



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)HolistiC Healthcare

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## Healing Juices for STOMACH

*Whenever possible, these therapeutic juices should be freshly made at home from fresh organic fruits and vegetables. Cabbage juice or Sauerkraut Juice can also be used for any general inflammatory condition of the Gastrointestinal Tract.*

From the book [JOHN HEINEMAN'S ENCYCLOPEDIA OF HEALING JUICES:](#)

### Stomach Problems:

- APPETITE LOSS: brussels sprout juice, *page 57*
- CALCIUM MALABSORPTION: kale and collard juice, *page 151*
- CALCIUM MALABSORPTION: zucchini juice, *page 278*
- COLIC: watermelon juice, *page 266*
- GASTRITIS: banana juice, *page 28*
- GASTROINTESTINAL INFLAMMATION: okra juice, *page 176*
- HEARTBURN: banana juice, *page 28*
- HEARTBURN: fennel juice, *page 123*
- HEARTBURN: watermelon juice, *page 266*
- HIATAL HERNIA: banana juice, *page 28*
- HIATAL HERNIA: papaya and mango juice, *page 183*
- HYPERACIDITY: prune juice, *page 223*
- HYPERACIDITY: watermelon juice, *page 266*
- HYPERACIDITY: prune-plum juice, *page 223*
- ULCERS: cabbage juice, *page 62*
- ULCERS: red and black raspberry juice, *page 51*
- UPSET STOMACH: cantaloupe juice, *page 66*

From the book [LIVE FOOD JUICES for Vim, Vigor, Vitality](#), by H.E. Kirshner, M.D., *page 77*:

### Stomach Problems:

- STOMACH ULCERS: beet, cabbage, carrot, and celery juice