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DETOXIFYING JUICE CLEANSES



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Introduction

According to the Centers For Disease Control and Prevention, the average American eats fruit a mere 1.1 times each day, and vegetables only 1.6 times daily. This is a far cry from the recommended amount of six to eight servings. Even though these statistics are actually an improvement on previous years, there's no denying that as a whole, we need to eat more produce.

Maybe you just don't have time, or maybe you simply don't like the taste of vegetables. If you're looking to reap the benefits of fruits and veggies but don't see how you can possibly find the time to eat six to eight servings each day, juicing may be the answer you've been waiting for. Skeptical of sipping your vegetables? Don't be! Juices can be delicious and great supplements to a less-than-perfect diet. Here are eight reasons you should start juicing now:



Chapter 1

Why Juice?

You'll be more likely to get your six to eight

It may seem nearly impossible to consume that much produce each day. However, [research](#) has found that implementing vegetable juice into a diet is both a practical and acceptable way for many adults to consume a diet more in line with a healthy and disease-free lifestyle.

The nutrients are better absorbed

Fruits and vegetables are full of important vitamins, minerals, enzymes and more. These become available to our bodies as we chew, however, many fail to get absorbed during the digestion process. Juicing allows for quick absorption of these vital nutrients, and even helps boost energy levels.

You'll increase the variety of your diet

We tend to eat the same thing every day. Juicing allows you to try different fruits and vegetables you may not normally choose to eat. Beets and carrots may not top everyone's list, but their juices are sweet and delicious. Also, greens that are too strong alone, like kale or collard, can be masked in a juice by incorporating something sweet.



Most produce is more nutrient-dense when consumed raw

The way many Americans consume their vegetables is cooked, which can deactivate important enzymes - but who is realistically going to nosh on a raw beet? Juicing allows you to enjoy the full benefits of raw fruits and vegetables without the hassle of actually chewing them.

Fresh juices aid in cancer and disease prevention

According to the Stanford Cancer Institute, fresh vegetable juice is loaded with cancer-fighting phytochemicals and vitamins. You would have to eat five cups of carrots to yield the same benefits from drinking one cup of juice.

Juices help you detoxify and lose weight

While juice fasts are not recommended for everyone, incorporating juices into your diet will help detoxify your body and can aid in weight loss. A diet high in fats and processed carbohydrates puts a great strain on organs such as the liver, where fat is metabolized. When the liver is in such an overworked state, it cannot efficiently metabolize fat. This keeps you from losing weight. The nutrients found in many juices can help detoxify your liver and jump-start your weight loss.



You'll be more hydrated

Juices are meant to be sipped slowly. Replacing a dehydrating cola with a fresh juice will keep you hydrated far better than other sugar-laden beverages.

Juicing is efficient

There's no denying that juicing is one of the easiest ways to improve your diet. Cooking and preparing vegetables takes time, and can take even more time to eat if you're on the go. Juicing allows you to supplement your diet in an easy way.

So, if you haven't tried it yet, what are you waiting for? Start sipping today for better health tomorrow.



Chapter 2

How to Juice

Purchasing a Juicer

Because you cannot purchase any truly fresh vegetable juices in a carton or a can, you will need to prepare your own juice at home. First things first, it is essential to note that a juicer is not the same as a blender. A juicer makes juice and a blender makes mush. In order to make vegetable juice, the fluid part of the vegetables must be extracted along with the vitamins, minerals and enzymes.

For this, you need a juice extractor.

It is necessary not to skimp on quality when selecting a juicer, if you do you will be sorry later. Be prepared to spend a little bit of money for a decent machine, possibly 200 dollars or more. Good juicers will make tasty juice quicker and easier than cheap models. Keep an eye out for sales, or perhaps buy a juicer second-hand to save some money.



What to Juice

Anything that you can eat raw you can juice. Vegetables such as carrots, beets, cucumbers, tomatoes, squash, romaine lettuce,



celery, cabbage and sprouts are excellent to start with. You can juice fruits as well, such as raw apples, grapes and melons.

We like to recommend the 80/20 method. Make sure your juices consist of at least 80 percent vegetables and 20 percent fruits.

The best and healthiest way to approach juicing is to use produce that you don't normally eat on a regular basis. If your diet doesn't contain a good amount of leafy greens, use those in your juices. The majority of us have no problem eating sweet succulent fruits, but the real power of juicing comes in the form of veggies that have very little - if any - amounts of sugar, but tons of vitamins, minerals and enzymes that we can't find anywhere else.

It is not really wise to juice potatoes, lima beans or eggplant. Also, leave the bananas out of the juicer and keep them in your blender for smoothies. These tend to clog the juicer and extract very little juice.

Always use organic fruits and vegetables to juice. Pesticides will make it through to your juice, so remember that when purchasing. If organic produce is not available, it is always a good idea to peel produce that has been sprayed or waxed, including apples and cucumbers bought at the store.



If you purchase organic carrots and other root vegetables, there is no need to peel them. Instead, run a bristle brush over them a couple of times while holding them under water. Beets should be peeled before juicing, as the skin is bitter. Drink your juice right away – it is healthier and tastier this way. Drink as much juice as you would like to in a day.

Cleaning Up

No matter how you slice your cucumber, clean-up is part of the juicing experience. Again, being prepared for this before you start juicing will help you manage the process better. A great tip for speedy clean-up is to clean your juicer immediately after you enjoy your drink. If you leave it until later, cleaning will take longer.

Rinse the parts immediately under warm water and set them in the dish drainer until you need them next. Soap is not necessary as long as you rinse the parts well. Over time, they will become discolored. Pay special attention to the metal screen used to filter the pulp. It will become clogged sooner or later. Rinse it under the tap immediately after use to get rid of residue.



Chapter 3

Super Detoxifying Juice Recipes

With the following recipes, you will get an influx of beneficial vitamins and nutrients that will jumpstart your journey towards better health!

JUICE # 1 CARROTS AND GREENS

- 2 sliced green apples (peel left on)
- 1 peeled lemon
- 2 cucumbers
- 2 handfuls kale
- 2 handfuls spinach
- 2 medium-sized carrots
- 3 celery stalks
- 1 cup coconut water



Put all ingredients through your juicer with the exception of the coconut water - use this to top off your glass. If you prefer a sweeter juice, add a little organic agave syrup or raw, unprocessed honey to the mix.

JUICE # 2 APPLE BEET JUICE

- 1 small beet, peeled and chopped
- 5 medium-sized carrots, chopped
- 1 apple, cored and chopped
- 1/4 cup fresh mint sprigs

Put all ingredients through your juicer, stir and serve.

JUICE # 3 GINGER BEET MUSCLE BUILDER

- 1 medium peeled orange
- 3 large kale leaves
- 1 medium green apple, cut into wedges20



- 1 large organic carrot
- 1 large organic beet, peeled and cut into wedges
- 1 inch piece of peeled, fresh ginger

Juice and serve over ice. Drink 30 minutes prior to your workout.

JUICE # 4 BEET AND GRAPE REFRESHER

- 1 pound of organic beets, peeled and cut into wedges
- 2 cups organic seedless black grapes
- 1 large organic carrot, peeled and cut into strips

Put all ingredients through your juicer, stir and serve.

JUICE # 5 PINEAPPLE CUCUMBER BEET JUICE

- 1 small beet



- 1/2 medium cucumber
- 1 cup of pineapple chunks

Put all ingredients through your juicer, stir and serve.

JUICE # 6 GREEN MACHINE

- 1 head of romaine lettuce
- 6 stalks of celery
- 2 apples
- 1 organic lemon
- 2 tablespoons of fresh ginger

Put all ingredients through your juicer, stir and serve.

JUICE # 7 CARROT DELIGHT

- 6 organic carrots
- 2 grapefruits, peeled



- 2 oranges, peeled
- 1 lime
- 2 tablespoons ginger

Put all ingredients through your juicer, stir and serve.

JUICE #8 SWEET RAINBOW TWIST

- 2 green apples
- 4 oranges, peeled
- 8 strawberries
- 3 carrots

• 1 pear, cut in half

• 4 leaves of rainbow chard

Put all ingredients through your juicer, stir and serve.



JUICE #9 VEGGIE JUICE

- 3 medium tomatoes
- 7 stalks of celery



- 1 piece of horseradish
- 1/4 teaspoon sea salt
- 2 teaspoons fresh lemon juice
- Lemon wedge for serving

Once you have put the tomatoes, celery and horseradish through your juicer, mix in the lemon juice and salt, pour the juice through a very fine sieve and serve over ice.



JUICE #10 SWEET AND SIMPLE

- 2 medium Roma tomatoes
- 4 carrots
- 1 small red pepper
- 2 small cucumbers
- 1 small piece of ginger

Put all ingredients through your juicer, stir and serve. Tastes great over ice.



JUICE #11 SUNSET SURPRISE

- 2 cups baby spinach
- 1/4 fennel bulb and stalk
- 2 oranges, peeled
- 1 red apple
- 1 cup mango, peeled
- Handful of fresh mint

Put all ingredients through your juicer, stir and serve.



THE BEST JUICING TIP OF ALL

Chew Your Juice: To be sure that your body can quickly absorb all of the readily-available nutrients in your juice, don't drink it in a hurry.

Although the mouth is used for crushing food, it also secretes saliva which contains the enzyme ptyalin (salivary amylase). Ptyalin is necessary to initiate the digestion of carbohydrates in the mouth and make them readily available for energy.

This secretion happens when the chewing motion is activated. So, even though you don't really need to chew your juice in order to break it down into small pieces, it is still a good idea to do so.

If we don't activate the chewing motion, we are sending the juice to the digestive tract without the very important enzyme necessary for carbohydrate digestion.

Chewing your juice allows your body to figure out how many and what composition of enzymes it needs for digestion. Chewing also matches the temperature of what you are consuming to the temperature inside of your body, so that nutrients are best assimilated and prepared for use.

The other benefit of chewing your juice is that the process alone burns calories. That's right: chewing actually burns about eleven calories per hour. Take the time to enjoy your juice, savor each sip, swish it around a little and activate the chewing motion, no matter how silly you may feel. Doing this will allow you to maximize its nutritional value and give you more time to enjoy its great flavor and texture.



To Better Health!



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Good luck on your health journey and make it a fun one! Should you have any questions, feel free to email us at info@thealternativedaily.com.