



**Please print these pdf's out  
and add them to your self-love  
internal healing binder.**

**If you do not have a binder I  
suggest getting one right  
away to store information  
such as this.**

**Be great on purpose ladies!!**



# Carrots are thy medicine



**A self-love internal healing journey**

# Nutrients

- fiber
- calcium
- iron
- magnesium
- phosphorus
- potassium
- sodium
- zinc
- copper
- manganese
- vitamin C
- vitamin B6 (riboflavin)
- vitamin b3 (niacin)
- pantothenic acid
- folate
- small amounts of lipids
- amino acids





# Phytochemicals

alpha-carotene

beta-carotene

lutein

tocopherols

apigenin

beta-ionone

beta-sitosterol

caffeic acid

caryophyllene

chlorogenic acid

chlorophyll

coumarin

eugenol

stigmasterol

ferulic acid

kaempferol

limonene

lycopene

myricetin

myristic acid

myristicin

P-coumaric acid

pectin

psoralen

quercetin

quercitrin

scopoletin







# **"CARROT JUICE"**

## ***Cancer Killing Smoothie***

### **Ingredients:**

**3 carrots juiced "pulp removed"**

**1 cup of kombucha**

**1 cup of mixed berries**

**1 cup of ice cube carrot juice**

**1 tsp purple sea moss powder**

**1tsp magnesium powder**

### **Directions**

**Take your carrot juice and add some to an ice cube tray. Allow to freeze. Add all ingredients to a nutri-bullet nutrient extractor. Freeze the pulp for smoothies. Drink this smoothie right away for maximum cancer cell-killing potential. While fasting this works best!**