



KEEP IT JUICY: A BLACK HYPPIE GUIDE TO JUICING

BY ANTRICIA GORDON

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Introduction

Hello, you beautiful being!

Allow me to introduce myself. I am affectionately known as, and a self-proclaimed bougie black hyppie. An eccentric black woman with a bold name and magnetic energy. My lifelong aspiration has been to empower others but I struggled with this because, for a long time, I neglected to walk in my own power. It wasn't until I embarked on a personal journey that I realized the simple act of authentically sharing my story could aid others in their healing process.

I am a certified life coach and strategist, reiki master, plant-based food enthusiast, and blogger with a mission that centers on guiding women to embrace pleasure and harness that energy to craft endlessly satisfying lives.

The person I am today is a stark contrast to the person I was six years ago. In 2017, my internal chaos was reflected in my external reality. I lived with anxiety, and depression, which became my norm. My A1C was perilously close to diabetes. My belly got in the way every time I had to tie my shoes. I had constant migraines and pain and my doctor threatened to put me on medication if I came in one more time with elevated blood pressure. My skin was a hot mess and my overall quality of life was dismal. I yearned for something different but understood that real change would require a transformative effort.

In January 2020, my wife and I decided to go vegan for 30 days. I had dabbled in vegetarianism back in 2010 and we'd previously experimented with a two-week vegan challenge with family. In just 30 days, I felt a remarkable improvement in my well-being. By April, during the pandemic lockdown, I decided to not look back. I wanted to consistently feel vibrant. This simple decision altered the trajectory of my life. I released 90 pounds, regulated my blood pressure, and normalized my A1C levels. For the first time in my life, my menstrual cycles were regular, and those debilitating migraines that I'd endured since the age of 15 became a distant memory.



We are always creating, whether deliberately or by default.

Introduction

This has not been a linear journey. It has had its ups and downs and a fair share of challenges, some of which I embraced, and others that caused me to fold. Each of them is a lesson in hindsight. I am currently shifting from a heavy junk food vegan to embracing more plant-based food options most of the time.

Juicing has played a pivotal role in this shift.

I've crafted this e-book to share my story in the hopes that it will inspire you to make different choices in your own life. My intention is for you to consciously infuse more joy, pleasure, and fun into your daily existence. I encourage you to be mindful of how you feel and work towards the desired emotions you seek. It brings me immense joy to share this part of myself with you. I honor you and your time and I hope you enjoy this content as much as I enjoyed creating it.



With Heartfelt Gratitude,

Antricia Gordon

Getting Started

This guide is set up in a way that feels authentic to me. I encourage you to use it in a way that feels genuine to you. You may be drawn more to the affirmations than the recipes one day or vice versa. Other times you may use it to find a juice that corresponds to how you'd like to feel or what you desire to feel more of. Trust that you intuitively know what you need each time you access this guide.

There are 6 sections of 3 juices each. Each group of juices is a unique variation of fruits, vegetables, and herbs that when combined, create a juice in that hue. The juices help you connect to the corresponding chakra. The end of each section includes a few affirmations to repeat when prepping, making, and consuming your juices. These affirmations are just a start. I hope that you create powerful, life-changing declarations of your own.

Use the time spent ingesting this content to be intentional. Time is not something that you can reclaim. What would you like to get out of consuming this content? Take a moment to set an intention for when you're finished. Write it down and revisit it when you're done.

Take a few deep life-giving breaths and tap in.



JUICING TIPS

- Juices start to lose nutrients immediately. It is best to drink them fresh or within 48 hours. My personal preference is to make them the night before and consume them the following day. They just taste better after they have "marinated" for a few hours.
- Juices should always be refrigerated.
- Store juices in glass containers with an airtight seal. I use [these](#) but mason jars are also a great option.
- Prep your fruit and veggies
- Support local and shop at your farmers market when possible



JUICING TIPS

CONT.

- My juicer is the Nama J2. I like being able to add everything in and go about my business while the fruit turns into juice. However, if you aren't serious about juicing regularly, look for a less expensive juicer as this one is a big investment.
- If you don't yet own a juicer, you can also make these juices in a blender. I did that for about 4 months before investing in my J2. You will need a good strainer or a nut bag to strain all the pulp.
- Don't mix certain fruits and veggies. Learn more about proper food combinations [here](#).
- Adjust your ingredients up or down based on your desired yield.
- Just do it. You can't pre-determine your results but you can take action and see how it all plays out.

Shopping List

The items listed below are to help you get started on the recipes shared in this guide. You may choose to try several at once or just one that piques your interest the most. I would recommend that you start slow and choose juices with similar ingredients to start. Don't go buy everything at once. Fruit can ripen and spoil quickly so ease your way into these recipes and save yourself some coin.

-
- Apples (red/green)
 - Basil
 - Bell Pepper (yellow)
 - Beets
 - Blackberries
 - Blueberries
 - Blue Spirulina
 - Cabbage (purple)
 - Cantaloupe
 - Celery
 - Cucumber
 - Carrots
 - Ginger
 - Grapes (black)
 - Guava
 - Honeydew
 - Kiwi
 - Korean Melon
 - Lemon
 - Lime
 - Mint
 - Oranges
 - Peaches (yellow)
 - Pears
 - Pineapple
 - Plums (red)
 - Spinach
 - Turmeric
 - Watermelon (red/yellow)





Recipe Notes

On ginger: You will often see me refer to a thumb of ginger. You can literally use your thumb to measure out a piece of similar length and slightly wider. You can also use your scale to weigh the root. The pieces used in these recipes are between 17-20g.

On Kiwi: to peel or not to peel is a personal preference. There are tons of nutrients in the skin so my preference is to throw the whole thing in.

On Beets: I would recommend peeling your beets unless you're really into earthy flavors. It makes the juice more palatable for me.

On Citrus: Citrus fruit must be peeled before adding to the juicer. If a recipe suggests lemon or lime, you can throw in the fruit or just add the juice.

On Apples: some juicers allow you to throw in the whole apple and it will separate the seeds. Most juicers require that you core the fruit first. Know your juicer and juice accordingly.

Tip: Feel free to adjust the recipe based on your personal taste. If you prefer sweeter juices, add more fruit; if you want more greens, load them up!



GET ROOTED

JUICES FOR GROUNDING





Get Rooted

Let's start from rock bottom because that's what my life felt like six years ago. I had no sense of direction and no passion for life. Some mornings my wife would literally have to pull me out of bed. My anxiety was debilitating and I was rooted in nothing. I didn't know or understand it at the time but my root chakra was blocked and I needed to find my grounding.

If you're feeling anxious, lethargic, unsafe, insecure, sleeping excessively, or lack ambition and direction, try out one of these recipes.

Pro tip: drink outside with your bare feet on the ground.



Hydrate Higher

1 sm-med watermelon

handful mint

2 thumbs ginger

yield: 64-72 oz

Beet It Up

2 large beets

3 large red apples

6 carrots

yield: 48 oz



Juices for
Grounding

Summer Madness

1/2 Watermelon

1 pineapple

1 lemon

1 cucumber

basil

yield: 64-72 oz

GET ROOTED AFFIRMATIONS

The root chakra, located at the base of your spine helps you withstand challenges and feel grounded. When our root chakra is open, we feel secure, grounded, and connected. Use these affirmations or create your own to connect with the present moment. Repeat until you feel an energy shift.

I AM FIRMLY GROUNDED IN WHO I AM AND
WHO I AM BECOMING

I AM SAFE AND SECURE IN MY BODY, IN MY
SURROUNDINGS, AND IN THIS WORLD

I AM EXACTLY WHERE I NEED TO BE

I LIVE A HAPPY, HEALTHY, AND ABUNDANT LIFE

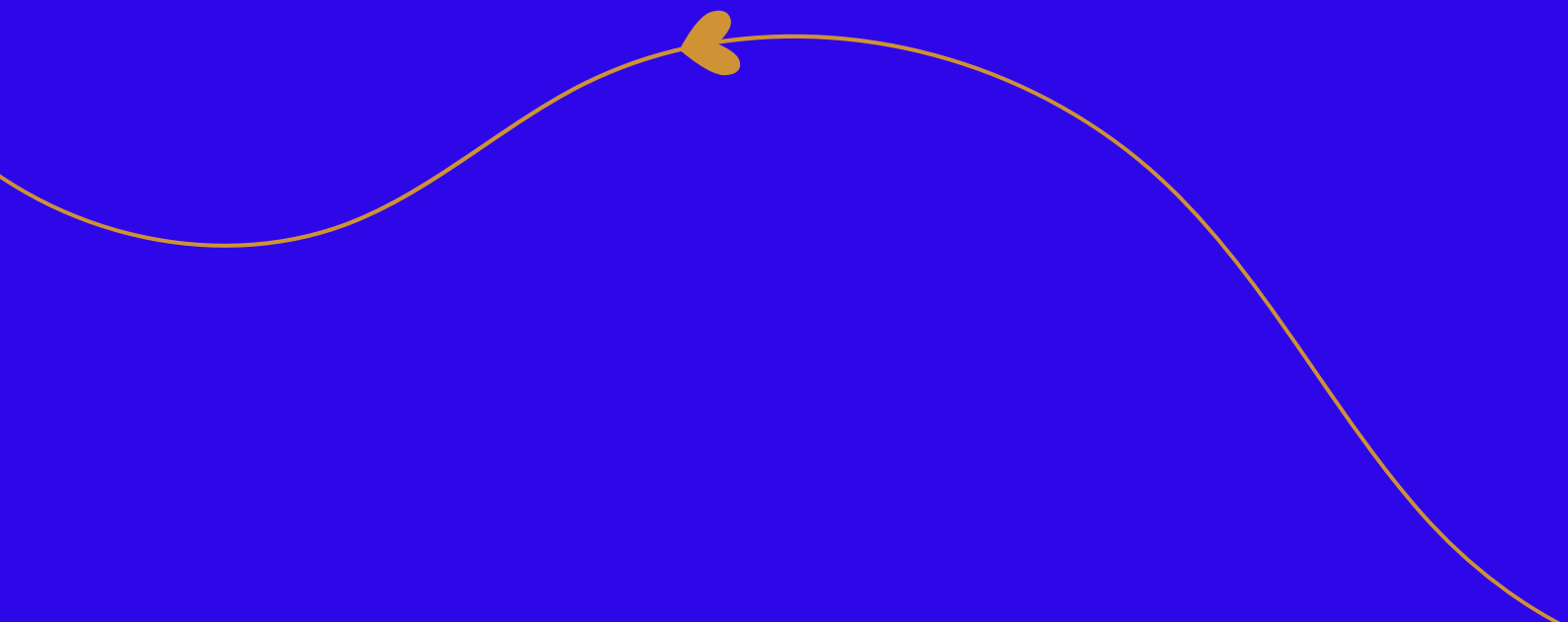
MY BODY IS STRONG AND SUPPORTS ME WITH EASE



Pro Tip: Use vetiver oil to
enhance the effectiveness
of these affirmations

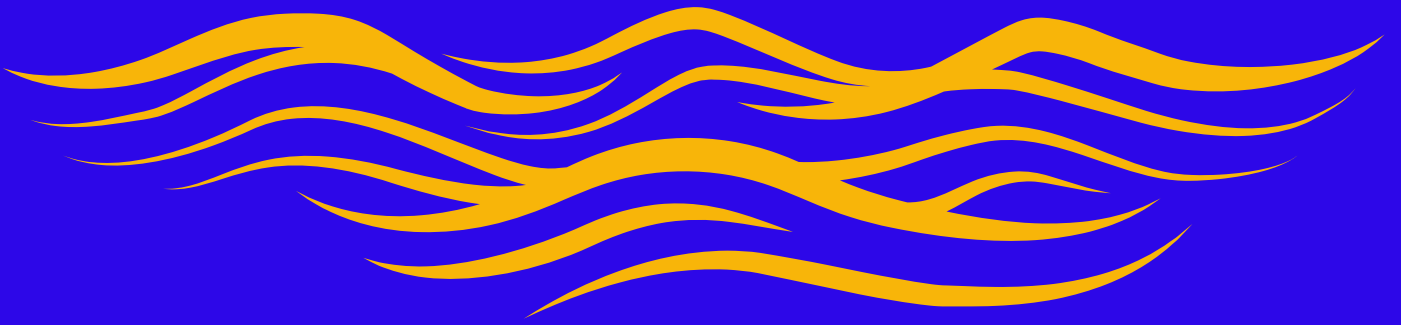
GET FLOWING

JUICES FOR CREATIVITY





Get Flowing



Unblocking my root chakra helped me to feel motivated to do something different. I still lived with a lot of anxiety and depression and had no clue what I was passionate about. I didn't know what brought me pleasure and I didn't feel connected or creative enough. My libido was also nonexistent which affected the intimacy in my relationship. I was feeling grounded but still needed to get moving to clear my sacral chakra and tap into something greater.

If your life lacks passion, creativity, and pleasure try out these recipes to open up your Sacral Chakra.

Pro tip: drink before your meditation or yoga practice

Hello, Good Morning

6 Oranges
3 Grapefruit
1 Lemon
yield: 40 oz

24 Karat Magic

12 Carrots
5 apples
Thumb of Ginger
yield: 40 oz



Juices for Creativity

Spice of Life

2 cantaloupes
2 Korean melons
5 guava
thumb of ginger
yield: 64 oz

GET FLOWING

AFFIRMATIONS

The sacral chakra, located just below the navel is responsible for our creativity, pleasure, and sexuality. When our sacral chakra is open, we feel confident and sensual, find joy and pleasure in our lives, and our creativity is able to flow. Use these affirmations or create your own to connect with a more joyful life. Repeat until you feel an energy shift.

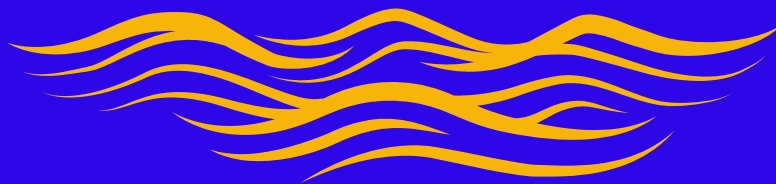
I AM SAFE EXPRESSING MY CREATIVITY

MY RELATIONSHIPS ARE FULL OF LOVE AND ACCEPTANCE

I EMBRACE ALL ASPECTS OF WHO I AM WITHOUT JUDGMENT OR SHAME

I AM CONNECTED TO MY DESIRES AND READY TO EXPLORE NEW POSSIBILITIES.

I HONOR MY BODY AND ALL IT NEEDS.



Pro Tip: Dancing and intentional movement helps our energy to flow so crank up the music and dance like no one is watching



GET CONFIDENT
JUICES FOR EMPOWERMENT



Get Confident

When I began feeling more creative I felt better about life, but I was still unsure about myself. My self-esteem wavered depending on the day. Some days I thought I was top shit and other days I felt like I lacked power over my existence I questioned my skills and ability and honestly felt stuck most of the time. Ultimately it wasn't until I stopped focusing on things I couldn't control and moving my body regularly that I was able to shift these feelings and reclaim my power.

If you're feeling powerless, stagnant, angry, or lack confidence and purpose try out one of these recipes to balance your solar plexus chakra.

Pro tip: drink while standing outside in the sun.



Let It Flow

6 Oranges
3 Grapefruit
1 Lemon

yield: 15-20 oz



Juices for
Empowerment

Pop Yo Shit

1 pineapple
1 yellow bell pepper
1/2 lemon
1 thumb ginger

yield: 32 oz

Lehgo

1 sm -med yellow
watermelon
handful basil (optional)

yield: 64 - 72 oz

GET CONFIDENT AFFIRMATIONS

The sacral chakra, located near the navel, is associated with fire and is directly linked to your sense of self. When our sacral chakra is balanced we feel confident, assertive, and have a strong sense of self. Use these affirmations or create your own to connect with the fire and wisdom inside of you. Repeat until you feel an energy shift.

I AM CAPABLE OF ACHIEVING MY DREAMS

I STAND BOLDLY IN MY PERSONAL POWER

I RELEASE THE NEED TO CONTROL

I ALLOW EASE AND FLOW

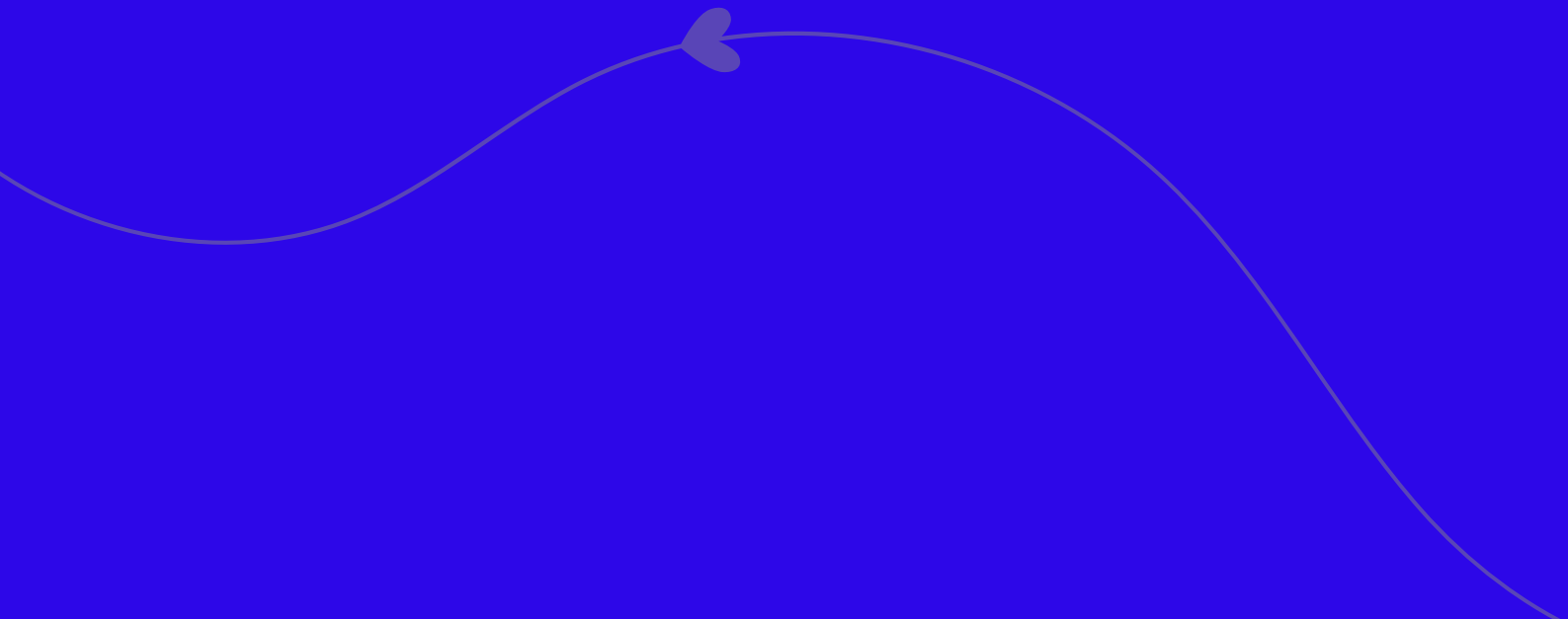
I AM DEEPLY CONNECTED TO MY LIFE'S PURPOSE



Pro Tip: schedule a healing session to help strengthen the power of these affirmations

GET ACCEPTANCE

JUICES FOR LOVE & COMPASSION



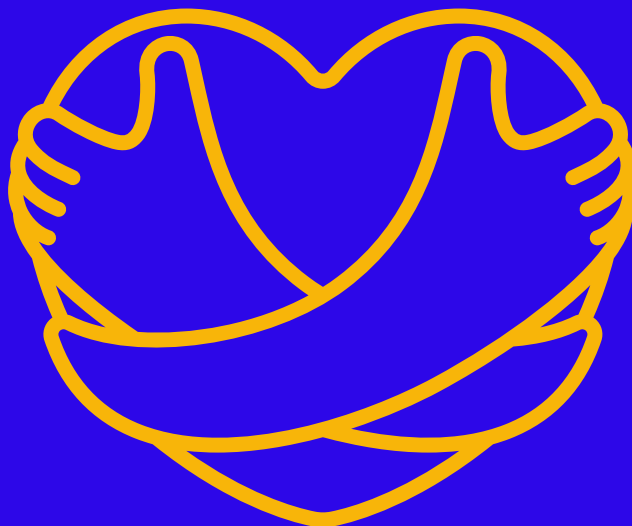


Get Acceptance

In various stages of my journey, I have found it difficult to accept the whole of me. Being constantly juxtaposed with other people created both a spirit of comparison and jealousy within me. I never felt like I was enough. Being intentional about unlearning and relearning who I am and rewriting my story in my voice helped me to come to full acceptance of every version of myself.

If you are feeling hurt, stuck, broken, lacking compassion and empathy, or find it difficult to forgive, these recipes can add more love and acceptance into your life.

Pro tip: drink prior to a breathwork practice

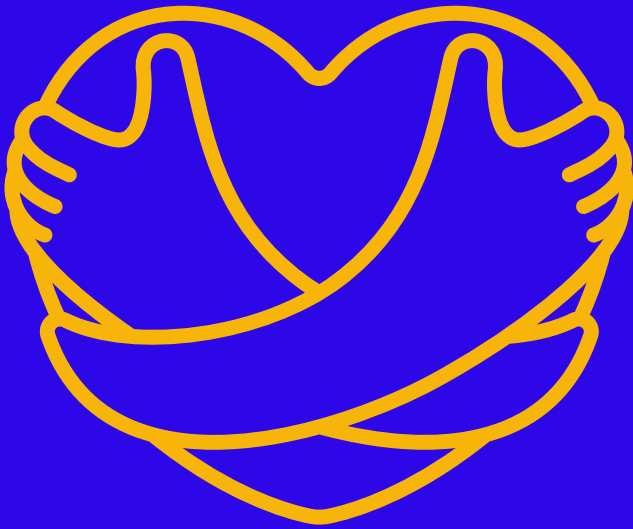


Honey Dew It

1 sm-med honeydew
melon
handful basil
yield: 64-70 oz

Just Healing

1 stalk celery
4 green apples
4-6 kiwi
thumb ginger
yield: 32-40 oz



Juices for Love & Compassion

Being of Love

4 cups spinach
1 large cucumber
4-6 anjou pears
thumb ginger
yield: 36-40 oz

GET ACCEPTANCE AFFIRMATIONS

The heart chakra is located in the middle of your spine at the heart level, and when misaligned can affect your entire being. Responsible for unconditional love, joy, and compassion, a blocked heart chakra could show up as jealousy, defensiveness, distrust, and isolation. Use these affirmations or create your own to connect with more love and radical self-acceptance. Repeat until you feel an energy shift.

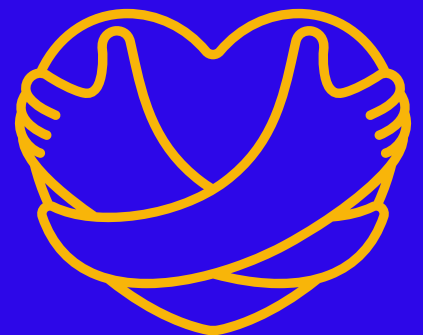
I AM READY AND OPEN TO RECEIVING LOVE

**I ALLOW MY HEART TO EXPAND
WITH EVERY BREATH**

**I FULLY ACCEPT WHO I WAS, WHO I AM, AND
WHO I AM BECOMING**

**I DELIGHT IN AND CELEBRATE THE
SUCCESS OF OTHERS**

**I CREATE LOVING AND SUPPORTIVE
RELATIONSHIPS**



Pro Tip: Use sandalwood, rose, or jasmine to promote feelings of love



GET EXPRESSIVE
JUICES FOR TRUTH & WISDOM



Get Expressive

As a girl raised in the south, it was common to be told that I was to be seen and not heard. Between this oft-stated idea of shrinking myself to make everyone else comfortable and my lack of confidence, self-esteem, and vision I developed a complex of self-doubt. I was able to hear the truth of everyone outside of me loud and clear but struggled to express my personal needs, wants, and desires. It was not until I found my own voice and inner guidance that I was able to break through and get out of my own way.

If you're feeling silenced, inauthentic, unsure, or anxious, try out one of these recipes to tap into your voice and intuition.

Pro tip: drink before a
challenging
conversation



Wild + Free

12 oz blueberries
12 oz blackberries
handful basil
1 lime

yield: 16-20 oz



Juices for
Truth & Wisdom

My Old Lady

2 cups blueberries
4-6 anjou pears
handful mint
thumb ginger

yield: 24-30 oz

Truth Is...

2 tsp blue spirulina
1 large cucumber
2 large lemons
4-6 apples
thumb ginger

yield: 28-32 oz

GET EXPRESSIVE AFFIRMATIONS

The throat chakra, located in the center of your throat, connects to your ability to communicate and speak your inner truth. The third eye chakra, located between your eyes, is directly linked to intuition and gut instinct. Both chakras are associated with a hue of blue. Use these affirmations or create your own to connect with your intuition and speak the truth about what you discover. Repeat until you feel an energy shift.

I CAN CALMLY AND EFFECTIVELY SPEAK MY TRUTH

I EMBRACE SILENCE AND KNOW DEEP INNER PEACE

HONEST, AUTHENTIC AND INTEGRIOUS IS
MY WAY OF BEING

I TRUST MY INNER WISDOM

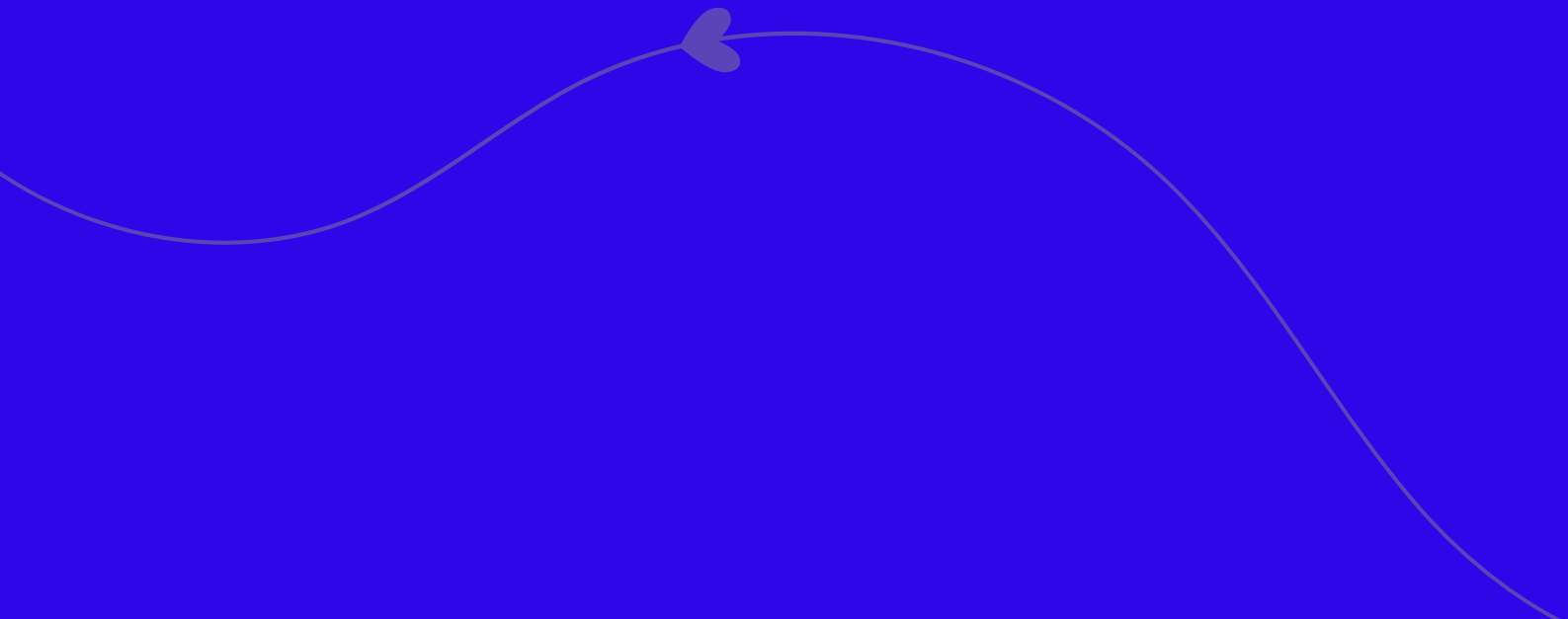
I ALLOW MY INTUITION TO GUIDE ME



Pro Tip: hold turquoise in your hand while sitting in child's pose

GET HIGHER

JUICES FOR PURPOSE





Get Higher

If you met me six years ago and expect me to be the same person today, you are in for a rude awakening. I am drastically different. That shy, depressed, unsure, angry, insecure girl is long gone. I am now a strong, confident, and sure woman who walks boldly and unapologetically in her power with her head held high so that her crown can stay in place. I make decisions, take action, and attract what I want. I realized that the only thing stopping me was my paradigms and limiting beliefs, and awareness is the first step to transformation.

If you are ready to live with more wisdom, peace, and gratitude or desire a deeper connection to your higher self try out a few of these recipes.

Pro tip: drink prior to tapping into your creative side



Queen Ish

2-3 black grape clusters

1 lime

handful mint

yield: 16-20 oz

Crown + Glory

4-6 red plums

12 oz blackberries

thumb ginger

yield: 16-20 oz



Juices for
Purpose

On My Way

1/2 purple cabbage

1 cucumber

4-6 red apples

yield: 36-40 oz

GET HIGHER

AFFIRMATIONS

The crown chakra is located at the top of our heads and is our guiding light. Our crown chakra is the gateway to our higher selves, to enlightenment. When overactive we tend to feel detached and superior to others. When underactive or blocked we lack a sense of purpose. Use these affirmations or create your own to connect with your most authentic self. Repeat until you feel an energy shift.

EVERYTHING IS ALWAYS WORKING OUT FOR MY HIGHEST GOOD

I AM AN INFINITE BEING WITH INFINITE POTENTIAL

I RECEIVE GUIDANCE FROM MY HIGHER SELF

I AM FULFILLING MY LIFE'S PURPOSE EVERY DAY

I AM ALIGNED WITH THE HIGHEST VIBRATIONAL FREQUENCY OF LOVE



Pro Tip: Sit still and just Be. By clearing our minds we can receive messages and downloads. Surrender to your inner wisdom.



THANK YOU

I am extremely honored and grateful for your support. This e-book was very much a labor of love. I started and I stopped several times but something inside of me would not let me forget about it. I had to get it done, I had to get it out of my heart and into your hands. I am a firm believer that nothing is coincidental and everything is in divine alignment, so if you are reading this it was written in the stars.

If you have questions, or comments, or need additional support, please reach out to me, I would love to connect with you further.

Continue to be great. Continue to be beautiful. Continue spreading your magic.

With Immense Love,
The Bougie Black Hyppie



LET'S STAY CONNECTED



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“Nothing happens until the pain of remaining the same outweighs the pain of change.” – Arthur Burt