

## Transformations: Vegan Recipes You Can Live By Fruit, Vegetable and Sprouts for Healing

<b>Produce</b>	<b>Treatment For</b>	<b>Suggested Combinations</b>
alfalfa sprouts	allergies, coronary diseases, gout, wounds and sores	alfalfa + pineapple, alfalfa + citrus, alfalfa + carrot
apples (generic)	arthritis, cholesterol and triglycerides, reducing, constipation	apple + spinach, apple (by itself), apple + spinach + parsley
apricots	cancer, failing eyesight, old age, second hand smoke, sluggish liver	apricot, dried and soaked + water
artichokes	chronic fatigue syndrome, diabetes, hypoglycemia, obesity / weight loss	artichoke + carrot, artichoke + alfalfa, artichoke + beet, artichoke + combination of carrot, alfalfa and beet
asparagus	acne, eczema, kidney disease, skin conditions, skin problems	asparagus + fresh vegetable juice
avocados	arteriosclerosis, arthritis, dry skin and scalp, malnutrition, rheumatism	avocado, peeled and pitted, in a blender + tomato juice (fresh or prepared) + garlic + lemon or lime
bananas	colitis, diverticulitis, gastritis, heartburn, hiatal hernia, ulcers, stomach	banana, peeled, optionally frozen, in a blender + any of the following, juiced: pear, papaya, guava, and/or mango
bean sprouts	glandular deficiencies, hormonal imbalances	sprouts, well rinsed + apple, sprouts, well rinsed + apple + banana, in a blender
beets, with greens (if fresh)	alcoholism, cancer, drug addiction, tumor, anti, venous insufficiency	beet + one or more of the following: parsley, Romaine lettuce, carrots, chlorophyll powder, garlic
berries, in genera	bruising, multiple sclerosis, urinary tract infection	whole, in a blender + other fruit juices including bananas
blackberries	acid indigestion, chronic appendicitis, colitis, diarrhea, heart problems, hernias, hypertension, rheumatism, tonsillitis	whole, in a blender + other fruit juices including bananas, blackberries + boysenberries
blueberries	diarrhea, chronic, dysentery, eczema, gout, kidney stones, leucorrhea, psoriasis, rash, sore throat, typhoid	whole, in a blender + other fruit juices including bananas, blueberries + huckleberries
boysenberries	alcoholism, bad breath, cold sores, constipation, gingivitis, pyorrhea, scurvy	whole, in a blender + other fruit juices including bananas, boysenberry + blackberries, boysenberries + elderberries
Brussels sprouts	anorexia / appetite loss, cystic fibrosis, pancreatitis, stunted growth	1/4 red cabbage + 1 carrot + 1/2 cucumber + 1/2 artichoke + 1/4 Boston lettuce + 1 bunch parsley
cabbage	alcoholism, cancer, cholesterol, elevated, diabetes, gastrointestinal tract issues, liver issues, stomach issues, ulcers, stomach	cabbage + equal amounts of celery, endive, watercress or parsley juice

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cantaloupe	Crohn's disease, fever, fevers, stomach, upset	cantaloupe + other ingredients including bananas to make a smoothie in a blender
carrots	complexion issues, failing eyesight, heavy metal accumulations, lupus erythematosus, vision problems	carrot, carrot + apple, carrot + orange, carrot + beet, carrot + greens
celery	allergies, attention deficit disorder, blood poisoning, eczema, hyperactivity, psoriasis	celery + Swiss chard, celery + carrot
cherries	acne, arthritis, gout, inflammation, rheumatism, skin conditions	cherries, pitted, either juiced or combined with other juices in a blender
chicory-endive	fractures, herniated disc, osteoporosis, tendinitis	chicory-endive + carrot, chicory-endive + beet
citrus juice	abdominal cramps, asthma, bronchitis, common cold, dysentery, indigestion, influenza, lung problems, mucus accumulation, nausea, pneumonia, sexually transmitted disease, staph infection, stomach flu, tonsillitis, vomiting	citrus juice
collard greens	calcium malabsorption, fractures, osteoporosis	collard greens + pineapple
cranberries	kidney infection, underactive thyroid, urinary tract infection	whole, in a blender + other fruit juices including bananas, cranberries + raspberries
cucumbers	dry skin, insect stings, poison ivy, poison oak, poison sumac, sunburn, wrinkles	cucumber applied directly, cucumber + carrot, beet, parsley and/or alfalfa, peeled only if not organic
currants, black and red	bruising, hemorrhoids, liver jaundice, lupus erythematosus, multiple sclerosis, ptomaine poisoning	whole, in a blender + other fruit juices including bananas, currants + gooseberries
dates and figs	celiac disease, complexion issues, constipation, coughing, insomnia, wounds, whooping cough	soaked mixed in as part of a blender based drink + carrot
elderberries	chickenpox, ear ache, eczema, erysipelas, fever, glandular swelling, gout, lupus erythematosus, lymph node swelling, measles, mumps, oak rash, poison ivy, psoriasis, swollen tonsils, tonsillitis	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
fennel	anxiety attacks, gallstones, heartburn, hysteria, psychosis	fennel + celery + carrot
garlic and onions	arteriosclerosis, burns, encephalitis, fungus / fungal infections, meningitis, worms	garlic and onions + greens, broccoli, carrots and/or tomatoes

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<b>Produce</b>	<b>Treatment For</b>	<b>Suggested Combinations</b>
gooseberries	anorexia / appetite loss, coated tongue, complexion issues, constipation, dizziness, erysipelas, headaches, jaundice, liver dysfunction, pasty complexion, Rosenbach's disease, skin problems, St. Anthony's Fire, thrush	whole, in a blender + other fruit juices including bananas; gooseberries + currants
grapefruits	congestion, relieving, sexually transmitted disease, staph infection, tonsillitis	grapefruit, grapefruit + other citrus, grapefruit + carrot, grapefruit + apple
grapes-raisins	fatigue, heart attack, herpes, viral infection	grapes + melon
horseradish	chemical toxicity, hypothermia, mucus congestion	horseradish + lemon or lime juice in very small quantities
huckleberries	bruising, cancer, cataracts, diabetic retinopathy, dysmenorrhea, fevers, glaucoma, heart attack, malaria, myopia, retinitis pigmentosa, rheumatic fever, scarlet fever, stroke, typhoid, varicose veins, venous insufficiency	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
kale	calcium malabsorption, fractures, osteoporosis	kale + pineapple
kohlrabi	bed sores, diabetic leg ulcers, festering surgical incisions, gangrene, wounds	kohlrabi + carrot and/or greens
lemons	congestion, relieving, sexually transmitted disease, staph infection, tonsillitis	lemon, lemon + other citrus, lemon + carrot, lemon + apple
lettuce	coughing, headaches, insomnia, nervousness	lettuce in a blender + other juices of choice
limes	congestion, relieving, sexually transmitted disease, staph infection, tonsillitis	lime, lime + other citrus, lime + carrot, lime + apple
mustard greens	premenstrual syndrome pains, rheumatic pain, sciatica, women's disorders	mustard greens + water + carrot and/or greens
nectarines	Crohn's disease, muscle twitching, nerve issues, Parkinson's disease, tics	nectarine + water and/or fruit juices of choice
okra	autoimmune disease, blood shortage, gastrointestinal inflammation, glandular inflammation	okra steamed + water and vegetable juice in a blender and strained
olives	intestinal parasites, skin problems	olive + water applied directly to skin, olive + green juices
oranges	congestion, relieving, sexually transmitted disease, staph infection, tonsillitis	orange, orange + other citrus, orange + carrot, orange + apple

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papayas and mangos	complexion issues, dehydration, hiatal hernia, liver enlargement, poor circulation, spleen enlargement	papayas and mangos + lime, papayas and mangos + bananas + other juices as a smoothie in a blender
parsley	allergies, cellulitis, mercury poisoning, skin conditions, skin problems	papaya and mango + lime, papaya and mango + bananas + other juices as a smoothie in a blender
parsnips	hair and nail health, kidney stones, overeating	parsnip, parsnip + vegetable juices
peaches	fever, fevers, indigestion, lung problems, morning sickness, motion sickness	peaches in a blender + fruit juices + ice
pears	fever, fevers, indigestion, morning sickness, motion sickness	pears + fruit juices + ice, pears combined with bananas and fruit juice as a smoothie
peas	blood clots, celiac disease, irritable bowel syndrome	peas + water in a blender
peppers, habanero	AIDS, thrombosis	very small amount of peppers, habanero + carrot, tomato, V-8, papaya, passion fruit, pineapple, and mango
peppers, jalapeño / chile	AIDS, diabetes, obesity, thrombosis	small amount of peppers, peppers, jalapeño / chile + carrot, tomato, V-8, papaya, pineapple, and mango
peppers, pimento	AIDS, thrombosis	peppers, pimento + carrot, tomato, V-8, papaya, passion fruit, pineapple, and mango
peppers, red and green	AIDS, thrombosis	peppers, red and green + carrot, tomato, V-8, papaya, passion fruit, pineapple, and mango
peppers, tabasco	AIDS, thrombosis	small amount of peppers, jalapeño + carrot, tomato, V-8, papaya, passion fruit, pineapple, and mango
persimmons	cuts, hemorrhoids, intestinal parasites, loose teeth, varicose veins	persimmons + apple
pineapples	enzyme dysfunction, gastric food ball	pineapple, pineapple + orange, pineapple + apple
plums	constipation, gastritis, hyperacidity	plums + other fruit juices
pomegranates	bad breath, hemorrhoids, low blood pressure, pin worms, round worms, tape worms, weak heart	pomegranates strained through a sieve
potatoes	bed sores, blackheads, boils, carbuncles, cysts, diabetic leg ulcers, gallstones, heavy metal accumulations, wounds	potatoes + other vegetable juices, must be consumed immediately
prunes	constipation, gastritis, hyperacidity	commercial prune juice only

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<b>Produce</b>	<b>Treatment For</b>	<b>Suggested Combinations</b>
pumpkin	AIDS, allergies, blood sugar imbalances, cholesterol, elevated, infection, joint swelling, leukemia, liver disturbances, lung problems, skin problems, vitamin A deficiency, vision disorders	pumpkin + carrot, pumpkin + green juices
radishes, with greens	constipation, fatty liver disease, gallbladder inflammation, underactive thyroid	radishes, with greens + carrot, radishes, with greens + vegetable juice
raspberries, red and black	acne, anemia, common cold, diarrhea, fatigue, fever, heart problems, hypertension, hypoglycemia, influenza, kidney stones, morning sickness, motion sickness, painful menstruation, poor circulation, scuvey, sexually transmitted disease, ulcers, stomach, yeast infection	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
spinach	anemia, birth defects, fatigue, miscarriages, wrinkles	spinach in a blender + greens, spinach in a blender + apple, spinach in a blender + tomato
squash, zucchini	bone breaks, calcium malabsorption, chronic fatigue syndrome, fractures, hypoglycemia, osteoporosis	squash, zucchini + tomato and/or carrot, peeled only if not organic
strawberries	acne, blackheads, boils, gingivitis, herpes, polio, rough skin, skin problems, tartar	whole, in a blender + other fruit juices including bananas, strawberries + elderberries
string beans	alcoholism, diabetes, drug addiction, hypoglycemia, uremic poisoning	string beans + carrot, string beans + beet
tangerines	congestion, relieving, sexually transmitted disease, staph infection, tonsillitis	tangerine, tangerine + other citrus, tangerine + carrot, tangerine + apple
tomato	anorexia / appetite loss, chronic fatigue syndrome, fatigue, hypoglycemia, liver disturbances, miscarriages, yeast infection	tomato + lemon and/or cayenne pepper
turnips and watercress	abscess, asthma, boils, bronchitis, cankers, carbuncles, chlamydia, emphysema, gonorrhea, pneumonia, sexually transmitted disease, syphilis, whooping cough, tuberculosis, whitlows	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
watermelon	arthritis, colic, gastrointestinal tract issues, gout, heartburn, hyperacidity, lung problems, organ dysfunction, skin conditions, uremic poisoning	watermelon, watermelon + other melon juices

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Treatment For	Produce	Suggested Combinations
abdominal cramps	citrus juice	citrus juice
abscess	turnips and watercress	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
acid indigestion	blackberries	whole, in a blender + other fruit juices including bananas, blackberries + boysenberries
acne	asparagus	asparagus + fresh vegetable juice
	cherries	cherries, pitted, either juiced or combined with other juices in a blender
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
	strawberries	whole, in a blender + other fruit juices including bananas, strawberries + elderberries
AIDS	peppers, habanero	very small amount of peppers, habanero + carrot, tomato, V-8, papaya, passion fruit, pineapple, and mango
	peppers, jalapeño / chile	small amount of peppers, peppers, jalapeño / chile + carrot, tomato, V-8, papaya, pineapple, and mango
	peppers, pimento	peppers, pimento + carrot, tomato, V-8, papaya, passion fruit, pineapple, and mango
	peppers, red and green	peppers, red and green + carrot, tomato, V-8, papaya, passion fruit, pineapple, and mango
	peppers, tabasco	small amount of peppers, jalapeño + carrot, tomato, V-8, papaya, passion fruit, pineapple, and mango
alcoholism	pumpkin	pumpkin + carrot, pumpkin + green juices
	beets, with greens (if fresh)	beet + one or more of the following: parsley, Romaine lettuce, carrots, chlorophyll powder, garlic
	boysenberries	whole, in a blender + other fruit juices including bananas, boysenberry + blackberries, boysenberries + elderberries
	cabbage	cabbage + equal amounts of celery, endive, watercress or parsley juice
allergies	string beans	string beans + carrot, string beans + beet
	alfalfa sprouts	alfalfa + pineapple, alfalfa + citrus, alfalfa + carrot
	celery	celery + Swiss chard, celery + carrot
	parsley	papaya and mango + lime, papaya and mango + bananas + other juices as a smoothie in a blender
anemia	pumpkin	pumpkin + carrot, pumpkin + green juices
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
	spinach	spinach in a blender + greens, spinach in a blender + apple, spinach in a blender + tomato

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anorexia / appetite loss	Brussels sprouts	1/4 red cabbage + 1 carrot + 1/2 cucumber + 1/2 artichoke + 1/4 Boston lettuce + 1 bunch parsley
	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants
	tomato	tomato + lemon and/or cayenne pepper
anxiety attacks	fennel	fennel + celery + carrot
arteriosclerosis	avocados	avocado, peeled and pitted, in a blender + tomato juice (fresh or prepared) + garlic + lemon or lime
	garlic and onions	garlic and onions + greens, broccoli, carrots and/or tomatoes
arthritis	apples (generic)	apple + spinach, apple (by itself), apple + spinach + parsley
	avocados	avocado, peeled and pitted, in a blender + tomato juice (fresh or prepared) + garlic + lemon or lime
	cherries	cherries, pitted, either juiced or combined with other juices in a blender
	watermelon	watermelon, watermelon + other melon juices
asthma	citrus juice	citrus juice
	turnips and watercress	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
attention deficit disorder	celery	celery + Swiss chard, celery + carrot
autoimmune disease	okra	okra steamed + water and vegetable juice in a blender and strained
bad breath	boysenberries	whole, in a blender + other fruit juices including bananas, boysenberry + blackberries, boysenberries + elderberries
	pomegranates	pomegranates strained through a sieve
bed sores	kohlrabi	kohlrabi + carrot and/or greens
	potatoes	potatoes + other vegetable juices, must be consumed immediately
birth defects	spinach	spinach in a blender + greens, spinach in a blender + apple, spinach in a blender + tomato
blackheads	potatoes	potatoes + other vegetable juices, must be consumed immediately
	strawberries	whole, in a blender + other fruit juices including bananas, strawberries + elderberries
blood clots	peas	peas + water in a blender
blood poisoning	celery	celery + Swiss chard, celery + carrot
blood shortage	okra	okra steamed + water and vegetable juice in a blender and strained
blood sugar imbalances	pumpkin	pumpkin + carrot, pumpkin + green juices



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Treatment For	Produce	Suggested Combinations
boils	potatoes	potatoes + other vegetable juices, must be consumed immediately
	strawberries	whole, in a blender + other fruit juices including bananas, strawberries + elderberries
	turnips and watercress	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
bone breaks	squash, zucchini	squash, zucchini + tomato and/or carrot, peeled only if not organic
bronchitis	citrus juice	citrus juice
	turnips and watercress	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
bruising	berries, in genera	whole, in a blender + other fruit juices including bananas
	currants, black and red	whole, in a blender + other fruit juices including bananas, currants + gooseberries
	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
burns	garlic and onions	garlic and onions + greens, broccoli, carrots and/or tomatoes
calcium malabsorption	collard greens	collard greens + pineapple
	kale	kale + pineapple
	squash, zucchini	squash, zucchini + tomato and/or carrot, peeled only if not organic
cancer	apricots	apricot, dried and soaked + water
	beets, with greens (if fresh)	beet + one or more of the following: parsley, Romaine lettuce, carrots, chlorophyll powder, garlic
	cabbage	cabbage + equal amounts of celery, endive, watercress or parsley juice
	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
cankers	turnips and watercress	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
carbuncles	potatoes	potatoes + other vegetable juices, must be consumed immediately
	turnips and watercress	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
cataracts	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
celiac disease	dates and figs	soaked mixed in as part of a blender based drink + carrot
	peas	peas + water in a blender
cellulitis	parsley	papaya and mango + lime, papaya and mango + bananas + other juices as a smoothie in a blender
chemical toxicity	horseradish	horseradish + lemon or lime juice in very small quantities
chickenpox	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries



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chlamydia	turnips and watercress	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
cholesterol and triglycerides, reducing cholesterol, elevated	apples (generic)	apple + spinach, apple (by itself), apple + spinach + parsley
	cabbage	cabbage + equal amounts of celery, endive, watercress or parsley juice
chronic appendicitis	pumpkin	pumpkin + carrot, pumpkin + green juices
	blackberries	whole, in a blender + other fruit juices including bananas, blackberries + boysenberries
chronic fatigue syndrome	artichokes	artichoke + carrot, artichoke + alfalfa, artichoke + beet, artichoke + combination of carrot, alfalfa and beet
	squash, zucchini	squash, zucchini + tomato and/or carrot, peeled only if not organic
	tomato	tomato + lemon and/or cayenne pepper
coated tongue	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants
cold sores	boysenberries	whole, in a blender + other fruit juices including bananas, boysenberry + blackberries, boysenberries + elderberries
colic	watermelon	watermelon, watermelon + other melon juices
colitis	bananas	banana, peeled, optionally frozen, in a blender + any of the following, juiced: pear, papaya, guava, and/or mango
	blackberries	whole, in a blender + other fruit juices including bananas, blackberries + boysenberries
common cold	citrus juice	citrus juice
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
complexion issues	carrots	carrot, carrot + apple, carrot + orange, carrot + beet, carrot + greens
	dates and figs	soaked mixed in as part of a blender based drink + carrot
	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants
congestion, relieving	papayas and mangos	papayas and mangos + lime, papayas and mangos + bananas + other juices as a smoothie in a blender
	grapefruits	grapefruit, grapefruit + other citrus, grapefruit + carrot, grapefruit + apple
	lemons	lemon, lemon + other citrus, lemon + carrot, lemon + apple
	limes	lime, lime + other citrus, lime + carrot, lime + apple
	oranges	orange, orange + other citrus, orange + carrot, orange + apple
	tangerines	tangerine, tangerine + other citrus, tangerine + carrot, tangerine + apple

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constipation	apples (generic)	apple + spinach, apple (by itself), apple + spinach + parsley
	boysenberries	whole, in a blender + other fruit juices including bananas, boysenberry + blackberries, boysenberries + elderberries
	dates and figs	soaked mixed in as part of a blender based drink + carrot
	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants
	plums	plums + other fruit juices
	prunes	commercial prune juice only
	radishes, with greens	radishes, with greens + carrot, radishes, with greens + vegetable juice
coronary diseases	alfalfa sprouts	alfalfa + pineapple, alfalfa + citrus, alfalfa + carrot
coughing	dates and figs	soaked mixed in as part of a blender based drink + carrot
	lettuce	lettuce in a blender + other juices of choice
Crohn's disease	cantaloupe	cantaloupe + other ingredients including bananas to make a smoothie in a blender
	nectarines	nectarine + water and/or fruit juices of choice
cuts	persimmons	persimmons + apple
cystic fibrosis	Brussels sprouts	1/4 red cabbage + 1 carrot + 1/2 cucumber + 1/2 artichoke + 1/4 Boston lettuce + 1 bunch parsley
cysts	potatoes	potatoes + other vegetable juices, must be consumed immediately
dehydration	papayas and mangos	papayas and mangos + lime, papayas and mangos + bananas + other juices as a smoothie in a blender
diabetes	artichokes	artichoke + carrot, artichoke + alfalfa, artichoke + beet, artichoke + combination of carrot, alfalfa and beet
	cabbage	cabbage + equal amounts of celery, endive, watercress or parsley juice
	peppers, jalapeño / chile	small amount of peppers, peppers, jalapeño / chile + carrot, tomato, V-8, papaya, pineapple, and mango
	string beans	string beans + carrot, string beans + beet
diabetic leg ulcers	kohlrabi	kohlrabi + carrot and/or greens
	potatoes	potatoes + other vegetable juices, must be consumed immediately
diabetic retinopathy	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
diarrhea	blackberries	whole, in a blender + other fruit juices including bananas, blackberries + boysenberries
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
diarrhea, chronic	blueberries	whole, in a blender + other fruit juices including bananas, blueberries + huckleberries

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diverticulitis	bananas	banana, peeled, optionally frozen, in a blender + any of the following, juiced: pear, papaya, guava, and/or mango
dizziness	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants
drug addiction	beets, with greens (if fresh)	beet + one or more of the following: parsley, Romaine lettuce, carrots, chlorophyll powder, garlic
	string beans	string beans + carrot, string beans + beet
dry skin	cucumbers	cucumber applied directly, cucumber + carrot, beet, parsley and/or alfalfa, peeled only if not organic
dry skin and scalp	avocados	avocado, peeled and pitted, in a blender + tomato juice (fresh or prepared) + garlic + lemon or lime
dysentery	blueberries	whole, in a blender + other fruit juices including bananas, blueberries + huckleberries
	citrus juice	citrus juice
dysmenorrhea	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
ear ache	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
eczema	asparagus	asparagus + fresh vegetable juice
	blueberries	whole, in a blender + other fruit juices including bananas, blueberries + huckleberries
	celery	celery + Swiss chard, celery + carrot
	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
emphysema	turnips and watercress	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
encephalitis	garlic and onions	garlic and onions + greens, broccoli, carrots and/or tomatoes
enzyme dysfunction	pineapples	pineapple, pineapple + orange, pineapple + apple
erysipelas	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants
failing eyesight	apricots	apricot, dried and soaked + water
	carrots	carrot, carrot + apple, carrot + orange, carrot + beet, carrot + greens
fatigue	grapes-raisins	grapes + melon
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
	spinach	spinach in a blender + greens, spinach in a blender + apple, spinach in a blender + tomato
	tomato	tomato + lemon and/or cayenne pepper

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fatty liver disease	radishes, with greens	radishes, with greens + carrot, radishes, with greens + vegetable juice
festering surgical incisions	kohlrabi	kohlrabi + carrot and/or greens
fever	cantaloupe	cantaloupe + other ingredients including bananas to make a smoothie in a blender
	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
	peaches	peaches in a blender + fruit juices + ice
	pears	pears + fruit juices + ice, pears combined with bananas and fruit juice as a smoothie
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
fevers	cantaloupe	cantaloupe + other ingredients including bananas to make a smoothie in a blender
	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
	peaches	peaches in a blender + fruit juices + ice
	pears	pears + fruit juices + ice, pears combined with bananas and fruit juice as a smoothie
fractures	chicory-endive	chicory-endive + carrot, chicory-endive + beet
	collard greens	collard greens + pineapple
	kale	kale + pineapple
	squash, zucchini	squash, zucchini + tomato and/or carrot, peeled only if not organic
fungus / fungal infections	garlic and onions	garlic and onions + greens, broccoli, carrots and/or tomatoes
gallbladder inflammation	radishes, with greens	radishes, with greens + carrot, radishes, with greens + vegetable juice
gallstones	fennel	fennel + celery + carrot
	potatoes	potatoes + other vegetable juices, must be consumed immediately
gangrene	kohlrabi	kohlrabi + carrot and/or greens
gastric food ball	pineapples	pineapple, pineapple + orange, pineapple + apple

## Transformations: Vegan Recipes You Can Live By Fruit, Vegetable and Sprouts for Healing

<b>Treatment For</b>	<b>Produce</b>	<b>Suggested Combinations</b>
gastritis	bananas	banana, peeled, optionally frozen, in a blender + any of the following, juiced: pear, papaya, guava, and/or mango
	plums	plums + other fruit juices
	prunes	commercial prune juice only
gastrointestinal inflammation	okra	okra steamed + water and vegetable juice in a blender and strained
gastrointestinal tract issues	cabbage	cabbage + equal amounts of celery, endive, watercress or parsley juice
	watermelon	watermelon, watermelon + other melon juices
gingivitis	boysenberries	whole, in a blender + other fruit juices including bananas, boysenberry + blackberries, boysenberries + elderberries
	strawberries	whole, in a blender + other fruit juices including bananas, strawberries + elderberries
glandular deficiencies	bean sprouts	sprouts, well rinsed + apple, sprouts, well rinsed + apple + banana, in a blender
glandular inflammation	okra	okra steamed + water and vegetable juice in a blender and strained
glandular swelling	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
glaucoma	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
gonorrhea	turnips and watercress	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
gout	alfalfa sprouts	alfalfa + pineapple, alfalfa + citrus, alfalfa + carrot
	blueberries	whole, in a blender + other fruit juices including bananas, blueberries + huckleberries
	cherries	cherries, pitted, either juiced or combined with other juices in a blender
	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
	watermelon	watermelon, watermelon + other melon juices
hair and nail health	parsnips	parsnip, parsnip + vegetable juices
headaches	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants
	lettuce	lettuce in a blender + other juices of choice
heart attack	grapes-raisins	grapes + melon
	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
heart problems	blackberries	whole, in a blender + other fruit juices including bananas, blackberries + boysenberries
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries

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Treatment For	Produce	Suggested Combinations
heartburn	bananas	banana, peeled, optionally frozen, in a blender + any of the following, juiced: pear, papaya, guava, and/or mango
	fennel	fennel + celery + carrot
	watermelon	watermelon, watermelon + other melon juices
heavy metal accumulations	carrots	carrot, carrot + apple, carrot + orange, carrot + beet, carrot + greens
	potatoes	potatoes + other vegetable juices, must be consumed immediately
hemorrhoids	currants, black and red	whole, in a blender + other fruit juices including bananas, currants + gooseberries
	persimmons	persimmons + apple
	pomegranates	pomegranates strained through a sieve
hernias	blackberries	whole, in a blender + other fruit juices including bananas, blackberries + boysenberries
herniated disc	chicory-endive	chicory-endive + carrot, chicory-endive + beet
herpes	grapes-raisins	grapes + melon
	strawberries	whole, in a blender + other fruit juices including bananas, strawberries + elderberries
hiatal hernia	bananas	banana, peeled, optionally frozen, in a blender + any of the following, juiced: pear, papaya, guava, and/or mango
	papayas and mangos	papayas and mangos + lime, papayas and mangos + bananas + other juices as a smoothie in a blender
hormonal imbalances	bean sprouts	sprouts, well rinsed + apple, sprouts, well rinsed + apple + banana, in a blender
hyperacidity	plums	plums + other fruit juices
	prunes	commercial prune juice only
	watermelon	watermelon, watermelon + other melon juices
hyperactivity	celery	celery + Swiss chard, celery + carrot
hypertension	blackberries	whole, in a blender + other fruit juices including bananas, blackberries + boysenberries
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
hypoglycemia	artichokes	artichoke + carrot, artichoke + alfalfa, artichoke + beet, artichoke + combination of carrot, alfalfa and beet
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
	squash, zucchini	squash, zucchini + tomato and/or carrot, peeled only if not organic
	string beans	string beans + carrot, string beans + beet
hypothermia	tomato	tomato + lemon and/or cayenne pepper
	horseradish	horseradish + lemon or lime juice in very small quantities
hysteria	fennel	fennel + celery + carrot

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<b>Treatment For</b>	<b>Produce</b>	<b>Suggested Combinations</b>
indigestion	citrus juice	citrus juice
	peaches	peaches in a blender + fruit juices + ice
	pears	pears + fruit juices + ice, pears combined with bananas and fruit juice as a smoothie
infection	pumpkin	pumpkin + carrot, pumpkin + green juices
inflammation	cherries	cherries, pitted, either juiced or combined with other juices in a blender
influenza	citrus juice	citrus juice
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
insect stings	cucumbers	cucumber applied directly, cucumber + carrot, beet, parsley and/or alfalfa, peeled only if not organic
insomnia	dates and figs	soaked mixed in as part of a blender based drink + carrot
	lettuce	lettuce in a blender + other juices of choice
intestinal parasites	olives	olive + water applied directly to skin, olive + green juices
	persimmons	persimmons + apple
irritable bowel syndrome	peas	peas + water in a blender
jaundice	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants
joint swelling	pumpkin	pumpkin + carrot, pumpkin + green juices
kidney disease	asparagus	asparagus + fresh vegetable juice
kidney infection	cranberries	whole, in a blender + other fruit juices including bananas, cranberries + raspberries
kidney stones	blueberries	whole, in a blender + other fruit juices including bananas, blueberries + huckleberries
	parsnips	parsnip, parsnip + vegetable juices
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
leucorrhea	blueberries	whole, in a blender + other fruit juices including bananas, blueberries + huckleberries
leukemia	pumpkin	pumpkin + carrot, pumpkin + green juices
liver disturbances	tomato	tomato + lemon and/or cayenne pepper
	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants
liver enlargement	papayas and mangos	papayas and mangos + lime, papayas and mangos + bananas + other juices as a smoothie in a blender
liver issues	cabbage	cabbage + equal amounts of celery, endive, watercress or parsley juice
liver jaundice	currants, black and red	whole, in a blender + other fruit juices including bananas, currants + gooseberries



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Treatment For	Produce	Suggested Combinations
loose teeth	persimmons	persimmons + apple
low blood pressure	pomegranates	pomegranates strained through a sieve
lung problems	citrus juice	citrus juice
	peaches	peaches in a blender + fruit juices + ice
	pumpkin	pumpkin + carrot, pumpkin + green juices
	watermelon	watermelon, watermelon + other melon juices
lupus erythematosus	carrots	carrot, carrot + apple, carrot + orange, carrot + beet, carrot + greens
	currants, black and red	whole, in a blender + other fruit juices including bananas, currants + gooseberries
	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
lymph node swelling		
malaria	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
malnutrition	avocados	avocado, peeled and pitted, in a blender + tomato juice (fresh or prepared) + garlic + lemon or lime
measles	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
meningitis	garlic and onions	garlic and onions + greens, broccoli, carrots and/or tomatoes
mercury poisoning	parsley	papaya and mango + lime, papaya and mango + bananas + other juices as a smoothie in a blender
miscarriages	spinach	spinach in a blender + greens, spinach in a blender + apple, spinach in a blender + tomato
	tomato	tomato + lemon and/or cayenne pepper
morning sickness	peaches	peaches in a blender + fruit juices + ice
	pears	pears + fruit juices + ice, pears combined with bananas and fruit juice as a smoothie
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
motion sickness	peaches	peaches in a blender + fruit juices + ice
	pears	pears + fruit juices + ice, pears combined with bananas and fruit juice as a smoothie
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
mucus accumulation	citrus juice	horseradish + lemon or lime juice in very small quantities
mucus congestion	horseradish	
multiple sclerosis	berries, in genera	whole, in a blender + other fruit juices including bananas
	currants, black and red	whole, in a blender + other fruit juices including bananas, currants + gooseberries

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<b>Treatment For</b>	<b>Produce</b>	<b>Suggested Combinations</b>
mumps	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
muscle twitching	nectarines	nectarine + water and/or fruit juices of choice
myopia	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
nausea	citrus juice	horseradish + lemon or lime juice in very small quantities
nerve issues	nectarines	nectarine + water and/or fruit juices of choice
nervousness	lettuce	lettuce in a blender + other juices of choice
oak rash	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
obesity	peppers, jalapeño / chile	small amount of peppers, peppers, jalapeño / chile + carrot, tomato, V-8, papaya, pineapple, and mango
obesity / weight loss	artichokes	artichoke + carrot, artichoke + alfalfa, artichoke + beet, artichoke + combination of carrot, alfalfa and beet
old age	apricots	apricot, dried and soaked + water
organ dysfunction	watermelon	watermelon, watermelon + other melon juices
osteoporosis	chicory-endive	chicory-endive + carrot, chicory-endive + beet
	collard greens	collard greens + pineapple
	kale	kale + pineapple
	squash, zucchini	squash, zucchini + tomato and/or carrot, peeled only if not organic
overeating	parsnips	parsnip, parsnip + vegetable juices
painful menstruation	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
pancreatitis	Brussels sprouts	1/4 red cabbage + 1 carrot + 1/2 cucumber + 1/2 artichoke + 1/4 Boston lettuce + 1 bunch parsley
Parkinson's disease	nectarines	nectarine + water and/or fruit juices of choice
pasty complexion	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants
pin worms	pomegranates	pomegranates strained through a sieve
pneumonia	citrus juice	citrus juice
	turnips and watercress	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
poison ivy	cucumbers	cucumber applied directly, cucumber + carrot, beet, parsley and/or alfalfa, peeled only if not organic
	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
poison oak	cucumbers	cucumber applied directly, cucumber + carrot, beet, parsley and/or alfalfa, peeled only if not organic
poison sumac		
polio	strawberries	whole, in a blender + other fruit juices including bananas, strawberries + elderberries

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<b>Treatment For</b>	<b>Produce</b>	<b>Suggested Combinations</b>
poor circulation	papayas and mangos	papayas and mangos + lime, papayas and mangos + bananas + other juices as a smoothie in a blender
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
premenstrual syndrome pains	mustard greens	mustard greens + water + carrot and/or greens
psoriasis	blueberries	whole, in a blender + other fruit juices including bananas, blueberries + huckleberries
	celery	celery + Swiss chard, celery + carrot
	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
psychosis	fennel	fennel + celery + carrot
ptomaine poisoning	currants, black and red	whole, in a blender + other fruit juices including bananas, currants + gooseberries
pyorrhea	boysenberries	whole, in a blender + other fruit juices including bananas, boysenberry + blackberries, boysenberries + elderberries
rash	blueberries	whole, in a blender + other fruit juices including bananas, blueberries + huckleberries
retinitis pigmentosa	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
rheumatic fever		
rheumatic pain	mustard greens	mustard greens + water + carrot and/or greens
rheumatism	avocados	avocado, peeled and pitted, in a blender + tomato juice (fresh or prepared) + garlic + lemon or lime
	blackberries	whole, in a blender + other fruit juices including bananas, blackberries + boysenberries
	cherries	cherries, pitted, either juiced or combined with other juices in a blender
	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants
Rosenbach's disease	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants
rough skin	strawberries	whole, in a blender + other fruit juices including bananas, strawberries + elderberries
round worms	pomegranates	pomegranates strained through a sieve
scarlet fever	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
sciatica	mustard greens	mustard greens + water + carrot and/or greens
scurvy	boysenberries	whole, in a blender + other fruit juices including bananas, boysenberry + blackberries, boysenberries + elderberries
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
second hand smoke	apricots	apricot, dried and soaked + water

## Transformations: Vegan Recipes You Can Live By Fruit, Vegetable and Sprouts for Healing

<b>Treatment For</b>	<b>Produce</b>	<b>Suggested Combinations</b>
sexually transmitted disease	citrus juice	citrus juice
	grapefruits	grapefruit, grapefruit + other citrus, grapefruit + carrot, grapefruit + apple
	lemons	lemon, lemon + other citrus, lemon + carrot, lemon + apple
	limes	lime, lime + other citrus, lime + carrot, lime + apple
	oranges	orange, orange + other citrus, orange + carrot, orange + apple
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
	tangerines	tangerine, tangerine + other citrus, tangerine + carrot, tangerine + apple
skin conditions	turnips and watercress	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
	asparagus	asparagus + fresh vegetable juice
	cherries	cherries, pitted, either juiced or combined with other juices in a blender
	parsley	papaya and mango + lime, papaya and mango + bananas + other juices as a smoothie in a blender
skin problems	watermelon	watermelon, watermelon + other melon juices
	asparagus	asparagus + fresh vegetable juice
	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants
	olives	olive + water applied directly to skin, olive + green juices
	parsley	papaya and mango + lime, papaya and mango + bananas + other juices as a smoothie in a blender
	pumpkin	pumpkin + carrot, pumpkin + green juices
	strawberries	whole, in a blender + other fruit juices including bananas, strawberries + elderberries
slugish liver	apricots	apricot, dried and soaked + water
sore throat	blueberries	whole, in a blender + other fruit juices including bananas, blueberries + huckleberries
spleen enlargement	papayas and mangos	papayas and mangos + lime, papayas and mangos + bananas + other juices as a smoothie in a blender
St. Anthony's Fire	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants

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Treatment For	Produce	Suggested Combinations
staph infection	citrus juice	tangerine, tangerine + other citrus, tangerine + carrot, tangerine + apple
	grapefruits	grapefruit, grapefruit + other citrus, grapefruit + carrot, grapefruit + apple
	lemons	lemon, lemon + other citrus, lemon + carrot, lemon + apple
	limes	lime, lime + other citrus, lime + carrot, lime + apple
	oranges	orange, orange + other citrus, orange + carrot, orange + apple
	tangerines	tangerine, tangerine + other citrus, tangerine + carrot, tangerine + apple
stomach flu	citrus juice	
stomach issues	cabbage	cabbage + equal amounts of celery, endive, watercress or parsley juice
stomach, upset	cantaloupe	cantaloupe + other ingredients including bananas to make a smoothie in a blender
stroke	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
stunted growth	Brussels sprouts	¼ red cabbage + 1 carrot + ½ cucumber + ½ artichoke + ¼ Boston lettuce + 1 bunch parsley
sunburn	cucumbers	cucumber applied directly, cucumber + carrot, beet, parsley and/or alfalfa, peeled only if not organic
swollen tonsils	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
syphilis	turnips and watercress	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
tape worms	pomegranates	pomegranates strained through a sieve
tartar	strawberries	whole, in a blender + other fruit juices including bananas, strawberries + elderberries
tendinitis	chicory-endive	chicory-endive + carrot, chicory-endive + beet
thphoid	blueberries	whole, in a blender + other fruit juices including bananas, blueberries + huckleberries
thrombosis	peppers, habanero	very small amount of peppers, habanero + carrot, tomato, V-8, papaya, passion fruit, pineapple, and mango
	peppers, jalapeño / chile	small amount of peppers, peppers, jalapeño / chile + carrot, tomato, V-8, papaya, pineapple, and mango
	peppers, pimento	peppers, pimento + carrot, tomato, V-8, papaya, passion fruit, pineapple, and mango
	peppers, red and green	peppers, red and green + carrot, tomato, V-8, papaya, passion fruit, pineapple, and mango
	peppers, tabasco	small amount of peppers, jalapeño + carrot, tomato, V-8, papaya, passion fruit, pineapple, and mango
thrush	gooseberries	whole, in a blender + other fruit juices including bananas; gooseberries + currants
tics	nectarines	nectarine + water and/or fruit juices of choice

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<b>Treatment For</b>	<b>Produce</b>	<b>Suggested Combinations</b>
tonsillitis	blackberries	whole, in a blender + other fruit juices including bananas, blackberries + boysenberries
	citrus juice	citrus juice
	elderberries	whole, in a blender + other fruit juices including bananas, elderberries + boysenberries
	grapefruits	grapefruit, grapefruit + other citrus, grapefruit + carrot, grapefruit + apple
	lemons	lemon, lemon + other citrus, lemon + carrot, lemon + apple
	limes	lime, lime + other citrus, lime + carrot, lime + apple
	oranges	orange, orange + other citrus, orange + carrot, orange + apple
	tangerines	tangerine, tangerine + other citrus, tangerine + carrot, tangerine + apple
tuberculosis	turnips and watercress	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
tumor, anti	beets, with greens (if fresh)	beet + one or more of the following: parsley, Romaine lettuce, carrots, chlorophyll powder, garlic
typhoid	blueberries	whole, in a blender + other fruit juices including bananas, blueberries + huckleberries
	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
ulcers, stomach	bananas	banana, peeled, optionally frozen, in a blender + any of the following, juiced: pear, papaya, guava, and/or mango
	cabbage	cabbage + equal amounts of celery, endive, watercress or parsley juice
	raspberries, red and black	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries
underactive thyroid	cranberries	whole, in a blender + other fruit juices including bananas, cranberries + raspberries
	radishes, with greens	radishes, with greens + carrot, radishes, with greens + vegetable juice
uremic poisoning	string beans	string beans + carrot, string beans + beet
	watermelon	watermelon, watermelon + other melon juices
urinary tract infection	cranberries	whole, in a blender + other fruit juices including bananas, cranberries + raspberries
varicose veins	berries, in genera	whole, in a blender + other fruit juices including bananas
	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries
venous insufficiency	persimmons	persimmons + apple
	beets, with greens (if fresh)	beet + one or more of the following: parsley, Romaine lettuce, carrots, chlorophyll powder, garlic
	huckleberries	whole, in a blender + other fruit juices including bananas; huckleberries + blueberries

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<b>Treatment For</b>	<b>Produce</b>	<b>Suggested Combinations</b>
viral infection	grapes-raisins	grapes + melon
vision disorders	pumpkin	pumpkin + carrot, pumpkin + green juices
vision problems	carrots	carrot, carrot + apple, carrot + orange, carrot + beet, carrot + greens
vitamin A deficiency	pumpkin	pumpkin + carrot, pumpkin + green juices
vomiting	citrus juice	citrus juice
weak heart	pomegranates	pomegranates strained through a sieve
whitlows	turnips and watercress	turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
whooping cough	dates and figs turnips and watercress	soaked mixed in as part of a blender based drink + carrot turnips and watercress applied directly to skin conditions, turnips and watercress + carrot
women's disorders	mustard greens	mustard greens + water + carrot and/or greens
worms	garlic and onions	garlic and onions + greens, broccoli, carrots and/or tomatoes
wounds	dates and figs kohlrabi potatoes	soaked mixed in as part of a blender based drink + carrot kohlrabi + carrot and/or greens potatoes + other vegetable juices, must be consumed immediately
wounds and sores	alfalfa sprouts	alfalfa + pineapple, alfalfa + citrus, alfalfa + carrot
wrinkles	cucumbers spinach	cucumber applied directly, cucumber + carrot, beet, parsley and/or alfalfa, peeled only if not organic spinach in a blender + greens, spinach in a blender + apple, spinach in a blender + tomato
yeast infection	raspberries, red and black  tomato	whole, in a blender + other fruit juices including bananas, raspberries + cranberries, black raspberries + blackberries, red raspberries + elderberries tomato + lemon and/or cayenne pepper