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Be Healthy Again

How to prepare Banana Stem Juice – (it will help maintaining Cholesterol level and Blood thinning. It helps dissolve kidney stones, gallbladder stones, and stenosis in arteries).

Banana stem is loaded with Vitamin B6. The taste of banana stem is bland with a slight bitter after taste. It helps in improving the overall health, assists with weight loss and people suffering from urinary tract infection, heartburn, cholesterol problems, constipation, acidity and ulcers. It helps in increasing the production of insulin and hemoglobin in the body, helps in retaining the muscle tone and helps in detoxifying the body. It also aids in the removal of calcareous deposits in the body such as kidney stones and gall bladder stones, and helps in preventing high blood pressure.



Recipe – Remove the outer layers of the banana stem. After chopping the stem into roundels, do not remove the inner fibers (The inner fibers contain the most nutrition) To avoid decolorization, soak the stems in buttermilk or in water with a few drops of lemon juice.

Firstly follow leaching process -Vegetables and leafy vegetables should be immersed in water overnight, discard the water. Thereafter, wash the vegetables/leafy vegetables in hot water before use. All the ingredients (except for coriander leaves and betel vein leaf) should be added to this recipe in equal proportion

Ingredients – Beetroot , Betel Leaf (i-2 leaf) bottle Gourd, Carrot Cabbage, Cucumber , Celery or Coriander Leaves (About 20 grams) pine apple or apple .

Preparation –

Use a juice extractor or any other modes available to extract juice from the vegetables

50 to 60 ML has to be consumed, if there is a urine blockage, if there is a good urine flow, then 150 to 200 ML can be taken.



Banana Stem