

How to stay healthy

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Skin Tonic



Here's how to bring the youthful glow back to your skin.

This works better than any skin creams because it works by restoring your skin's ability to heal itself.

Here is how to start...

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Skin Tonic contains the right vegetable combination to keep your skin young.

This juicing recipe can be taken as long as you like. It is a great juice and easy to make.

Do this juice every day for the first three weeks. You can drink other juices with this. It just wakes your skin up.

Drink 1 -2 cups per day. This will boost your skin to detoxify and replace old skin. New skin will grow and your skin will start glowing again.

This recipe contains organic romaine lettuce, carrots, celery, radishes and spinach.

Romaine lettuce

Juice 1 head of romaine lettuce.

Romaine lettuce is used to make Cesar salad. It is a commonly used to make sandwiches.

It contains a lot of folic acid. Folic acid is vitamin B9. Folic acid doesn't absorb well in pill form. Folic acid

stimulates cells to grow and duplicate.



That's what your skin does all the time.

Romaine lettuce contains a lot of folic acid.

You can find romaine lettuce everywhere. Choose romaine lettuce that feels heavy. Some romaine lettuce feel light. Pick the heavy ones. They were grown in nutrient rich soil.

Romaine lettuce is not bitter. It is not sweet. It is crispy and goes well with everything.

Carrots

Juice 4 sticks of carrots without the tops. There are many varieties of carrots that you rarely see in any supermarket. By the way, baby carrots are just large carrots shaved into bite-sized shapes.

Carrots come in many colors and sizes.



You have your basic carrots. They are big and thick and heavy.



These are your basic carrots you find in the grocery store with the “tops” or greens cut off and piled in a big stack.

If you like to eat carrots raw, there are smaller, tender carrots. They usually come with the carrot greens. Some carrots are shorter and thicker.



These smaller carrots are known for their sweetness.

Some carrots are thinner and longer which are also sweet. You can judge freshness by the greens. If they are wilted then they were harvested a while ago.

Celery

Juice 4 sticks of celery. Celery should be heavy because it's full of water.



If it does not feel heavy it is dehydrated and not fresh. Make sure to get celery that is green and heavy.



Celery contains lots of vitamins and minerals. It is also a good vegetable to juice because it “blends” the taste from all vegetables together.

Radishes

Juice 2-3 radishes. Radishes come in all colors. Radishes are known for their spiciness. They taste a bit like horseradish.



The common radish is red and round. Some varieties are sweet. Don't be afraid of radishes. They contain lots of nutrients to help you absorb vitamins and minerals.



Radishes come in different colors and taste. Some are mild spiciness is mild. Do a test taste and choose your favorite.

Spinach

Juice 1 bunch of spinach. Spinach is amazing. It contains a lot of B vitamins. It also contains minerals like iron.

We juice for the vitamins and nutrients. Spinach is packed with nutrients. It contains folic acid.

Remember folic acid is needed for cells to grow and duplicate. Folic acid actually repairs DNA. This is one of the reasons why your skin glows after juicing this recipe.

Your skin is recharged with folic acid.

Your immune system also needs folic acid. You can never have enough folic acid.

Spinach comes in all shapes and sizes.
They all contain folic acid.



This is your basic spinach you find in
grocery stores. Many farmer's market
has them too.



This is baby spinach leaves. They are tender and are good in salads. If you're juicing then you have to find the heaviest bunch of spinach you can find.

Heaviness in vegetables is a sign the vegetable is not dehydrated and contains full of nutrients.

Tell your doctor if you are going to add vegetable juice to your diet.

Known, “side effects” are: improved energy, improved digestion, improved sleep, lowered blood pressure, lowered blood sugar, decrease inflammation and overall sense of well being.

Your local farmer’s market is a great source of fresh vegetables. You will find lots of varieties of vegetables. A farmers market is the best pharmacy your body will ever meet. Buy organic whenever possible.

Find my other juice recipes on my website: www.kwangwellness.com and share your results with your friends.