



Recipe for Herbs Extraction

Ingredients:

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| 1. Celery | Two (2) stalks |
| 2. Cucumber | 1/4 to 1/2 (peeled with potato peeler) |
| 3. Green Bell Pepper | 1/2 (remove seeds) |
| 4. Bitter Melon | 1/4 to 1/2 (remove seeds) |
| 5. Medium size Fuji apple | Peeled off skin with potato peeler |

Place all ingredients in a juicer to get no less than 500 cc of juice (one pint).

Do not add sugar, water or anything else.

Dosage: 500 cc in the morning before breakfast. Drink within 15 minutes of preparation.

Cures: Hypertension, Diabetes, and Constipation/hemorrhoids

Duration: Need at least one (1) month to show results and two (2) months for complete recovery.

NOTE: Bitter Melons can be found in any Asian Markets in the vegetable section.

Demonstration by May and Charles Parks for Dr. Kim's 9 Secrets to Health Seminar on April 18, 2010.

Recipe from Diem Vuong's home remedy, Retired Long Beach Water Assistant Manager