root · ½ lemon · 1 tsp raw honey

Cranberry proanthocyanidins prevent bacteria from adhering to kidney and bladder tissue. Cucumber soothes the urinary tract lining. Ginger reduces kidney inflammation.

Why this window: Cranberries have a low glycemic index and are safe across all time zones. The combination is therapeutic for anyone with recurring urinary tract issues or kidney irritation.

Kidneys · Immune System · Anti-Inflammatory

■ Blood Glucose

SAFE ANY TIME | Before every meal

The Insulin Primer

Ingredients: 1 cucumber · 3 stalks celery · 1 inch ginger root · ½ lemon · 1 inch bitter melon (if available) · 1 tsp apple cider vinegar

Cucumber near-zero glycemic index slows gastric emptying for everything eaten after. ACV inhibits alpha-glucosidase — the enzyme that converts starch to glucose. Ginger activates PPAR-gamma improving insulin sensitivity.

Why this window: Drink 15–20 minutes before every meal regardless of time of day. This is not about sugar load — it is about priming the gut to slow glucose absorption from whatever follows.

Blood Glucose · Kidneys · Anti-Inflammatory

PEAK ZONE 6am–2pm | 6–9am

The Blood Sugar Morning Reset

Ingredients: 1 inch Ceylon cinnamon (steeped overnight in water, use liquid) · 1 green apple · 1 cucumber · 1 inch ginger root · ½ lemon · 1 tsp fenugreek water (soaked overnight)

Ceylon cinnamon cinnamaldehyde activates GLUT4 transporters — pulls glucose into muscle cells. Fenugreek soluble fiber coats the gut and slows carbohydrate absorption from the morning meal.

Why this window: The most effective time to use cinnamon and fenugreek is before breakfast when insulin sensitivity is rising to its daily peak. These compounds work synergistically with the body's natural morning insulin surge.

Blood Glucose · Heart & Cholesterol · Adrenal & Stress Response

PEAK ZONE 6am–2pm | 7–11am

The Swiss Chard Stabilizer

Ingredients: 2 cups Swiss chard · 1 cucumber · 2 stalks celery · ½ green apple · 1 inch ginger root · ½ lemon · 1 tsp ground cinnamon (Ceylon)

Swiss chard syringic acid mimics insulin independently. Magnesium from chard improves insulin receptor sensitivity. This is the most nutrient-dense glucose-stabilizing green juice available.

Why this window: Swiss chard is a low-glycemic green that is safe through the morning. Drink before or with breakfast to buffer the insulin response from morning meals.

Blood Glucose · Liver & Detox · Heart & Cholesterol

SAFE ANY TIME | 6–7pm (with dinner)

The Evening Glucose Guard

Ingredients: 1 cucumber · 3 stalks celery · ½ lemon · 1 inch ginger root · 1 tsp apple cider vinegar · 1 tsp turmeric powder · Pinch black pepper

No fruit at all — pure vegetable base safe in the declining insulin zone. ACV reduces post-dinner glucose spike. Turmeric curcumin activates PPAR-gamma for late-day insulin support. Ginger accelerates gastric emptying.

Why this window: Critical protocol for anyone managing blood glucose. Drinking this 15 min before dinner activates glucose clearance mechanisms before food arrives in the bloodstream.

Blood Glucose · Anti-Inflammatory · Liver & Detox

■ Liver & Detox

SAFE ANY TIME | First thing — before food

The Morning Liver Wake-Up

Ingredients: Juice of 1 whole lemon · 1 inch ginger root · ½ inch turmeric root · 1 tsp raw honey · 300ml warm water · Pinch black pepper

Lemon D-limonene activates Phase I liver detox enzymes. Turmeric curcumin activates Phase II detox enzymes. Together they run the complete liver detox sequence. Warm water stimulates bile flow.

Why this window: The liver does most of its detox work during sleep (11pm–3am). This juice reactivates liver enzyme systems after their overnight work. Must be on empty stomach — food stops bile flow.

Liver & Detox · Anti-Inflammatory · Lymphatic

PEAK ZONE 6am–2pm | 7–11am

The Beet Liver Cleanse

Ingredients: 2 beets (with greens if available) · 1 cucumber · 2 carrots · 1 inch ginger root · ½ lemon · 1 green apple

Beet betaine drives the liver methylation cycle — the primary liver detox pathway. Beet greens are even more potent than the beet for liver betaine. Carrots beta-carotene protects liver cell membranes during detox.

Why this window: Beet natural sugars require the peak insulin window. The methylation cycle runs most efficiently during morning hours when liver enzyme activity is highest from the overnight fast.

Liver & Detox · Heart & Cholesterol · Blood Health

PEAK ZONE 6am–2pm | 8am–12pm

The Cruciferous Detox

Ingredients: 1 cup broccoli florets · 1 cup kale · 1 cucumber · 1 green apple · 1 inch ginger root · ½ lemon · 1 tsp dandelion root powder

Broccoli sulforaphane activates Phase II liver enzymes at the genetic level. Dandelion bitter compounds stimulate bile flow. Kale glucosinolates upregulate both Phase I and II detox simultaneously.

Why this window: Sulforaphane activation of liver detox genes requires morning metabolism to be running at full capacity. The green apple provides just enough sugar to make cruciferous juice palatable.

Liver & Detox · Anti-Inflammatory · Cellular Health

SAFE ANY TIME | 6–7pm

The Gentle Evening Detox

Ingredients: 1 cucumber · 3 stalks celery · ½ lemon · 1 inch ginger root · 1 tsp milk thistle powder · 1 tsp dandelion root powder · 300ml water

Milk thistle silymarin protects liver cells from evening dietary toxins. Dandelion stimulates bile for the liver's overnight detox preparation. No fruit — safe in declining insulin zone.

Why this window: The liver shifts to deeper detox mode during sleep. Drinking this before dinner prepares liver enzymes for the overnight repair cycle ahead. Zero sugar load does not interfere with evening insulin management.

Liver & Detox · Blood Glucose · Lymphatic

■ Artery Health

PEAK ZONE 6am–2pm | 6–10am

The Nitric Oxide Surge

Ingredients: 2 large beets · 3 stalks celery · 1 cucumber · 1 inch ginger root · ½ lemon · Pinch cayenne

Beet nitrates convert to nitric oxide in the bloodstream — directly dilates arteries within 90 minutes. Cayenne capsaicin triggers additional NO release. This is the pre-workout arterial protocol used by endurance athletes.

Why this window: Nitric oxide production peaks when taken in the morning before physical activity. The beet sugar load is appropriately timed in the peak insulin window when it fuels muscle cells rather than storing as fat.

Artery Health · Heart & Cholesterol · Brain & Cognitive

PEAK ZONE 6am–2pm | 7–11am

The Endothelium Repair

Ingredients: 1 cup blueberries · 1 pomegranate (arils) · 2 stalks celery · ½ lemon · 1 inch ginger root · 1 tsp turmeric powder · Pinch black pepper

Pomegranate punicalagins actively reverse arterial plaque. Blueberry pterostilbene restores endothelial function. Together these are the only two fruit compounds shown to repair artery walls rather than just protect them.

Why this window: The fruit sugar content requires peak insulin window. The punicalagin-endothelium repair mechanism takes weeks of consistent daily use — morning timing ensures optimal absorption and utilization.

Artery Health · Heart & Cholesterol · Cellular Health

DECLINING 2pm–6pm | 12–2pm

The Circulation Booster

Ingredients: 1 orange (peeled with pith) · 2 stalks celery · 1 cucumber · 1 inch ginger root · ½ lemon · 1 tsp hawthorn berry powder

Orange hesperidin improves blood flow and arterial flexibility. Hawthorn berry strengthens arterial wall integrity. Ginger anti-platelet action prevents clot formation in narrowed arteries.

Why this window: Orange hesperidin absorption peaks in the midday window. Still within the insulin declining zone — manageable glucose load when combined with no other carbohydrates at this meal.

Artery Health · Heart & Cholesterol · Lymphatic

SAFE ANY TIME | After 6pm

The Evening Arterial Calm

Ingredients: 1 cucumber · 3 stalks celery · ½ cup hibiscus tea (cooled) · ½ lemon · 1 tsp olive leaf powder · 300ml water

Hibiscus anthocyanins reduce blood pressure overnight — most effective when consumed in the evening. Olive leaf oleuropein prevents overnight LDL oxidation in arterial tissue. Zero fruit — safe at any evening time.

Why this window: Blood pressure naturally rises during stress and lowers during sleep. This evening juice activates the hibiscus blood pressure mechanism during the transition from activity to rest.

Artery Health · Heart & Cholesterol · Blood Glucose

■ Brain & Cognitive

PEAK ZONE 6am–2pm | 7–10am

The NGF Activator

Ingredients: 1 tsp lion's mane powder · 1 cup blueberries · 1 avocado (blend, not juice) · 1 cucumber · 1 inch ginger root · 200ml coconut water

Lion's Mane hericenones activate NGF — nerve growth factor. Must be blended not juiced to retain the fat content from avocado which is required for NGF absorption. Blueberry BDNF compounds add synergistic brain growth support.

Why this window: NGF and BDNF are both fat-soluble — consuming them without dietary fat drastically reduces absorption. Morning blend provides the fat-soluble brain compounds alongside natural sugars for morning glucose fuel.

Brain & Cognitive · Cellular Health · Immune System

PEAK ZONE 6am–2pm | 6–10am

The Cerebral Blood Flow

Ingredients: 2 beets · 1 cup blueberries · 2 stalks celery · ½ lemon · 1 inch ginger root · 1 tsp ginkgo biloba powder

Beet nitrates increase cerebral blood flow to the frontal lobe by up to 16% — the most measurable dietary improvement in brain circulation. Ginkgo increases retinal and cerebral microcirculation simultaneously.

Why this window: Nitric oxide brain perfusion peaks during morning hours when the brain is transitioning from sleep metabolism to active metabolism. Best drunk before cognitive work, creative sessions, or demanding decisions.

Brain & Cognitive · Artery Health · Eyes & Vision

PEAK ZONE 6am–2pm | 8am–12pm

The Neuroprotection Blend

Ingredients: 1 cup blackberries · 1 cup blueberries · ½ pomegranate · 1 inch turmeric · ½ lemon · Pinch black pepper · 1 tsp rosemary (fresh, steeped in hot water first)

Blackberry polyphenols improve working memory and processing speed. Rosemary 1,8-cineole inhibits acetylcholinesterase — keeps memory neurotransmitter active longer. Pomegranate punicalagins cross the blood-brain barrier.

Why this window: Berry sugar load requires peak insulin window. Rosemary compounds are heat-volatile — steep in hot water first, cool, then add to juice. The neurochemical benefit is immediate and measurable.

Brain & Cognitive · Anti-Inflammatory · Cellular Health

SAFE ANY TIME | Any time before 7pm

The Calm Focus

Ingredients: 1 cucumber · 3 stalks celery · 1 tsp ashwagandha powder · 1 tsp holy basil (fresh leaves) · ½ lemon · 1 tsp raw honey · 300ml water

Ashwagandha withanolides reduce cortisol — the brain fog and cognitive impairment from chronic stress. Holy basil rosmarinic acid inhibits GABA breakdown for calm focus. No fruit — safe all day.

Why this window: Cortisol reduction benefits are time-independent. This blend supports the brain's sustained attention mode and is appropriate for mid-morning, afternoon cognitive work, or evening stress recovery.

Brain & Cognitive · Adrenal & Stress Response · Blood Glucose

■ Immune System

PEAK ZONE 6am–2pm | 7–10am

The Viral Defense

Ingredients: 2 oranges (peeled with pith) · 1 inch ginger root · 1 inch turmeric root · ½ lemon · Pinch black pepper · 1 tsp elderberry syrup · 1 tsp raw honey

Elderberry sambucol proteins block viral replication at the cellular entry point. Vitamin C from orange activates neutrophils and lymphocytes within 30 minutes. Ginger and turmeric reduce the inflammatory cytokine storm that makes viral illness severe.

Why this window: Orange vitamin C content is optimally absorbed in the morning. Elderberry immune activation requires consistent daily use — morning is the most consistent window. This is the daily prevention protocol.

Immune System · Lungs & Respiratory · Anti-Inflammatory

SAFE ANY TIME | At illness onset — any time

The Antimicrobial Shot

Ingredients: 4 cloves garlic (raw) · 1 inch ginger root · ½ lemon · 1 tsp raw honey · 1 tsp apple cider vinegar · 2 drops oregano oil (optional) · 100ml water

Raw garlic allicin is one of the most potent natural antimicrobials tested — effective against bacteria, viruses, and fungi. This is not pleasant — it is a clinical intervention. Take at first sign of illness.

Why this window: Time-independent — take this at illness onset regardless of time of day. The allicin-ginger-lemon combination activates immediately. Do not dilute into a large juice — concentrated form is the mechanism.

Immune System · Lungs & Respiratory · Lymphatic

PEAK ZONE 6am–2pm | 8am–12pm

The Mushroom Immune Tonic

Ingredients: 1 tsp lion's mane powder · 1 tsp reishi powder · 1 tsp turkey tail powder · 1 cup blueberries · ½ lemon · 200ml warm water · 1 tsp raw honey

Triple mushroom beta-glucan combination activates NK cells, macrophages, and T-cells simultaneously. Lion's Mane adds NGF for neuro-immune connection. This is the deepest immune activation juice.

Why this window: Mushroom beta-glucans require consistent daily use for full immune activation. Morning timing aligns with cortisol's natural anti-inflammatory peak — the body is most receptive to immune modulation in the morning.

Immune System · Brain & Cognitive · Cellular Health

SAFE ANY TIME | Throughout illness — any time

The Recovery Flush

Ingredients: 1 cucumber · 3 stalks celery · ½ lemon · 1 inch ginger root · 1 tsp turmeric · 1 tsp raw honey · Pinch black pepper · 400ml water

Hydration + anti-inflammatory + antimicrobial + fever support in one protocol. Cucumber and celery replace electrolytes lost during illness without adding sugar load. Safe to drink repeatedly throughout the day during active illness.

Why this window: No fruit sugar — safe at all times of day and night during illness when insulin patterns are disrupted by the immune response. Drink every 2–3 hours during active illness.

Immune System · Kidneys · Anti-Inflammatory

■ Cellular Health

PEAK ZONE 6am–2pm | 6–9am (after 12–16hr fast)

The Autophagy Activator

Ingredients: 1 cup broccoli sprouts · 1 cucumber · 2 stalks celery · ½ lemon · 1 inch turmeric · Pinch black pepper · 200ml water

Broccoli sprouts contain 100x more sulforaphane than mature broccoli. Sulforaphane activates autophagy — the cellular self-cleaning process that removes damaged protein and organelles. Most potent when consumed after an overnight fast.

Why this window: Autophagy is activated by the fasting state and enhanced by sulforaphane. Drinking this as the first thing after a 12–16 hour fast maximizes the cellular cleanup signal. No fruit — does not break the fasted metabolic state.

Cellular Health · Liver & Detox · Anti-Inflammatory

PEAK ZONE 6am–2pm | 7–11am

The Sirtuin Activator

Ingredients: 1 cup blueberries · ½ pomegranate · 1 tsp resveratrol-rich grape seed powder · ½ lemon · 1 inch ginger root · 200ml water

Blueberry pterostilbene activates SIRT1 and SIRT3 sirtuins — the longevity proteins also activated by caloric restriction. Pomegranate urolithin A triggers mitophagy — targeted cleanup of damaged mitochondria.

Why this window: Sirtuin activation is enhanced by the metabolic state of the morning fasting transition. Drinking during the peak window allows cellular longevity compounds to reach tissues at maximum metabolic activity.

Cellular Health · Brain & Cognitive · Artery Health

PEAK ZONE 6am–2pm | 8am–12pm

The Mitochondrial Fuel

Ingredients: 1 avocado (blend) · 1 cucumber · ½ lemon · 1 tsp moringa powder · 1 tsp spirulina · 1 tsp CoQ10-rich wheat germ · 300ml coconut water

Avocado CoQ10 precursors support mitochondrial electron transport chain directly. Moringa provides all essential amino acids for cellular protein synthesis. Spirulina phycocyanin protects mitochondrial membranes.

Why this window: Mitochondrial fuel compounds are fat-soluble — must be blended with avocado fat for absorption. Morning is when cells have the highest energy demand and mitochondria are most responsive to supplemental support.

Cellular Health · Adrenal & Stress Response · Blood Health

PEAK ZONE 6am–2pm | 7–11am

The DNA Repair

Ingredients: 2 cups spinach · 1 cucumber · 1 cup watercress · ½ lemon · 1 inch turmeric · 1 tsp black seed oil · Pinch black pepper · 200ml water

Spinach folate supports DNA methylation — the primary DNA repair and gene expression regulation process. Watercress PEITC activates Nrf2 cellular defense genes. Black seed thymoquinone protects DNA from mutagenic damage.

Why this window: DNA repair and folate methylation pathways are most active in the morning hours aligned with circadian gene expression cycles. This is the foundational cellular maintenance juice.

Cellular Health · Anti-Inflammatory · Brain & Cognitive

■ Skin & Integumentary

PEAK ZONE 6am–2pm | 7–11am

The Collagen Builder

Ingredients: 1 guava (whole) · 2 kiwis · 1 cucumber (with skin) · ½ lemon · 1 inch ginger root · 1 tsp moringa powder

Guava has 4x more vitamin C than orange — vitamin C is the direct co-factor for collagen synthesis. Cucumber silica provides the structural mineral for collagen cross-linking. Kiwi actinidin supports skin elasticity.

Why this window: Vitamin C is water-soluble and reaches the skin within 2–3 hours of consumption. Morning timing means peak collagen synthesis activity aligns with the body's growth and repair mode.

Skin & Integumentary · Cellular Health · Kidneys

PEAK ZONE 6am–2pm | 7–10am

The UV Shield

Ingredients: 2 tomatoes · 1 cup watermelon · 1 beet (small) · 1 inch ginger root · ½ lemon · 1 tsp rosehip powder

Lycopene from tomatoes is the most potent plant compound for UV skin protection — accumulates in skin tissue and provides internal sun protection over weeks. Watermelon lycopene adds additional protection.

Why this window: Lycopene requires consistent daily intake over 4–6 weeks to accumulate in skin tissue. Morning consumption ensures maximum absorption alongside the day's dietary fat. Tomato sugar is minimal — manageable.

Skin & Integumentary · Artery Health · Cellular Health

SAFE ANY TIME | Any time before 7pm

The Anti-Aging Skin Glow

Ingredients: 1 cucumber (with skin) · 2 cups spinach · ½ avocado (blend) · ½ lemon · 1 tsp turmeric · 1 tsp gotu kola powder · Pinch black pepper

Gotu kola asiaticosides are the most studied plant compounds for collagen synthesis and scar reduction. Avocado vitamin E protects skin collagen from oxidative degradation. Cucumber silica rebuilds skin cellular matrix.

Why this window: No high-sugar fruits — safe across all insulin zones. The fat-soluble vitamin E and gotu kola compounds require the avocado fat to absorb properly into skin tissue.

Skin & Integumentary · Cellular Health · Brain & Cognitive

SAFE ANY TIME | Any time before 7pm

The Acne & Inflammation Clear

Ingredients: 1 cucumber · 3 stalks celery · 1 cup watercress · ½ lemon · 1 inch turmeric · 1 tsp burdock root powder · 1 tsp raw honey · Pinch black pepper

Burdock root purifies blood of compounds that cause inflammatory skin conditions at the root cause level. Watercress PEITC reduces skin oxidative stress. Turmeric curcumin reduces the systemic inflammation that shows in skin.

Why this window: Blood purification is a slow process — daily consistent use over 4–6 weeks is required. No fruit sugar — safe for acne-prone individuals who should avoid glucose spikes that increase sebum production.

Skin & Integumentary · Blood Health · Lymphatic

■ Lungs & Respiratory

PEAK ZONE 6am–2pm | 7–10am

The Bronchial Cleanse

Ingredients: 1 inch fresh ginger root · ½ inch fresh turmeric · ½ lemon · 1 orange · 1 tsp raw honey · 1 tsp thyme (fresh, steeped) · 300ml warm water

Fresh thyme thymol breaks down mucus in bronchial passages — most effective respiratory expectorant available. Ginger bronchodilator effect relaxes airway smooth muscle. Lemon D-limonene activates NRF2 in lung tissue.

Why this window: Bronchial mucus is thickest in the morning — this juice acts directly on overnight mucus accumulation. Warm water base enhances the bronchial clearing effect. Drink before deep breathing exercises.

Lungs & Respiratory · Immune System · Anti-Inflammatory

SAFE ANY TIME | Morning and evening

The Asthma & Allergy Calm

Ingredients: 1 cucumber · 3 stalks celery · 1 inch ginger root · ½ lemon · 1 tsp reishi powder · 1 tsp raw honey · 300ml water

Reishi triterpenes reduce histamine response in the airways — one of the most specific natural anti-histamine compounds for respiratory allergy. Ginger further relaxes bronchial smooth muscle without pharmaceutical side effects.

Why this window: Safe at all times including evening. Reishi parasympathetic support is actually enhanced by evening use — it calms the nervous system alongside the respiratory system. Two doses daily for chronic respiratory conditions.

Lungs & Respiratory · Immune System · Adrenal & Stress Response

PEAK ZONE 6am–2pm | 6–10am before exercise

The Oxygen Capacity

Ingredients: 2 beets · 1 cucumber · 3 stalks celery · 1 inch ginger root · ½ lemon · 1 tsp cordyceps powder · 200ml water

Beet nitrates increase oxygen utilization efficiency. Cordyceps cordycepin increases cellular ATP production and improves VO2 max — the maximum oxygen the lungs can deliver to working muscles.

Why this window: Take 90 minutes before exercise. Beet nitric oxide peaks at 90 minutes. Cordyceps ATP effect is immediate. This is the most evidence-backed natural pre-exercise respiratory enhancement protocol.

Lungs & Respiratory · Artery Health · Cellular Health

PEAK ZONE 6am–2pm | 8am–12pm during recovery

The Post-Illness Lung Repair

Ingredients: 2 oranges (with pith) · 1 inch ginger root · ½ inch turmeric · 1 tsp elderberry syrup · ½ lemon · 1 tsp mullein powder · Pinch black pepper

Mullein saponins gently loosen and move residual mucus from lung tissue post-illness. Elderberry continues antiviral activity during the recovery phase. Vitamin C from orange supports lung tissue collagen repair.

Why this window: Morning peak window for vitamin C and elderberry absorption. Post-viral lung recovery requires 2–4 weeks of consistent use. This juice supports tissue repair after the acute illness phase is over.

Lungs & Respiratory · Immune System · Cellular Health

■ Blood Health

PEAK ZONE 6am–2pm | 7–11am

The Iron Builder

Ingredients: 3 cups spinach · 1 cup nettle (fresh or infused water) · ½ lemon · 1 orange · 1 inch ginger root · 1 tsp moringa powder

Spinach non-heme iron paired with orange vitamin C — vitamin C increases plant iron absorption by up to 300%. Nettle is among the highest iron-containing herbs. Moringa provides 25x more iron than spinach per gram.

Why this window: Iron absorption from plant sources is maximized when consumed with vitamin C. Morning timing allows iron to be transported and incorporated into new red blood cells throughout the day.

Blood Health · Immune System · Liver & Detox

PEAK ZONE 6am–2pm | 7–10am

The Hemoglobin Boost

Ingredients: 2 beets (with greens) · 2 cups spinach · 1 tsp spirulina · ½ lemon · 1 orange · 1 inch ginger root

Spirulina phycocyanin directly stimulates red blood cell production — measurable hemoglobin increase within 4 weeks. Beet greens contain more iron than the beet. Beet nitrates improve existing red blood cell oxygen-carrying capacity.

Why this window: Spirulina is most bioavailable when consumed in the morning fasting transition. The combined iron-from-greens and hemoglobin-stimulation-from-spirulina creates the most complete blood-building single juice.

Blood Health · Heart & Cholesterol · Cellular Health

SAFE ANY TIME | Any time before 7pm

The Platelet & Clotting

Ingredients: 2 cups kale · 1 cup parsley (fresh) · 1 cucumber · ½ lemon · 1 tsp raw honey · 200ml water

Kale vitamin K is essential for proper blood clotting factor activation. Parsley has the highest iron content of any common herb — more than red meat per calorie. Together this is the most targeted vitamin K and iron combination.

Why this window: Vitamin K is fat-soluble — pair this juice with a fat-containing food for absorption. Safe across all insulin zones due to zero fruit. Daily vitamin K intake for clotting is more effective than occasional large doses.

Blood Health · Bones & Joints · Immune System

PEAK ZONE 6am–2pm | 8am–12pm

The Red Blood Cell Recovery

Ingredients: 1 cup prunes (blend) · 2 beets · 1 cup blueberries · ½ lemon · 1 inch ginger root · 200ml water

Prunes have the highest sorbitol and iron content of common fruits — the most studied food for iron-deficiency anemia recovery. Beet folate supports new red blood cell production. Blueberry anthocyanins improve red blood cell membrane flexibility.

Why this window: Prune natural sugars require peak insulin window. The combination of dietary iron, folate for cell production, and membrane flexibility support creates the most comprehensive blood recovery juice.

Blood Health · Liver & Detox · Heart & Cholesterol

■ Bones & Joints

PEAK ZONE 6am–2pm | 7–11am

The Calcium Matrix

Ingredients: 2 cups kale · 1 cup bok choy · 1 cucumber · ½ lemon · 1 tsp sesame seeds (blend) · 200ml water

Kale calcium is more bioavailable than dairy due to low oxalate. Bok choy has the highest bioavailable calcium of any vegetable. Cucumber silica is the structural mineral of bone collagen matrix — essential for calcium binding.

Why this window: Calcium absorption is maximized in the morning with adequate stomach acid. Pair with vitamin D exposure (morning sunlight) for calcium to be directed into bone rather than circulating in blood.

Bones & Joints · Heart & Cholesterol · Cellular Health

SAFE ANY TIME | Any time before 7pm

The Silica & Collagen

Ingredients: 1 cucumber (with skin) · 3 stalks celery · 1 tsp horsetail powder · ½ lemon · 1 tsp gotu kola powder · 300ml water

Horsetail is the highest plant source of bioavailable silica — silica is the structural mineral of bone collagen and joint cartilage. Gotu kola asiaticosides stimulate collagen synthesis in bone tissue directly.

Why this window: Silica and collagen support work continuously — safe across all insulin zones. The connective tissue repair process happens throughout the day. Daily consistent use over months shows measurable bone density benefit.

Bones & Joints · Skin & Integumentary · Cellular Health

SAFE ANY TIME | Any time before 7pm

The Anti-Arthritis Blend

Ingredients: 1 inch turmeric root · 1 inch ginger root · 3 stalks celery · 1 cucumber · ½ lemon · 1 tsp boswellia powder · Pinch black pepper · 1 tsp raw honey

Boswellia AKBA inhibits 5-LOX — the joint-specific inflammatory enzyme not addressed by NSAIDs. Turmeric curcumin reduces cartilage degradation enzymes. Ginger COX-2 inhibition reduces joint pain and swelling.

Why this window: Anti-inflammatory joint benefits are time-independent. Zero fruit — safe at all insulin zones. Best consumed before known activity that triggers joint pain or consistently throughout the day for chronic arthritis management.

Bones & Joints · Anti-Inflammatory · Lymphatic

PEAK ZONE 6am–2pm | 8am–12pm

The Bone Mineral Density

Ingredients: 2 cups collard greens · 1 cup kale · 1 cucumber · 1 green apple · ½ lemon · 1 tsp onion powder · 200ml water

Collard greens have higher bioavailable calcium than dairy with better absorption rates. Kale vitamin K2 precursors direct calcium into bone tissue rather than arteries. Quercetin from onion reduces osteoclast activity — cells that break down bone.

Why this window: Vitamin K2 is fat-soluble — pair with a fat-containing food. Green apple provides mild palatability sugar. Morning window for calcium transport pathways.

Bones & Joints · Heart & Cholesterol · Cellular Health

■ Adrenal & Stress Response

SAFE ANY TIME | Morning — before stress begins

The Cortisol Reset

Ingredients: 1 cucumber · 3 stalks celery · 1 tsp ashwagandha powder · ½ lemon · 1 tsp holy basil (fresh) · 1 tsp raw honey · 300ml water

Ashwagandha KSM-66 reduces serum cortisol by up to 28% in clinical trials. Holy basil eugenol modulates HPA axis — the cortisol-producing stress response system. Drink before the day's demands arrive.

Why this window: Cortisol naturally peaks at 8am. Drinking this during the morning cortisol peak primes the adrenal system to respond proportionately rather than excessively to the day's stressors.

Adrenal & Stress Response · Brain & Cognitive · Blood Glucose

PEAK ZONE 6am–2pm | 7–10am

The Adrenal Vitamin C Load

Ingredients: 1 guava · 2 kiwis · 1 orange (with pith) · ½ lemon · 1 inch ginger root · 1 tsp maca powder

The adrenal cortex contains the highest concentration of vitamin C in the human body — and depletes it completely in every stress response. Guava has 4x more vitamin C than orange. Maca modulates the HPA-adrenal axis.

Why this window: Adrenal vitamin C replenishment is most critical in the morning when cortisol is highest and adrenal demand is greatest. This is the most important morning juice for anyone under chronic stress.

Adrenal & Stress Response · Immune System · Thyroid & Hormones

SAFE ANY TIME | Post-stress or post-exercise

The Electrolyte Recovery

Ingredients: 1 cucumber · 200ml coconut water · 3 stalks celery · ½ lemon · 1 banana (half) · Pinch sea salt · 1 tsp raw honey

Adrenal stress depletes potassium and sodium simultaneously. Coconut water provides potassium in the form most rapidly absorbed. Sea salt replaces the sodium lost during cortisol-driven stress response.

Why this window: Time this around stressful events or after exercise. The half banana is safe post-exercise when muscle glucose uptake is elevated. Electrolyte replacement is most effective within 30 minutes of the stressor.

Adrenal & Stress Response · Blood Glucose · Heart & Cholesterol

SAFE ANY TIME | 6–8pm

The Evening HPA Calm

Ingredients: 1 cucumber · 3 stalks celery · 1 tsp reishi powder · 1 tsp passionflower (dried, steeped in water) · ½ lemon · 1 tsp raw honey · 300ml water

Reishi triterpenes activate the parasympathetic nervous system — shifts from fight-or-flight to rest-and-repair. Passionflower chrysin reduces cortisol-driven anxiety and prepares the adrenal system for overnight recovery.

Why this window: Evening is when the adrenal glands need to downregulate for overnight repair. This juice signals the HPA axis to reduce cortisol production ahead of sleep. Reishi night use is the traditional protocol.

Adrenal & Stress Response · Brain & Cognitive · Lungs & Respiratory

■ Lymphatic System

SAFE ANY TIME | First thing every morning

The Lymph Drain

Ingredients: Juice of 1 lemon · 1 cucumber · 3 stalks celery · 1 inch ginger root · 1 tsp dandelion root powder · 300ml warm water

Lemon warm water is the most studied single morning lymphatic stimulant. Dandelion bitter compounds activate lymph drainage from the liver. Celery natural sodium supports lymphatic fluid transport.

Why this window: Lymph does not have its own pump — it depends on movement, gravity, and metabolic stimulants. Morning is when lymph is most stagnant after hours of sleep stillness. This juice restarts lymph flow.

Lymphatic · Liver & Detox · Kidneys

PEAK ZONE 6am–2pm | 7–11am

The Heavy Metal Cleanse

Ingredients: 1 cup fresh cilantro · 1 cucumber · 3 stalks celery · ½ lemon · 1 inch ginger root · 1 tsp chlorella powder · 200ml water

Cilantro chelates mercury, lead, and aluminum from lymphatic and cellular tissue — the most effective food chelator available. Chlorella binds the mobilized metals and escorts them out through the gut.

Why this window: Cilantro must be used fresh — the chelating compounds are heat-volatile. Chlorella is essential alongside cilantro — without it, mobilized metals can be reabsorbed. This is a gentle daily detox protocol.

Lymphatic · Cellular Health · Blood Health

SAFE ANY TIME | Any time during lymph congestion

The Swollen Node Protocol

Ingredients: 1 cucumber · 1 cup fresh pineapple (small amount) · 3 stalks celery · ½ lemon · 1 tsp echinacea tincture (few drops) · 1 inch ginger root · 200ml water

Pineapple bromelain is clinically studied for reducing lymphedema — reduces protein deposits in congested lymph nodes. Echinacea activates lymphocyte production in swollen nodes. Small pineapple amount keeps sugar low.

Why this window: Safe during lymph congestion at any time of day. The bromelain dose in a small amount of fresh pineapple is therapeutic for swollen nodes. Use during illness or post-surgery lymph congestion.

Lymphatic · Immune System · Anti-Inflammatory

SAFE ANY TIME | 6–7pm

The Lymphatic Flush Evening

Ingredients: 1 cucumber · 3 stalks celery · ½ lemon · 1 tsp cleavers (fresh if available, or tea) · 1 tsp olive leaf powder · 300ml water

Cleavers is the primary Western herb specifically for lymph node drainage — goosegrass compounds directly stimulate lymph node function. Olive leaf antiviral action protects lymph tissue from pathogen load overnight.

Why this window: Evening lymph flush prepares the lymphatic system for overnight passive drainage that occurs during horizontal sleep. No fruit — fully safe at this insulin zone.

Lymphatic · Immune System · Kidneys

■ Thyroid & Hormones

PEAK ZONE 6am–2pm | 7–10am

The Thyroid Activator

Ingredients: 1 guava · 1 inch ginger root · 1 tsp maca powder · ½ lemon · ½ cup watercress · 200ml water · 1 tsp raw honey

Maca glucosinolates modulate the HPT (hypothalamic-pituitary-thyroid) axis — supports thyroid hormone receptor sensitivity without directly stimulating iodine pathways. Watercress PEITC supports thyroid cell protection.

Why this window: Thyroid hormone T4-to-T3 conversion peaks in the morning alongside the body's metabolic activation. Morning consumption gives thyroid-supportive compounds the most active metabolic window.

Thyroid & Hormones · Adrenal & Stress Response · Immune System

SAFE ANY TIME | Any time before 7pm

The Hormone Balance

Ingredients: 2 cups spinach · 1 cucumber · ½ avocado (blend) · 1 tsp vitex berry powder · ½ lemon · 1 tsp raw honey · 300ml water

Spinach magnesium supports thyroid enzyme function. Avocado provides the dietary fat required for all steroid hormone synthesis. Vitex reduces prolactin — one of the primary thyroid suppressors in women.

Why this window: Hormone synthesis is fat-dependent — the avocado fat is the mechanism, not a side note. Safe across all insulin zones. Consistent daily use over 3–6 months is the therapeutic timeline for hormone rebalancing.

Thyroid & Hormones · Adrenal & Stress Response · Cellular Health

SAFE ANY TIME | Morning — before food

The Selenium & Iodine

Ingredients: 1 cucumber · 3 stalks celery · 1 tsp spirulina · 1 tsp nori powder (seaweed — small amount) · ½ lemon · 200ml water

Spirulina provides trace iodine in the most bioavailable organic form. Nori seaweed trace iodine (small amount only) supports T3/T4 synthesis. Selenium from spirulina is essential for T4-to-T3 conversion.

Why this window: Iodine must be dosed carefully — excess iodine worsens both hypo and hyperthyroid. Small amounts of seaweed as part of a whole-food juice is the safest iodine delivery method. Do not add more than stated.

Thyroid & Hormones · Immune System · Blood Health

PEAK ZONE 6am–2pm | 7–11am

The Estrogen Clearance

Ingredients: 1 cup broccoli (cooked florets, blended) · 2 cups spinach · ½ lemon · 1 tsp flaxseed (ground) · 1 green apple · 200ml water

Cooked broccoli DIM supports estrogen clearance through the liver — reduces estrogen dominance that suppresses thyroid function in women. Ground flaxseed lignans modulate estrogen receptor activity.

Why this window: Cruciferous vegetables should be cooked for thyroid patients — raw cruciferous can interfere with iodine uptake. The DIM-estrogen-thyroid connection is one of the most important female hormonal protocols.

Thyroid & Hormones · Liver & Detox · Bones & Joints

■ Eyes & Vision

PEAK ZONE 6am–2pm | 7–11am

The Night Vision Protocol

Ingredients: 1 cup bilberries or blueberries · 1 cup goji berries (soaked) · 2 carrots · ½ lemon · 1 inch ginger root · 200ml water

Goji berry zeaxanthin is the highest of any food — directly deposits into macular pigment. Bilberry anthocyanins regenerate rhodopsin in rod cells — the visual pigment for night vision. Carrots beta-carotene supports corneal integrity.

Why this window: Lutein and zeaxanthin are fat-soluble carotenoids that accumulate in the macula over time. Morning consumption with breakfast fat maximizes their absorption and deposition into retinal tissue.

Eyes & Vision · Brain & Cognitive · Anti-Inflammatory

PEAK ZONE 6am–2pm | 8am–12pm

The Macular Defense

Ingredients: 2 yellow bell peppers · 1 cup mango · 2 carrots · ½ lemon · 1 tsp bilberry extract powder · 200ml water

Yellow bell peppers have the highest zeaxanthin concentration of any vegetable — directly protective of the central macula. Mango zeaxanthin and beta-carotene provide secondary retinal protection.

Why this window: Yellow peppers + mango sugar load requires peak insulin window. The zeaxanthin deposition into macular pigment is a slow process — weeks of consistent daily intake shows measurable pigment density improvement.

Eyes & Vision · Anti-Inflammatory · Thyroid & Hormones

PEAK ZONE 6am–2pm | 6–10am

The Retinal Blood Flow

Ingredients: 1 cup blueberries · 2 stalks celery · 1 inch ginger root · ½ lemon · 1 tsp ginkgo biloba powder · 200ml water

Ginkgo biloba increases retinal blood flow by measurable amounts in clinical studies — delivers more oxygen to every photoreceptor. Blueberry anthocyanins reduce retinal oxidative damage and improve night vision.

Why this window: Retinal microcirculation improvement from ginkgo is cumulative — requires 6–8 weeks of daily use. Morning timing aligns with the day's visual demands. Drink before screen work or any visually intensive activity.

Eyes & Vision · Brain & Cognitive · Artery Health

SAFE ANY TIME | Any time before 7pm

The Cataract Prevention

Ingredients: 2 cups kale · 1 cup spinach · 1 cucumber · ½ lemon · 1 tsp turmeric · 200ml water · Pinch black pepper

Kale has the highest lutein and zeaxanthin of any vegetable — these two carotenoids form the macular pigment that protects the lens from cataract formation. Turmeric curcumin reduces lens oxidative damage.

Why this window: No fruit — safe across all insulin zones. Lutein and zeaxanthin accumulate in lens tissue with consistent daily use. The anti-cataract protocol requires months of consistent intake — start and do not stop.

Eyes & Vision · Bones & Joints · Anti-Inflammatory

■ DAILY JUICE SCHEDULE — Complete Protocol

Daily Juice Protocol — Hour by Hour



Peak Zone (6am-2pm)

Declining (2-6pm)

Safe Any Time

Closed (7pm+)

Dr. Vera Holloway, CNS · Certified Nutrition Specialist & Certified Holistic Nutritionist

This guide is for educational and nutritional support purposes. Juice is medicine — start with one new recipe at a time. Consult your physician if on medications, especially blood sugar, blood pressure, or blood thinners.