



## JUICE 2 - CELERY

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### Celery Juice

1 head of Celery

Juice until you have at least 400ml of celery juice.

Drink on an empty stomach or after activator.

If drinking straight celery juice is too hard core...add a green apple, or a little lemon. Start your serve small and increase on a daily basis.

Celery juice is best drunk on an empty stomach.