

## **Anti-Inflammatory Green Juice**

### **Ingredients:**

- 1 cup spinach
- ½ cucumber
- 1 celery stalk
- 1 green apple
- 1-inch turmeric root
- ½ lemon

### **Instructions:**

1. Rinse and chop ingredients.
2. Juice using a high-quality juicer.
3. Serve immediately.

### **Benefits:**

Combats inflammation with turmeric and spinach while flushing toxins through lemon and celery.