DRINKS & SMOOTHIES

Improve Your Eyesight and Cleanse Your Liver with This Powerful 3-Ingredient Combo (RECIPE)

By bestfolkmedicine · 09/11/2018 · 1 min read

If you need to strengthen your eyesight and remove surplus fat from the liver in order to feel refreshed and more energetic, you should definitely prepare this homemade cure from 3 simple, yet potent ingredients, i.e. beets, carrots, and oranges.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

The Recipe

You will need:

A beet, cut into pieces

two carrots, cut into pieces

four oranges, cut into pieces

Half a cup of water

Preparation: Blend the ingredients in a blender until you get a homogeneous mixture. Transfer it into a tall glass.

Use: Drink the mixture on an empty stomach in the morning.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

The Benefits of the Ingredients

- **Oranges are abundant with vitamin C**
- **Carrots have a strong antioxidant power and are abundant in necessary nutrients. They are also highly recommendable for people who suffer from hypertension and diabetics**
- **Beets contain betalains and polyphenols which are known to avert radical damage and oxidative stress. The vitamin B will make the capillary walls stronger**

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