



The Juicing & Smoothie Jumpstart Guide

All About Juicing®

Vanessa Simkins

Hello there, Juice Lover!

Whether you've juiced and made smoothies before, or are just getting started, I am here for you to help you get strong, healthy and sexy though a straw.

There are two fabulous ways you can consume these healthful beverages for glowing skin, a hot body, boundless energy and optimal health.

Juices and Smoothies

They are both great, but very different.

Juicing extracts the liquid nutrition from the produce, leaving you with only pulp-free juice. Juicing typically allows you to consume more of the fruit or vegetable than blending does. You need a juicer machine to make true juice. When you drink juice made from a juicer, your body can utilize the nutrients easier than it can when you chew or blend produce because it's been separated from the pulp, and allows your body to absorb it quickly.

Smoothies, sometimes called blended juices, are a blended fruit and vegetable drink, made using a blender. The fiber is left in-tact. They are typically thicker and can be made creamy and sweet with the addition of add in's like almond milk and dates. Smoothies blend the fiber and the liquid nutrients into one drink, helping you to consume these gems easier than you would eating them.

You can often hide fruit and vegetables you don't like in juices and smoothies and it's the easiest way to consume a wide range of fruits and vegetables into your diet.

I think both juices and smoothies are essential to a healthy diet, but some people prefer only juices or only smoothies. Do what you like best.

Here are some benefits many people experience by juicing and smoothing daily:

- Better digestion and assimilation
- Weight loss and decreased belly bloat
- Support detoxification
- Boost immunity with antioxidants
- Improve sleep because your body is alkaline
- Increase energy because you have consumed so many nutrients
- Glowing skin, clearer skin and brighter eyes
- Feel happier, with more balanced moods
- Less hungry during your day
- Balanced PH, which leads to less sickness or problems with bloating and candida
- Clearer mind
- Juicing and smoothies gives the digestion a break, delivers vital nutrients and minerals right to your body and blood stream
- Juicing and smoothies increases the alkalinity in your body, which gives you more energy, hydrated skin and better bowel movements.

How To Make a Juice

Find your perfect recipe. A good ratio for creating your own is 1 part fruit to 3 parts vegetables.

1. Prepare your fruits and veggies for juicing. Cut or tear the produce to fit into the juicer. For example, an apple needs to be cored, and citrus would have to be peeled.
2. Line your pulp basket. If your juicer has a basket attached, you'll save yourself on clean up time if you line it with a plastic bag first.
3. Feed the produce through your juicer. I find it helpful when making combo juices to alter the produce from firm to soft. If your juicer has speeds, take a look at the instruction manual on which speed works best for soft fruits or hard produce.
4. Drink it as soon as possible after it's juiced because it will start to lose nutrients as time passes.

Top tips for juicing

- Occasionally you will make a juice you do not like. Instead of just tossing it aside, try saving it. Add apples, bell peppers or carrots to make it sweeter. Add ginger to make it spicy and hide the taste of greens or vegetables. Lemons also add a nice tart taste and balance out many combinations.
- Drink your juice slowly. Take your time to savor it and “chew” your juice, swirling it around your mouth until it feels warm, especially with vegetable juices.
The swirling motion and the food activate the naturally occurring digestive enzymes in the saliva.
- Green juices take some practice. They are very strong and must always be mixed with other produce, for example, carrot or apple. The green's I'm talking about are spinach, kale, parsley, lettuce, and broccoli. They can detoxify your body rapidly and if you have a straight green juice, you might find yourself feeling a little ill. It won't cause you any harm. However, just make it a rule to making only a quarter of your glass straight green juice.
- Cruciferous veggies like cabbage, collards, bok choy, kale and broccoli can cause gas, bloating and stomach upset in some folks. Go easy on these at first if you are new to juicing.

- When juicing soft fruits like berries, pears, and greens, it's a good idea to juice the firm fruits in your recipe first and last to keep the softer foods from clogging the juicer.
- Go easy on fruit juices. Fruit juices are nutritious and cleansing for your body. They are also a good source of antioxidants. However, some fruits, like mango and pineapple can be very high in sugar. Fruit sugar is not the same as white sugar but too much sugar in any form will send your blood sugar and insulin levels soaring, which can increase fat storage. Stick to only a few fruit juices a week.
- It's very wise to drink your juice as soon as possible after you juice. It starts to lose its nutritional value as time passes so best to drink it within a few hours. Just remember that there are no preservatives in fresh juice. It can go rancid quickly.
- Cut produce before juicing, to ensure that it fits into your juicer. If you don't, you'll have to stop half way through juicing, and that can be time consuming.
- The cheapest and easiest juice cups are large mason jars (canning jars). They work really well for storing juice and drinking because they are glass, they are cheap, and they are spill proof.
- Some good juicers include the Champion, the Omega Vert and Breville models.

Here's some of my favorites: <http://bit.ly/1POaXQe>

Don't stress about this decision. If you don't have a juicer yet, just get a basic one and upgrade later if you like it.

Green Starlet Juice

Ingredients

2 apples, cored
1 cucumber
3 celery stalks
½ romaine lettuce head/bunch
a few sprigs of mint

Directions

Juice the apples, cucumber, celery and romaine in your juicer machine. Serve immediately.

How To Make a Good Smoothie

Find your perfect recipe. A good ratio for creating your own is fruit + greens + liquid + add ins.

- Prepare your produce for blending. This means chopping up fruit and vegetables and, tossing the pits, seeds, peels and stems.
- Add your produce, liquid and any add-in's like honey or dates to your blender.
- Blend your drink on high until smooth. You might need to stop it half way to add more liquid or to taste it.
- Smoothies can last longer than juices made in a juicer, but taste the best when consumed immediately.

TOP TIPS FOR SMOOTHIES

- When creating your own blender recipes, experiment with the amount of water to make it to your liking, thick or thin.
- Make any smoothie a green one by adding 1-2 leaves of chopped lettuce, spinach, or kale to your recipes to make it undetectable in the juice.
- Some blenders can blend anything, like the Vitamix. This is my preferred blender. There are also some other powerful blenders out on the market. If you have a more inexpensive version, be careful the type of produce you blend. If you aren't sure your blender can handle it, just leave it out and stick to fruits and vegetables that are soft and watery. The quality of your blender will ultimately determine what type of blender juices you can make. View my favorite blenders here: <http://bit.ly/1POaXQe>
- The best produce to use in a smoothie are usually the ones that are not so good to juice in a true juicer. The watery, mushy type fruits blend so well. These include bananas, peaches, apricots, strawberries, blueberries, raspberries, papaya, mangoes, plums, melons, and the like. These will be easy on your blender and make a smooth juice.
- Add in's: Dates, honey, maca powder, matcha tea, chia seeds, coconut oil, flax oil, coco powder, wheatgrass powder, cinnamon, turmeric powder, ginger.
- Good liquids for smoothies: Almond milk, coconut milk, water, coconut water, fresh juice.

- It's a good idea to drink your smoothie as soon as possible after you juice. It starts to lose its nutritional value as time passes and doesn't taste as good bad. It's very best to drink it within a few hours. There are no preservatives in fresh juice.
- Smoothies can last up to a few days in the fridge. It's best to store it in an airtight glass container, like a mason jar.
- Make any smoothie cold by adding ice, or using chopped, frozen fruit in your smoothies. If you do this, you'll typically need more liquid in your recipe to help it blend.

Orange Creamsicle Smoothie

Ingredients

2 oranges, peeled and sliced
1 handful of spinach
1 banana, sliced
1 teaspoon vanilla
½ cup of water

Directions

Place all ingredients in your blender container.
Blend on high until smooth. Serve immediately.

The Juice on All About Juicing

All About Juicing will help you juice your way to radical wellness through a straw. If you're a juicer or juicer-to-be, you have found your all-in-one resource for becoming a high-energy, healthy, glowing, nutrition-absorbing machine.

At All About Juicing you'll find:

- Fabulous-tasting recipes you can juice every day. What to juice for what ailment.
- What combinations of juices work the best.
- How to fast and lose weight safely with juicing.
- The drinkable route to flawless skin, nonstop energy, a slim figure, and a sharp mind.
- How to get the most benefit-bang for your juicing buck. Guidance from someone who's been around the juicing block.



Whether you find yourself undernourished or want to start clean eating, All About Juicing can help you add this habit into your daily life and love it at the same time.

Are you in? Let's start the juicer.

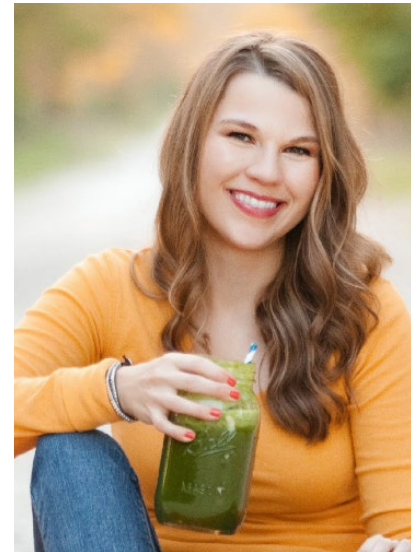
About Vanessa

Vanessa Simkins, is the author of "The Juice Lover's Big Book of Juices: 425 recipes for crazy delicious and super nutritious juices" paperback book and the founder of all-about-juicing.com: a website and newsletter serving up fresh, tested juicing advice for getting a hot body, glowing skin, and lifelong health through a straw.

She is also the founder of Vanessa's Juice Club, a membership community where juicing daily is easy and fun.

Her newsletters, products and site reach over a *quarter-million readers each month* – a veritable army, inspired to juice for better health.

A juicing trendsetter known for her inventive and tasty juice recipes, Vanessa has an undying thirst for connecting people back to what makes them healthy, one drink at a time.



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