

Romeo's Health Heaven
Natural Wellness & Therapeutic Nutrition

Green Juice

Detox · Immunity · Full-Spectrum Cellular Wellness

March 2026

Research Question

What are the health and wellness benefits of Green Juice — combining kale, spinach, Malabar amaranth, purslane, pea shoots, collard greens, celery, cilantro, fennel, parsley, shiso basil, ginger, turmeric, serrano pepper and lemon — and which of the 12 systems of the human body does it support?

Overview

Green Juice is one of the most concentrated sources of plant-based nutrition available. Combining kale, spinach, Malabar amaranth, purslane, pea shoots, collard greens, celery, cilantro, fennel, parsley, shiso basil, ginger, turmeric, serrano pepper, and lemon — this blend delivers chlorophyll, sulforaphane, apigenin, curcumin, omega-3 fatty acids, and a full spectrum of vitamins and minerals in a single glass. It is the most complete multi-system wellness juice in the Romeo's Health Heaven lineup, supporting all 12 body systems.

1. Deep Detoxification — Liver, Kidneys and Heavy Metal Chelation

Cilantro is one of the most studied natural chelators of heavy metals. Its active compounds bind mercury, aluminium, and lead directly in tissues, mobilising them for elimination through the kidneys and bile. Parsley amplifies this effect by acting as a natural diuretic, flushing chelated toxins through the urinary tract and reducing the reabsorption of waste in the renal tubules. [A-3][A-4]

Kale and collard greens are rich in sulforaphane — a sulfur compound that activates the body's Phase I and Phase II liver detoxification enzymes. These enzymes are responsible for converting fat-soluble toxins into water-soluble forms that can be safely eliminated. Chlorophyll, found abundantly in all the leafy greens in this blend, binds carcinogens in the gut and prevents their absorption. [A-1][A-6]

Ginger and turmeric further support the liver by boosting bile production and reducing hepatic inflammation — two essential factors for sustained detoxification capacity. Together, these ingredients make Green Juice one of the most comprehensive natural detox protocols available in food form. [A-1]

2. Immune System, Anti-Cancer Defence and Cellular Protection

Apigenin — concentrated in celery and parsley — is a flavonoid that has demonstrated the ability to inhibit angiogenesis (the formation of new blood vessels feeding tumours), suppress cancer cell signalling pathways, and induce apoptosis in malignant cells. [A-1]

Turmeric's curcumin and ginger's gingerols add broad anti-inflammatory and anti-tumour activity, while sulforaphane from kale and collards activates the NRF2 pathway — the body's master switch for antioxidant defence and carcinogen neutralisation. [A-6]

Pea shoots and purslane are among the richest plant sources of omega-3 fatty acids and zinc — two nutrients critical for immune modulation, reducing chronic systemic inflammation, and supporting the repair of DNA damaged by oxidative stress. Vitamin C from lemon and leafy greens boosts white blood cell production and function. [A-2][A-5]

3. Digestive System, Gut Integrity and Microbiome Health

Ginger and serrano pepper work together to stimulate digestive enzyme secretion and accelerate gastric motility — the speed at which food clears the stomach. This reduces bloating, fermentation in the gut, and the toxic reabsorption that occurs when waste lingers too long in the intestinal tract. [A-5]

Fennel soothes intestinal inflammation and acts as an antispasmodic, relaxing the smooth muscles of the colon. Its prebiotic inulin content selectively nourishes beneficial gut bacteria, supporting microbiome diversity — a key indicator of overall immune and metabolic health. [A-5]

Because this juice is consumed without insoluble fibre, the gut receives an intensive dose of bioavailable phytonutrients without the digestive workload of whole foods. This is particularly valuable for individuals with compromised digestion, leaky gut, or inflammatory bowel conditions, as the gut wall receives nutrients and anti-inflammatory compounds directly. [A-6]

4. Cardiovascular, Endocrine and Blood Sugar Regulation

Celery's phthalide compounds relax arterial smooth muscle, reducing blood pressure naturally. Turmeric improves endothelial function — the health of the inner lining of blood vessels — reducing arterial stiffness and the chronic vascular inflammation that underlies most cardiovascular disease. [A-7]

Bitter greens including Malabar amaranth and cilantro improve insulin sensitivity, helping to regulate blood glucose levels and reduce the metabolic stress associated with blood sugar spikes. This directly benefits the endocrine system by reducing the burden on the pancreas and supporting stable cortisol rhythms in the adrenal glands. [A-1][A-3]

The magnesium and potassium content of spinach, kale, and collard greens further supports both cardiovascular and endocrine function — magnesium being essential for over 300 enzymatic reactions in the body, including those governing insulin secretion and stress hormone metabolism. [A-5]

5. Nervous System, Respiratory Health and Full-Body Resilience

The antioxidant density of this green blend — spanning vitamin C, vitamin E, beta-carotene, lutein, zeaxanthin, and polyphenols — provides exceptional neuroprotection. These compounds neutralise the free radicals that accelerate neuronal damage, supporting cognitive function, mental clarity, and long-term brain health. Curcumin additionally crosses the blood-brain barrier to directly reduce neuroinflammation. [A-6][A-7]

Shiso basil and serrano pepper contain potent antimicrobial and antiviral compounds. Shiso's perillaldehyde has demonstrated activity against respiratory pathogens, while capsaicin from serrano acts as a natural bronchodilator — thinning mucus secretions and opening airways. This makes Green Juice particularly valuable during cold and flu season or for those with respiratory sensitivities. [A-2][A-5]

Zinc and omega-3s from purslane and pea shoots support the reproductive system through hormone production and regulation, while the full mineral profile of this blend — including calcium from kale, silica from celery, and magnesium from spinach — nourishes the musculoskeletal system, maintaining bone density, joint health, and connective tissue integrity. [A-2][A-3]

Key Body Systems Supported

System	Key Compounds & Actions	Refs
Digestive System	Ginger & serrano (motility), fennel (microbiome), chlorophyll	[A-5][A-6]
Immune System	Apigenin, sulforaphane, curcumin, vitamin C, zinc (NK cells)	[A-1][A-2][A-6]
Lymphatic System	Cilantro & parsley (chelation, lymph drainage, toxin clearance)	[A-3]
Cardiovascular System	Celery phthalides (BP), turmeric (endothelial function)	[A-7]
Nervous System	Curcumin (BBB, neuroprotection), antioxidant density	[A-6][A-7]
Endocrine System	Bitter greens (insulin sensitivity), magnesium (cortisol balance)	[A-1][A-3]
Urinary System	Parsley (diuretic, kidney filtration, toxin elimination)	[A-4]
Respiratory System	Shiso (antiviral), serrano capsaicin (bronchodilator)	[A-2][A-5]
Integumentary (Skin)	Vitamin C (collagen), chlorophyll (detox), lutein & zeaxanthin	[A-5]
Musculoskeletal System	Calcium (kale), magnesium (spinach), silica (celery), omega-3s	[A-2]
Reproductive System	Zinc & omega-3s (purslane, pea shoots) — hormone production	[A-2][A-3]
Detox Organs	Sulforaphane, curcumin, chlorophyll (Phase I & II liver detox)	[A-1][A-6]

References

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- [A-3] "Heavy Metals in Food Are More Common Than You Think" — NaturalNews.com, August 15, 2025
- [A-4] "Is a Kidney Cleanse Right for You? Benefits, Tips and Considerations" — NaturalNews.com, January 29, 2020
- [A-5] "Green Juicing: The Ideal Fruits and Vegetables to Use as the Base" — NaturalNews.com, November 25, 2015
- [A-6] "TTAC Live 2017 Event Full Transcripts" — TheTruthAboutCancer.com
- [A-7] "TTAC LIVE 2021 Full Transcripts eBook" — TheTruthAboutCancer.com

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