

# GREEN JUICE FOR DIABETICS



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A fellow juicer shared that he has been taking a tablet every night to control his blood sugar level.

But, since he started juicing, he's been drinking this juice recipe every day.

He's happy to say that after three weeks he could give up his tablet and his sugar level was stable.

\*\* Result may be different for different individuals.

$\frac{1}{2}$  cucumber-

1 green apple-

$\frac{1}{2}$  bitter melon-

2 ribs of celery-

$\frac{1}{2}$  green capsicum (bell pepper)

Blend every thing together in a juice extractor and drink every day

All people with any type of diabetes who wish to use our recipes, should do so in consultation with their diabetes healthcare team. If you have diabetes it is important to know your risk factors.

Persone met enige tipe diabetes wat ons resepte wil gebruik, moet dit in oorleg met hul diabetes-gesondheidsorgspan doen. As jy diabetes het, is dit belangrik om jou risikofaktore te ken.

