

Celery Juice

Celery juice is one of the most powerful healing juices available. It detoxes your liver and heals your gut. The medical medium Anthony Williams says 16 oz of fresh celery juice every morning on an empty stomach can transform your health and digestion in as little as one week. [Read full article here.](#)

DRINK 8-16 OUNCES IN THE MORNING BEFORE BREAKFAST

1-2 servings, 16 ounces

1 head of celery, stalks separated

- Rinse the celery and run it through a juicer.
- Drink immediately.
- Alternatively, you can chop the celery and blend it in a high-speed blender until smooth. Strain and drink immediately.