

Uterus Nourishing Juice

Ingredients:

- 1 cup kale
- ½ beetroot
- ½ pomegranate (seeds only)
- 1 green apple
- ½ inch turmeric
- ½ lemon

Instructions:

1. Rinse and prepare ingredients.
2. Juice thoroughly.
3. Drink fresh.

Benefits:

Enhances uterine blood flow, supports hormone balance, and reduces cramps.