

Homemade wellness & immunity shots

By Madison Margaret

The following links will bring you to recipes I found on pinterest, which provide information on how to create various types of wellness and immunity shots at home. It is important to have a juicer or a really good blender, and a fine grain strainer. It is also beneficial to have glass jars and vials ready for safe storing.



Homemade wellness & immunity shots

Turmeric: inflammation

<https://pin.it/vdNAvkm9o>

<https://pin.it/4Uw3YJfoD>

Ginger: digestion

<https://pin.it/462gu1kU>

<https://pin.it/1DO3BidHI>

<https://pin.it/3c3VpevzN>

Apple cider vinegar: metabolism

<https://pin.it/4sqvRvgPj>

<https://pin.it/4xQxgsfi6>

Citrus, vitamin c: immunity

<https://pin.it/2vlb5gqog>

<https://pin.it/5o78Ukxhk>

Berries for antioxidants: anti-aging

<https://pin.it/VCsmxoUQN>

<https://pin.it/6agDYLXEG>

<https://pin.it/3sSLpmZvd>

Olive oil: liver and kidney health

<https://pin.it/4DHDmW8ul>

<https://pin.it/2wofXQcmo>

Cherry: potassium & magnesium

<https://pin.it/5ZFe3hR8p>

Greens such as spinach or kale: supergreens packed with vitamins

<https://pin.it/17waStG38>

<https://pin.it/6fy3wIpEs>

Lemon: detox

<https://pin.it/4fHJ4hrzY>

More common ingredients found in recipes: cloves, garlic, onion, cinnamon, rosemary oil, oregano oil, pine, lime, cayenne, hibiscus, jalapeno, pineapple, pomegranate and carrot.

More recipes with multiple ingredients mentioned from above:

<https://www.pinterest.com/pin/140806233422959/>

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<https://www.pinterest.com/pin/1266706140407291/>

<https://pin.it/4Mv427AS1>

<https://pin.it/6ouYi12Zl>

<https://pin.it/3f6uWJQr2>

More recipes found on our “vegan wellness” pinterest board:

<https://pin.it/1QoSDuFq>

Please share pictures with us if you try any of these recipes! Also, if anyone has already has a favorite homemade wellness shot recipe, please share!

Enjoy and take care of you this new year.