

Leanne Ely: Hi there. Leanne Ely from SavingDinner.com. In my kitchen today is my friend Josh Axe. And Josh is . . . gosh, we've known each other for a few years now.

Dr. Axe: Yeah, we have.

Leanne Ely: And I've really admired his work when I saw it on the internet. I mean, is this how we all meet?

Dr. Axe: Oh yeah, of course.

Leanne Ely: And then we met last summer, and we talked about, and I said, "I've got to get you into my kitchen."

Dr. Axe: Yeah.

Leanne Ely: Because of all the nutritional philosophies out there, and everybody that I know, yours and mine just are . . .

Dr. Axe: They line up.

Leanne Ely: They line up so well. And one of the things, our big differentiator, we feel, is that we're both really adamant juicers, and we really believe that juicing is a good way to reclaim health, build health, for whatever ails you. And we've got a lot of information, so you might want to take notes about how juicing can really work for you. And you've got a story about juicing and your mom.

Dr. Axe: Yeah, I do. You know, my mom is a two time cancer survivor. The first time, this was about 19 years ago, my mom went through all the traditional medical treatments, she went and had a mastectomy, went through rounds and rounds and rounds of chemotherapy. And I'm from Ohio. We went to Cleveland Clinic, a very prestigious clinic.

And praise God, after going through cancer, she was diagnosed as being cancer-free. But honestly, for the next 10 years after going through chemo, she was sicker than ever.

Leanne Ely: Yes.

Dr. Axe: She spent half of her life in bed. No energy, no quality of life. And this went on for 10 years. And finally, after 10 years, she was actually diagnosed with cancer again. And at this point, I was actually living in Florida, I was in chiropractic college, I was also working as a nutritionist out of a clinic in Orlando. And she said, "What do I do?" And I flew home, we just prayed together, and it really felt like we needed to take care of her all naturally.

And so we started following a lot of holistic approaches and natural approaches to beating her cancer and helping heal her. And one of the biggest things we did was we started juicing vegetables. And so she started doing, juicing in the morning for breakfast. We did some probiotic-rich foods. We did some super smoothies. You know, there were other things we did.

Leanne Ely: Right.

Dr. Axe: But juicing was a main, was a foundational piece of helping her heal. And after four months, her tumors had shrunk in half. A year later, complete remission. And now . . .

Leanne Ely: So wait, you're saying the second time around she's diagnosed, you told me it was lung cancer.

Dr. Axe: Right.

Leanne Ely: Which is pretty serious.

Dr. Axe: Oh yeah, very.

Leanne Ely: So she did no traditional medical therapies whatsoever after?

Dr. Axe: No traditional.

Leanne Ely: No? None?

Dr. Axe: Nothing traditional.

Leanne Ely: Wow.

Dr. Axe: I mean, the biggest thing she did was change her diet, start juicing.

Leanne Ely: Yeah.

Dr. Axe: And as we've talked before, she also started practicing reducing stress.

Leanne Ely: Yeah.

Dr. Axe: So there was a whole program. But, like, I said, juicing . . .

Leanne Ely: Foundational.

Dr. Axe: I believe it's foundational . . .

Leanne Ely: Right.

Dr. Axe: . . . when it comes to supporting healing, especially chronic illness.

Leanne Ely: I agree with that. I agree with that wholeheartedly. And we love to juice, and there are so many different things, and there are so many different myths about juicing, there are so many people . . .

Dr. Axe: Oh yeah.

Leanne Ely: I mean, one of the number one questions you get -- and I get the same thing -- is . . .

Dr. Axe: Which, we love our Vitamix.

Leanne Ely: We do, we do.

Dr. Axe: It's great. We love blending things. But we get that question, as you're saying, is . . .

Leanne Ely: Right.

Dr. Axe: Juicing or blending?

Leanne Ely: Right.

Dr. Axe: What's better?

Leanne Ely: Like, people say, "Well, I don't do that, because I don't want to throw away the beneficial fiber, and I do green smoothies instead." And, well, there's a whole school of thought. And I think we had, let's start there and really dispel that whole . . .

Dr. Axe: Okay.

Leanne Ely: There is a huge difference between blending . . . they're two different things.

Dr. Axe: Right, they are.

Leanne Ely: They don't intersect. They're two separate things. A green smoothie's a good thing.

Dr. Axe: Oh, amen. It's great.

Leanne Ely: But juicing is also a good thing, and you don't have to give up one to have another.

Dr. Axe: Yeah, exactly.

Leanne Ely: So let's talk about that.

Dr. Axe: Sure. Well, I get that question from patients all the time.

Leanne Ely: Yes.

Dr. Axe: And I've operated a natural health clinic in Nashville for about five years. And so that was a very common question I'd get from patients. And what I tend to say is, the great thing about a smoothie is you're getting fiber. But the truth is, juicing can be more beneficial for certain conditions, because you're getting a super concentrated dose of vitamins, minerals, antioxidants, and enzymes. In fact, some people refer to it as "enzyme loading."

Leanne Ely: Yeah.

Dr. Axe: We don't get enough raw foods in our diet, for the most part.

Leanne Ely: Exactly.

Dr. Axe: And what that'll do is it'll create a major deficiency in enzymes. So enzymes help break down protein, they help heal your digestive system. They're what give you energy, as well.

Leanne Ely: Right.

Dr. Axe: So I think the main benefit of juicing is, if you're nutritionally bankrupt, it's one of the fastest ways to increase the nutrients in your system. And again, it's something you can't do with blending, for instance. You can't . . . you can juice 20 carrots and get all that beta carotene, and all those nutrients.

Leanne Ely: Right.

Dr. Axe: But if you try and eat 20 carrots at one time, good luck.

Leanne Ely: Yeah.

Dr. Axe: It's not, you can't do it.

Leanne Ely: Well, and the other thing, too, that we have to mention is fiber is a good thing, and fiber is really . . . it helps your digestion, etcetera. But fiber also interrupts all that absorption of all those nutrients. It does. It's a little interruptive, because it's supposed to be that way.

Dr. Axe: Yeah. I think on average, the average person should be trying to get about 30 to 40 grams of fiber a day.

Leanne Ely: Right.

Dr. Axe: But one of the things that people say, "Well, I don't know if juicing is the healthiest thing," which I've heard from a few people.

Leanne Ely: Right.

Dr. Axe: But the reason they say that is because the person may be replacing their fiber content that day with juicing. But truthfully, I think people can go days without fiber . . . it's called fasting, you know?

Leanne Ely: Yeah.

Dr. Axe: Intermittent fasting is very popular today.

Leanne Ely: Right.

Dr. Axe: Doing cleansing programs. And so on average, you do want to try to get 30 to 40 grams of fiber a day, but some days it's okay to get nothing, and give your entire system a rest. And you can still juice in the morning, or one time a day, and get fiber in your other meals.

Leanne Ely: That's true.

Dr. Axe: Yeah.

Leanne Ely: Absolutely. And the other thing is -- and we will talk about this, as well -- if you do juice, and you get this gigantic tub of fiber, and what are you going to do with that?

Dr. Axe: Yeah.

Leanne Ely: You have a great thing . . .

Dr. Axe: Oh, we'll talk about it, yeah.

Leanne Ely: . . . for that, so we'll talk about that. But it's, not everything has to go to waste.

Dr. Axe: Oh yeah.

Leanne Ely: And that is something that I want to say. And also, if you'll notice right here, all these lovely vegetables. These all came from my garden. And guess what? Guess what my compost pile consists of?

Dr. Axe: There you go.

Leanne Ely: Yeah.

Dr. Axe: Now that's how you get this . . . look at this.

Leanne Ely: Aren't they gorgeous?

Dr. Axe: Beautiful chard right there, rainbow chard.

Leanne Ely: Look, this is rainbow chard. Yeah.

Dr. Axe: Amazing.

Leanne Ely: Yeah, we've got lots of it. So now that we've kind of dispelled the blending, juicing conundrum, what would you say is one of the biggest problems with juicing? What is it that people are . . . the biggest mistakes people make with juicing?

Dr. Axe: Well, I hear kind of two big misconceptions when it comes to juicing. One is that it's this sort of thing that's . . . I think people fear taste sometimes.

Leanne Ely: Yeah.

Dr. Axe: They're worried, they see this green drink, and they associate anything with being green and liquid as not tasting good.

Leanne Ely: Right.

Dr. Axe: I think another thing is people worry about it being expensive.

Leanne Ely: Yes.

Dr. Axe: But, we're going to address those things today. So first off here with it being something that people are worried about in terms of the taste. We're going to go over some recipes. And we're going to give you a lot of stuff. We're going to actually show you guys some of our favorite juicing recipes.

Leanne Ely: Exactly.

Dr. Axe: We're going to go through the benefits. We're going to go through a detox juice. We're going to go through a energy boosting juice. We're going to get into a lot of this.

But certain vegetables, we talked about this, you and I, here. I mean, carrots have some good natural sugar in there, and they actually have a little bit of sweet taste. And so juicing can actually taste amazing. Carrot juice, carrot and cucumber juice. So I'm not going to lie, there are certain juices, if you only juice ginger and asparagus, it's not going to taste great.

Leanne Ely: Yeah, no.

Dr. Axe: It's going to be hard. But there is a way to make it taste amazing.

Leanne Ely: Absolutely.

Dr. Axe: And the other thing in terms of expense. One of the things that you've done, and this is pretty inexpensive. Having your own garden.

Leanne Ely: Yeah.

Dr. Axe: If not, my wife and I, we go to the farmer's market every Saturday morning.

Leanne Ely: Yeah.

Dr. Axe: And we, there are some fantastic deals on getting our juices there.

Leanne Ely: There are, yeah.

Dr. Axe: And the other thing, people have to value your . . . at some point, you've got to invest in your health. And I'll tell you, making your own vegetable juice, on average, it may cost anywhere from \$3 to \$6 a juice. I mean, probably more realistically, around \$4. People spend more money at Starbucks every single morning . . .

Leanne Ely: I agree.

Dr. Axe: . . . for their morning coffee. So really, it's all about, you've got to see this as an investment in your health. But truthfully, in most cases, it's not that expensive.

Leanne Ely: It really isn't. And the other thing that we need to do is we need to understand that we are the only country in the United States, that are constantly looking for bargains for food.

Dr. Axe: Oh yeah.

Leanne Ely: They understand, in other countries, that you need to invest, if you're going to get good quality food, it's going to cost you money, and they're okay with that.

Dr. Axe: Oh yeah.

Leanne Ely: But, we're okay with that, you know, upgrading our cars. We understand if we're going to decide to drive a luxury vehicle, we're going to pay the price tag.

Dr. Axe: Oh yeah.

Leanne Ely: And for the insurance and everything else. But we've decided that's something that we want to do. Why can't we do that with our health, as well? Why can't we do that with our vegetables? Why can't we say, this, if I bought this in the store, this would be \$1.99, if it was organic, or 99 cents. Why would we go with the dirty stuff?

Dr. Axe: Yeah. And absolutely, I couldn't . . . this makes me think of . . .

Leanne Ely: It's a dollar.

Dr. Axe: As you were talking about people spending more money on their cars. I mean, this stuff, this is high octane fuel.

Leanne Ely: It is.

Dr. Axe: This is liquid green and liquid gold right here, that you're fueling your body with. I mean, it's amazing.

Leanne Ely: And, you know, talk a little bit more about the whole car thing, you know? I've said for years and years, you can go out and get a new car, but you're stuck with your body.

Dr. Axe: Right.

Leanne Ely: You really are stuck with it. And the only thing that we can do with our body . . . our bodies are never in limbo. We're either building our health or we're tearing it down.

Dr. Axe: Yeah.

Leanne Ely: And that's just the truth. So this is a good way to shortcut all the junk that we . . . and we're constantly bombarded with . . . let's talk about the environment for a minute.

Dr. Axe: Oh yeah.

Leanne Ely: The stress in our environment, both with the toxins, and the people.

Dr. Axe: Yeah. One, two of the big benefits of juicing, one is detoxification. We come, we're exposed to or come in contact with 80,000 chemicals on a regular basis. In

fact, the average female puts 270 chemicals on her body every single day, between makeup and shampoo and everything else. So juicing is really what I believe to be . . .

Leanne Ely: It's depressing.

Dr. Axe: . . . probably the number one way to naturally detoxify your system. And we'll go through some of the incredible nutrients in these foods today that really support detoxification. [inaudible 00:10:47] stress. There's emotional stress that's definitely a major killer, major cause of heart disease and cancer today. But also, emotional stress will burn out your adrenal glands. It'll affect the way your body, your insulin levels. And juicing is a way to naturally reduce stress emotionally, and actually reduce stress of some of the foods you eat.

Let's be honest, we've talked about things like gluten and a lot of the other pesticides and herbicides and fungicides and hormones that are our main food supply today. Juicing is a way to let your body rest, in combination with giving your body nutrients that will detoxify your body at the cellular level.

Leanne Ely: Yeah. And the cellular level is the most important thing.

Dr. Axe: Yeah.

Leanne Ely: Because one of the things that we need to really get a grip on, and our friend, mutual friend, Terry Wahls, taught us both this.

Dr. Axe: She's awesome.

Leanne Ely: She's incredible. And that is just that we have to think about the integrity of every single cell of our body, and that membrane wall needs to be strong, the mitochondria needs to be strong.

Dr. Axe: Yeah.

Leanne Ely: And if we don't think about our one little cell, each cell at a time, everything starts to fall apart. And we, it just starts from the inside and goes out. So we are going to fight that with juicing, and we're going to start a revolution, aren't we?

Dr. Axe: Amen. Excited about it.

Leanne Ely: That's right. So let's talk, then, about what we have here.

Dr. Axe: Okay.

Leanne Ely: And this is nature's pharmacy right here. It's God's pharmacy.

Dr. Axe: I like that.

Leanne Ely: I mean, you just, there's no junk here. Everything here has a benefit, a purpose. And I want to go through all of these, because I think that this is how you can therapeutically handle a lot of problems.

Dr. Axe: Yeah.

Leanne Ely: Okay? So let's start right over here. We have some cilantro, and we've got some parsley.

Dr. Axe: Well, I'm a huge fan of parsley. Parsley is beneficial. One of its big, greatest compounds is that it's high in potassium, high in chlorophyll. And potassium is very important, as you've talked about, for cellular cleansing.

Leanne Ely: Right.

Dr. Axe: And actually, this is great if you want to reduce cellulite appearance, and we'll talk about celery here in a minute. But really, parsley . . .

Leanne Ely: Give me some of that now.

Dr. Axe: Yeah. [inaudible 00:12:52].

Leanne Ely: Boom.

Dr. Axe: But this is great for cellulite. One of the main causes of cellulite is people consuming too much sodium and not enough potassium. Parsley is packed, actually, of all these vegetables, it's the highest in potassium content. So it's going to help your body get rid of the extra fluid you're holding in areas, which is a major cause of cellulite buildup. So that's important.

And also chlorophyll. A lot of the green leafies have that. But it's alkalizing to your body.

Leanne Ely: Right.

Dr. Axe: And it's literally the blood of a plant, in a way, is kind of what chlorophyll is. And it's so important for alkalizing your body. It's great for energy. But yeah, parsley's incredible.

And then this is something obviously we use in cooking, a lot of different, but it has a very distinct flavor, but it's also great for your breath.

Leanne Ely: Yeah.

Dr. Axe: So if you eat too much garlic, if you love Italian food like we do, it's great for your breath. And so, yeah, a lot of benefits there of parsley.

Leanne Ely: It's a cleanser.

Dr. Axe: It is a cleanser.

Leanne Ely: So you said something that I think we should talk about, too, that whole alkaline versus an acid environment in your body.

Dr. Axe: Yeah.

Leanne Ely: And most of us are, have too much acid now, and I've had people, I wrote a blog post on that. I had some hate mail on that. "That's crazy. That's just nonsense."

Dr. Axe: Yeah.

Leanne Ely: "That's not proven by science." I want to ask your opinion on that, this whole alkaline debate. Why is being alkaline more important, and is there truth to this acid and alkaline thing?

Dr. Axe: There is absolute truth to the acid and alkaline. I will say that there's a few companies out there, and especially water companies, they'll take this and they'll just say, "Well, if you just get alkaline, that'll cure anything and everything." Unfortunately, that's not true.

Leanne Ely: Right.

Dr. Axe: If that was true, you could actually drink bleach, and you'd get really alkaline. But it is true that 90-plus percent of Americans live in an acidic state, and that typically is going to cause inflammation.

Leanne Ely: Right.

Dr. Axe: Because we eat far too many conventional meat products and conventional dairy, which tend to be acidic. Now, if they're grass-fed, if they're done right, that's a totally different story. Those are healthy. But yeah, we are too acidic. And we know that viruses, parasites, cancer cells, they thrive in a more acidic environment, and there is actually new research now that's been published, and researchers like Sayer Ji at GreenMedInfo, and other medical doctors are now showing that you actually do need to get a more alkaline state.

So I believe it's important because, there are kind of two philosophies of what causes disease out there. Some people . . . this was developed by a man, Louis Pasteur. He says disease are what makes your body sick. To where another man

said, no, actually, it's your environment on your inside, if you're body's too acidic, if there's too much sugar, and these are what make your body sick.

Leanne Ely: Right.

Dr. Axe: But the truth is these bacteria, bad bacteria, viruses, parasites, cancer cells, they do not thrive as well in an alkaline environment. So if you can alkalize your body, there are definitely some major benefits there.

Leanne Ely: Yeah. And alkalizing your body has a lot to do with upping the green content in your food.

Dr. Axe: Big time, yeah.

Leanne Ely: Because if you think about all the good stuff that we love, like the coffee and the, you know, the meat. But, you know, we discussed the difference in the meat. And all the different things, the sugar.

Dr. Axe: Yeah.

Leanne Ely: And the flour, and all of those things. Those are going to lead to an acidic environment inside of you. And like you said, it is the foundational place for disease to begin.

Dr. Axe: Right. Absolutely.

Leanne Ely: And also the number one contributor to inflammation.

Dr. Axe: You're right.

Leanne Ely: And what we want to do is put the fire out.

Dr. Axe: We do.

Leanne Ely: And this is how we do it, with this lovely green juice. So let's talk about, this is one of my favorites. I love chard. This has such an earthy taste. And, like I said, this came from my garden. This is called rainbow chard, for obvious reasons.

Dr. Axe: Oh yeah.

Leanne Ely: And it's beautiful. And these are the dark green leafies that everybody talks about.

Dr. Axe: Yeah.

Leanne Ely: And let's talk about why it's important to get these in, and is it . . . here's another one. Let's throw in another myth that we've heard. And you and I both have a mutual friend who says, "Not true." But this is not a good thing to juice. Or is it?

Dr. Axe: Yeah. I mean, the reason we'll hear this, and especially when we look at chard, and when we look at things like kale.

Leanne Ely: Kale.

Dr. Axe: Which, your garden is amazing. I mean, you've got the curly kale, we've got the red kale. You know, these are very, very high in certain nutrients. One of the things that people worry about, especially with thyroid conditions, is goitrogens. And they wonder, okay, can this increase my risk of thyroid issues? And this is, these goitrogens are going to be found primarily in the cruciferous vegetable family.

Leanne Ely: Right.

Dr. Axe: So broccoli, cabbage, cauliflower, Brussels sprouts, kale, are the highest in these goitrogens. But, you know, I really believe that, in the studies where this was done, they were using such large amounts of this ,that there were a number of things that could cause those problems. So juicing some vegetables, or doing some lightly steamed cabbage or kale or chard, we're finding it really isn't going to cause any issues with thyroid health. And so I don't believe that there are any issues with juicing raw kale or doing raw cruciferous vegetables for thyroid health.

Leanne Ely: Just don't go crazy.

Dr. Axe: Just don't go crazy.

Leanne Ely: I mean, you're not going to do, like, a big thing of this and down the hatch, you know? It might have a little bit of an effect on your thyroid.

Dr. Axe: It could, yeah, if you go overboard. But if you're just doing, one stalk of kale a day, there shouldn't be any issue whatsoever. And then the benefits you're getting in this, when we're looking at something like chard here, and this dark, beautiful green color, you're getting really large amounts of Vitamin K1.

Leanne Ely: Yeah.

Dr. Axe: This is a great bone building food.

Leanne Ely: Right.

Dr. Axe: So if you're going to fight osteoporosis, great benefits there. And it's really high in lutein and xanthine. These are antioxidants that have been shown to protect the heart and the eyes. So, I mean, this is anti-aging food, really.

Leanne Ely: It really is.

Dr. Axe: I mean, this helps your body age slower.

Leanne Ely: Right. And that's all we can do, you know? I mean, time marches forward.

Dr. Axe: Oh yeah, it does.

Leanne Ely: I don't care what you say. So yeah, it's just slowing the clock down. And then there's things that we can do which, I'll tell you, there's several things here that I have not juiced. I've never juiced an asparagus. Why would I do that? You're going to talk about that.

Dr. Axe: I will.

Leanne Ely: And also, cabbage. I mean, that just sounds disgusting. I'm sorry.

Dr. Axe: You know, cabbage juice, it's actually amazing.

Leanne Ely: Really?

Dr. Axe: Oh, I think so. I'm a big fan of sauerkraut, as well.

Leanne Ely: Well, I like sauerkraut, yeah.

Dr. Axe: Fermented vegetables. But yeah, cabbage juice is primarily known for supporting the digestive system. It's very high in compounds that have actually been shown to heal ulcers. So if somebody has stomach ulcers . . .

Leanne Ely: So leaky gut.

Dr. Axe: Leaky gut. This is one of the best things you can do. Something actually, an advanced therapy sometimes people will do is they'll take cabbage, and they'll juice that, and then they'll ferment it like sauerkraut for several days, and they'll get really, really large amount of, it increases the sulfuric compounds. But that's the benefit of cruciferous vegetables like cabbage. They're very high in sulfur, which is incredible for detoxification. It's great for your joint health, and it's great at repairing a leaky gut.

So when you look at repairing and healing your digestive system, cabbage juice is one of the best ways to naturally heal your digestive tract. It's the sulfurine. And actually, for hormones, when you contain, consume things like cabbage, they

contain sulfurine, which increases something called indole-3-carbinol. That's a main promoter of breast cancer.

Leanne Ely: Oh.

Dr. Axe: If you have breast cancer, indole-3-carbinol or these cruciferous vegetables shrink tumor size and decrease your risk of cancer. These are natural cancer killers, cabbages.

Leanne Ely: That's fantastic. Well, we're going to juice some of this stuff her in just a second.

Dr. Axe: Awesome. Let's do it.

Leanne Ely: So let's get this stuff ready.