# The Different Types of Juicers

A lot of people have begun to consider juicing as a viable option for weight loss. It can be a great way to quickly begin to shed the pounds and burn off all the body fat that has been in your way. As long as you are making sure that your juices contain fiber and are not full of concentrated sugars from too many fruits, then juicing is a very healthy way to get the vitamins and minerals that your body needs.

What many people may not realize when they get into juicing is just how much there is to know about it. Juicing has many ins and outs that may not seem very straight forward. For example, would you have known that there are two different types of juicers on the market that make juicing even more elaborate? Or would you have known that drinking juices that are too heavy on the fruit is not healthy at all for the body, because you are basically drinking heavily sugared water?

Whether you knew these things or not, juicing is best left to those in the know. So this article is going to explain to you the two most common types of juicers so you will be able to go out and make an informed decision should the time come that you want to buy one or replace one you may already have.

The most commonly known juicers are called centrifugal juicers. These are the juicers that come with three different parts, generally speaking. It is almost like a blender for juice, and the juice is first extracted through blades in the machine and then pressed with centrifugal force into the pitcher or glass. These are the fastest and easiest to make. However, their shelf life is very short, and should be consumed quickly after being made.

However, this can have drawbacks, such as being unable to extract the juices from leafy greens. You could still give it an attempt but it will not give you the same amount of juice as you would in a different type of juicer. However, they are fast, efficient, and powerful!

The second type of juicer is called a masticating juicer. Masticating juicers are responsible for creating what is usually known as cold-pressed juices and they have many perks and some drawbacks as well. Masticating juicers take longer to create the juices, and some people complain that because of the excess time it takes, the machine warms up and changes the quality of the juice.

This can be unpleasant for some while other people don’t seem to mind as much. However, the shelf life of masticated juices is much longer because the machine takes the time to truly extract the most juice possible out of the contents contained within it, whether these are large leafy green vegetables or not. The juices are blended thoroughly rather than simply splashed together like in centrifugal juicers. For this reason many prefer these juicers.

Now that you know the difference, you will be prepared when you want to get the most bang for your buck! A foolproof diet consists of making conscious decisions, and that includes the machines that will help you to achieve your goals!