

A Complete Guide to the
Maximum Health Goodness & Recipes

Juicing for Vitality



CHECKLIST

Juicing For Vitality Checklist

Juicing is one of the quickest growing and most popular health trends. Juicing has a lot to offer you that will benefit your health and wellbeing. Juicing can make you feel better in so many ways. This checklist will help you understand how juicing works and the common pitfalls of juicing. You will also find many juicing recipes, some specifically geared to help with certain health concerns.

Chapter 1: Beginner's Guide to Juicing

Juicing vs. Blending

Juicing, as we've discussed, separates the juice from fiber, leaving you with a heavy concentration of plant-based nutrients. Your body gets a heavy shot of vitamins and minerals. Not surprisingly, you need a juicer to extract juice from fruits and vegetables.

Blending processes the entire fruit or vegetable, simply creating a different form of the same thing. You blend a carrot, you get a carrot, albeit in a liquid, smoothie form. It is not concentrated, like juicing. It does, however, retain all the needed fiber that juicing removes.

Both juicing and blending are an excellent way to consume more fruits and vegetables. If you're feeling sneaky, it's a great opportunity to get some vegetables and fruits into your finicky little eaters. Actually, if they help with the process of juicing, they are likely to become more interested in eating the whole thing.

Juicing and blending let you use up produce that is ready to wilt. However, one or the other may be better for certain types of fruits and vegetables. Let's take a look what type of produce is best juiced or blended. Either method will give you some inherently superior goodness, but there are times one method is better, although all fruits and vegetables can be juiced.

Chapter 2: The Science of Juicing

Why Our Diet Is Lacking

Fresh juice is an excellent way to counteract our nutrition-challenged Western diet. Processed sugars and flours, unhealthy fats and cholesterol-laden foods have turned our once-healthy bodies into weak shadows of their former selves. Instead of sustaining our health, our modern diet is increasing our vulnerability to diseases and is depleting us of needed energy.

When you add lack of exercise and environmental toxins to the equation, juicing certainly provides a much-needed weapon against today's lifestyle.

The Importance of Fiber

Nature packages the energy and nutrients in fresh foods with fiber. Fiber plays many important roles in our health:

What role does fiber play in our health? Quite an important one, as it turns out.

1. Fiber removes toxic waste from our colon.

2. It keeps cholesterol from getting into our bloodstream
3. It makes us feel full after eating, thus helping us eat less and lose weight.
4. It slows down sugar absorption into our bloodstream, a serious problem for pre-diabetics or diabetics.
5. It improves overall digestive functions.

Why Juicing?

Juicing extracts juices from vegetables and fruits. Instead of eating your produce, you're left with only liquid to drink. Remember that little citrus reamer your grandmother used to squeeze you a glass of fresh orange juice? Grandma was juicing. Of course, juicers have come a long way since then, although Grandma's little gadget can still come in handy.

Why is juicing more important today than ever? Because, unfortunately, a typical Western diet consists of up to 60 percent processed foods. That's more than half! Thirty percent of our diet is meats and dairy, which provides needed protein, but we need more than protein to thrive.

You may notice that leaves exactly 10 percent for fruits and vegetables. Not nearly enough. Our bodies lack the proper food

balance. That may be fine when you're 12 years old and are made up pure energy. But by the time you reach the northern part of your twenties, your body starts paying a heavy price.

How Juicing Helps Your Body

Plant-based foods consist of micronutrients, the vitamins and minerals you need to act and feel your best. These micronutrients help protect against disease and warding off infections. Even if you inherited divine genes, you need to maintain them. Your parents might have handed you sheer gold, but it'll turn to rust if you don't give your body the fuel it requires.

Juicing lets you "reboot" to better health. No matter what condition you are in, the time to start is now. Juicing is the best way to detox your body, improve your immune system, start losing weight, ease any gut problems and enjoy more energy than you'd thought possible.

Juicing and Detoxing

Our body tries to detox every day when we use the bathroom or sweat. It knows what to do, but when we don't give it the fuel it needs, it can't do a proper job. Our skin, liver and kidney are all tools for eliminating toxins. But an unhealthy lifestyle can make it difficult.

Juicing will not only give our bodies a fighting chance, as we get used to the taste of various fruits and vegetable juices, we will start craving *them*. We get the similar feeling of satisfaction from drinking delicious juices that we used to get from chomping down on a potato chip. That's when we start to feel and look better.

You can start slow. As the great Chinese philosopher Lao Tzu, said, "A journey of a thousand miles begins with a single step." Start your journey by juicing a glass in the morning to go with your breakfast, and eat well for the rest of the day. When you feel ready, you can have a glass of juice replace an entire meal. You still need fiber and protein, so don't rely on juice for all your nutrients, unless you are doing a short-term juice cleanse. We will discuss that separately.

What If You're Not Ready To Start Juicing?

That's okay. It's your decision. However, this is when you might need a glass of juice the most. While you're consuming all those toxins, your energy is lagging. You aren't feeling as well as you could. Why not give your body the ammunition it needs, and a fighting chance? With at least one glass of concentrated juice a day, preferably more, the additional nutrition can help counteract some of the toxins. So, if you must, have that pizza. Consider having a glass of concentrated juice, as well.

Chapter 3: Juice Cleanses

Juicing and Gut Health

The advantage of a three-day juice cleanse is improved gut health. Two thousand years ago, the father of medicine, Hippocrates, said, “All disease begins in the gut.” Modern research shows that he could not have been more correct. An impaired gut can lead to obesity, chronic fatigue, and other diseases. The fact is, the connection between body and brain is strong. When our gut is not functioning properly, it can affect our brain or mood. Juicing sweeps through a messy gut and tidies it up.

Kidney Cleanse

All cleanses are beneficial. But the role of the kidneys is to detoxify our entire body. If they do not function properly, your health suffers the consequences. Clean health begins with clean kidneys. A kidney cleanse removes toxic waste that can accumulate and make you feel sluggish. If you are on a special diet, consult your doctor about incorporating kidney cleanse into your lifestyle.

Start your kidney cleanse slowly. Substitute just one meal with a glass of healing juice. This will help you determine which ingredients work best for you.

Benefits of a Kidney Cleanse

1. When toxins remain stored in your kidneys, you can become uncomfortably bloated as they aren't being flushed out.
2. Toxins in your kidneys can lead to excessive fatigue. If foods aren't being processed properly, your body won't absorb the nutrients. As a result, you'll have less energy and are more likely to tire quickly.
3. If the kidneys aren't flushed properly, you may be susceptible to kidney infections. A good kidney cleanse can help.
4. Bladder problems are the results of toxins or bacteria in the urinary tract. The urinary tract is located partially in the kidneys. Symptoms of a urinary tract infection is the need to urinate frequently. This can occur especially during times of stress or a weakened immune system. The best way to rid

your kidneys of toxins is by consuming a large amount of liquids. Cranberry and orange juice is especially helpful in cleaning out the kidneys, as they are naturally unfriendly toward bacteria. We'll have several juice recipes that are especially effective in flushing out kidney impurities.

5. By regularly cleansing your kidneys of impurities, you lower the risk of developing kidney stones considerably.

Chapter 4: Juicing and Anti-Aging

Reduce the Onset of Aging

Aging has little to do with wrinkles, which are the *result* of aging, not the *cause*. Aging, and the related damages, are the logical consequence of cellular damage and the body's inability to fight these changes with enough antioxidants. We simply use up what we have during our lifetime. (See Denham Harman.)

This is where a diet filled with antioxidants comes in. Optimal diet regime and juicing help combat the onset of sagging skin, hair loss, osteoporosis and other signs. It doesn't stop the aging process, but it can slow down the worse effects and let us enjoy excellent health well into our older years. Juicing, along with a healthy diet, keeps us more vital for a longer period of time.

Chapter 5: Juicing and Energy

Energy Boosters

One of the most amazing aspects of juicing is how it can boost your energy to new heights. This is especially important as we grow older. All those fruits and veggies know how to do their job.

These days, we live in a high-energy world, with many of us trying to fit 26 hours into a 24-hour day. It's exhausting. Many people have developed the habit of consuming toxic so-called energy drinks to get an added energy boost. We all want to feel more energetic, but at what cost? The dangerous side effects of these energy drinks are well-known and listed below.

Energy Drinks

Drinking too many caffeinated energy drinks can prove lethal. These drinks force the heart to work harder, which can lead to serious health problems. People with chronic heart conditions are especially at risk. A study revealed that over 4,500 calls were made to poison control centers by people who'd consumed too

many of these toxic drinks. Even at their most benign, studies show that drinking energy drinks affected cardiac rhythm in a significant way.

Drinking energy drinks every day cause migraine headaches due to caffeine withdrawal when the drinker tries to stop this daily habit. The body becomes addicted to the caffeine. Large quantities of energy drinks can cause panic attacks and anxiety. This can lead directly to bad performance and emotional issues.

Chapter 6: Store-Bought or Homemade Juices?

Juices Are Not Created Equal

Yes, those processed juices are certainly convenient. But they are pasteurized and depleted of nutrients. Consider this: if you found out carrots were good for you, would you opt for fresh carrots or a chicken pot pie filled with processed carrots? Bottled juices are processed much like all other processed foods. This is exactly what fresh juicing is designed to avoid.

Possible Problems with Bottled Juices

1. The process of bottling these juices can decrease the amount of important juice nutrition.
2. You have no control of the fruits and vegetables being processed. These bottled juices may contain pesticides or other chemicals. For juicing, organic, fresh-off-the-farm is best.

3. You can't even be certain that the produce has been cleaned properly.
4. If you are purchasing fruit concentrates, you may be buying little more than sugar water.
5. For juices sold in cans, these cans contain acid and other chemicals that can blend into the juices.
6. Bottled juice loses potency as it sits on the shelf. Exactly how many nutrients are left in that juice that may have been shelved for a month? You simply don't know.
7. Since some juice bottlers add artificial flavorings, bottled juice will forever remain "mystery" juice.
8. Bottled juices are expensive. You're paying around \$3.00 for one helping of juice.

Juices Made In Your Juicer

Compare the above bottled juices with juices prepared fresh in your kitchen:

1. Homemade juices contain all the natural vitamins and enzymes of the original fruit. Nothing is lost.
2. You can mix and match fruits and vegetables according to your taste.

If you want to add juice to your life, make sure the juice is as fresh and uncontaminated as possible. Buy fresh.

Types of Juicers

- Centrifugal Juicers
- Hurom H-AE Slow Juicer
- Breville BJE430SIL The Juice Fountain Cold
- Breville JE98XL Juice Fountain Plus 850-Watt Juice Extractor
- Gourmia GJ750 Wide Mouth Fruit Centrifugal Juicer 850 Watts Juice Extractor
- Masticating Juicers
- Omega J8006 Nutrition Center Masticating Dual-stage Juicer Juice Extractor
- Aicok 3 Slow Juicer Extractor
- Omega VRT350 Heavy Duty Dual-Stage Vertical Single Auger Low Speed Juicer
- Personal Juicers
- Magic Bullet NJB-0801 Juice Bullet
- NutriBullet
- Blendtec Total Blender
- VitaMix A3500

Chapter 7: Benefits of Juicing

The Many Advantages of Juicing

1. Since juice contains low fiber, it becomes absorbed into the broad stream more quickly. You feel the effects immediately.
2. Juicing lets you enjoy greens you'd never eat in a lifetime, like kale perhaps. If you juice before every meal using two vegetables, that gives you six different vegetables on any given day.
3. Our digestive system needs good bacteria called probiotics. Vegetables and fruits rich in probiotics are leeks, leafy greens, carrots, and bananas. Be sure to include those in your juicing regimen. Ginger isn't a produce, but it's definitely gut-friendly, so be sure to add some to your juicer.
4. . Juicing can arm the body with enough ammunition to help with the side-effects of chemotherapy. It can deliver that

tsunami of nutrients when the body needs it most, since it lets you absorb more nutrition (ammunition for your body) quicker.

5. To lower your cholesterol, you need to consume less meats and fats and increase your intake of fruits and vegetables. Juicing, with its high-density juice content, can provide you with the most fruits and vegetables in the shortest time. Meats and saturated fats should be reduced as a matter of course. At the very least, eat more chicken and nutritious seafood.
6. Drinking more juice and regular juice cleanses can eliminate the daily and accumulated toxins we feed our bodies and revitalize our digestive system.
7. Our skin needs nutrients, too, to look its best. Incorporating one or two glasses of juice into your day will give you a smoother, healthier complexion.
8. A glass of juice before your meal will help suppress your appetite. You'll be consuming less "bad" foods, which is very good for you.

Chapter 8: Recipes for Juicing

Carrot and Orange Juice

Ingredients:

1 lb. peeled and sliced carrots

3 peeled oranges

1 cup pineapple

1/2-inch piece of ginger

Bunch of parsley

Directions:

Process the carrots, pineapple and oranges in the juicer first, then add the ginger and parsley

Watermelon Smoothie

Ingredients:

3 cups chunked watermelon

3 cups ice

1 banana

1 cup chunked cantaloupe

1/2 cup apple juice

2 tbsp. agave nectar

Directions:

Combine all ingredients in a blender.

Green Juice

This is a great juice anytime, but it's an especially good detox when you've overdone the fun, such as on vacations or during the holidays.

Ingredients:

2 apples

1 peach

1 cucumber

1 bunch collard greens

Directions:

Cut up the fruit, peach, cucumber, and greens and process in the juicer.

Rise and Shine Juice

Ingredients:

2 apples

2 carrots

2 oranges

Directions:

Slice but don't peel the apples. Peel the oranges.

Process all ingredients through the juicer.

Beet Cleanse**Ingredients:**

2 beets

2 oranges

1 lemon

1 bunch of spinach

1/2-inch piece of ginger

Directions:

Cut up the fruits and vegetables and process through the juicer.

Add the ginger last.

Raspberry Surprise

Ingredients:

1 cup raspberries

1 cup spinach

1/2 cup pineapple

3 carrots

Directions:

Feed all ingredients into your juicer.

Merry Peach Berry

Asparagus is a very mild vegetable, so it'll blend easily with the fruit and berries. You don't have to, but it's probably better to remove the tough stems from the asparagus before juicing.

Ingredients:

4 asparagus

1 pitted peach

1 cup blueberries

1 cup spinach

Directions:

Trim the asparagus and process the fruits and vegetable through the juicer.

Pineapple Delight

The fruit helps sweeten the Swiss chard

Ingredients:

1 apple

1 cup strawberries

8 chard leaves

1 cup pineapple

Handful of parsley

Directions:

Process all ingredients in the juicer.

Sweet Spinach

This is perfect if you don't like spinach, because you'll barely taste it. You'll just enjoy the benefits

Ingredients:

1 apple

1 cup spinach

1 orange

Bunch of parsley

Directions:

Process the ingredients in the juicer.

Turnip and Carrots

The turnip is a much-underrated vegetable. With these two vegetables, you're getting plenty of vitamin A and C.

Ingredients:

3 carrots

1/2 turnip

1 cup strawberries.

Directions:

Peel the turnip before processing the ingredients in the juicer.

Digestive Rescue Juice

The prunes are a gentle way to clear the digestive system.

Ingredients:

4 prunes

1/2 cup grapes

1 diced apple

Directions:

Place the ingredients in a juicer and process.

Chapter 9: Going Beyond Juicing

Don't Toss the Pulp!

Let's talk pulp. That's the stuff that the juicer extracts from the juice and is meant to be thrown out.

What a waste of good money and excellent nutrients. Fresh produce, especially organic, are quite expensive. Then, think of all the fiber, enzymes and flavor in that pulp. Instead of tossing the pulp, there are quite a few ways you can put it to good, healthy and flavorful use.

How to Use Pulp

1. Use pulp to make extraordinary homemade vegetable broth. Toss the pulp into the pot for extra flavor and nutrition.

2. Use the pulp in vegetable soups, along with your other chopped vegetables.
3. Most pasta sauces have onions, tomatoes and green peppers. Blend your homemade or store-bought sauce with some pulp to give it an additional taste boost.
4. Let the pulp dry and use it to top your salad, as you would croutons or bacon bits. More fiber in your greens.
5. Simply add the pulp to the greens already in your smoothie.
6. If you are preparing a veggie burger, you're likely using mushrooms or a legume as the main ingredient. Add the pulp to bind the burger and add extra flavor.
7. If your diet is paleo or vegan, you already know about using veggies for healthy, sugar-free baking. Pulp can be used in breads (zucchini bread!) and muffins (carrot muffins!).

Chapter 10: Why a Healthy Lifestyle is Important

Developing Good Habits

It can take willpower to break some bad habits, because these habits have become an integral part of who we are. So, if you want to upgrade to a better version of yourself, take it slowly, but get started. Every step you take counts.

1. Manage your weight to improve your heart health and immune system and lower your cholesterol and blood pressure. Substituting a glass of concentrated juice for one meal each day will help you reach your weight goal.
2. Start moving your body. You don't have to turn into an athlete or join a gym, although those will certainly help you develop healthier habits.

Staying active isn't quite the same as exercise. Exercise is a deliberate routine to strengthen the body. Staying active means you keep moving. Enjoy a well-balanced diet. In addition to juices, eat plenty of fresh produce, lean meats,

beans, nuts, whole grains and legumes. Avoid unhealthy fats and anything that has been processed, including white sugar and flour. Add a piece of fruit to your diet each day. Learn to broil or braise instead of frying.

3. Exercising is an excellent way to improve your mood. In addition, find an interest that you enjoy pursuing, be more approachable to meeting new people, join a club and meet others with a mutual interest. Living in isolation is bad for your physical and mental health.
4. Poor sleeping habits can cause fatigue and irritability. Even worse, it can lead to heart disease, high blood pressure and other chronic problems. For a better night's sleep, reduce your caffeine intake and develop a bedtime routine the same time every night. Don't nap during the day.
5. Keep hydrated. Sure, you're juicing, but don't forget to drink eight to ten glasses of water each day. Lack of fluids can lead to serious fatigue.
6. Did you know that 80 percent of doctors' visits are stress-related? Stress impacts every aspect of our health. Develop a habit to help you destress. Tai chi, yoga and/or meditation are proven stress-reducers in hundreds of studies. Start for

a few minutes each day and increase your time until it becomes a habit. The results will surprise you.

7. You know smoking threatens your health. In addition to everything, it saps your energy. We know it's a difficult habit to break. However, if you want more health and energy in your life, you need to try. Talk to your doctor about various smoking cessation techniques. Most experts recommend replacing cigarettes with something healthier. Consider taking a walk, meditating or grabbing for a piece of fruit instead of a cigarette. You have nothing to gain but your life.