HEALTH AND BEAUTY

MASTICATING JUICER

HEALTHY RECIPES

Health and Beauty
Start your day in fresh and healthy way with 1easylife slow juicer

If you have difficulty taking fruits and vegetables, you may consider juicing them. Through juicing, you are able to get enough nutrients that are required by the body. You can make juicing interesting if you have different Juicing recipes to prepare a variety of juices.

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Apple Radish Juice

- Material: one apple, half of carrot, 150 grams of milk, honey a little.
- Operation: wash up the carrots and apples, apple peeled to the core, and then cut into small pieces into the juicer juice, then add milk, honey and mix well.
- Efficacy: apple radish juice is rich in carotene, it can provide vitamins that are beneficial to vision, and even play a role in protecting the retina and relieve symptom of dry eye and night blindness. Apple carrot juice can clean up the blood vessels and effectively separate cancer cells.

Kiwi Juice

- Material: two kiwis, a little honey, two pieces of lemon
- Operation: washes and peels kiwi, put cold water into the juicer, and then add honey, lemon juice stir well squeeze the juice.
- Efficacy: kiwi have effects of promoting a stable mood, sedative mood, and it contains natural inositol, which contribute to brain activity and help the melancholy people out of the emotional depression. Also, it can decrease cholesterol, promote heart health, help digestion, remove and prevent the accumulation of harmful metabolites in the body.

Asparagus fruit vegetable juice

- Material: Asparagus 80g Parsley 80g Apple 1 lemon half
- Operation: (1) Asparagus and parsley are washed and cut into small pieces, (2) apples, lemon peeled and cut into small pieces, into the juicer above into a juice.
- Efficacy: This beverage is rich in vitamin B1 and B2, which can strengthen heart function.
**Tomato carrot juice**

- Materials: 1 tomato, 1 carrot, 1/2 lemon, honey amount
- Operation: (1) Wash carrots and cut into small pieces. Tomatoes, lemon peeled and cut into small pieces, and put all the ingredients into the juicer.
- Efficacy: This juice contains rich vitamins. Suitable for high blood pressure, indigestion, constipation, easy to cold drink.

**Pineapple Juice**

- Material: pineapple 250g
- Operation: use the water wash the ingredients, then put the ingredients into the machine.
- Efficacy: with diuretic, antipyretic, relieving summer-heat, hangover, lower blood pressure, anti-cancer and other effects. Appropriate to eat pineapple for nephritis adverse, high blood pressure, heat cough, sore throat, bronchitis, indigestion, drunk and other symptoms have a very good therapeutics effect. And the prevention of arteriosclerosis and coronary heart disease have a certain role.

**Pomegranate Juice**

- Material: three or four Pomegranates
- Operation: only put pomegranate fruit into the machine
- Efficacy: pomegranate juice contains a variety of amino acids and trace elements, help digestion. anti-gastric ulcer, soften blood vessels, blood sugar lowering blood sugar, lower cholesterol and other functions. Can prevent coronary heart disease, high blood pressure, can reach the stomach refreshing, enhance appetite, longevity effect, the excessive drinking, it is easy to ease hangover.

**Snow Pear, Banana And Lettuce Juice**

- Materials: 1 snow pear, 1 bananas, 100g lettuce, 1 lemon.
- Operation: snow pear, lemon wash, bananas cut into a number of segments, with a wash of lettuce parcels of bananas, and then put the material in a juicer into the juice.
- Efficacy: can improve sunburn, rough skin
**Grape lemon juice**

- **Materials:** 150 grams of grapes; 1 lemon.
- **Operation:** wash the grapes; cut the lemon peel into four parts; add grapes and lemon into the juicer and press it into juice and mix it well.
- **Efficacy:** make skin tender and smooth and ruddy.

**Banana apple juice**

- **Materials:** 2 bananas, 2 apples.
- **Operation:** bananas peeled, apple washed, put into a juicer, and juice can be made.
- **Efficacy:** appetizers and intestines have a good effect on patients with poor appetite and dry stools.

**Tomato juice**

- **Material:** one tomato, honey a little
- **Operation:** wash the tomatoes, cut into small pieces and put into the machine, then add a little can be.
- **Efficacy:** tomato juice can not only soften blood vessels, promote calcium, iron absorption, but also has beauty, increase appetite, improve protein digestion, reduce the effect of stomach swelling food product.

**Ginger Juice**

- **Material:** ginger 100g (diluted after drinking, or for seasoning)
- **Operation:** use the water to wash the ingredients, put the ingredients into the machine
- **Efficacy:** antipyretic sterilization, relieve vomiting gingerol can be anti-aging

**Celery juice**

- **Materials:** Celery 40g ~ 50g, cabbage 80g ~ 100g, orange (with skin) 30g, carrots and apples 150g ~ 200g.
- **Operation:** Celery is packaged in cabbage and juice it.
- **Efficacy:** Celery is effective for cough, sputum, and acne, and it also has a stomach and diuretic effect.

**Grape lemon juice**

- **Materials:** 150 grams of grapes; 1 lemon.
- **Operation:** wash the grapes; cut the lemon peel into four parts; add grapes and lemon into the juicer and press it into juice and mix it well.
- **Efficacy:** make skin tender and smooth and ruddy.
Orange juice

- **Material**: 2 oranges
- **Operation**: Peel the oranges and cut them into pieces, then put them into the juicer.
- **Efficacy**: Effective inhibition of breast cancer, lung cancer, and other cell proliferation. Regular consumption of orange juice can also effectively prevent some chronic diseases, maintain myocardial function, and reduce blood pressure.

Celery + Apple juice

- **Material**: Celery, apple
- **Operation**: Wash the celery and cut it into a small section. Wash the apple and cut it into pieces, then put them into the machine.
- **Efficacy**: Celery apple juice is a healthy drink that can prevent cancer. It contains a large number of natural antioxidants, which can reduce the occurrence of cell cancer.

Hami melon pineapple juice

- **Material**: Hami melon, pineapple
- **Operation**: Hami melon and pineapple washed, peeled, and seeded, cut small pieces, then put the juice into the juicer in turn.
- **Efficacy**: Pineapple contains organic acids that can stimulate the secretion of gastric juice, beneficial to the spleen and thirst-quenching.

Fresh Cucumber Juice

- **Material**: 2-3 cucumbers, a little honey
- **Operation**: Wash and peel cucumbers, cut into the appropriate size, then put the cucumbers into the machine.
- **Efficacy**: Prophylaxis of hair loss, maintain fitness.
### Grape + Cabbage Juice

**Material:**
- 20 grapes
- Cabbage 100g
- Honey 2T
- Lemon juice 2T

**Operation:**
Washed the grapes and cabbage, put all ingredients into the machine, juice them, and then pour into the cup. Add the seasoning in the cup.

**Efficacy:**
Eliminate fatigue and restore physical strength. Cabbage rich in vitamin C can be strongly absorbed, help restore physical strength, make oneself energetic.

### Bitter Melon Juice

**Material:**
- 1 Bitter Melon
- A little honey

**Operation:**
Washed it and deseed, cut into the fit size then put the it into the machine.

**Efficacy:**
The nutritional value is very high, vitamin C content is rich, it also can increase vascular permeability, protect cardiovascular, eat more, help reduce blood pressure and blood cholesterol.

### GUARANTEE

**30-Day Money-Back Guarantee for Any Reason**
You may return your undamaged product and packaging within 30 days of purchase to receive a FULL REFUND for any reason. If the reason for return isn't quality-related, the customer must pay the return shipping costs.

**5 Years Warranty for Quality-Related Issues**
We will take care of all quality-related issues with a FULL REFUND or REPLACEMENT. International shipping costs must be covered by the customer.

**Requests for orders shipped internationally**
We will take care of all quality-related issues with a FULL REFUND including any return shipping costs. This includes purchases shipped overseas from the USA via Amazon.

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If you have any question or suggestion please send us an e-mail. We try to answer e-mails within 48 business hours.

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