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AUTOIMMUNE LIFE

My Top **5** Go-To **JUICE RECIPES** During a Flare

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Welcome!

I am so honored and thrilled to have you join me here on LupusChick.com. If you are seeking tips, education, resources, recipes, humor and resources for the autoimmune life and how to feel your very best, you have come to the right place.

Today, as promised, I want to share my top five “go-to” juice recipes I use when I am in a flare-up. While everyone experiences different symptoms when going into a flare, mine typically involve pain, fatigue, fever, mouth or nose sores, rashes, low appetite, and sometimes, chest pain. When these symptoms come on quickly, I add these juices to my daily health regimen.

I hope you enjoy them as much as I do! And remember, they are great anytime, not just during flare-ups.



Xoxo,

Marisa Zeppieri

FOUNDER, LUPUSCHICK.COM; AUTHOR; SPEAKER

A Few Juicing Pointers From LupusChick

DO Try to aim for a ratio of 80 percent vegetables (or more) to 20 percent fruit. This will help keep sugar totals low when juicing. I typically try to follow this rule, although I do treat myself with some fruit heavy juices on occasion

DO Consider adding a protein if you have sugar issues, or to regulate your sugar from spiking when you juice. This protein can come in the form of collagen power or protein powder added to your final juice creation. These protein options, especially collagen powder, have no flavor and will dissolve fully into your liquid.

DO Wash all of your produce extremely well and buy organic if and when possible.

DO Pay special attention to what you are juicing and how it makes you feel. A journal is a great tool to have and can help you keep track of your energy levels throughout the day when you juice, how you feel the next day, and if your symptoms have decreased. Some autoimmune patients will notice juicing nightshade vegetables, such as tomatoes and peppers, make their symptoms worse. Everyone is different, so you have to experiment and find what works best for you!

DO Use a juicer and not a blender. A juicer is designed specifically to separate liquid from the fiber. By removing the bulk of the fiber, your body doesn't have to work so hard and spend so much energy removing it itself, and therefore can just soak in the nutrients. A blender blends everything together and defeats this purpose.



“THE PAIN SLAYER” JUICE

INGREDIENTS

1–2 large handfuls of sweet cherries, sliced in half and pits removed

1 cucumber, skin removed

1 lemon, skin removed

4–5 large leaves of kale

4–5 leaves of romaine lettuce

1 large apple (I prefer Gala, Fuji or Honey Crisp)

*1 inch nub of ginger, skin removed

Juice all ingredients together in a juicer, **not a blender**.

Serve immediately. I prefer mine served over ice.

Sweet red cherries are natural COX-2 inhibitors, meaning they can reduce pain and inflammation. Fresh cherries are preferred, though frozen will work as well. Keep in mind, tart cherries and yellow Rainer cherries do not have quite the same effect on pain and inflammation, so stick with Bing red cherries when possible.

Ginger is another great addition to this juice to combat inflammation. With many research studies showing ginger positively affecting inflammatory processes at the cellular level, adding it into your diet is a no-brainer. Personally, I love the taste of ginger, but if you are new to juicing with it, give yourself time to become accustomed to the taste.



“TAKE ME TO THE TROPICS (BUT KEEP ME OUT OF THE SUN!)” JUICE

While this juice doesn't follow the 80/20 percent ratio tip above, it is loaded with pineapple and the enzyme bromelain. Fresh bromelain (found in fresh pineapple, not canned) has been linked to a decrease in swelling and pain in arthritic conditions.

INGREDIENTS

1–2 handfuls fresh cut pineapple (amount depends on your taste preference)

1 cucumber, skin removed

1 small handful of fresh mint (wash well!)

1 inch nub of ginger, skin removed

Juice all ingredients in a juicer and serve over ice.

Put in a swanky paper umbrella, close your eyes, pretend you are on a white sandy beach, and forget you are in a flare up! Enjoy...



“THE TURMERIC TUNE-UP”

This next recipe is more of a tonic than a straight juice. Turmeric is an incredible anti-inflammatory, although fresh turmeric may be hard to find depending on where you live. Try a health food store near you. And while fresh turmeric is best, dry turmeric spice works just as well in this recipe. Adding black pepper increases turmeric's anti-inflammatory effect. Plus, adding ginger, another great anti-inflammatory, tops off this recipe. Also, this recipe actually uses a blender!

1. Juice 1 large carrot and 1 orange in a juicer and transfer the liquid to a blender.
2. Next, put 1½ cups of coconut water into the blender.
3. Add 1 Tablespoon raw honey, a dash of black pepper, 1 Tablespoon freshly grated ginger and 1–2 Tablespoons freshly grated turmeric to the blender. (If you do not have FRESH turmeric to grate, only add ½ to 1 teaspoon of dry turmeric powder to the blender)
4. Blend on high until smooth
5. For an added kick, blend in a dash of cinnamon, cayenne pepper or a small nub of garlic. Play around, be creative and try different flavors until you find something you like!



“GO, GINGER, GO” JUICE

If you love the taste of ginger, and its anti-inflammatory effect, you will love this juice! You can probably tell by now I have a ginger fascination – not only do I love the way it tastes, but its anti-inflammatory properties are powerful!!

INGREDIENTS

3 stalks celery

½ cucumber, skin removed

1 lemon, skin removed

1 knob of ginger, between 1–1 ½ inch piece, skin removed

1 cup fresh pineapple

1 cup spinach

*If you are new to juicing, this juice may be a little tart for your taste. You can add a half of an apple to sweeten it up a bit, but don't go crazy with the fruit!

Add all ingredients to a juicer (not a blender). Serve over ice if preferred. Enjoy!



“TART AND TASTY TONIC”

Beat inflammation with this zingy shot!

INGREDIENTS

1 small apple

1 lemon, skin removed

1½–2 inch piece of ginger, skin removed

Serve as a shot! For an extra zing, sprinkle a small amount of cayenne or red pepper on the juice.



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If you have any juicing questions, feel free to reach out to me via LupusChick.com or through my email – Marisa@lupuschick.com. Also, if you have kidney involvement, speak to your doctor before juicing as you need to be cognizant of protein amounts and potassium and sodium, which these recipes have an abundance of these nutrients. It is always smart to speak to your physician before trying anything new!

I hope you enjoy some of these recipes. Be sure to check our website for new food and juice recipes regularly.

xo. Marisa



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