



## Getting Your Daily Juice

What if I told you there is a quick fix to help amp up all areas of your life; Physical, Spiritual, Mental and Emotional? What if I told you that there is a readily-available “superfood” of sorts that could heighten your overall life performance to an optimal level? You would want it, right? Well, then the magic of juicing is for you.

### Fresh Juice Feeds the Body and Mind

It’s no secret that fresh fruits and vegetables are essential foods for getting and staying healthy. But what you might not know is that drinking fresh squeezed juice every day can make you healthier and more aware than you’ve ever been. For centuries healers around the globe have known this secret and used juices to heal. Fresh juice is like a magical live liquid vitamin pill – rich with vitamins, minerals, enzymes, and other vital nutrients – that, unlike a synthetic pill, injects right into your body’s cells. This has major advantage over synthetic supplements; there is no danger of toxicity, accumulation, or imbalance like with supplements.

What can you expect from daily juicing? The benefits you can expect to enjoy include higher energy levels and stamina, faster recovery from exercise or illness, a slowing of the aging process, a sharper mind, and better overall health. And juicing does all this with no side effects, other than complete refreshing satisfaction.

## We're Not Talkin' Your Grocer's Juice

To be clear, I am not referring to bottled juice you might find in the supermarket or even health food stores. Bottled juices are often convenient and less expensive than fresh pressed organic juice, but there are many reasons to avoid them. Bottled juices are loaded with added sugars. And because they are heated to 145° F/ 62.8° C to make them shelf stable, the valuable enzymes in these juices are deactivated and much of their nutritional value is lost. Various chemical additives are often used in the processing of bottled juices. And worse still, the water used to reconstitute bottled juices made from fruit concentrate is often tap water or water from industrial zoned areas. Fresh juices go right from the plant to your cells – with no alteration and nothing added.

## Juicing is a Cut Above a Green Smoothie



Also, Juicing is NOT the same as green smoothies. Infomercials have been spreading misinformation that blending vegetables and fruit in a small blender (or blenders in disguise) will create juice, but

this is simply not true. When we juice, we want to eliminate fiber from the drink. Why? Fiber slows down absorption of the concentrated micro and macro nutrients in your juice. Yes, fiber is an important part of a whole foods diet, but when we are drinking fresh, raw and organic juices, we want to remove the fiber for quick absorption into our bloodstream and organs.

Through the process of juicing, the juice is separated from the fiber, allowing your body to access more nutrients from fresh fruits and vegetables than you could any other way. Since you are able to assimilate the nutrients more rapidly, your body undergoes less digestive work, leaving more energy for other metabolic processes (not the same with blended smoothies and you WILL feel the difference).

## **What you Need to Know to Start Juicing Now**

Here are some tips to get you started:

- You don't need a high priced machine. Check out eBay or Craigslist for a used juicer. I'll be sending some more tips about selecting a juicer soon.
- Whenever possible, go organic. When we are juicing, we are consuming natural medicine straight from the earth. Don't let pesticides, herbicides and fungicides get in the way with giving your body the best you can. Yes, it's more money...but in terms of taking care of your health, you'll be saving in the long run.
- Start slow, with one juice a day. We recommend starting your day with a fresh organic juice on an empty stomach. That is the concept behind our Juicing Challenge concept. Progress to two juices a day as soon as possible.

# Sample Recipes & Shopping List Week

I highly recommend that you experiment to find out what flavors and juices you enjoy best, but also to start super simple, perhaps even choose one or two recipes and stick with them for a whole week, if that makes it easier.

Here are some of the combinations that you may want to try first:

## Super-Simple Carrot Apple Juice

- 4 carrots
- 2 stalks celery
- 1 apple
- 4 springs fresh parsley (optional)
- Makes 1 serving (about 2 cups)

## Carrot Celery Fennel Juice

- 4 stalks celery
- 2 carrots
- 1/4 fresh fennel bulb
- 1/2 tsp ground cumin (optional)
- Makes 1 serving (about 2 cups)
- Using a juicer, process celery, carrots and fennel. Whisk in cumin. Pour into a glass and enjoy!

## Beet It Juice

- 1 beet
- 2 carrots
- 1 apple
- 1 lemon, peeled (optional)
- 1 cup or 3 leaves kale (optional)
- Makes about 2 cups

### **Carrot Apple Lemon Juice**

- 6 medium-large carrots
- 3 medium apples, cored and sliced
- 3 large celery stalks
- 1 medium red bell pepper, stem and seeds removed and sliced
- 3 large Romaine lettuce leaves
- juice of 1 medium lemon (optional)
- Makes 2 servings (about 4 cups)

### **Celery Green Apple Spinach Juice**

- 2 large celery stalks
- 5 medium apples, cored and sliced
- 1 medium bunch spinach
- In your juicer, alternate pressing celery, green apple slices and spinach. Stir, pour into a glass and serve immediately.
- Makes 2 servings (about 4 cups)
- Put all the ingredients through a juicer. Alternate between harder foods, like beets and carrots, and kale to help move everything through smoothly.

### **Cucumber Beet Carrot Juice**

- 12 medium carrots
- 1 medium-large cucumber
- 1 large red beet
- 3 medium beet greens
- Makes 2 servings (about 4 cups)

### **Mean Green Juice**

- 4 stalks of celery
- 1 cucumber (peel off skin)
- 1 ginger root (thumb size – peel off skin)
- 1/2 lemon (skin cut off)
- 2 green apples
- 6 kale leaves

# Juicing Success Tips

- Initially, the Juicing Challenge is about starting where you are and stepping it up. So, if you are eating Standard American Diet right now, then simply add 1-2 cups of juice per day to your diet. If you are already drinking juicing and eating healthy diet, then your goal should be increase the amount of juice that you drink per day and/or increasing the amount of greens and veggies in your juice. The above recipes are just a starting point. Feel free to experiment, as well as double or triple the recipes, add more greens or other ingredients.
- There are unlimited combinations, but I recommend not adding too many ingredients to your juice. Simple is usually better (and easier).
- By experimenting with different combinations, you will be able to come up with something that you and your whole family will love.
- If juicing in the morning, prepare your juicer and produce in the evening, so that it's all ready to go.
- Organic is best, but don't let not having organic produce stop you.
- Even if you aren't ready to use leafy greens (or your juicer doesn't handle the greens well), simply add a cucumber, or celery ribs to your juice to make it greener. Also, alternating greens with softer produce - such as apples or pears --helps.
- Pour into a pretty glass. Wine glasses work especially well.
- Drink immediately or chill for 20 minutes in the fridge.
- Enjoy!

# Shopping List:

If you wanted to juice according to the sample recipes, here is what you would need for the week:

- 26 carrots
- 19 stalks celery
- 12 apples
- 2 cucumbers
- 1 medium red bell pepper
- 3 beets (with greens, if available)
- 9 kale leaves
- 1 fennel bulb
- Romaine lettuce
- 1 medium bunch spinach
- a bunch of fresh parsley
- 3 lemons
- ground cumin
- ginger root