



Ecogenetic Juice for Aging

*from "The Gene Therapy Plan" by Dr. Mitchell Gaynor
makes 1 drink*

- 1/2 cup organic tomato juice
- 1/4 cup cilantro leaves and delicate stems
- 1 tablespoon spirulina powder
- Juice from 1 lime
- 1 tablespoon raw honey
- 1 teaspoon royal jelly
- 1 teaspoon Barlean's Omega Swirl
- 1 teaspoon ground ginger

Blend all ingredients for 15 to 20 seconds on low. Drink and enjoy.