

**JUICING RECIPE FOR ALLERGIES:**

- 1 Carrot
- 2 Cabbage leaves
- 1 Clove of Garlic
- 1 Radish
- 1 Pear

**ANTI-ALLERGY SMOOTHIE: (Sandra Cabot, M.D. recipe)**

- 1 C Almond or coconut milk
- 1 Banana
- 1 Pear
- 1T Flaxseed oil
- 1T Freshly ground flaxseed
- 1 Pinch of Nutmeg