A pharmacist discovered that food is the best medicine for her own illness, so she opened an apothecary juice bar to help others.

BY MICHELLE F. SOLOMON | PHOTOGRAPHY BY CHRIS HEADSHOTS

As a clinical pharmacist, Kimmi Stultz was trained in school to believe that medication was what would help patients get better. But when she began suffering from her own illness—an autoimmune disorder that caused dizzy spells, digestive issues, fatigue and a host of other symptoms—she went on her own quest to find alternative solutions to her health problems.

“After I got sick, I felt like conventional medicine only subdued my issues. I still didn’t feel well, so I embarked on this journey of real healing,” Stultz says.

The 33-year-old Parkland resident began making dietary changes. “I removed dairy from my diet. That was tough,” she says. She also cut out processed sugars and processed foods. She added juices and only ate homemade and home-cooked foods.

“What I did was a lot more work than taking a pill, but changes to my lifestyle and the foods I ate, working with herbs and using supplements, was ultimately what helped me.”

Aware that people may not have the time or knowledge to commit to this type of regiment, Stultz realized that her years of additional training in nutrition and her background in pharmacy could be a way for her to realize a newfound dream.

Later this month, Stultz will open Juicery Rx, a juice “apothecary,” at Sawgrass Center on Coral Ridge Drive in Coral Springs. Her goal is to not only sell homemade cold-pressed juices and a small selection of healthy menu items, but to educate people about food—especially families.

Juicery Rx creates its own raw, cold-pressed juices and offers tailored-to-you juice cleanses. “We don’t believe in just juicing; people should still be eating,” Stultz says. Food menus are also put together specifically for customers.

In the kitchen, creative food director Antoine Lefevre (whom Stultz calls a “food alchemist”) creates simple menu items such as healing salad bowls, soothing bone broth (a vegetarian version is made from seaweed) and jackfruit sandwiches. It’s a limited menu, for now, but there will also be coffee and herbal tea on the menu and, on the horizon, Stultz hopes for a license to serve beer and wine—sustainable, of course.

There’s no across-the-board offerings at Juicery Rx, which is what Stultz says makes it different from other juice bars. “It’s all about what’s best for your body, not being vegetarian, vegan, eating paleo, no trends... It’s about figuring out what is best for you, and just eating real, good healthy foods. What we’ll be sharing is what we breathe, live and eat every day.”

A year and a half later, Stultz is free of symptoms and in remission from her autoimmune disorder. “I still have to continue to regulate my diet,” she says. “That will never change.” Nor does she want it to.

THE PRESCRIPTIONS

Juicery Rx juices are named for scientists with ingredients inspired by their quotes.

ALBERT EINSTEIN: “Everything is ENERGY, and that’s all there is to it.”
Beets, apple, lemon, ginger and cucumber
12 oz. prescribed for ENERGY

HIPPOCRATES: “If we could give every individual the right amount of NOURISHMENT and exercise, not too little and not too much, we would have found the safest way to health.”
Basil, apple, cucumber and lemon
12 oz. prescribed for NOURISHMENT

CHARLES DARWIN: “If everyone were cast in the same mold, there would be no such thing as BEAUTY.”
Carrots, sweet potato, pineapple, apple, cinnamon, nutmeg and sea salt
12 oz. prescribed for BEAUTY