Leanne Ely: This one... this is my juice, right?

Dr. Axe: Yeah. I think a lot of people are excited about it.

Leanne Ely: Every woman should want this juice. This one is going to take care of cellulite. It's going to help with weight loss. So, we're going to tell you exactly what the secrets are and all the secret ingredients and why. The cellulite part, you had me at cellulite, right?

Dr. Axe: Well, it's pretty exciting. We've got all these plants in it that are so high in potassium. Potassium is great for helping reduce cellulite and a lot of these also that support fat burning and digestion, which is great too, which we'll talk about.

Leanne Ely: It's the ginger. So, we have ginger, which we already know and we've talked about and we've used. It's fabulous for digestion and inflammation.

Dr. Axe: Inflammation.

Leanne Ely: Isn't cellulite just kind of a form of inflammation?

Dr. Axe: Actually, cellulite is caused by several factors. Inflammation is one of the things. Lack of circulation, fluid retention and then weak collagen structure, those are the main causes. All of these vegetables are going to help address many of those things. Now, doing this with bone broth is like the ultimate cellulite cleanse.

Leanne Ely: Yeah. We're both big on the bone broth too.

Dr. Axe: Bone broth is amazing.

Leanne Ely: You know what? I'm just throwing this out. In the eBook, we will have three bone broth recipes.

Dr. Axe: I like that. Let's do that.

Leanne Ely: Throw that in.

Dr. Axe: That's great.

Leanne Ely: Just saying.

Dr. Axe: So, let's start off here with the cabbage and talk about cabbage. As we've mentioned, cabbage is great for helping heal ulcers. You're not going to be able to fit this whole thing in, but you've got kind of a little trick. You've pulled it up when you do the cabbage here.
Leanne Ely: I do. But you have to do small pieces at a time, sort of taco it like this. We're going to go ahead and get started. We'll do like three parts of this at a time and get the juice of the cabbage through. That's what I do with any... I've never juiced cabbage, but I have used large, big leaves and you just kind of have to work with what you have.

Dr. Axe: Yeah. The other thing here that's great about cabbage is that it's full of sulforaphane, as I mentioned earlier. It's a great detoxifier. But these compounds have been shown to support weight loss out of cruciferous vegetables like cabbage.

Leanne Ely: Why not, right? We'll take it.

Dr. Axe: Absolutely.

Leanne Ely: There you go.

Dr. Axe: The other great thing about what you're going to find here and the reason why this type of juice helps get rid of cellulite is sulfur also helps strengthen that weak collagen structure. So, if you need collagen, sulfur helps build that up, helps strengthen. That's not just good for cellulite. It's also good for reducing the appearance of blemishes on your skin, toning up your skin tone. This is great for cellulite, weight loss and digestion. There we go.

The next thing we're going to do is ginger. Ginger is the anti-inflammatory but it also has some antioxidants that help support fat loss and help increase thermogenesis, which is fat burning of your cells which is awesome.

Leanne Ely: It makes your metabolism [inaudible 00:02:55].

Dr. Axe: Next here we've got chard. This is a very potassium-rich food, very, very low calories, high in nutrients so it's going to support fat burning. You've got some of those great antioxidants in there too with colored leaves.

Leanne Ely: Love it, from my garden.

Dr. Axe: This here is kind of the crown jewel of juicing here today. This is full of potassium. So, when you're getting rid of cellulite, as I mentioned, potassium and electrolytes are essential and parsley is going to be your best source. Also I mentioned it's great for freshening up your breath. So, we're doing some of this parsley here--key ingredient in reducing cellulite.

And then also strengthening healthy skin as we mentioned--that's part of what causes cellulite is when your matrix of collagen weakens. The cabbage with the sulfur, the silica, these minerals found in cucumber, all of these are going to help get rid of that cellulite.
So, really, you can do an entire cellulite cleanse with this, drinking bone broth. Bone broth comes from boiling the bones of different types of animals that allows certain amino acids and vitamins and minerals to come out. If you do a mixture of vegetable juicing and bone broth and just incorporating that into your diet or doing a fast with it for three days or a cleanse, amazing, amazing benefits.

Leanne Ely: Amazing results. It really heals your gut. Bone broth is hugely rich in collagen and L-glutamine, which we need... oh, glasses.

Dr. Axe: Grab the glasses here.


Dr. Axe: And this is a dark green juice.

Leanne Ely: Isn't it gorgeous, though?

Dr. Axe: It is.

Leanne Ely: And it's got a nice little crème on top if you're going to go the coffee barista way. I'm not a barista, I'm a vege-ista?

Dr. Axe: Vege-ista. I like it, something like that.

Leanne Ely: Juice-ista?

Dr. Axe: Juice-ista.

Leanne Ely: I need more of this than you do. Sorry. Guess what?

Dr. Axe: You got more than me. Come on.

Leanne Ely: I'm serious. Cheers. Here's to bye, bye cellulite, right?

Dr. Axe: This is actually surprisingly delicious.

Leanne Ely: It's that cuc.

Dr. Axe: It's the cucumber. It's amazing.

Leanne Ely: And the ginger.

Dr. Axe: Great-tasting juice. So, if you want to get rid of the cellulite, you want to burn more fat and you want to improve your digestive system, this is the best for you.
Leanne Ely: This is my juice.