

## **Spleen Support Juice**

### **Ingredients:**

- 1 cup beet greens or spinach
- 1 carrot
- ½ green apple
- ½ inch ginger
- 1 celery stalk
- ½ lemon

### **Instructions:**

1. Wash and slice the ingredients.
2. Use a juicer to extract juice.
3. Drink immediately.

### **Benefits:**

Supports immune function and enhances spleen's filtration ability.