

Welcome to the Celery Juice Breakthrough!

An all-natural healing movement has taken the world by storm, and that is...

Drinking 8 ounces of pure celery juice first thing in the morning on an empty stomach.

Millions of women and men around the world are doing this, while seeing incredible healing results.

Why?

Well, when celery juice is consumed the right way, it's a powerful all-natural healing remedy that can help clear up your skin, improve digestion, reduce bloating, increase energy, increase mental clarity, accelerate weight loss and improve your mood.

Now, if you've purchased any of my previous programs, you know that I like to get straight to the point.

Which is why this is going to be short, sweet, and super effective.

Below you'll find the celery juice recipe.

Simply consume 8 ounces first thing in the morning before you eat anything.

As your body gets used to the celery juice, you can increase it to 12-16 ounces.

However, in the beginning, less is more because there is an adjustment period that your body will go through.

How to Consume Celery Juice

Celery juice is the most powerful when you drink it solo.

That means you're not going to add in any other ingredients or vegetables. And you're not going to drink it with a meal.

Simply drink the celery juice on its own, in the morning, for the best results.

Celery Juice Recipe

Ingredients: 1 large bunch celery

Directions: Rinse the celery and put it through a juicer. You want to aim for at least 8 ounces of celery juice.

You can also chop the celery and blend it in a high-speed blender until smooth.

Strain the juice and drink immediately.

Celery Juice Tips

Here's a simple routine you can follow:

- Every morning, drink 8 or more ounces of celery juice on an empty stomach. Make sure the juice is fresh, plain celery, with no other ingredients. You can eat breakfast afterwards, or fast in the morning. If you're going to eat breakfast, stick with healthy protein and good fats like eggs, bacon or sausage, and avocado. You could also make an omelet. Just wait 15-30 minutes to eat after drinking your celery juice.
- You may notice a change in the frequency in which you go to the bathroom. Celery juice does clean up your digestion, which means you may go to the bathroom more frequently. Remember, this usually happens in the beginning and your body adjusts after a few days.
- Use organic celery whenever possible, and rinse well.

Why Does Celery Juice Work So Well?

I'll be honest, there haven't been any research studies done on celery juice.

It's a phenomenon that's taken the world by storm over the past year, so it's still very new.

However, one reason it works so well is its undiscovered sodium cluster salts.

These sodium cluster salts starve and fight off unwanted bacteria and pathogens in the body.

They also help restore hydro-choloric acid (HCL). This is really important because your body needs this acid to break down the food you eat.

Unfortunately, after you turn 50, your body produces less and less HCL.

When this happens, it's harder for your body to break down and absorb vitamins and nutrients from food.

Celery juice also helps the liver produce bile. Bile is a digestive liquid that breaks down fat in the body, along with removing toxins.

A recent study showed that 80% of women over 40 have thick, toxic bile, which makes losing weight virtually impossible.

Luckily, you can "thin out" and clean up your toxic bile, and one way is drinking more celery juice.

Celery Juice Benefits

Celery has an active ingredient called 3-n-butylphthalide.

Here's what it does:

- Lowers blood pressure
- Decreases muscle spasms
- Lowers edema
- Decreases constipation and gas
- Helps you relax and can improve your sleep quality
- Improves ulcers
- Improves arthritis
- Can help pass gallstones
- Can help with kidney stones

Can't I Just Eat More Celery?

One of the common questions is whether you can just eat more celery instead of making the juice...

And that usually doesn't work that well.

First, you'd be eating A LOT of celery every day, which would get old and boring pretty fast.

With the juice, it's easy enough to make it in the morning and drink it in a matter of minutes.

Plus, celery in its liquid form is much more effective in thinning out your bile. Which as I mentioned before, is important in helping your body break down fat and remove toxic waste from your system.

This Seems Too Easy to Work

When most people read this, they think it's too simple or too easy to work.

But my question for you is, when has anything worked for you that was extremely complicated or difficult?

It's always the simple things that have the biggest impact because they are easy to do on a daily basis, which makes them easy to stick with.

If you had to drink 50 ounces of celery juice every day, with 20 different ingredients, would you stick with it for more than a week?

Probably not.

But 8 ounces in the morning on an empty stomach? That's something anyone can do consistently.

And it's that consistency that's going to give you results.

Remember, once you're comfortable with 8 ounces, slowly work your way up to 16 ounces.

That's ultimately where you want to be at, but start small and let your stomach and digestive system adjust before drinking more.

Enjoy!