

Juice Therapy

*Health &
Wellness*



**Boost Your Health,
Energy And Nutrition Levels**

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Introduction To Juicing

Many people are turning to juicing in order to get more fruits and vegetables in their diets and their nutritional benefits.

General Benefits Of Juicing

Juicing provides several healthy benefits, especially if you do not like to eat fruits and vegetables.

1. Juicing provides the same vitamins, minerals and phytonutrients that are found in whole fruits and vegetables.
2. Juicing is a quick and convenient way to ingest vegetable and fruit nutrients.
3. Nutrients from specific produce can help prevent disease.
4. You can use up fruits and vegetables that are about to spoil by adding them to juices.
5. Many have found weight loss success with juicing, when it is done properly that is.



Disadvantages of Juicing

1. Unless you are using a high speed blender, juicing eliminates fiber from fruits and vegetables.
2. Fruit juices are full of calories and sugar and when you overindulge this can result in weight gain.

Health Benefits Of Juicing

For people who do not like to eat whole fruits and vegetables, juicing can serve as an effective alternative. Taking a glass of mixed fruit and vegetable juice early in the morning, not only supplies essential vitamins, enzymes, and minerals to your body, but also revitalizes and provides substantial energy for a busy day. Apart from this, there are many other health benefits of juicing.

Health Benefits Of Juicing:

- **Easy Digestion:** Aged people who are unable eat fresh fruit and vegetables because of digestive problems can consume them in juice form. This makes digestion easy, as juices are already in a “pre-digested” form. Juicing makes sure that you receive all the important nutrients required to keep your body healthy without applying any unnecessary pressure on the digestive system.
- **Diversity:** Be it at home or at a restaurant, most of us are used to eating the same salads and fruits every day because they are our favorite. Juicing vegetables and fruits that you do not normally eat makes for a balanced diet.
- **Prevents Allergies:** Regular changes in diet can avoid many food allergies.



- **Balanced Diet:** Juicing with a wide variety of fruits and vegetables can increase intake of nutrients, and specifically the all-important plant based phytochemicals that help prevent disease.
- **Weight Loss:** A recent study proved that by drinking at least 8 ounces of fresh vegetable juice every day, for a period of twelve weeks, adults can lose up to 4 pounds of weight. On the other hand, adults who consume the same diet in raw form only lost one pound. This shows the importance of juicing compared to eating raw. Drinking fresh fruit and vegetable juice provides essential levels of vitamin C to the bloodstream that helps to support the body's immune system and reduce obesity.
- **Instant Energy:** Juicing almost instantly increases your energy levels, as compared to eating them raw. By drinking juices you can completely eliminate the time required to digest the raw food, thus giving you an almost instant 'energy kick.'
- **Remembrance Power:** Studies indicate that by drinking fresh vegetable and fruit juices regularly, you can increase your memory considerably. It was proven through 'Kames Project' that people who drink juice at least three times a week, lessen the chances of developing Alzheimer's disease by 76%, compared to those who take it only once a week.
- **Better Immune System:** Antioxidants along with phytochemicals play an important role in developing your immune system. Varying your diet on a regular basis and consuming juices made from different kinds of fruits and vegetables will significantly increase the number of phytochemicals and antioxidants in the blood, which in turn help your body in developing a better immune system and also protects cells from damage caused by free



radicals.

- **Repairs Vital Organs:** Fresh fruit and vegetable juice can help repair most vital organs in the body. For example, carrot juice is capable of repairing the liver, intestines and kidneys. Antioxidants present in carrots, such as, beta-carotene, are known to protect liver and kidneys from cholesterol and other toxins. Consuming carrot juice regularly can also delay the aging process. It is also capable of fighting cholesterol and poisonous toxins that often get accumulated in the intestines by flushing them from the body.
- **Purifies and Enriches Blood:** Blood is the fuel that provides us with the necessary energy to perform our daily routines. Blood requires as many nutrients as possible to be able to cope with the workload that is placed on it. Drinking various kinds of juices made from fruits and vegetables not only purifies the blood, but also enriches it.

People, who have less red blood cells or insufficient hemoglobin to carry oxygen, often suffer from anemia. Juices made from fresh leafy green vegetables that are rich in iron can help fight anemia.

In spite of having numerous benefits, juicing should not be considered as a replacement for whole fruits and vegetables in your regular diet. Instead, you should drink fresh fruit and vegetable juices only as an additional measure for keeping yourself healthy and fit.

Juicing To Reduce Risk Of Disease

Juicing fruits and vegetables for reducing risk of chronic disease has gained momentum over the past few years. Each blend of juice derived from various types of fruits and vegetables has its own properties that can prevent or improve certain medical ailments.

Juices That Help Reduce The Risk Of Disease

Heart Disease

Carrot Juice: Carrot juice has important antioxidants that fight against bad cholesterol. People who have heart disease are often advised to drink carrot juice to improve their blood circulation. It is capable of resisting the accumulation of bad fats and flushes them out of the body along with other poisonous toxins.



Tomato Juice: This is one of the best and most cost effective vegetables that can be added to any juicing recipe. Tomatoes are antioxidant rich and are capable of preventing cholesterol accumulation and oxidation, which leads to cardiac arrests. Lycopene, one of the most prominent antioxidants present in tomatoes helps prevent cardiovascular problems.



Watermelon Juice: Apart from being a rich source of lycopene, sweet watermelons also contain high levels of the amino acid citrulline, which can control blood pressure.

Once consumed, citrulline converts itself into arginine, which helps relax blood vessels, thus regulating blood pressure, and preventing various forms of heart disease. While juicing watermelons, one should not only juice the red part, but the rind as well. This way, the presence of citrulline, which is profoundly found in the white of the fruit is not wasted.



Kale Juice: Kale and other dark green leafy vegetables are loaded with nutrients to fight heart disease and prevent atherosclerosis. Kale is truly a super food that is loaded with heart-healthy antioxidants, fiber, folate, omega-3 fatty acids, potassium, and vitamin E.

Kale also provides high amounts of lutein that protects against atherosclerosis.



It also offers us unique substances known as glucoraphanin that activates a protein called Nrf2, which coats the heart arteries to protect from plaque buildup.

Orange Juice: The nutrients in orange juice help to reduce blood pressure, cholesterol, and risk of heart failure. The soluble fiber, pectin that is found in oranges mimics a sponge that absorbs cholesterol in food and blocks it from being absorbed by the body.

The potassium in oranges helps balance salt and that controls blood pressure. Also new research shows that the pectin in citrus fruits, like, oranges helps neutralize a protein called galectin-3 that causes heart tissue to scar, which, leads to congestive heart failure, a condition that afflicts 22% of Americans over 50.



Most of the pectin is contained inside the pulp and pith of the orange, so make sure to drink that along with the juice and also eat whole oranges as well.

Liver Diseases

Beet Juice: Special substances present in beets are well known to rejuvenate liver cells. The human liver is always busy pumping out alcohol, toxins, dangerous chemicals hidden in processed foods, and other poisonous substances, day in and day out. As a result, the liver is regularly overburdened.

Detoxifiers that are needed for effective functioning of the liver are abundantly present in beets. Consuming beet juice regularly helps rejuvenate the functionality of the liver in a timely manner, reducing the risk of acquiring liver related problems.



Apple Juice: Apples are rich in flavonoids, which are excellent antioxidants and detoxifiers that help prevent many kinds of liver disease. Apple juice when mixed with other juices, not only acts as a natural sweetener, but, also acts as a liver doctor. This is the reason why most juicing recipes include apples in their ingredients list.



Flavonoids are mostly present in the skin of the apple and just beneath it, so do not peel the apples, just soak and clean them thoroughly for insecticide and waxes. Organic apples have richer flavonoid traces and are best for medicinal juicing purposes.

Kidney Disease

Celery Juice: Celery is a natural diuretic that has the capability to reduce excessive water weight from kidneys. Drinking celery juice regularly helps detoxify kidneys and removes all the poisonous toxins from within helping to prevent various kidney ailments.

Cucumber Juice: Cucumber juice is generally prescribed as a 'kidney tonic' by most doctors. High amounts of alkaline and hydrating agents present in cucumber are capable of melting down kidney stones and flushing them out of body through the urinary system. Cucumber also helps in the cleansing of kidneys of toxic remains, preventing kidney related diseases. Cucumber juice is also excellent for skin health.



Digestive System Diseases

Cabbage Juice: Though, not the best in taste, cabbage juice can effectively prevent gastrointestinal diseases, as well as, stomach ulcers because cabbages are rich in glucosinolates.



Papaya Juice: Papaya's skin contains a digestive enzyme known as papain, which helps in breaking down the proteins that are difficult to digest. In this way, papaya juice enhances the functionality of the digestive system, and actively prevents digestion related diseases.



Juicing and the nutrients they provide can help to prevent and even make better various kinds of health conditions. Ask your doctor.

Juicing For Weight Loss

Juicing for weight loss can be very effective. The most important aspect of juicing is the nutrients it provides, and since most of the time those who are overweight or obese are sorely lacking in that department, juicing can go a long way to recharging the system and bringing one back to an optimal state of health.

The Options

You can simply add juicing to a wholesome diet and exercise plan. Juicing has some awesome and unique benefits for weight loss, and overall health. There are many recipes, plans and guides online to choose from that target weight loss by using fresh juice, so go ahead and establish a plan for yourself and lose the weight today!

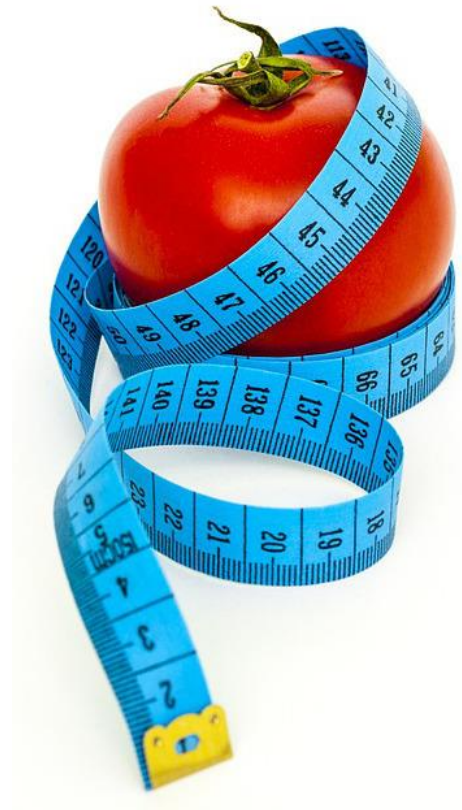
Some plans include juicing only, and some include meals and juicing all with their own distinct time intervals.

Juicing for weight loss, if wanted exclusively, can revolve around drinking juices in place of your meals for a limited amount of time. There are a lot of success stories online of people losing lots of weight that all starts with juicing.

Time Period

Depending on the juicing program you choose, it can last from three days to thirty days.

Whatever the time period may be, the whole and sole aim of such programs is to get you out of the viscous cycle of irresponsible and unhealthy eating. Such programs are intended to propel a healthy lifestyle by adding more and more nutrients to one's regular diet in the form of fruit and vegetable juices.



How Does A Juice Only Diet Work?

Some of the more well-known programs come from Joe Cross, the creator of the film, *Fat, Sick and Nearly Dead* that features his own success in losing all his excess weight (over 100 pounds), and getting off several prescription medications through juicing and plant-based eating.

Consequently, he provides various “Reboot With Joe” programs for weight loss with juicing where various periods of time include juice as the only form of sustenance, with the intended purposes of: the body getting a recharge, to instill cravings for healthy foods, boost immunity and detox, re-energize the system and promote a weight loss kick start.

Once you stop taking solid food and start depending entirely on juices, your stomach flattens and your skin starts to glow. Your digestive system starts working more effectively. Also, when you are taking only juice, all its nutrients, minerals and vitamins are effectively absorbed by the blood without any interruptions.



Best Practices

Determination: Once you have made a decision to participate in a juicing program make sure to stick with it, and get expert advice, either from a structured program or plan or from a nutritionist. Do not waste your time and money leaving mid-way. This is not going to help you.

Feel The Rush: Something happens to the body and mind when our nutrition levels achieve new heights. Pay attention to this transformation, it is part of the payoff, along with weight loss. Stick with it, and acknowledge the rewards of your success.

Healthy Weight Loss: It's not a good idea to fast for long periods of time, even while drinking juice to lose weight. Losing slow and steady is the best way because drastic measures seldom

stick and will not result in long term success. This will not only ensure that you lose weight, but, will also help you to lose it without having to compromise your health.

Make It A Habit: Try to drink juices regularly, on an empty stomach, even if you are not on a fasting program. This will not only increase your metabolism, but will also help you digest many nutrients without having to work hard. Antioxidants and enzymes present in vegetable juices revitalize and cleanse major body organs and also act to prevent risks of chronic diseases.

Green Juices: As the name suggest, green juices help fill the body with many nutrients, and, unlike fruit juice that is loaded with sugar and can be very fattening, green juice is not. It might taste bitter or unwelcome at first, but, it is an acquired taste and nothing can replace it. Going green is by far the best thing you can do to attain a healthy body.

Precautions

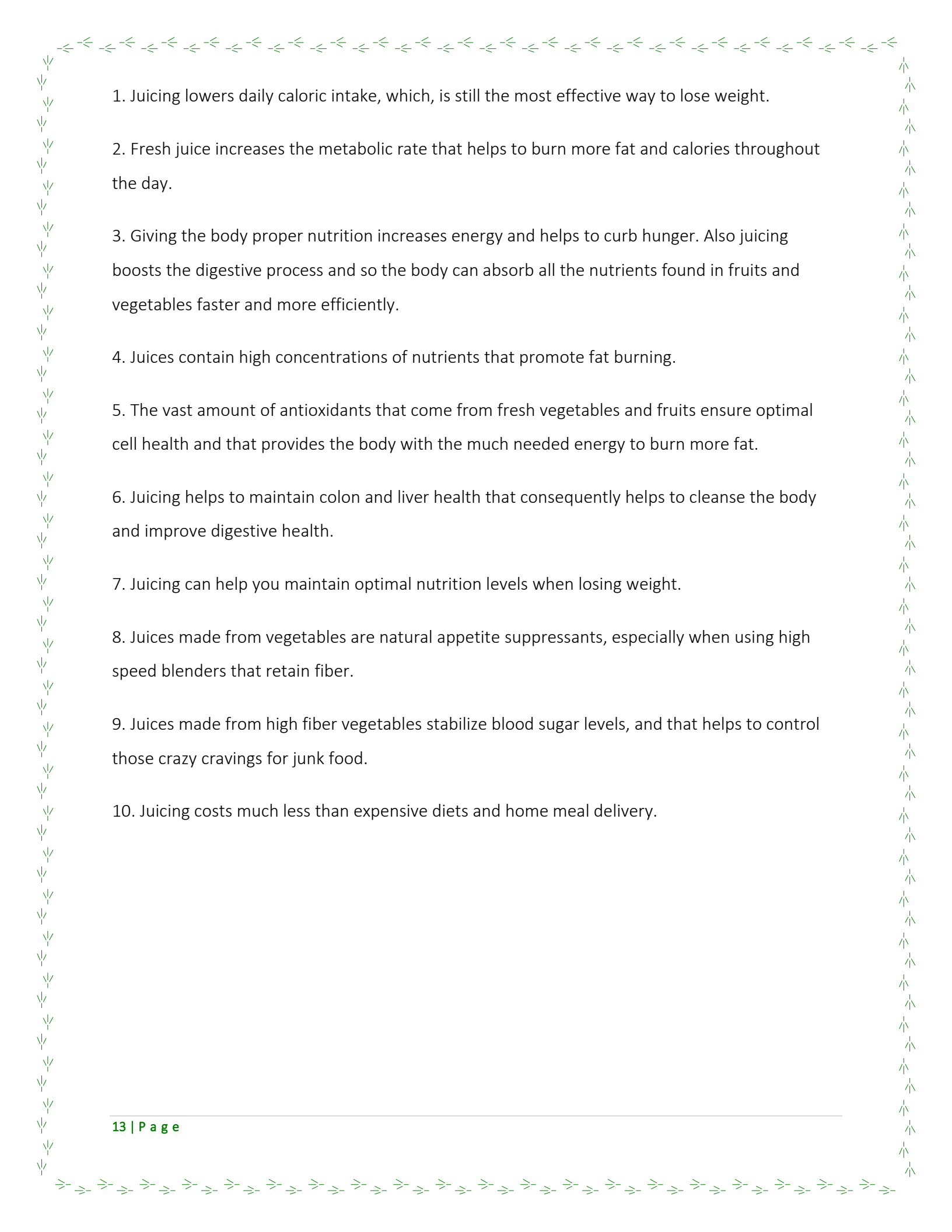
Many people think that since juices are capable of supplying you with all the necessary nutrients for a healthy body, they are capable of replacing regular meals.

Definitely yes, but, this statement stands true only in cases of temporary juice fastening programs. Juicing can definitely save you some time, but, cannot and should never replace whole meals on a long term basis.

When you are ready to follow a juice fasting program, just make sure that it is under the supervision of a qualified nutritionist or by following a structured and proven program.

10 Benefits of Juicing For Weight Loss

One can start drinking juice as part of a balanced diet and see significant weight loss results without a “juicing diet.” The key is to focus on vegetable juices and stay away from high sugar fruit varieties that can lead to weight gain. Remember that unless a high speed juicer is used, juicing removes the fiber from produce, which makes it more of an impact on blood sugars and therefore more fattening, so moderation is still key.

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1. Juicing lowers daily caloric intake, which, is still the most effective way to lose weight.
 2. Fresh juice increases the metabolic rate that helps to burn more fat and calories throughout the day.
 3. Giving the body proper nutrition increases energy and helps to curb hunger. Also juicing boosts the digestive process and so the body can absorb all the nutrients found in fruits and vegetables faster and more efficiently.
 4. Juices contain high concentrations of nutrients that promote fat burning.
 5. The vast amount of antioxidants that come from fresh vegetables and fruits ensure optimal cell health and that provides the body with the much needed energy to burn more fat.
 6. Juicing helps to maintain colon and liver health that consequently helps to cleanse the body and improve digestive health.
 7. Juicing can help you maintain optimal nutrition levels when losing weight.
 8. Juices made from vegetables are natural appetite suppressants, especially when using high speed blenders that retain fiber.
 9. Juices made from high fiber vegetables stabilize blood sugar levels, and that helps to control those crazy cravings for junk food.
 10. Juicing costs much less than expensive diets and home meal delivery.

Vegetable Juicing Versus Fruit Juicing

Many of us love juicing, but, the fact is that some juices are superior to others. Some people disagree with this statement because both fruits and vegetables are packed full of nutrients, but, the truth is that fruits are also loaded with sugar and vegetables include nutrients that fruits don't have.

Fruit Juices Are Full Of Sugar

Fruit juices are great for you, they are full of nutrients, but, they are also full of natural sugar.

Vegetable juices are not. Think

about it like this, would you sit

down and eat a cup of

strawberries, two bananas, half a

cup of mangos, a handful of grapes,

and a few plums in a single setting?

No you would not, because you

would end up going into sugar

overload. It is true that the sugar

found in fruits is much better for you than the refined stuff you buy at the store, but, too much of it can still affect you in the same way.

And, because the fruit is juiced, you intake a lot more than when you eat a whole fruit, the same thing that happens with dried fruit. There is also the fact that the fiber is removed from the fruit when juicing, so, the sugar impact is much higher than when eating them in whole form.

Vegetable juices on the other hand contain much less sugar than fruit varieties. Vegetable juices also contain less calories and offer vital antioxidants and other nutritional benefits.



Vegetables Have A Higher PH Than Fruit

Vegetables generally have more alkalizing properties than fruits do, which, means that vegetables will help to balance the over-acidification of the body. When the body is in balance, germs are unable to get a foot hold! This means you will be less likely to get sick even if those around you are sick.

The PH level in bodily fluids affects every single cell in our bodies. The entire metabolic system relies on the balance of the internal alkaline environment. There are a few fruits that have high alkalizing properties, such as, lemons, limes, cantaloupes and apricots. The rest of the fruits can't compete with vegetables when it comes to stabilizing alkalinity in the body.

Basically what all of this means is that a body that has a well-balanced PH is more able to fight and reverse disease, but, a body that has an acidic environment is prone to many health issues, allergies, joint problems, and digestive problems.

Calorie Count

In general, vegetables contain much less calories than fruits do. The fact is that one piece of fruit can contain 60 calories and will produce about 4 ounces of juice. Given that the average serving size of fruit juice is 16 ounces, you can see how it would be easy to consume 240 calories in just one juice.

However, a cup of vegetables has about 25 calories, so by drinking vegetable juice you would only consume about 100 calories, which is less than half.

Also, since the calories from fruit are made up of complex carbohydrates, it will be quickly absorbed into your blood stream and will not keep you satisfied, as well as, vegetable juice will.



What you can if you cannot stand the taste of vegetable juices?

Many people stick to juicing fruits because they like the way they taste much more than the way vegetable juice tastes.

One of the things that you can do is to start adding vegetable juice into the fruit juices you already drink. Add spinach or kale to your morning fruit juice. Add some cucumber juice to your afternoon drink. Then begin adding more and more vegetables and less and less fruits.

Make sure you still like the flavor and don't push yourself too far too fast, but if you continue to do this you will find that you are getting used to the flavor of vegetable juices, drinking less fruit juices and feeling better overall.

Another option is to add green apples, lemons and limes to your vegetable blends, they are not too high in sugar, and will add crisp sweetness and refreshing flavors. Ginger is another great sweet flavor and a little goes a long way.

The Green Juice Nutrition Explosion

Green Juice is a great way to get a high dose of vitamins and minerals from vegetables in an energy packed drink. First developed in 1943 by Japanese army doctor Dr. Niro Endo, green juice was created using the left over and discarded leaves of different vegetables in order to provide his family with a nutritious meal in the midst of the subpar wartime rations.

Many different leafy green vegetables can be used to make green juice, but, kale and spinach are definite front runners in the long list of ingredients. Today, green juice has exploded on the health scene with different nutritionists, juice stores, and ordinary individuals adding the drink to their everyday lives.



What is Green Juice?

Green juice is, in its simplest terms, is a vegetable drink. It is commonly made using kale and also goes by the traditional name Aojiru or simply as “green drink.”

Green juice has been around for decades, but, it first gained widespread popularity in the early 1980s when it was marketed as a powdered dietary supplement. Since then, sales have been steadily rising due to the drink’s various nutritional qualities.

Unfortunately, green juice can have an unpleasant taste, especially to those who are not used to it. As it develops, however, new formulas are being created to decrease the bitter taste and further boost the juice’s popularity.

Why Is It Good For You?

- Leafy green vegetables are known to be packed with Vitamins A, C, and K, as well as, an assortment of nutrients and minerals that help various internal processes in the body.
- Antioxidants in green vegetables are essential for cell health and preventing damage from free radicals, which in turn, reduces the risks of chronic disease.
- These vegetables can help strengthen the immune system, as well as, promote strong bones, heart health, and disease prevention.
- Green juices can actively improve blood circulation, resulting in an instant energy boost. People who work out regularly can rely on green juices when an instant energy boost is required. Remember, not all green vegetables taste bitter. Greens like Romaine lettuce not only taste great on their own, but also blend well with almost any juicing recipe. Give it a try, you won't be disappointed!

Why Green Juice?

While leafy greens are easy to add to different dishes and meals, many people like the idea of getting a day's worth of their vegetables in a single glass of green juice. The convenience green juice offers to those who need a boost of vitamins, minerals, antioxidants and energy is unmatched, making it a great alternative for children, the elderly, and those who just don't like to eat whole vegetables. Green juice can be bought or it can be made at home.

As juicing has become more and more popular in recent years, many have added green juice to their repertoire of health drinks.



How to Make Your Own Green Juice

Juicing has plenty of beneficial properties, which, makes the process really worth your while. Those who juice fruits and vegetables are actively helping to reverse the aging process, reduce inflammation in the body, regulate bowel movements, lose weight, and give the body a much needed boost of energy.

To join the Green Juice nutrition explosion, you'll need to follow a few simple steps:

1. **Get A High Quality Juicer:** Do your research and read reviews. There are many quality models available in wide price ranges, with many different features.
2. **Choose Your Vegetables:** Kale is most popularly used, but, romaine lettuce, spinach, carrots, kohlrabi, beets, greens, cucumber, celery, parsley and various herbs and spices are all great choices to create a nutritious juice.
3. **Add Some Alkaline Vegetables:** These veggies add an extra energy boost to your juice. Choose from cucumbers, celery, and broccoli.
4. **Pick Your Fruit:** To sweeten your green juice, green fruits are an excellent low sugar choice. Green apples, pears, lemons, limes and even kiwis and ginger can be a great addition and add a unique flavor twist.
5. **Blend:** Using a juicer, or a standard blender, mix the ingredients until the juice is smooth.
6. **Finishing Touch:** Finish off your green juice with a squeeze of lemon or lime, a small piece of ginger or a sprig of mint to add a final touch of fresh flavor. Ice can be a nice addition if you like your drinks cold.



Green Juice is easy to make, fun to drink, and great for your health. Join the nutrition explosion and get your hands on this power-packed beverage today!

5 Best Vegetables For Juicing And Their Nutrients

You have probably heard the many benefits of a raw food diet and are wondering whether it's too good to be true. Well, it isn't. Juices, especially, fresh vegetable juices are an essential part of a healthy diet. Here are five of the best vegetables to use if you are going to blend the perfect homemade juices or smoothies.

5 Best Vegetables And Their Health Benefits

1. Kale

Kale is a great vegetable for making juices. It is rich in iron and folate and it is very effective in detoxifying the body.

Iron, one of the minerals found in kale, is the main ingredient used in the formation of Hemoglobin. Hemoglobin is the chief carrier of oxygen in the blood and it ensures your body muscles and brain function efficiently.

Folate, another key mineral found in kale is responsible for the production of red blood cells and also helps in fetal development. Kale is also loaded with antioxidants that protect cells from damage and prevent chronic disease.

Health benefits of kale juice are:

- It helps to reduce depression.
- It helps to keep the brain young.
- It helps to reduce risk of heart disease.

By the way, all dark leafy green vegetables, like collard greens, and spinach offer substantial nutrients and are great for juicing.



2. Carrots

Not only is carrot juice delicious, it is also good for your body. It's full of beta-carotene and vitamins A, B, C and E, all the antioxidants that your body needs on a daily basis.

Health benefits of drinking carrot juice are:

- It helps to stimulate appetite and improve digestion.
- It improves eyesight.
- It regulates blood sugar.
- It prevents cancer.
- It improves liver functions.
- It improves skin texture and appearance.
- It enriches lactation.



3. Wheatgrass

Wheatgrass can be a little hard to ingest and as such it is recommended that you start small when adding it to your diet. The good news is that it is packed full of vitamins C, E and K that are essential for the proper development of your body.

Health benefits of drinking wheatgrass juice are:

- It helps to prevent Alzheimer's disease.
- It helps to prevent anemia.
- It helps in reducing and eliminating halitosis (bad breath).
- It helps to prevent candidiasis.
- It helps to prevent diabetes, high blood pressure and cancer.



4. Beets

Beet makes a great choice for juices and smoothies. It has essential antioxidants that include, lutein and zeaxanthin. Moreover, its leaves provide a good source of iron, calcium and beta-carotene.

Some benefits of beet juice are:

- It helps to lower blood pressure.
- It helps to increase stamina.
- It prevents cancer.
- It improves eye health.
- Prevents birth defects.



5. Cucumbers And Celery

These two vegetables make good choices because of their cool-tasting and refreshing nature. Both cucumber and celery are rich in vitamins A, B and C and minerals like potassium, calcium and phosphorous. This coupled with their high water levels make them perfect for juices.



Health benefits of drinking cucumber and celery juice are:

- It helps to reduce acidity.
- It helps to regulate blood pressure.
- Nutrients in the juice act as cooling agents for the body.
- It helps to improve the texture and appearance of skin.

The truth is, there are many good fruits and vegetables you can use to make juices and this list offers a good place to start, especially, if you are looking to lose weight, cleanse your body or to boost your nutrition.

Best Low Sugar Fruits For Juicing

It is very important to stress that any fruit juice can contain a staggering proportion of sugar, which can cause you to gain weight and spike blood sugar levels. Bear this in mind when purchasing fresh juice or making your own.

Moderation is key, in fact, juice that is mostly made from fruit is best limited to 4 ounces per day and only as part of an overall well-balanced diet.

The best case scenario is to include small portions of fruits in juices primarily made up of vegetables.

Raspberries

Raspberries contain only five grams of sugar per cup and are a very popular choice of ingredient for juices. This is because they taste sweet and make for a nice puree consistency when juiced.

They complement vegetable juice very nicely. Raspberries are high in fiber, so it is best to retain that by using a high speed blender, like, the Vitamix, or even a regular blender to turn them into a smoothie like consistency and then add them to juices.

The nutrients they contain help prevent degeneration of vision, as well as, cancer and infections.

Furthermore, they promote health by providing enzymes that develop and renew tissue in the body. Finally, because of their high phytonutrient and anti-oxidant content they strengthen the immune system and protect from cell damage.



Blackberries

Blackberries contain only 7 grams of sugar per cup. Their taste is slightly more bitter than raspberries, and their consistency makes them a great addition to juice.

Thanks to the fact that they contain Xylitol, they help to regulate blood sugar levels.

Furthermore, they contain several B-group vitamins. These vitamins, combined with enzymes, enable the body to metabolize fats, proteins and carbohydrates.



Strawberries

Strawberries also contain just 7 grams of sugar per cup and are very frequently incorporated into juice and smoothies because of their sweet flavor and creamy texture.

Strawberries not only help to lower bad cholesterol, thus lowering your risk of getting cancer – they also help to combat diabetes and heart disease. This is because of their phytochemical content and because they have anti-inflammatory properties.



Green Apples

Green apples are loaded with fiber and are relatively low in sugar and can add some great sweetness to vegetable juice. Apples are loaded with health promoting antioxidants known as flavonoids. They are rich in vitamin C, cyanidin and epicatechin, though red delicious varieties of apples actually have more.

Antioxidants neutralize harmful free radicals and promote cell health in the body and therefore lower the risk of chronic disease, like that of the heart, diabetes and stroke. Granny smith apples are also good for weight loss as they are low in calories and high in fiber.

The fiber can help balance blood sugars and prevent Type 2 diabetes. Studies show that women who eat one green apple per day are 30% less likely to develop Type 2 diabetes. Granny smith apples are high in potassium, which, is an electrolyte that balances fluids around cells.



Lemons

Lemons are also very low in sugar. They help to enhance the flavor of vegetable juice, thanks to their distinguishing, sour taste.

They also possess numerous health benefits. One of these is the reduction of throat infections, which, occurs thanks to lemons' antibacterial properties. Furthermore, because of their potassium content, lemons regulate high blood pressure, vertigo and nausea.



Others

Other great flavors for juice are ginger, limes, mint leaves and beets. These can add a light freshness, a zing and a subtle sweetness to make otherwise not so delectable vegetable juice taste really amazing.



How To Juice At Home

In spite of being a little time consuming, juicing at home can be fun, easy and most important of all, healthy. Following the below mentioned 'best practices for juicing at home,' you will be able to overcome most juicing hurdles, especially, if you are an amateur.

Juicing - Initial Steps

Selecting The Right Juicer: This is the first and the most important step to be taken once you have decided to start juicing at home. There are many cheap manual and plastic juicers available on the market. Though they are very economical, you can only make little quantities of juice with them.

Though a bit expensive, it is recommended that you buy a quality masticating or centrifugal juicer for best results.

Centrifugal Juicers - Centrifugal juicers have an upright design where produce is pushed through a spinning mesh chamber that has sharp teeth. Those teeth shred the fruits and vegetables into pulp, then pull the juice out of it through a mesh filter as juice flows out of a spigot.

In centrifugal juicers the pulp is separated and ejected into a separate collection chamber. And, since a fruit's and vegetable's fiber is mostly contained within the pulp, this results in juice's having more of a blood sugar impact along with the lack of benefit that fiber brings. Also centrifugal juicers work better for softer and harder produce, and not so well with leafy greens, like spinach or kale, some of the most important greens to include in juicing.

Masticating Juicers - Masticating juicers cost more than centrifugal varieties, and have a horizontal design where a tube containing the auger extends out of a motorized base. Produce is pushed into the top of the tube, where it is crushed and squeezed. Juice drains from the underside of the tube and the pulp is squeezed out at the end of it.

Masticating juicer's have slower crushing and squeezing speeds and so they are better at juicing leafy vegetables, like, greens and kale.

Also, masticating models allow for a longer shelf life of juice as this process retains nutrients much longer, versus the centrifugal models that's juice starts to lose nutrients right away and needs to be drank immediately.

Blenders - If you want to retain the fiber content of fruits and vegetables then look into high speed blenders that don't juice, but puree the produce, and make a smoothie consistency instead.

List Your Groceries: It is always a great idea to prepare a list of fruits and vegetables that you want in your juice and the how much quantity is required. This will avoid confusion and the time spent wandering around the market thinking what to buy, and how much to buy. This may mean the need to look for and organize recipes.

Save Time: You can save a lot of time in the mornings, if you prepare your juicing recipe the night before. Clean the fruits and vegetables that you will be juicing the next day and store them in the fridge. Also, assemble your juicer the day before and keep it ready to go, this will allow you to start juicing straightaway in the mornings without wasting much time.

Storing Juice: Store fresh juice for no more than 2 to 3 days in the refrigerator in an airtight container! If using a centrifugal juicer then drink prepared juice immediately to avoid the loss of nutrients.

Juicing Best Practices

Thorough Cleaning: It is very important to wash all produce thoroughly. Many fruits and vegetables have pesticide sprays and waxes stuck to their skin. Soak them and wash them thoroughly before juicing.

Pulp Basket: If your juicer has a pulp basket, line it up with a disposable bag. This will make cleaning your juicer easier once you are finished juicing.

Pulp Recycle: Once you are done with juicing, touch the pulp in the disposable bag to see if it is still damp. If yes, re-juice it.

Size Does Matter: If your juicer has a big mouth, no need to worry, but if it has a little opening, then you will have to cut the produce accordingly. If your juicer requires you to cut fruits and vegetables, do so right before you start juicing, because pre-cut fruits and vegetables are prone to lose their nutrients when exposed to air for long periods.



Speed Does Matter: If your juicer has various speeding levels, use them according to the recipe you are juicing. For example, if you are juicing an apple or beet, you can use high juice at high speeds, on the other hand, if you are juicing cabbage, use the lower setting. This is why it is important to read your juicer's manual for detailed instructions of all the settings.

Drink On An Empty Stomach: It is best to drink fresh juice on an empty stomach, this allows for more efficient absorption of nutrients.

Storage: If you want to store some juice for the evening, store it in an airtight and dark container. Juices having high acidic values can last longer, compared to the ones that have lower acidic count. Nevertheless, please remember, no matter what kind of storage technique you use, never store juices for more than 2 or 3 days.

Juicing Tips For Beginners

Limit High Sugar Fruits

Fruits contain and provide, minerals, antioxidants, and vitamins to your diet. While all fruits contain high levels of these, some fruits also contain higher levels of sugar and calories, and you should avoid or at least limit these, so it is always better to choose the lower sugar varieties for healthy weight management and better health.

The good news is that you can use all types of variations and create your own favorite recipes based on your own tastes.

Replacing Bad Habits

Use juicing to replace bad habits in your life, such as, drinking soda. You will be much better off drinking fresh juice than you will be drinking soda. Yes, they contain about the same amount of calories, but, soda has no nutritional value and if you replace it with juice you will be getting tons of vitamins and minerals.

Continue To Eat Whole Fruits And Vegetables

Juicing can be a great supplement for your diet if you find that you cannot eat the recommended amount of fruits and vegetables on a regular basis. If you decide to juice, you need to make sure you are still eating whole fruits and vegetables and make juicing a part of an overall balanced diet.



Vary Your Ingredients

Creativity can be your best friend when creating juicing recipes, plus, there are lots of recipes online and in books. Many people experiment until they find the recipe they love best. You are only limited by your imagination, so go ahead, and experiment.

While your options, when selecting fruits and vegetables, are almost limitless, here are some ideas to get you started: green or red apples, pears, leafy greens, celery, cucumbers, beets, broccoli, cabbage, carrots, cauliflower, berries and papayas.



You may want to try a combination of fruits and vegetables like:

- Watermelon and celery, which is a great fasting juice.
- Strawberries and spinach.
- Kale, green apples, lemon, ginger, celery and cucumber.

All green vegetable juice is best for health, but it is an acquired taste. Adding in a little low sugar fruit or lemon can help.

The typical vegetables used in green juice, like, collard greens, kale, spinach and parsley might be somewhat odd to the beginner juicer, but, celery and cucumber are much more mild and light in flavor.

Even the inclusion of a lemon or fresh ginger root can take the bite out of a green juice. Of course a few carrots, an apple or pear can make it easier to drink.

You have to experiment to see which combinations will work best for you and your taste buds, and the healthiest choices are the ones with a wide variety of fruits and vegetables to garner their individual nutrients.

Fruit Smoothies

Smoothies are a super way to ingest fruits and vegetables each day with very little effort and in a fun way. The prep is quick, the smoothie itself can be easily consumed or put into a container to be enjoyed later, and the cleanup is a cinch. Get creative with your smoothie recipes and experiment with a wide variety of ingredients.

For The Kids

Smoothies and juicing is great to get kids who refuse to eat vegetables to benefit from their nutrients. By blending sweet fruit in with leafy greens, like collard greens, spinach or kale, you can mask the taste of vegetables with delicious fruits.

The trick to getting kids to drink green smoothies is to add just a few greens in the first smoothie so that it's mainly fruit and just a little green, then keep adding a little at a time until the ratio is 50% to 50%. Keep in mind that if the drink is too green in color this may put off some kids, but, a game can be made out of it and cool names can be given the drinks to make it more fun.

Great Additions

- Fresh herbs from the garden can add to the nutritional profile and change up the flavor.
- Adding some ground flaxseed, chia seeds or even hemp seeds will boost nutritional value. A teaspoon or so will boost your omega 3 fatty acid intake and make the drink creamier.
- Organic plain yogurt can be added into juice or smoothies to add calcium, protein and other vital nutrients.

Most Common Juicing Mistakes

Home juicing enthusiasts often make a few mistakes when they first start out. Learning about these mistakes beforehand can help you understand how to prepare juices effectively and consume them properly, in order to make the most out of juicing.

It's only human to commit mistakes, especially, when you are trying to learn something new. However, if you pay a little attention, you can avoid many common juicing mistakes, which, can not only make juicing healthy, but also fun.

Common Juicing Mistakes Made By Amateur Juicers:

Too Much Sweet: One of the most common mistakes committed by newcomers is that they tend to add large amounts of fruits and overly sweet vegetables, like carrots, to their recipes. Though sweet fruits and vegetables act as natural sweeteners in fresh juices, one must not ignore the fact that they contain too much sugar, which is not good for the body.

- **Note:** Consuming large amounts of fructose in any form can increase the sugar levels in the blood, which, can cause weight gain and blood sugar spikes that can impact those with or on the borderline of Type 2 Diabetes. Though adding a bit of low sugar fruit to enrich the flavor is just fine, adding too much of it can prove to be unhealthy.



Add The Greens Please: Many people avoid greens in their juices because they taste bitter. This is a mistake. Green veggies and leaves are rich in nutrients which are capable of nourishing one's entire body, and preventing chronic disease. They contain lots of chlorophyll, which when consumed helps oxygenate blood cells, which in turn helps in detoxifying and cleansing many vital organs.

Juice With Meals: Another common mistake people commit is they tend to drink their fresh juices along with their meals. This won't help in absorbing all the nutritional values in a fresh juice. In order to be able to maximize the benefits of consuming fresh juice, one should drink it on an empty stomach. This ensures that the juice is quickly digested without any interruptions, and all the nutrients, vitamins and minerals it carries are entirely absorbed into the blood, providing one's body with the best nutrition possible.

Drinking Too Much Juice: Many people think of juice as super healthy and believe it is okay to drink it as much as they want. This may be true for vegetable only juices, but, anytime there is fruit involved or fruit only juices then you risk ingesting a ton of calories, and sugar, which will cause blood sugar spikes and weight gain.

Just because the juice is healthy does not mean that it does not have the potential to have a lot of calories, and again, this is especially true for fruits.



Buying Cheap Juicers: This is yet another common mistake committed by juicing amateurs. People, who do not want to spend much money on juicers, often tend to buy cheap juicing machines, such as, plastic and manual juicers. But, this can often backfire because a cheap juicer generates a lot of heat and also allows oxygen to pass through it, both of which are capable of destroying valuable nutrients in the juice. On the other hand, manual juicers take an eternity to produce a cup of fresh juice. Therefore, it is best to choose a masticating juicer or a high powered blender for best results.

Note: The money spent on a good juicer will definitely get repaid in the long run, in the form of good health. Also, keep in mind that it is much cheaper to juice at home than to buy 100% pure juice, so the investment is sound. And, wise people understand that nothing costs more than a healthy body!

BE SMART WITH YOUR JUICING AND ENJOY
ALL THE HEALTH BENEFITS IT CAN REAP!