



TIER 1 LIVING

THE MISSION COMES FIRST

Heart-Health Vegetable Juice

A research-informed, low-carb daily wellness ritual

This Tier 1 Living beverage combines low-sugar vegetables, herbs, spices, lemon, and radish to support a nutrient-dense, heart-conscious dietary pattern while keeping the full serving generally below 20 grams of net carbohydrates.

One-batch formula: juicing order

Feed the water-rich ingredients first, then firm roots, then tightly rolled greens and herbs. Finish with celery to help move remaining leafy material through the juicer. Stir powdered cayenne into the finished juice rather than running it through the machine.

ORDER	INGREDIENT	AMOUNT
1	Cucumber	1 large
2	Lemon	Juice of 1/2 lemon or peeled lemon segments
3	Fresh ginger	1-inch piece
4	Fresh turmeric	Small piece
5	Raw beet	1 small beet, about 50 g
6	Red radish	1 medium, washed and trimmed
7	Romaine lettuce or bok choy	1–2 cups, tightly rolled
8	Cilantro	1 packed cup, fed in small bundles
9	Parsley	1 packed cup, fed in small bundles
10	Celery	5 stalks, cut into short lengths; feed last
After juicing	Cayenne pepper	1 small pinch: about 1/32–1/16 tsp; stir into juice

Yield: about 16–22 ounces. **Estimated net carbs:** about 12.5–16.5 grams for the full batch, including one medium radish.

Research-informed heart-health benefits

Supports healthy blood pressure Beets provide dietary nitrates that the body can convert to nitric oxide, supporting normal blood-vessel relaxation and blood flow.

Promotes healthy circulation Nitrates from beets and leafy greens, together with potassium from celery and cucumber, support vascular function and healthy circulation.

Provides powerful phytochemicals The blend supplies polyphenols, flavonoids, carotenoids, betalains, glucosinolates, curcuminoids, gingerols, citrus flavanones, and capsaicin.

Supports antioxidant defenses Beet betalains, radish glucosinolate-related compounds, turmeric curcuminoids, ginger compounds, parsley flavonoids, and lemon vitamin C and flavonoids contribute antioxidant activity.

Provides vitamin K1, potassium, and magnesium Cucumber and leafy greens supply primarily vitamin K1, while the vegetables and herbs contribute minerals that support normal cardiovascular and muscle function.

Cayenne pepper supports circulation and cardiovascular health Cayenne pepper contains capsaicin, a plant compound associated with circulatory and cardiovascular support. Regular dietary use in foods, water, or capsules supports better blood flow through more open vessels, less resistance or “pressure” for the heart to pump against, and support for arterial-wall integrity. Studies have found that people who regularly eat chili peppers sometimes have lower cardiovascular mortality.

Metabolic and glucose-support benefits

This low-carbohydrate vegetable blend is designed to complement a balanced, metabolism-friendly meal. Its strongest practical value for diabetes or prediabetes is the low-glycemic green base, measured use of beet, absence of sweet fruit juice or added sugar, and the fiber recovered when the pulp is eaten in a keto-friendly meal.

Turmeric and curcumin Support healthy inflammatory balance and insulin sensitivity. Human clinical trials have reported improvements in fasting glucose, HbA1c, fasting insulin, and HOMA-IR—an indicator of insulin resistance.

Ginger Is widely studied for its role in supporting glucose balance and healthy insulin response, including favorable changes in fasting blood glucose and HbA1c in small clinical trials.

Cayenne pepper Provides capsaicin, a warming compound associated with insulin sensitivity and a more balanced post-meal glucose response. It also contributes anti-inflammatory and antioxidant support.

Fresh lemon Brings natural acidity that can support a gentler post-meal glucose curve when paired with food. In a controlled meal study, lemon juice reduced and delayed the peak glucose response.

Romaine, cilantro, parsley, radish, cucumber, and celery Offer fiber, hydration, minerals, and low-glycemic plant nutrition that complements a balanced, metabolism-friendly meal. Juicing separates much of the fiber, so use the vegetable pulp in a fiber-rich keto-friendly recipe whenever practical.

Measured beet portion Supports nitric-oxide and vascular-health goals while keeping the carbohydrate load controlled. Keep beet at about 50 grams or less when glucose management is the priority.

Practical use for glucose goals Drink with a protein-and-fiber-containing meal rather than alone after a fast. For example, pair it with eggs, fish, chicken, avocado, Greek yogurt if tolerated, or the vegetable-pulp crabless cakes. Track individual glucose response if you use a meter or CGM.

Preparation & use

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1. Wash produce thoroughly. Trim the beet to about 50 grams; wash and trim the radish.
 2. Use the ingredient order above. Roll greens and herbs tightly and feed them gradually.
 3. Do not force produce through the chute. If pulp slows, use the reverse function briefly if your machine has one.
 4. Serve fresh. Begin with one-half serving if you are monitoring your tolerance or blood-pressure response.

Food product note

This is a culinary, whole-food beverage designed to promote heart health and support a low-carbohydrate lifestyle as part of an overall wellness plan. Adjust ingredient amounts for individual dietary needs, and consult a clinician or pharmacist if you use blood-pressure medicines, vitamin-K-sensitive anticoagulants, glucose-lowering medication, or have other medication-related dietary restrictions.