

# Juice for Your Joints

Hidden within this juice is a powerful anti-inflammatory spice which can be used to manage a range of diseases including arthritis, digestive disorders and even the common cold. The hidden spice is Turmeric.

Fresh Turmeric is always best, but if you don't have access to fresh Turmeric, then seek out a good quality organic powder. To increase the absorption of Turmeric, add a few peppercorns to your juice.

- 3 Oranges (Juiced)
  - 2 Carrots
  - 1/2 tspn Turmeric powder (or 1cm knob of fresh turmeric)
  - 1/4 tspn Black peppercorns (or ground pepper)
1. Place all ingredients in a blender and blend. The, strain through a nut milk bag.
  2. Alternatively, place all ingredients through a juicer.