

Gut-Healing Cabbage Juice

Ingredients:

- ½ green cabbage
- 1 cucumber
- 1 green apple
- ½ lemon
- 1-inch fresh ginger

Instructions:

1. Wash and chop the produce.
2. Juice everything.
3. Drink immediately, optionally over ice.

Benefits:

Cabbage is rich in glutamine, which helps repair the gut lining and reduce inflammation.
