

## **Stomach-Soothing Juice**

### **Ingredients:**

- 1 fennel bulb
- 1 cucumber
- ½ pear
- 1-inch ginger
- 1 lemon

### **Instructions:**

1. Clean and slice all items.
2. Juice everything.
3. Stir and serve.

### **Benefits:**

Soothes indigestion, reduces gas, and calms the stomach with fennel and ginger.