

# 4 Tips on Juicing Cannabis for Better Health

If you live in one of 23 free states



Did you know you can juice cannabis without getting 'stoned' and enjoy all the benefits that are inherent in this incredible plant?

*"If cannabis were discovered in an Amazon rain forest today, I think people would be clamoring to make as much use as they could of all the potential benefits of the plant, I think unfortunately it carries with it, a long history of being a persecuted plant." ~ Donald I. Abrams, Chief Hematology Oncology.*

Cannabis is actually a vegetable, prior to human interference, and has '34 million' years of evolution that can be seen as a dietary essential that helps our cells function the best way they can. Cannabis can prevent depression, seizures, and cancer, and it is a medicinal plant that can be added to your green-juices and smoothies to boost their nutritional power for overall health.

One woman even [used raw cannabis juice](#) to replace 40 toxic pharmaceutical medications and boost her body back to health.

Dr. William Courtney of California recommends [juicing raw cannabis leaves](#). Here is one **simple recipe** you can follow – of course adding any additional juicing greens you like, such as

kale, spinach, bok choy, etc.

## Tips on Juicing Marijuana

- **1. Obtain cannabis leaves** from a legal dispensary in one of [23 states](#) in the US or a foreign source, such as Amsterdam, when you travel.
- **2. Next, remove the stems.** You will then rinse, soak and rinse the leaves again. This is to be sure the leaves are cleared of residual pesticides if used in growing the plant.
- **3.** Add a heaping handful of cannabis leaves **to a blender** with one cup of juice or water. Water is preferred, since many juices are GMO and also full of refined sugar. Blend until all ingredients liquefy.
- **4. Strain the contents into a sieve,** unless you can tolerate the extra fiber of the leaves – it is actually good for you, too.
- Drink up.

You can store remaining cannabis juice in glass jars in your fridge. Just be sure to top them off so that the juice doesn't oxidize as quickly. Pouring the liquid into ice trays to freeze them is also an option, then defrost when you are ready to drink them again. To maintain the highest freshness, and healing properties, use only juice that has been stored in the freezer for a maximum of two weeks before making a new batch.

Source:

<http://naturalsociety.com/4-tips-juicing-cannabis-better-health/#sthash.ghbvzAy6.dpuf>

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