

10 Amazing Natural Juices for Improving Digestive Health

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The temptation for spicy and fat-rich foods is hard to overcome and in most cases we end up indulging in these dishes and more so during the holidays and festive season. These foods not only take a toll on our inches, but also injure our digestive system severely and it is important to soothe and reduce the pressure on the intestine through **detoxification**. This is best done with [natural fruit and vegetables juices](#) that flush out toxins and food residue from the system, improves bowel movement and soothes the linings of the digestive tract in a nourishing manner without any potential side effects.



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Causes of Indigestion

Digestive disorders are caused due to various external reasons that affect the health of the individual. Some of the common causes of digestive disorders are as follows:

- Eating too spicy or fatty foods
- Eating too quickly
- Overeating
- Lying down directly after eating



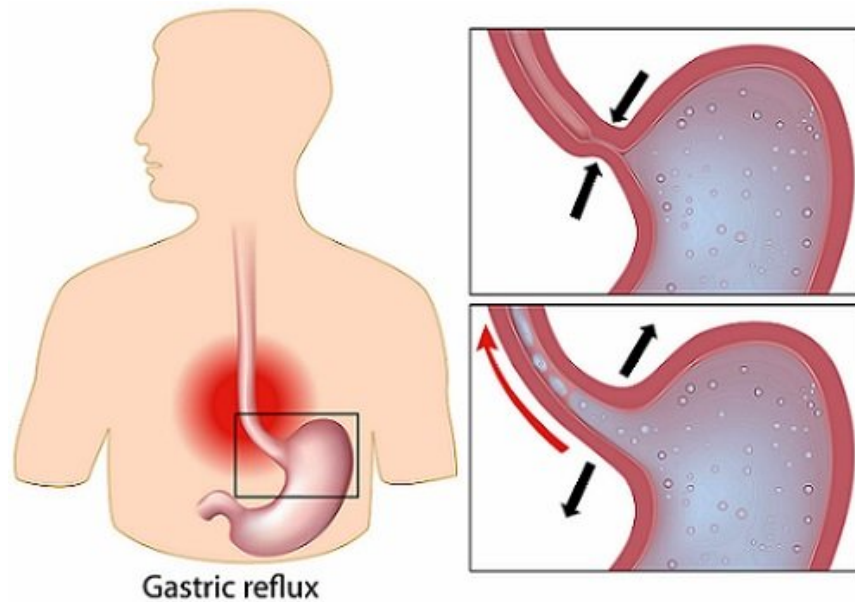
- Excessive consumption of alcohol
- [Excessive smoking](#)
- As a side effect of certain medication

Symptoms of Indigestion

Indigestion and digestive disorder covers a wide spectrum of disorders and discomfort related to the functioning of the intestine, and some of the common digestive disorders are as follows:

- Acid Reflux
- Bloating and Gas

- Indigestion
- Constipation



- Peptic Ulcers
- Gallstones
- Inflammatory Bowel Disease
- Diverticulitis

10 Best Natural Juices to Boost Digestive Health

Digestive disorders such as bloating, gas and acid reflux are common problems that almost all of us have endured at some point of time in our lives. Now, get permanent relief from the annoying problems of indigestion with these natural fruit and vegetable juices.

Pear, Celery and Ginger Smoothie

What better way to revive the functions of the digestive system than with wholesome and natural digestive juices made from fresh fruits and vegetables? The combination of pear and celery along with the slight spicy and warm effects of ginger makes this smoothie an inseparable component of the detoxification diet. The fiber content of a medium sized pear is 5.5 grams that help in keeping the digestive tract clean by removing waste and moving the stool, thereby treating the problems of constipation. The insoluble fiber content of celery improves consistency of bowel movement, and its antioxidant effect reduces the risk of ulcers and gastritis. So, keep your digestive system hearty and healthy with this juicy and spicy smoothie.



Ingredients:

- Pear – 1 Big
- Celery Stalks – 2
- Ginger – 1 Inch Piece

Peel and remove the seeds of the pear and cut it into rough cubes, chop the celery and add all the three ingredients into the mixer; mix well and add some water if the smoothie is too dry. Pour in a tall serving glass and enjoy with a pinch of cinnamon powder from top.

Apple, Cucumber and Lettuce Smoothie

The fennel seeds present in this smoothie give it a cooling effect that heals the burns and inflammation of the intestines – the leading cause of IBS (Irritable Bowel Syndrome). Apples are an important part of all juice cleanse diets because their high content of insoluble and soluble fiber (pectin) that provides bulk to the stool and softens it so that it passes with ease through the digestive system. In addition, pectin has amazing prebiotic benefits that help in improving the balance of healthy bacteria and micro-organisms in the gut that improves conditions of colitis, diarrhea and gastroenteritis. Cucumber is not only helpful for weight loss, the water present in this vegetable is loaded with healthy enzymes that help in flushing out toxins from the digestive tract, thereby reducing problems of acid reflux, heartburn and other digestive problems.



Ingredients:

- Apple – 1
- Cucumber – 1
- Lettuce – 1 Head
- Fennel Seeds – 1 Teaspoon

Cut the apple and remove the seeds, peel the cucumber and cut into rough pieces, chop the lettuce. Put all the components in a blender and mix well, adding a teaspoon of soaked fennel seeds in it. Add some water if the mixture is too dry. Pour in a tall mug and enjoy its cool taste.

Green Apple, Kale and Cucumber Smoothie

The best way to treat digestion problem is through natural healthy juices. The high level of dietary fibers in green apples aids the regulation of bowel movement and reduces the risk of developing colon cancer. The enzymes present in the apples help in digesting heavy, spicy and fatty foods. The vitamin C contents of green apples help in treating the problems of stomach ulcers. The sulfur, vitamin C and [Omega 3 fatty acids](#) present in kale help in reducing the harmful effects of inflammation on the digestive tract. The high water and fiber content of this dark leafy vegetable also aids in promoting regularity of bowel movement and prevents stagnation of toxins in the digestive tract.



Ingredients:

- Green Apple – 1
- Kale – 5 Leaves
- Cucumber – 1
- Lemon – 1

Cut the apple and remove the seeds, chop the kale leaves, peel and chop the cucumber. Put all things in the food processor and blend for a few minutes, add some water if required. Pour in a tall glass and enjoy with a dash of tangy lemon.

Orange, Aloe Vera and Spinach Smoothie

Well, orange, aloe vera and spinach is a unique combination for a digestive smoothie but in reality, it is the best juice for health. Citric and ascorbic acids present in Orange juice increases stomach acidity that reduces the chances of dyspepsia or stomach upset. A well-functioning digestive system requires a steady supply of fluids and oranges provide a lot of it along with soluble fibers that creates a gel in the intestine and aids in better absorption of the nutrients in the intestine. The various kinds of enzymes, [vitamins](#), [minerals](#) and amino acids present in aloe vera gel cleanses the digestive tract and removes food residue and toxins from it. Aloe vera also functions like a natural laxative that prevents constipation and it also boosts the metabolic rate in the liver.



Ingredients:

- Orange – 2
- Pure Aloe Vera Juice – 1 Ounce
- Spinach Leaves – A Handful

Peel the oranges, chop the spinach and put all the ingredients in a mixer along with the aloe vera juice, blend for a few minutes and enjoy in a tall serving mug.

Broccoli, Papaya and Mint Smoothie

The combination of broccoli, papaya and mint makes one of the most effective [fresh juice recipes](#) for improving digestive health. Being a rich source of dietary fibers, potassium and vitamins A, B6 and C, Broccoli is considered one of the most important digestion-aiding foods that is also loaded with phytochemicals and antioxidants. The enzyme Papain present in papaya aids the breakdown of proteins from meat products while vitamin C helps in improving overall health of the gut. Mint helps in relaxing the stomach muscles and enhances bile flow that helps in better digestion of fats. It also helps in treating bloating and flatulence.



Ingredients:

- Broccoli – 1 Cup
- Papaya – 1/2
- Mint Leaves – A Handful
- Lemon – 1

Cut the broccoli and papaya into small pieces, chop the mint leaves and add all the ingredients in a food processor, add 1/2 cup water and blend well. Pour in a tall glass and enjoy with a dash of lemon juice from top.

Red Grapes, Cabbage and Celery Smoothie

Red grapes have been shown to [improve cardiovascular health](#), but the benefits of red grapes for improving digestion are less discussed. Most of the fibers present in grapes are insoluble fibers that increase bulk of the stool and reduce the discomfort related to bowel impaction and constipation. The high water content of grapes helps in treating diarrhea. Cabbage has a high concentration of antioxidants and anti-inflammatory elements that reduce inflammation of the intestinal walls, and this makes it an important part of detox juices.



Ingredients:

- Red Grapes – 1 Cup
- Red Cabbage – 1/4th
- Celery – 2 Stalks

Chop the cabbage and celery and add it to the mixer along with the grapes, mix for 2 to 3 minutes with some water if required, pour in a tall serving glass and enjoy it first thing in the morning.

Swiss chard, Pineapple and Cucumber Smoothie

The blend of Swiss chard, cucumber and pineapple makes the perfect healing elixir for all digestive disorders. Being an amazing source of beta carotene, vitamins A, C, zinc and manganese – all of which work as [powerful antioxidants](#) and anti-inflammatory agents, it helps in soothing the digestive tract and treating inflammation and symptoms of irritable bowel syndrome. Pineapples are packed with fibers and digestive enzymes, especially bromelain that help in relieving gastrointestinal discomfort by aiding the breakdown and absorption of proteins from food. Enjoy the delicious taste of this tropical smoothie and pamper your digestive health naturally.



Ingredients:

- Swiss chard – 5 Leaves
- Pineapple – 1 Cup
- Cucumber – 1

Chop the cucumber, pineapple and Swiss chard roughly and put them in the food processor, add 1/2 cup of water to it. Blend well and enjoy in a tall glass during the afternoon.

Sweet Potato, Carrots and Bell Pepper Smoothie

Carrots form an important part of the juice diet because of its numerous health benefits as a raw food. Carrots promote the proper functioning of the digestive organs. Being a rich source of both soluble and insoluble fibers, a cup of carrots contains about 3.5 grams of fiber. A diet rich in carrots can be helpful in treating digestive disorders related to inflammation, such as diverticulitis. Along with beta-carotene, carrots are also packed with minerals like potassium and calcium that has numerous benefits for health. The fiber present in sweet potatoes along with magnesium makes it the perfect facilitator for digestion. Starch present in these potatoes makes them easy to digest, while the B complex vitamins and minerals have a soothing effect on the intestine and are effective for curing stomach ulcers.



Ingredients:

- Sweet Potatoes – 1
- Carrots – 1
- Red Bell Pepper – 1

Peel the sweet potato and carrot, chop them roughly along with the bell pepper and add everything in the food processor with 1/4th cup of water, mix well and pour in a glass mug. Enjoy this sweet and savory drink during mid-morning.

Savoy cabbage, Mint and Pineapple Smoothie

Savoy cabbage is a good source of dietary fibers, vitamins, minerals and proteins that helps in improving overall digestive health. It is packed with folic acid, thiamin, vitamins A, B6, C and K along with minerals like potassium, calcium, copper, etc. that are essential for health. Savoy cabbage is more tender and gentle compared to other varieties of cabbages. Combining cabbage with cool and refreshing peppermint and energizing pineapples makes the perfect [vegetable juice](#) for treating digestive disorders.



Ingredients:

- Savoy Cabbage – 1/2
- Mint Leaves – A Handful
- Pineapple – 1 Cup

Chop the mint leaves, cabbage and pineapples and put all the ingredients in the blender, add 1/2 cup of water to it a blend for 2 to 3 minutes, pour in a tall serving glass and enjoy.

Zucchini, Lettuce and Orange Smoothie

Zucchini is an amazingly healthy and easy to digest vegetables that don't cause [bloating and abdominal gas](#). It is rich in fibers and is extremely hydrating, that helps in flushing out toxins from the body and cleansing the intestines. It works as a natural laxative that eases bowel movement and removes carcinogenic toxins from the colon, thereby reducing the risk of developing colon cancer. Combining zucchini with lettuce and orange gives this smoothie a rich texture and refreshing flavor that you can enjoy with some ice.



Ingredients:

- Zucchini – 2
- Lettuce – 1 Head
- Orange – 1

Peel the orange and chop the zucchini and lettuce roughly into small pieces. Add the ingredients in the mixer and blend well for 3 to 4 minutes, add some water if the consistency is too thick and blend again. Pour in a glass mug and enjoy your smoothie.

Say goodbye to heart burns, acidity and constipation with these all-natural smoothies and enjoy your foods without fear.

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