

NEW WAVE THERAPY DIGESTIVE SUPPORT FLUSH

Use with any Country Doctor Herbals Digestive Support tincture or capsule

2 to 3 small beets, remove leaves

2 purple sweet potatoes

1 bunch of kale, washed

3 pounds purple seedless grapes

1-inch minced ginger

1 teaspoon ground turmeric

Wash all ingredients and add to juicer, alternating the vegetables. Refrigerate in a glass container with lid up to 4 days.

Pour cleanse into glass, add ginger and turmeric stir well.