

Lung Detox Juice

Ingredients:

- 1 bunch watercress
- 1 green apple
- 1 pear
- 1 lemon
- 1 celery stalk

Instructions:

1. Clean and chop all ingredients.
2. Pass through a juicer.
3. Serve fresh, chilled if desired.

Benefits:

Watercress is rich in vitamin C and sulfur compounds that support lung cleansing and boost breathing.