

# Green Juice for Slow Wound Healing & Weak Immunity

Prep Time: 5 minutes

Serving: 1

## Ingredients:

- 1 cup parsley (vitamin C, K, iron)
- ½ cup cabbage (glutamine, healing amino acid)
- ½ cucumber
- ½ green apple
- 1-inch ginger
- 1 garlic clove (optional – immune booster)
- Juice of ½ lemon
- 1 tsp olive oil (for vitamin absorption)

## Instructions:

1. Juice all ingredients except olive oil.
2. Stir in olive oil at the end.
3. Drink immediately for best immune-support effect.

## Benefits:

- Garlic and ginger are powerful antimicrobial agents
- Cabbage contains glutamine, which promotes tissue repair
- Olive oil helps absorb fat-soluble vitamins
- Parsley and lemon flood the body with vitamin C to support healing