

Turmeric Sunrise Juice Recipe



Last week, I started a series about fresh green juices with my post, **Everything You Need to Know About Alkaline Juicing**. And this Thursday, I'll share the best foods to juice, the worst foods to juice, and the mess-free timesaving alternative you need to know about.

So today, I've got a bold and beautiful vegetable juice for you that you've got to try if you like beets. It's packed full of nutrition and totally tasty and did

you know that drinking them can actually lower high blood pressure?!

If you ever get in a rut of juicing the same greens over and over again, this is a satisfying alternative that will deliver a different profile of vitamins and minerals.

Give it a try and let me know what you think over on [Facebook](#).

TURMERIC SUNRISE JUICE

Ingredients [Serves 2]

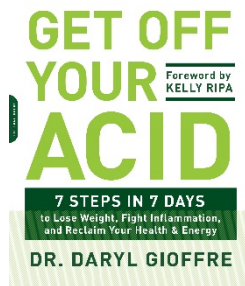
- 2 medium-sized beets
- 1 grapefruit
- 1 lime, peeled
- 2 carrots
- 1-inch piece of turmeric

DIRECTIONS

Thoroughly wash your produce, add to your favorite juicer, and enjoy!

Tip: Add 1 tbsp. chia seeds to ALL green juices to slow down the metabolism of any sugars in the green juice.





There are lots more delicious juice and smoothie recipes in my best-selling book, [Get Off Your Acid](#): *7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy*.

In fact, you'll find 65 recipes in addition to all of the information about how to reduce inflammation, lose weight, gain energy, and balance your hormones by alkalizing your body!

Here's what Mario and Courtney Lopez had to say about it...



"We're able to eat delicious food and be the healthiest versions of ourselves."

"With obesity rates being what they are, eating clean is a big deal in our house. As parents, it's important to model healthy eating for our kids and show them what a sensible plate looks like. We feel our best when we're taking care of ourselves physically, and that's what Dr. Daryl's book, *Get Off Your Acid*, has done for us. We're able to eat delicious food and be the healthiest versions of ourselves. Thank you, Dr. Daryl!"

-Mario and Courtney Lopez