

Green Juice for Chronic Fatigue & Low Energy

Prep Time: 5 minutes

Serving: 1

Ingredients:

- 1 cup kale (iron, chlorophyll, vitamin B6)
- 1 green apple (natural sugar + vitamin C)
- ½ lemon (boosts iron absorption)
- 1-inch piece of fresh turmeric (reduces fatigue-related inflammation)
- 2 stalks celery (hydration & natural sodium)
- 1 cup filtered water or coconut water
- 1 tbsp chia seeds (blended in after juicing for omega-3 and stamina)

Instructions:

1. Juice the kale, apple, lemon, turmeric, and celery.
2. Stir in chia seeds and water or coconut water.
3. Let it sit for 5 minutes (so chia can expand), then stir and drink.

Benefits:

- Combats chronic fatigue with B vitamins, iron, and anti-inflammatory turmeric
- Chia adds omega-3s and slow-digesting energy
- Lemon improves iron bioavailability
- Hydrating and rich in electrolytes