

LET'S TALK ABOUT

HEALTHY JUICE RECIPES

SUPPORTING WHOLE BODY ENERGY & VITALITY

BY DR. LEILA DOOLITTLE

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ABOUT THE AUTHOR



Dr. Leila Doolittle

I am Dr. Leila Doolittle, a Functional Medicine and Functional Neurology Practitioner dedicated to optimizing people's health through root-cause healing. I focus on the three pillars of health: body, mind, and soul as none of our systems ever work alone.

Because my approach focuses on healing both the mind and body I specialize in Functional Neurology assessments and passionately help my patients reach their full potential through through cutting-edge diagnostics and tailored therapies, giving mental clarity and resilience to my patients.

People come to me with a wide range of chronic health issues, including brain fog, persistent low energy, a variety of digestive and skin issues, hormonal imbalances, anxiety, food allergies, and chemical sensitivities. Sadly, the list goes on. But together, we find the root cause, addressing toxin exposure, mycotoxin illness, parasites, heavy metals and much more.

I run my own private practice and offer both in-person and virtual sessions, enabling me to connect with and assist people worldwide. I firmly believe that each individual's health journey is unique and should be designed through functional nutrition, testing, and tailored therapy tracks.

Committed to lifelong learning, I stay at the forefront of scientific discoveries, explore longevity techniques, experiment with groundbreaking therapies, and develop nourishing resources and effective detoxification protocols.

Spending time in nature and traveling are among my greatest passions outside of my family and patients. You can find me anywhere in the world, exploring beautiful destinations in nature, learning new cultures, and continuously growing in my own health journey.

Thank you for being here! If you're interested in optimizing your health and brain function check out my website below to schedule a FREE discovery call. I look forward to connecting with you!

WHERE TO START?

PREPPING FOR SUCESS IN YOUR JUICING JOURNEY

A note before you begin your juice cleanse journey. Plan to drink a minimum of 6 juices each day. Each recipe will make 3-4 servings. Use this guide as a shopping list so you have plenty of fresh ingredients ready before you begin. Be sure to use only organic produce!



Instructions for each recipe:

- Wash, prep, and chop produce.
- Add produce to juicer one at a time.
- Store in tightly sealed jars or glass bottles in the refrigerator for 5 days.
- Shake or stir well before drinking.

Please reach out if you have any questions during this transformative juice cleanse process! My team and I are always here to support you every step of the way.

QUICK START DETOX

- 2 medium Apples
- 3 Carrots
- 4 Celery Stalks
- 1 teaspoon Spirulina powder

THE GREEN DETOXIFIER

- 2 cups Baby Spinach Leaves (or 6 large leaves of kale)
- 6 Celery
- 2 large Cucumber
- 1 Lemon
- 2 medium Apples
- 2 inches Ginger
- 1/2 cup Parsley Leaves

GREEN GINGER ALE LEMONADE

- 2 Stalks Celery
- 1 Cucumber
- 1 Lime
- 3 medium Apples
- 2 inches Ginger
- 1/2 cup Parsley Leaves
- 1 Tbs Spirulina
- 1 Tbs Moringa powder

THE RED DETOXIFIER

- 3 large Beets
- 6 Carrots
- 2 medium Apples
- 1/2 Lemon
- 2 inches Ginger
- ¼ cup Cilantro



THE ORANGE DETOXIFIER

- 2 medium Apples
- 3 stalks Celery
- 1 Orange
- 2 Medium Pears
- 1 Sweet Potato
- 1 inch Turmeric

ZESTY LEMON APPLE

- 2 large Cucumber
- 2 Lemons
- 4 Apples
- 2 inches Ginger
- 1/2 tsp cayenne powder

SWEET CARROT

If you get hungry at any time throughout the day

- 10 Carrots
- 2 medium Apples
- 1/4 cup Parsley

COOL CUCUMBER

- 1 handful of spinach
- 1 handful of kale
- 1 cucumber
- 1 handful of parsley
- 1 lemon

THE VISION

- 8 Carrots
- 3 Sweet Potato
- 2 inches Ginger
- 2 inches Turmeric

RED ZINGER

- 2 Lemons
- 2 Beets
- 2 Apples
- 4 Carrots

GET HEALTHY JUICE

- 3 cucumbers
- 2 Handfuls parsley
- 1 Handful cilantro
- 2 handfuls spinach leaves
- 4 Swiss chard leaves
- 1 inch ginger
- Dash cayenne (optional)
- 2 lemons

REFRESHING JUICE

- 2 handful kale
- 1 cucumber
- 1 green apple
- ½ cup mint
- 2 limes

ALKALINE BALANCER

- 1 stalk celery
- 1 cucumber
- 1 zucchini
- 1 cup green cabbage
- 1 inch ginger
- 2 limes

IMMUNITY JUICE

- 2 tomatoes
- 1 handful spinach
- 1 handful parsley
- 1 lemon
- 1 inch turmeric



INFLAMMATION DETOX

- 4 leaves of kale
- 2 handfuls of spinach
- 1 cucumber
- 1 handful parsley
- 1 handful cilantro
- 1 lemon
- 1 inch turmeric root

POMEGRANATE JUICE

- 1 pomegranate
- 1 lemon

MULTIVITAMIN JUICE

- 1 handful spinach
- 1 handful kale
- 3 carrots
- 1 orange
- 1 lemon

GET HEALTHY JUICE

- 3 cucumbers
- 2 Handfuls parsley
- 1 Handful cilantro
- 2 handfuls spinach leaves
- 4 Swiss chard leaves
- 1 inch ginger
- Dash cayenne (optional)
- 2 lemons