

From: Gerson Institute marketing@gerson.org
Subject: Day 1 – 30 Day Health Challenge
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Day 1 Challenge – Try a Gerson Juice

Meg did you know there are three main juices used in the Gerson Therapy?

GREEN JUICE

CARROT JUICE

& CARROT-APPLE JUICE

3 CHOICES TO MAKE YOUR CHOICE

Which one sounds best to you?

The best part is that, no matter which one you choose, you can't lose! All 3 will boost your health with results you can see and feel for yourself. So what are you waiting for, **today's challenge is to make yourself a fabulous juice.** Below you'll find resources on recipes, products and general FAQ!

Don't forget to post your Challenge Photo on social media and tag @GersonInstitute #Gerson30 #HealthChallenge

Check Out These Juicing Resources



Gerson x PURE Juicing Booklet

We teamed up with PURE to bring you this amazing Juicing Booklet.

[GRAB THE JUICING BOOKLET](#)



Juicing FAQ

Everything you need to know about the art of juicing.

[GET THE FACTS](#)





Gerson Guide to Juicers

Find out which juicers are appropriate for the Gerson Therapy, for cancer and for non-malignant conditions.

[LEARN MORE](#)



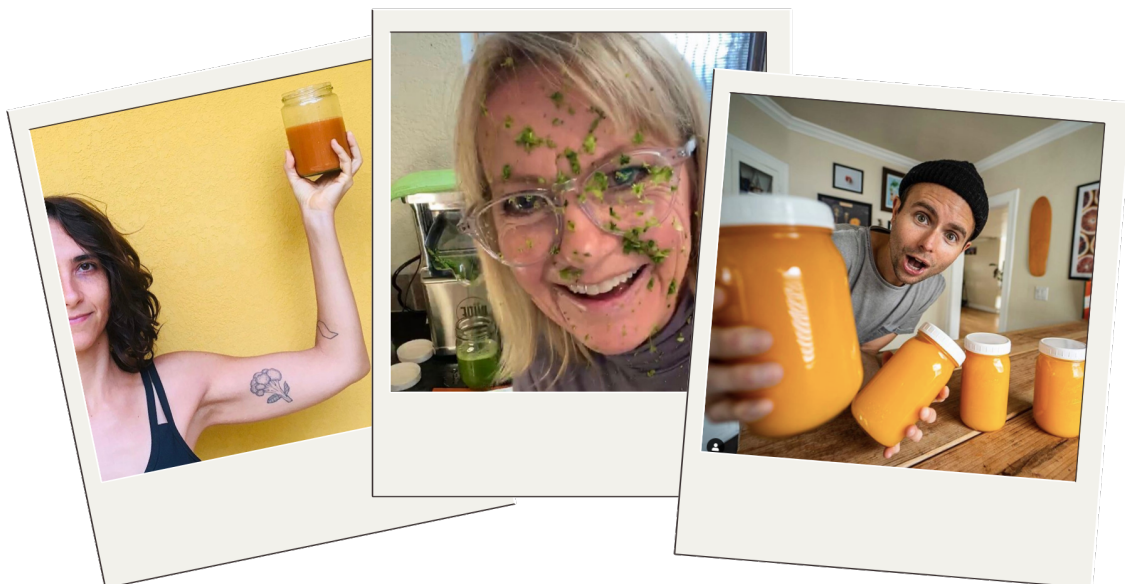
Apples Not in Season?

Can't find Granny Smith apples in the grocery store? Don't worry, here's how to juice regardless of what's in season.

[JUICE LIKE A PRO](#)

Share Your Challenge Photo on Social Media!

Tag @GersonInstitute #Gerson30 #HealthChallenge



See you tomorrow for Day 2. Be ready with some apple cider vinegar, you might be surprised how you'll be using it!



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