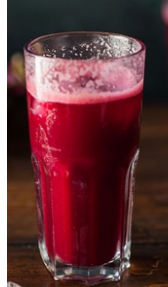


# THREE SEASONS AYURVEDA



## Apple, Beet & Ginger Spritzer



### A Natural Cleanser

This delicious spritzer assists in basic digestion and assimilation, but also has a powerful cleansing action on bile, and the liver and gallbladder. Bile supports the downward movement of digestion and healthy elimination, helps to buffer stomach acids assisting in breaking down challenging foods, emulsifies fats and fat-soluble toxins and gobbles up impurities in the liver and intestinal villi.

<b>Ingredient</b>	<b>Ayurvedic Energetics</b>	<b>Actions</b>
Beets	Sw, Pu & Cool	Bile cleanser, constipative and lymphatic mover
Apple	As, Sw, So & Cool	Constipative, liver and pancreatic enzyme cleanser
Ginger	Pu, Sw & Hot	Digestive, lymph drainer, balances blood sugars, & stomach acids
<b><i>Sw-Sweet / So-Sour / Sa-Salty / Pu-Pungent / Bi-Bitter / As-Astringent</i></b>		

**Recipe-** *Below are the three ingredients that can be purchased at Trader Joes*

You can adjust these amounts, but below are what I would suggest to start with. Use as little ice as possible because that slows the digestive process down.

Makes 32oz.

20oz. Fresh apple juice

6oz. Beet juice

6oz. Ginger Ale



Jeff Perlman is a Clinical Ayurvedic and Panchakarma Specialist, Massage and Marma Therapist and AHG Registered Herbalist, a Certified Iyengar Yoga instructor, Certified IAYT and AyurYoga Therapist and Cordon Bleu Chef ~ [www.threesesonsayurveda.com](http://www.threesesonsayurveda.com) ~ 310-339-8639 ~ [jeff@tsayurveda.com](mailto:jeff@tsayurveda.com)