



Gastrointestinal Healing With RAW Juice

Dr. Carly Willeford DNP

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Functional gastrointestinal disorders can be prevented or minimized by maintaining a healthy lifestyle and practicing good bowel habits. The digestive tract is a long tube which connects the mouth to the anus. There are many problems that can affect the small and large intestines, and most are associated with incorrect dietary habits. Drinking water and RAW veggie and fruit juice can rehydrate your body. Increasing your vegetable juice will help you avoid constipation and give you the minerals you need to build healthy specialized cells that do critical jobs inside your body. The juice from the plants is full of chlorophyll and a full spectrum of nutrients. If you are overweight for example, you can use juicing to help reduce your weight especially if you have gastric reflux disease or a hernia. Juicing is like a small frequent meal that will not increase the pressure in the stomach. Drinking a celery juice for dinner, three hours before bed is better than eating a large meal before bed and it is very alkaline which also helps for a great night sleep.

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