

Ultimate Juicing Recipes & Tips

4th Edition

By Jan Gilbert

*Over 275 Delicious Recipes Based On The
Latest Nutritional Discoveries*



Disclaimer

This book is to be read for informational purposes only. It is not intended to be taken as medical advice, nor is it intended to take the place of the advice of your personal health care provider. Do not embark on any new diet, exercise program, or health care treatment without first consulting your physician.

“The secret to living longer might be found in East Patchogue, New York, where there’s a little 1966 Volvo that has clocked more than 2.9 million miles, a Guinness world record. How can a car run for almost 50 years and still look as sharp as the day it rolled off the lot? The answer is simple: proper maintenance. If the tires wear out, they’re replaced. If the oil needs changing, it’s changed. Not surprisingly, maintenance is also the secret to a long and healthy life for humans. Think of your cells as anti-aging mechanics. If you treat them right, by eating well and exercising, they will tune you up on a daily basis. If you don’t take care of them, they will go on strike, and you will age faster. You’re in the driver’s seat. You have the power to slow down the aging process.”

-Mehmet Oz, M.D.

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Introduction:

Tips for Making the Best Juice

Here are the most important tips for quick and easy juicing, for avoiding waste of costly fruits and vegetables, for eliminating health risks, and for getting the most out of your juicing experience. These essential tips save you time and money, and insure that your juice is as nutrient-rich as possible.

Juicer or Blender?

Use a juicer, not a blender, unless you want a lumpy soup or a gritty drink! The blender is useful for adding those vegetables and fruits that do not do well in most juicers such as avocado and banana – they tend to clog non-commercial juice machines.

Go Green!

Veggie greens are super foods loaded with super nutrients! Especially wheatgrass. And you can grow wheatgrass in a flower pot in your home as easily as you grow grass – see my instructions in Chapter 10. Add a small handful to all of your juice recipes. But be careful! They aren't tasty, and too much may upset your stomach. Dr. Ginger of the Hippocrates Institute, which is a leader in the field of raw foods and natural health care, says this about greens, "Your body is required to be a certain pH in order to stay healthy. That pH is slightly alkaline. Unfortunately, the pH of most people is very acidic. Disease thrives in an acidic body. Green juices are pure liquid alkaline nutrition that is absorbed almost instantly. Consistent consumption of green juices will help bring the body back in balance and create a body where disease cannot survive."

Not All Juice Machines Are Equal!

My philosophy is that any fresh juice is better – worlds better – than bottled juice. So if your budget only allows for the less expensive "centrifugal" juicers, that's better than not juicing at all! Centrifugal

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juicers are the most popular machines because they are the least expensive. Just be aware that you lose some nutrients in centrifugal juicers, because its fast grinding and spinning action adds heat and oxygen to your juice which destroys some nutrients, especially enzymes. If you can afford the “slow” type of juice machine also known as masticating, triturating, single auger, and double auger types, you increase the nutrient value of your fresh juice. The Cadillac of all juicers is the juice press, but they are very expensive and require a great deal of time to prepare your produce and clean the machine after each use. I have included a brief review of the prices and features of the major brands and types of juice machines in Chapter 16: Choosing A Juicer. The “slow” and “press” juicers also extract more juice from your fruits and veggies, particularly greens. I myself use a slow juicer and find it definitely worth the money after using other kinds of machines.

Juice the Skin!

Consider juicing everything! The skin of the veggie and fruit is often the most nourishing. The problem is that the skin is often bitter. So try peeling only 50% of the skin of the carrot, for instance. I must admit that I can't stand citrus peel, but I do know people who juice entire lemons and limes, peel and all. Oh, and one more thing, large seeds and pits should be removed, as well as very rough or hard skins such as pineapple and pomegranate.

Use the Pulp!

Put a spoonful or more of the pulp back into your drink to add more fiber to your diet. Or add mayonnaise to the left-over pulp for a wonderful mock tuna salad!

Use the Pith!

Most juicing recipes call for removing the citrus peel. However, be sure to juice that white fleshy stuff between the rind and the fruit - it has tons of nutrients!

Go Organic!

All fruits and veggies absorb some amount of whatever chemical is used to grow or process them such as pesticides and fertilizers. Buy organic fruits and vegetables because the organic label insures that they are chemical-free. Grapes, peanuts, and coffee are among the

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most chemically laden of all the foods we produce, and grapes are known to absorb more pesticide than any other fruit or veggie.

Don't Save It!

Fresh juice will spoil within 24 hours. Enzymes are gone within about 15 minutes! Some fresh juices begin to spoil immediately such as melon, broccoli, cauliflower, and cabbage, so drink your juice right away. If you must store something, freeze your produce, not your juice.

Be Creative!

The best juice recipes are the ones that you tailor to your own taste and health needs. Become immortal! Let me know of your creative masterpieces and I'll feature them in upcoming editions and credit you fully!

Chapter 1: The Easiest Juice Recipes

These are the best quick and easy classic fresh juice recipes – the “Top 7” juice flavors – which can be starters for mixing important but un-tasty veggies, such as greens, making them taste great! Enjoy!

Carrot Juice

Try leaving some skin on the carrot to get some of the rich nutrients stored in the skin. I remove half the skin with a peeler and leave the rest. Add some ginger for a nice kick.

Grape Juice

Remember to use organic grapes since these fruits are the most susceptible to absorbing pesticides.

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Strawberry Juice

Try juicing the stems and all – it tastes just as delicious and contains more nutrients.

Orange Juice

I find the peel of any citrus fruit too bitter to juice though I know some people who juice lemons and limes peel and all! Try juicing the orange without the peel but with the nutritious pith.

Pomegranate Juice

Try juicing the pomegranate with the seeds.

Tomato Juice

The skin of the tomato is full of nutrients, so put the whole tomato into your juicer.

Watermelon Juice

Don't bother juicing the rind, but let the seeds be juiced.

Chapter 2: Energy-Boosting Juice Recipes

All of these nutrients are crucial to boosting energy: vitamin C and E, the B vitamins 1, 2, 3, 5, 7, 9, and 12, and iron. There are fruits and vegetables which have concentrations of these energy-boosting nutrients according to the latest nutritional research which is advancing almost daily so check my website regularly for updates at Juicing-Secrets.com.

These energy-boosting fruits and veggies are veggie greens, strawberries, papaya, broccoli, beets, oranges, apple, spinach, carrots, cucumber, raspberries, avocado, grapefruit, and watermelon. All of these recipes are the tastiest combinations of these high energy foods.

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1. 1 English Cucumber, peeled
1 cup Pineapple, peeled
2. 6 Carrots
1" fresh Ginger
Handful of greens
3. Strawberries
Pineapple, peeled
4. 2 Beet greens
4 Broccoli spears
1 cup Cauliflower
5. 1 Apple, cored
1 Papaya
1 Orange, peeled
6. 2 Apples, cored
1 stalk Celery
1 handful Parsley
2 handfuls Spinach
5 leaves Lettuce
7. 1 Apple, cored
1 Lemon, peeled
1 Orange, peeled
8. 4 Oranges, peeled
2 cups Pineapple, peeled
1 Sweet Potato
9. 2 Apples, cored
4 Kiwis
4 Pears
10. 1 Apple, cored and peeled
2 Oranges, peeled
2 Pears
Strawberries

11. 5 Apples
1/4 Lemon with rind
12. 5 Tomatoes
Handful of Spinach

Chapter 3:

Weight Loss Juice Recipes

All of the following nutrients are key to weight loss according to the latest nutritional research, because they boost metabolism, burn fat, and regulate appetite: calcium, fiber, iron, omega-3, vitamins D and E, pantothenic acid, zinc, linoleic acid, chromium, GLA, DMAE, coenzyme Q10, carnitine, and glutamate.

Fruits and veggies with the highest concentration of these weight-loss nutrients are spinach, blueberries, broccoli, avocado, beets, apples, lemons, strawberries, grapefruit, mango, cucumber, kale, grapes, spirulina, and parsley.

If you struggle with obesity be sure to add more red grapes to your diet because they are packed with resveratrol, a compound receiving a great deal of scientific attention, because it triggers a process that results in a hormone called adiponectin which protects the lining of blood vessels from inflammation, enhances the function of insulin, and increases glucose tolerance. Here are some of the tastiest combinations.

1. 5 Carrots
1 Apple
1/2 Cucumber
1/2 Beet
1 stalk Celery
Fresh Ginger to taste

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2. Cucumber with skin
Carrot or Apple to taste
3. 4 stalks Celery
8 stalks Bok Choy
1/4 lb Spinach
1 bunch Parsley
4. 3 Granny Smith Apples, cored
1 tsp. Cinnamon
5. 1 Lime with rind
1 Lemon with rind
1 Cup sparkling water (added after lemon and lime are juiced)
6. 1 Yam
1 Apple, cored
7. 1 Apple, cored
6 Strawberries
1 Orange, peeled
8. 1 Apple, cored
2 Peaches, remove seeds
1 Pear
9. 1 Nectarine, pitted
1 Orange, peeled
1/2 cup Raspberries
10. 1 Kiwi, peeled
1 Mango, peeled
1 Orange, peeled
Sparkling mineral Water (added after fruits are juiced)
11. 2 handfuls of Cranberries
1 Red Grapefruit
1 Orange, peeled

12. 1 Apple, cored
3 Carrots, peeled
1/2 Lemon, peeled
1/2 sweet Green Pepper
4 Romaine Lettuce leaves
1 Tomato

Chapter 4:

Anti-Aging Juice Recipes

Several nutrients have recently been found to delay the aging process - selenium, ginkgo biloba, vitamins C, K, and the B vitamin choline, and carotenoids. Stay tuned because anti-aging nutrition is a major focus of research. Check my website for free updates.

The fruits and veggies with the greatest concentration of these nutrients are tomatoes, cucumber, cantaloupe, spinach, watermelon, berries, pineapple, green cabbage, broccoli, and apples.

Red grapes have the highest concentration of resveratrol which is the focus of a great deal of current anti-aging research since animal studies indicate a surprising host of anti-aging properties in this compound. Interestingly, the latest research indicates that the very best defense against aging is a low-calorie diet, and fresh, all-natural juice is not only low in calories, but it also helps you eat less by naturally regulating your appetite!

1. 1 pint Blackberries
1/2 Lemon, peeled
1/4" Ginger root
1 pint Raspberries

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2. 1 cup Red Grapes
3 Anjou Pears
3. 3 cups Watermelon
1/2 cup Wheatgrass
4. 1 Carrot, peeled
4 Broccoli spears
1 clove Garlic
1/4" Ginger root
2 Romaine Lettuce leaves
5. 1 Beet
1/2 Cantaloupe without rind
2 Carrots, peeled
6. 1/2 Papaya without seed
1 cup Pineapple
2 Strawberries
7. 1 English Cucumber, peeled
2 sprigs Dill
8. 2 Red Apples, cored
2 Carrots, peeled
1 handful Spinach

Chapter 5: Brain-Boosting Juice Recipes

These nutrients have been found to boost brain activity and delay the brain aging process, even eliminate some of the precursors to Alzheimer's: glutamate, DHA, anthocyanin, quercetin, resveratrol, gamma linoleic acid,

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iron, copper, and antioxidants.

Dark berries (grapes, blueberries, boysenberries, strawberries, and black currants) are especially potent. Spinach, apples, avocado, and leafy greens also have among the highest concentrations of nutrients found to be memory enhancing and brain rejuvenating.

With apples always juice the skin because it contains the key brain-boosting nutrients. And always buy organic apples to avoid the traces of pesticides absorbed by the skin. Another trick is to grow Periwinkle flowers and add them to your juice recipe. Periwinkle is the main ingredient in an intellect boosting and memory restoring medication long used in Europe to treat memory loss due to aging. There is a great deal of on-going research in this field, so keep checking back at Juicing-Secrets.com to stay up-to-date as new findings are announced.

1. Grapes
 2 leaves Spinach
2. Blueberries
 1 Apple, skin and all!
3. Strawberries
 1 Apple, skin and all!
4. Black Currants
 1 Apple, skin and all!
5. Boysenberries
 1 Apple, skin and all
 Throw in some fresh Barley!
6. 2 Apples, skin and all!
 Handful of any leafy greens
7. Grapes
 Avocado - peeled (juice Grapes, then put in blender with
 Avocado)

8. Create your own combo of any of the above and let me know if you discover any new tasty combinations! I'll be sure to freely share them and give you full credit!

Chapter 6:

Best Tomato Juice Recipes

These are traditional and great-tasting vegetable juice recipes with tomato as the major ingredient.

1. Carrots
Beets
Celery
Tomatoes
Spinach
Lettuce
Parsley
Watercress
Sea Salt and Pepper to taste
Worcestershire sauce & Horseradish to taste
2. Tomatoes
2 cloves Garlic
Handful Spinach
Carrots
Sweet Onion
Celery with leaves
2 tsp. Lemon juice
Hot Sauce to taste

Chapter 7: Juice Fasting Recipes

These are the best ingredients for fasting - tasty, nutritious, cleansing, and detoxifying. And whether you are fasting to cleanse your body or trying to lose weight, a key to success is not drinking the same old thing day after day. So here are a variety of wonderful tasting juice recipes for your fasting success!

And remember to approach any fasting with great care because not eating is no answer to weight loss! What I mean is that if your purpose is to lose weight, don't just stop eating, because your body reacts to a lack of nourishment by slowing the metabolism. The end result is that you actually gain weight from whatever little portions of food you continue to consume or start consuming later! With the right nutrients which these recipes insure, this won't happen. Or be sure you read my appendix chapter on fasting – there is definitely a right and wrong way to fast.

1. Watermelon juice, with seeds, no rind
1/2lb Red Grapes
2. 1 Carrot, peeled
1 Celery stalk with leaves
1 Cucumber, peeled
1 clove Garlic, peeled
1 Red Apple, cored
4 leaves Romaine Lettuce
3. 1/2 Cantaloupe, no rind
1 cup Strawberries
4. (For reducing hunger pangs)
1 Orange, peeled
3 Carrots, peeled

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5. 5 Carrots, peeled
2 stalks Celery
Handful of Parsley
3 handfuls of Spinach
6. 2 Apples, cored
2 stalks Celery
Handful Swiss Shard
7. 1 Apple, cored and peeled
1 Beet
1 Carrot, peeled
10 Radishes
2 Lemons with peel
1 cup sparkling mineral Water (add after other ingredients are juiced)
8. 2 Green Cabbage leaves
2 Carrots, peeled
5 Romaine Lettuce leaves
9. 2 Sweet Apples (Fuji are best)
5 stalks Kale
1 head Romaine Lettuce
1 whole Lemon, peeled
½” fresh Ginger
10. 3 stalks Celery
2 cups Pineapple
1” Ginger
11. 3 stalks Celery
2 Pears
1 bunch Watercress
12. 2 cups Watermelon
1 Lime, peeled
3 Apples

Chapter 8:

Disease-Fighting Juice Recipes

These recipes are based upon the latest nutritional research indicating that certain vitamins and minerals play a part in disease treatment and prevention.

As I mentioned right at the beginning of this book, please check with your health care provider if you are considering juicing to solely treat your illness.

Arthritis/Gout

The Hippocrates Institute finds that the following fruits and veggies contain the highest concentration of inflammation-busting properties: bean sprouts, carrot, cucumber, fennel, kale, kohlrabi, parsnip, peppers, turnip, turnip greens, sunflower greens, wheatgrass, apple, cherry, and watermelon. Here are some great time-tested combinations:

1. Fresh black cherries, 2 glasses daily recommended until pain subsides.
2. Mangosteen fruit has been shown to reduce inflammation in animal studies. This Asian fruit has one of the highest concentrations of antioxidants and many other nutrients. However, no human studies have yet been conducted to see if these anti-inflammatory effects are helpful in humans with arthritis. This fruit can be found in Asian fruit markets.
3. 4 Carrots
1 Apple, cored
½" Ginger

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4. 5 Carrots
½ cup Broccoli
½ cup Spinach
5. Pineapple, peeled
Bilberries
6. 5 Carrots, peeled
1 stalk Celery
Green Barley
Aloe Vera
7. 5 Carrots
½ Cucumber
½ handful of Wheatgrass
8. 5 Carrots
½ Green Pepper
Handful of Bean sprouts
Pinch of ennel
9. ¼ Watermelon without the rind
5 Cherries
¼ cup Wheatgrass

Asthma

According to the Hippocrates Institute, a major proponent of raw and whole food nutrition, the fruits and veggies with the most asthma-busting nutrients are cabbage, cabbage sprouts, carrot, celery, kale, kohlrabi, parsnip, radish, radish sprouts, scallion, sunflower greens, turnip, turnip greens, and wheatgrass. Here are the tastiest combinations.

1. 1/2 Cantaloupe without rind
2 Oranges, peeled

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2. 2 Grapes
Strawberries, Cranberries, or Guava
1/2 handful Wheatgrass, Alfalfa or Parsley
3. 4 Carrots peeled
2 stalks Celery
1 clove Garlic
4. Handful Wheatgrass
1/4 cup Alfalfa sprouts
Handful Parsley
5 stalks Celery
1 Green Apple, cored
5. 3 Broccoli florets
5 Carrots, peeled
1 clove Garlic or small piece of Onion
Dash of Cayenne
6. 5 Carrots, peeled
Handful Spinach
7. 1 cup Broccoli
2 Carrots
1 Green Onion
1/2 tsp. Cayenne
8. 2 Lemons, peeled
2 pints Raspberries
9. 1 Green or Red Bell Pepper
3 Carrots
1 Jalapeno Pepper, seeded
10. 2 Carrots
1 pint Blackberries
1 Sweet Potato

Bad Breath

These really work! According to recent studies, parsley is especially helpful.

1. 1/2 Lemon, peeled
1 cup Pineapple peeled
1 Apple, cored
Fresh Parsley
2. 5 Carrots
1 stalk Celery
1/2 handful Parsley
3. 5 Carrots
1 Beet
1/2 Cuke
1/2 handful Wheatgrass, Parsley, or Spinach

Blood Pressure & Heart Disease

A recent study followed over 100,000 middle-aged men and women in China – one of the largest nutritional studies ever conducted. It concluded that people who eat the most vegetables have lower mortality rates – especially from heart disease. The vegetables associated with the highest protective benefits are cruciferous veggies such as bok choy, broccoli, turnip greens, kale, cauliflower, and Napa cabbage.

Cruciferous veggies are full of antioxidants, vitamins, and other nutrients like other fruits and veggies. So what's so special about them? Cruciferous veggies contain sulforaphane, a supreme antioxidant that particularly reduces oxidative stress and inflammation of the cardiovascular system.

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Note that cruciferous veggies are not very tasty when juiced all by themselves, so do any recipe of 1 part cruciferous veggie to 4-6 parts of a sweet and tasty base such as carrot or tomato or even watermelon.

Other fruits and veggies that most regulate blood pressure according to the Hippocrates Institute are beets, beet greens, cucumber, spinach, wheatgrass, and orange.

Also note that research indicates that 2 glasses of grape juice per day is as good as low dose aspirin for preventing heart disease.

Here are my favorite combinations:

1. 4 Apples
Handful of Broccoli
Handful Swiss Chard
2. Carrots, peeled
1 Beet
1/2 Cantaloupe without rind
3. 1 Orange, no rind but keep the pith
4 Carrots with peel
1 Apple
4. 3 stalks Celery
3 Carrots
5. 3 Carrots, peeled
Handful Parsley
Handful Spinach
6. 3 Bell Peppers
2 cloves Garlic
Handful Parsley
1/2 Lemon, peeled

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7. 2 Red Apples, cored
2 Carrots, peeled
1" Ginger
1/2 cup Parsley
8. 1 cup Beets
2 Carrots
2 stalks Celery
1/4 cup Parsley
9. 1 stalk Broccoli
2 stalks Celery
Handful Parsley
1 Lemon, peeled

Calcium Boost

These are great recipes for older women and anyone suffering osteoporosis or its precursors. Leafy greens and green veggies especially broccoli are rich in calcium.

Black currants and oranges have the highest concentration of calcium of any fruit. It is strongly believed that ingesting calcium in natural forms found in these fruits and veggies, in concert with other nutrients in raw food act to help your body absorb more calcium.

1. 1 cup Broccoli
3 Carrots, with peel
Handful of fresh Parsley
2. 1 Orange, peeled
20 Grapes
Milk
3. 1 Apple
20 Grapes
½ Handful Broccoli

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4. 1 Apple
Handful of Black Currants
Mix this in a blender with a Banana

Cancer

These fruits and vegetables have the highest concentration of nutrients that fight cancer. Medical science is very careful not to raise false hopes when it comes to this dreaded disease, and thus any alternative not scientifically proven is discouraged. But the truth is that some medical doctors and nutritionists have been treating cancer patients successfully for decades with fresh natural juice!

In the face of mounting evidence, even the National Cancer Institute now recommends fresh fruits and vegetables to both prevent and fight cancer. Check this for yourself by investigating the work of Dr. Max Gerson, considered the inventor of juicing, or Jay Kordich, or Dr. Johanna Budwig, or Dr. Ryhe Geerd Hama, or Luthr Hirneise, Rudolf Breuss, and many others, all considered too “alternative” by conservative western scientific standards, but not by the thousands who have been cured – yes cured - after everything else failed.

These foods are considered most beneficial for fighting cancer and for recovering from cancer treatment:

Cruciferous Vegetables:

- Collard Greens
- Kale
- Cabbage
- Cauliflower
- Broccoli
- Turnip

Beta Carotene:

- Carrots
- Peppers (Chili, Green, Red, Yellow)

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- Leafy Greens (Mustard, Romaine, Collards, Kale, Turnip Greens, Spinach, Dandelion)

Proanthocyanidins (PAC's):

- Beets (including Beet tops)
- Blueberry
- Plums
- Purple Grapes (with seeds and skin)

Other fruits that contain powerful cancer fighting ingredients include:

- Pineapple
- Tomato
- Dark Berries (Strawberry, Blueberry, Red Raspberry, Black Raspberries)

Carrots are considered most beneficial – up to 2 quarts per day. Wheatgrass is considered 2nd best. The potato is considered very important in liver cancer.

And here are some wonderful recipes:

1. 5 Carrots – only peel half the skin
¼ cup Wheatgrass
2. 4 cups Grapes
¼ cup Bean sprouts
3. 5 Carrots
½ Parsnips
¼ cup fresh Parsley
4. 5 Carrots
2 stalks Asparagus
1 leaf Kale

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5. 1 Apple
2 to 3 tsp Raisins (or a couple of dried apricots or fresh grape)
½ cup Water
4 to 6 tsp raw Almond flour or nuts of choice: Cashews,
Hazelnut
A few drops of Lemon juice (or Grapefruit, Limes as well)
6. 2 Tomatoes
1 tsp Onion of any kind
4 to 5 tsp chopped sprouts of choice or Celery
2 to 3 cups Water and a little Salt
7. ½ Apple
1 to 2 tsp Raisins (unsulphured) or 10 or more fresh Grapes
A few drops of Lemon juice or 1 slice of Lemon
8. ¼ Papaya
½ Orange
9. 1 Banana
3 cups Water
1 to 2 tsp Coconut flakes/fine shredded
10. 1 to 2 cups Water
6 to 9 tsp Raw nut flour or shredded Coconut
11. 1 Banana
Two cups of Water
Fresh or frozen Strawberries
Pinch of Vanilla
12. Soak a cup of almonds over night in 3 cups of water
Place in blender.
13. 3 Beets
1 Carrot
1 Celery root
1 TB Black Radish

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14. Here is Rudolf Breuss's anticancer juice recipe which has helped thousands of people. His recipe calls for patients to drink small amounts of this for 42 days during fasting accompanied by a tea of nettle, St. John's wart, marigold, artemisia, and monarda. His treatment involves eliminating foods which "feed" cancer cells, and ingesting nutrients which "starve" cancer cells.

- 1 Beet
- 1 Carrot
- 1 Celery stalk
- 1/2 Potato
- 1 Radish

Cholesterol – Raise the Good (HDL) and Lower the Bad (LDL)

This is another area of intense nutritional research these days so stay tuned and check my site regularly for updates at www.Juicing-Secrets.com.

Most of us have heard that oatmeal is a great reducer of bad cholesterol due to its high concentration of soluble fiber. Apples are also high in soluble fiber!

The omega-3 fatty acids in fish are proven cholesterol fighters, but omega-3 is also found in raspberries, guava and avocado. And the beta sitosterols found in soy beans also reduce cholesterol – simply boil or overnight-soak the soybeans and pour them into your juicer for wonderful soybean juice!

Another great cholesterol fighter is green tea, and you can mix some brewed green tea into your fresh juice or mix in green tea powder found at any health food store.

1. 2 Apples, skin and all!
1/2 pint of Raspberries
1 tsp Green Tea powder

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2. 1 Guava, with skin but without seed
1 Apple, skin and all!
Mix these juiced fruits in a blender with a skinned ½ Avocado

Constipation

These fruits and vegetables are best for treating constipation: cabbage, cabbage sprouts, celery, dandelion greens, endive, lettuce, purslane, spinach, wheatgrass, cherry, lemon, lime, melon, papaya, peach, pear, prune, strawberry, and watermelon. Here are some proven recipes.

1. ¼ Watermelon with seeds but without rind
1 wedge of Lime
1 Prune without pit
2. 4 Prunes without pits
2 stalks Celery
2 Dandelion greens
3. 1 Papaya without seed
1 Prune without pit
1 Peach without pit
4. 4 Peaches without pits
1 Prune without pit
¼ cup Wheatgrass
5. 4 Pears without the core
5 Cherries without pits
¼ cup Cabbage sprouts

Diabetes

There is wonderful help for the diabetic with fresh juiced fruits and vegetables! Recent research has totally overturned what doctors traditionally recommended to diabetics - no sugars – even the natural ones found in fruits and vegetables.

Ultimate Juicing Recipes & Tips

Now research shows that the natural sugar in fruits and vegetables is not only OK for diabetics but helpful in reducing symptoms and improving a host of imbalances that are central to diabetes. My bonus report on diabetes goes into this research in detail. Consult your primary physician and then try one of these great recipes daily.

1. Handful Broccoli
 Handful Beet greens
 6 Carrots, peeled
 Touch of Brewer's Yeast or Wheatgrass
2. Handful Cauliflower
 Handful Kale
 6 Carrots, peeled
 Couple of Peanuts, shelled
3. 1 cup Broccoli
 2 stalks Celery
 2 cloves Garlic
 1 Tomato
4. 1 cup Broccoli
 2 Oranges, peeled
5. 3 Carrots, peeled
 1 cup Cauliflower
 1 stalk Celery
6. 6 Brussels Spouts
 1 cup String Beans
 1 Lemon, peeled
7. 1 Green Apple
 1/2 Chinese bitter gourd
 2 stalks Celery
 1/2 Cucumber, peeled
 Pinch of Capsicum

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8. 2 Apples
1/2 Lemon, peeled
1 bunch Spinach
9. 4 Carrots
1 Apple
1 stalk Celery
Handful Parsley
Handful Spinach
1 Lemon, peeled

Eye Care

You want fruits and veggies with the highest concentrations of vitamins A and E, and beta carotene found in carrots, endive, celery, kale, spinach, broccoli, mangos, peaches, and kiwi.

For specific eye conditions my favorite site is
www.naturaleyecare.com/juicing.asp#recipes.

Try these favorite combinations for eye-strengthening benefits. I swear that a glass of carrot juice each day has improved my eyesight!

1. 8 Carrots, only half peeled
4 leaves Endive
1 stalk Celery
2. 8 Carrots
Handful of Kale, Spinach, or Broccoli
3. 2 Mangos
1 Peach
1 Kiwi
4. 5 Carrots
2 leaves Kale

Hay Fever

Research indicates that the highest concentrations of hay fever-busting nutrients are found in carrot, kale, parsnip, and wheatgrass. Here are some great recipes.

1. 5 Carrots
1 leaf Kale
2. 5 Carrots
½ Parsnips
3. 5 Carrots
¼ cup Wheatgrass
4. 5 Carrots
¼ Parsnips
¼ cup Wheatgrass

Insomnia & Jet Lag

These are traditional recipes for insomnia and they work equally well for jet lag.

1. 4 Carrots
3 TB Apple cider vinegar
Dollop of honey
2. Mulberries
¼ Lemon without rind
Couple Basil leaves
Sprig of Dill
Chia seeds
3. Lettuce
½ Lemon
Honey to taste

Ultimate Juicing Recipes & Tips

4. 5 Carrots
1 stalk Celery
½ handful Parsley, or Watercress, or Broccoli
5. 5 Carrots
1 Bell Pepper without seeds
1 Prune, without pit
6. 1 pint Blackberries
½ handful Kale
Pinch of Watercress, or Alfalfa, or Comfrey

Kidney Disorders

The Hippocrates institute recommends the following fruits and vegetables for any kidney issue: alfalfa sprouts, asparagus, beet, cabbage, beet greens, cabbage sprouts, celery, cucumber, apple, cranberry, grape, melon, papaya, strawberry, and watermelon.

For kidney stones, juiced lemon without the peel is the only recommended citrus fruit according to the most recent research.

Try these tasty combinations.

1. ¼ Watermelon
¼ Papaya
¼ Cucumber
2. ¼ Melon
5 Strawberries
5 Cranberries without the seeds
3. 2 cups Grapes
¼ cup Alfalfa sprouts
4. 4 Apples with skins but without the core
1 Beet
2 Beet greens

Potassium Boost

3 Carrots, no green

1 stalk Celery

1 Apple

Handful Parsley

Handful Spinach

1/2 Lemon with peel

Mix this juiced mixture in a blender with a Banana

Prostate Health

Beta sitosterols are helpful for many men in reducing PBH. The vegetables and other foods highest in beta sitosterols are soy beans, avocado, corn, pistachios (raw), almonds, and grape leaves.

But not all men with BPH find beta sitosterols effective. The Hippocrates Institute suggests these fruits and veggies for any prostate issues: asparagus, cherry, pear, strawberry, and watermelon. Parsley has been found to be very effective. And coconut has been used by native south Pacific inhabitants for centuries for BPH.

Research also indicates that any diet high in veggies (5 or more servings per day) and low in animal fat is associated with a lower risk of prostate problems including prostate cancer.

1. Red Grapes, skins and all
Pistachios, raw
2. 5 Tomatoes
2 stalks Asparagus
Handful of Parsley
3. 5 Tomatoes
½ cup raw Corn off the cob
Almonds, raw
Pinch of Parsley

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4. 5 Tomatoes
4 Brussels sprouts
5. 4 Tomatoes
1 Bell Pepper
½ handful Cauliflower
6. 5 Tomatoes
Place juiced Tomatoes in blender with one Avocado, without seed
7. ¼ Watermelon without the rind
5 Cherries
¼ cup Pistachios

Skin Disorders

The Hippocrates Institute finds that these fruits and vegetables have the highest concentration of nutrients that fight skin disorders of all kinds: asparagus, beet, beet greens, carrot, dandelion greens, endive, fenugreek sprouts, kohlrabi, parsley, parsnip, peppers, purslane, radish sprouts, scallion, spinach, string bean, sunflower greens, Swiss chard, tomato, turnip, turnip greens, watercress, wheatgrass, cranberry, grape, grapefruit, melon, lime, orange, and watermelon. Here are some great recipes:

1. 5 Carrots
1 Beet
¼ cup Greens
2. ¼ Watermelon without rind but with seeds
10 Grapes with skin and seeds
¼ cup Wheatgrass
3. 4 Oranges
wedge of Lime with rind
pinch of Parsley

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4. 5 Carrots
2 Asparagus
1/8 cup greens

Stress Relief

In the opinion of so many doctors and researchers, stress is the #1 cause of illness and age! It increases cholesterol levels, thickens blood, and decreases the function of our immune system.

Crucial nutrients are destroyed by stress including pantothenic acid, vitamin C, zinc, magnesium, potassium, chromium, and beta-carotene.

Juice these fruits and vegetables to counteract the effects of stress:

Broccoli & Kale – restores pantothenic acid
Red Pepper, Kale, & greens – restores vitamin C
Ginger, Parsley, & Carrot – high in zinc
Greens – best source of magnesium & potassium
Potato, Green Pepper, and Apple – restores chromium
Carrots & greens – best source of beta-carotene

Here are some wonderful recipes:

1. 5 Carrots
1/2 Green Pepper
1/4 cup Wheatgrass
2. 3 Apples, cored
2 leaves Kale
1/2" Ginger
3. 5 Carrots
1 Potato
1/2" Ginger

Testosterone Boost

Research shows that as men age, the natural production of testosterone drops which often leads to “andropause”, also known as “male menopause” or “low T”. The symptoms are tiredness, loss of strength, poor concentration, lack of libido, and at times even depression and loss of self-confidence. Recent research indicates that stress is also a major factor in depleting testosterone. And a fascinating new study of rats showed an increase in testosterone levels of over 300% after a diet of onion juice!

These combinations of fruits and veggies contain the highest concentrations of nutrients which stimulate bio-available testosterone. Try these intense juice recipes!

1. Green Peas, uncooked
Raspberries
2. 2 Tomatoes
Lentil sprouts
Palm Hearts
Sesame seeds
3. handful of Napa Cabbage
2 Tomatoes
Lemon Grass
dash of toasted Wheat Germ
4. 3 Tomatoes
Shitake Mushrooms, cooked in their juices
Fireweed sprouts
5. 1 pint Blackberries
1 cup chunks of Watermelon
1 slice Red Onion

Urinary Tract Infection

Cranberries are scientifically proven to treat urinary tract infection. They are bitter so add them to soda water, or add them to a more flavorful base of apples, carrots, grapes, or watermelon.

Chapter 9: My Favorite Juice Recipes

These are my absolute favorites! Isn't it wonderful that juices that taste so great are absolutely the best thing for you? I want to thank Priscilla Kane Hellweg, a juice enthusiast and friend, for sharing a recipe that is now my all-time favorite! This is especially amazing for me since I am not wild about 2 key ingredients: kale and jalapeno! You must try it!

1. 4 Green Apples – skin, seeds, and all!
2 stalks Celery
4 leaves Kale
½ Lemon – rind, seeds, and all!
Slice of fresh Jalapeno Pepper
2. 3 Apples – skin, seeds, and all!
2 stalks Celery
½” fresh Ginger
1” Wheatgrass
3. 1” Wheatgrass
2 Oranges, peeled, or pears
4. Broccoli, several handfuls
Apples, Melons, or Pears to taste

Ultimate Juicing Recipes & Tips

5. Milk
Almonds
fresh Corn cut off the cob uncooked
6. Soy Beans, boiled
Add the boiled water
Milk
7. Handful of Grapes
Blueberries, fresh or frozen
8. 1 Apple, cored
1 cup fresh Pineapple, no skin
½” fresh Ginger
9. 4 Carrots, no greens
¼ Cucumber, peeled
1 stalk Celery
1 Apple, cored
½ Lemon with peel
10. 1 Orange, peeled
1 cup Pineapple, no skin
5 Strawberries
11. 3 Kiwis, peeled
2 Apples, cored
12. 1 Apple, cored
4 Plums, pitted
13. 1 Lemon, peeled
1 Lime, peeled
2 Pears

Chapter 10: Green Juice Recipes

All vegetable greens are rich in nutrients, but wheatgrass is the most amazing of them all! You can grow it at home or buy it in your local health foods store in the produce section.

I grow it in flower pots in my home year-round with organic wheat seed purchased in bulk thru Amazon, and stored in a bag in my fridge! It's as easy as growing grass: put a little organic potting soil in a pot, sprinkle wheatgrass seed liberally, cover with 1/8" of soil, water it, and place anywhere with or without sunlight. In 2 to 3 days you will see shoots rise. As soon as it's tall enough to cut start placing cuttings in your juicer. I do about 5 or six cuttings (each about the thickness of my finger and about an inch long) before I feel that the soil is depleted. Then I throw it all away and start fresh.

Wheatgrass is used to fight cancer, improve digestion, suppress the appetite, regulate the thyroid, and boost the immune system. Two ounces of wheatgrass juice contains the vitamins and minerals in 3 pounds of vegetables with a particularly high concentration of magnesium, potassium, and calcium.

Wheatgrass juice is approximately 70% living chlorophyll which oxygenates the blood, slows the growth of harmful bacteria in the digestive tract, neutralizes toxins, and cleanses the liver.

The pH of a healthy body is slightly alkaline. Our modern diet of processed food, sugary soft drinks, and coffee make our bodies acidic. Disease thrives in an acidic body. The juice of wheatgrass and other vegetable greens is highly alkaline which helps bring the body back into balance and health.

Green juice is also a great source of muscle-building protein.

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Greens are bitter tasting and in quantities of more than 2 to 4 ounces a day can cause an upset stomach and even nausea due to their concentrated detoxifying qualities. Juice wheatgrass, kale, and other greens with sweeter fruits or vegetables such as carrot, cucumber, or apple. You can also add honey as a sweetener and fresh ginger or garlic as a spice. There are certain combinations of greens and other vegetables that are wonderfully tasty and my favorites are as follows:

1. 3 stalks Celery
 2 Cucumbers
 5 fresh Spinach leaves
 ½ cup fresh Parsley
 3” Wheatgrass
2. 3 stalks Celery
 2 Carrots
 1/2 Beet
 5 Spinach leaves
 1/2 cup Alfalfa sprouts
 1/2 cup Parsley
 3” Wheatgrass
3. 3 Apples
 3” Wheatgrass
4. 2 Oranges
 2 Carrots
 2” Wheatgrass
5. 2 Oranges
 1 Banana
 ½ cup fresh Berries
 2” Wheatgrass
6. 1 Green Apple
 1” Ginger
 5 stalks Celery
 1 Cucumber
 Handful of fresh Parsley
 5 stalks Kale

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7. 1 cup Peas
1 Beet
1" Ginger
2 cups Pineapple
8. 2 Carrots
1 Beet
1 Green Apple
4 stalks Celery
Handful of either Spinach, Parsley, or any other green
1 Cucumber
1" Ginger
9. 1 Beet
1 Green Apple
1 Pear
6 leaves Romaine Lettuce
1" Ginger
10. 6 Carrots
1 head Romaine Lettuce
11. 1 Cucumber
1 Pear
Handful of Mint
½ Lime

The following are stronger green juice recipes for those who want to intensify their green veggie intake. These recipes are from Joe Cross, a much respected juicer with recipes that I love whenever I want an extra green juice kick!

12. "Carrot-Kale Combo"
1 Green Apple
3 handfuls Spinach
6-8 Kale leaves
4 large Carrots
1 piece Ginger (thumb sized)

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13. “Green Lemonade”

- 1 Green Apple
- 3 handfuls Spinach
- 6-8 Kale leaves
- ½ Cucumber
- 4 Celery stalks
- ½ Lemon

14. “All Green”

- Use as many greens as needed
- Romaine hearts
- Kale or Collards
- Spinach
- 2 handfuls Parsley
- 2-3 Celery stalks
- ½ Lemon
- 1 piece Ginger (thumb sized)

15. “Apple-Beet-Carrot”

- 1 Apple
- 2 Beets
- 3 large Carrots
- 1 piece Ginger (thumb sized)
- Spinach / Kale – (optional)

16. “Spinach-Fennel-Cucumber”

- 1 Fennel bulb
- 1 Cucumber
- 2-3 Celery stalks
- Lots of Spinach

17. “Mean Green”

3 stems of Kale
4 stalks of Celery
1 Cucumber
2 Apples
½ Lemon
Ginger root (thumb sized)

Chapter 11: Juicing For Your Blood Type

I **have** heavily excerpted here from my article found at my website because this is just such an important recent scientific discovery! If you’ve read my article then just skip to the recipes.

Eating for your blood type is extremely beneficial. It’s not just an interesting idea anymore. And personally it has improved my digestion considerably. And it answers that momentous question of why even the best diet doesn’t work for everyone, and how exactly to tweak any diet so it works for you!

Finnish scientists recently discovered that molecules which cover the surface of blood cells and determine each person’s blood type are energized by different nutrients. In other words, certain foods are better suited to certain blood types. Thus, eating – and juicing – according to your blood type can be effective in lowering weight, boosting energy, and relieving GI problems.

This is particularly important for people on diets that just don’t seem to be working. All you need to do is adjust the diet to be sure that what you are eating is best for your blood type.

Ultimate Juicing Recipes & Tips

Eating according to your blood type has been an intriguing theory for decades as presented in the book, [*Eat Right 4 Your Type*](#) by Peter D'Adamo, N.D. If you are dieting and most importantly if you are frustrated by your diet efforts, please read this book as it will change your life! The following is only the briefest review of his book with an emphasis on the foods which each blood type should and shouldn't eat.

There are 4 blood types: O, A, B, and AB. Type O is the “oldest” blood type according to D'Adamo's theory. Type O was set in our genes when we were hunter-gatherers. Type O's have the hardest digestive systems which consume mostly meat. Type A people come from the later development of agrarian society which adapted for the optimum digestion of all kinds of plant food. Type B folks are descended from nomadic people who raised herds and adapted to eating both plants and meat. Type AB arose most recently in our evolutionary history with digestive systems with both A and B blood type characteristics.

Type O's do best with a high protein and low carb diet. Their digestive systems need lean animal protein for optimal health along with certain fruits and vegetables, but only a minimum of carbohydrates. Since their digestive systems are high in acid, coffee and processed sugar is to be avoided. Rigorous exercise makes O's feel at their best. Other foods that don't do well with O's are: wheat, corn, beans, cabbage, Brussels sprouts, cauliflower, avocado, eggplant, mushrooms, olives, potatoes, mustard greens, bacon, ham, and pork, caviar, lox, herring, and octopus, cashews, peanuts, pistachios, dairy, cereals, pasta, oranges, melon, strawberries, apples, cinnamon, nutmeg, pepper, vanilla, vinegar, ketchup, mayonnaise, pickles, distilled liquor, all soda, and black tea.

The best ingredients for Type O juices are cherries, leafy greens (particularly kale, spinach, and broccoli), bananas, blueberries, figs, mangos, and plums. The sugars naturally found in these fruits and vegetables combined with their alkalinity will not increase the acidity in the type O constitution.

Here are some great juice recipes for O's:

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1. 20 Cherries, pitted
1 stalk Celery
1 leaf Kale
2. 1 Mango, with skins, without seed
1 Banana, remember not to juice bananas as they will clog your juicer – blend them
1 spear Broccoli

People with type A blood have a less hardy digestive system, and don't process meat well. They do best with vegetables and fruits as well as whole grains, tofu, and legumes. Animal protein and dairy products tend to rot and ferment in their digestive tracts and the toxic bacteria backs up into their tissues and muscles, causing digestive distress. Type A's have less hydrochloric acid in their stomachs which is why they do not properly absorb Vitamin B12 which is found in red meat, although B12 is also found in vegetable protein foods such as Spirulina, soy, and seaweed.

The best exercise is not a vigorous workout, but rather calming, centering exercises like Tai Chi, Hatha Yoga and golfing. Type A's should avoid meat, dairy, sugar, white and whole wheat flour, corn oil, cottonseed oil, peanut, safflower and sesame oil, brazil nuts, cashews, pistachios, garbanzo, kidney, lima, navy, red beans, tamarind beans, cereals, pasta, cabbage, eggplant, lima beans, mushroom, olives, peppers, potatoes, tomatoes, yams, bananas, coconuts, mangoes, melon, oranges, papayas, plantains, rhubarb, tangerines, gelatin, pepper, vinegar, wintergreen, ketchup, mayonnaise, pickles, pickle relish, Worcestershire sauce, beer, distilled liquor, seltzer water, all sodas, and black tea.

The best Type A foods are berries, figs, plums, avocado, pears, peaches, broccoli, carrots, collard greens, kale, spinach, garlic, soy products, pineapple, and only moderate amounts of fish and poultry. Type A folks do really well digesting grains and beans such as green beans, black beans, black-eyed peas, lentils, and soy. Snack on nuts and seeds.

Great type A recipes are:

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1. 3 cups Pineapple
1 Pear
2 leaves Kale
2. 5 Carrots
2 spears Broccoli
1" Ginger

People with blood type B have very tolerant digestive systems. They do well with meat, plant, and dairy foods with only a few exceptions. D'Adamo highly suggests that type B's eat turkey rather than chicken because the latter has a protein that directly interferes with type B metabolism. They should avoid corn, buckwheat, lentils, peanuts, and sesame seeds, as these foods will tend to make them gain weight. Just like the Type O's, Type B's tend to have a problem with wheat products and nuts.

Foods that are particularly good for B's besides red meat and turkey are liver, eggs, seafood, especially deep ocean fish such as cod and salmon, flounder, halibut, sole, licorice tea, soy products, olive and flaxseed oil, oatmeal and puffed rice. Foods to avoid are corn, lentils, black-eyed peas, garbanzo beans, peanuts, sesame seeds, buckwheat, wheat, shellfish, tomatoes, tofu, artichokes, avocados, olives, pumpkin, radishes, tempeh, oil of canola, corn, cottonseed, peanut, safflower, sesame and sunflower, coconuts, persimmons, pomegranates, prickly pears, rhubarb, starfruit, allspice, almond extract, barley malt, cinnamon, cornstarch, corn syrup, plain gelatin, black and white pepper, tapioca, ketchup, hard distilled liquor, seltzer water, all sodas, amaranth, barley, cornflakes, cornmeal, cream of wheat, kamut, kasha, rye, seven-grain, shredded wheat, wheat bran, and wheat germ.

Great type B juices include leafy greens, beets, carrots, sweet potatoes, peppers, eggplant, bananas, cranberries, grapes, plums, watermelon, papaya, and pineapple.

1. ¼ Watermelon, without rind
10 Grapes, seeds and all
4 leaves Mint

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2. 5 Carrots
½ Red Pepper
1 spear Broccoli
1" Ginger

And finally the rarest blood type is AB which has only been around for the relatively short period of 1000 years. AB blood is a result of the intermingling of disparate groups. AB's combine the best and the worst of A's and B's - most foods that are bad for A's and B's, are also bad for AB's, with the exception of tomatoes.

Like Type A, AB's produce less hydrochloric stomach acid and thus do not do well with a lot of animal protein, yet some is essential. Therefore, portion size is important, and with less frequency. Be sure to take bromelain, a digestive enzyme derived from pineapple, to assist with the digestion of your animal protein meals.

The best meats for you are lamb, mutton, rabbit and turkey. Also, avoid smoked and cured meats. Foods to avoid are red meat, kidney and lima beans, seeds, corn, buckwheat, wheat, chicken, cornish hen, duck, goose, ham, heart, partridge, pork, veal, venison, quail, anchovies, barracuda, beluga, bluegill bass, clams, conch, crab, crayfish, eel, flounder, frog, haddock, halibut, herring (pickled), lobster, lox (smoked salmon), octopus, oysters, sea bass, shrimp, sole, striped bass, turtle, yellowtail, cheese, ice cream, sherbet, whole milk, corn oil, cottonseed oil, safflower, sesame, and sunflower oil, filberts, poppy seeds, pumpkin seeds, sesame butter (tahini), sesame seeds, sunflower butter, sunflower seeds, adzuki, black beans, fava beans, garbanzo, kidney, and lima beans, black-eyed peas, cornflakes, cornmeal, kamut, kasha, corn muffins, buckwheat kasha, barley flour; artichoke pasta, soba (buckwheat) noodles, artichoke (domestic & Jerusalem), avocado, white & yellow corn, black olives, peppers, radishes, bean & radish sprouts, bananas, coconuts, guava, mangoes, oranges, persimmons, pomegranates, prickly pears, rhubarb, and starfruit.

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The best AB foods are tofu, seafood, dairy, green vegetables, spirulina, sea kelp, and pineapple. Great AB juice recipes are:

1. 4 cups Pineapple
½ tsp Spirulina
Handful of Mint
2. 5 Carrots
1 Beet
1" Wheatgrass
4 leaves Mint

Chapter 12: Juicing For Your Children

If we really want the best of health for our children then juicing must be a part of their lives! A cup a day of fresh juiced fruit and/or vegetables delivers all kinds of nutrients for optimal health, but also to provide a much needed alternative to sugary drinks.

We as parents can no longer ignore the problems associated with giving our children so many sugary sodas and drinks. Hyperactivity, tooth decay, and obesity are just a few of the terrible results.

Here is the most important point about fresh juice in terms of health: fresh juiced fruits and vegetables will give your child nutrients found nowhere else - not in any bottled juice, even the best organic brands, and not in any cooked food, even your best homemade recipe, and not in any vitamin or mineral supplement, even the all-natural brands! Surprising but true.

Ultimate Juicing Recipes & Tips

Fresh produce of any kind is packed with nutrients, but the special nutrients found nowhere else are *enzymes* and *phytochemicals*, plus a third nutritional benefit found in nothing but fresh food, *nutritional synergy*.

Enzymes are responsible for all the proper functioning of every organ in the body. We need enzymes not only to eat and digest food, but also to see, hear, smell, taste, breathe, move, and think. Enzymes are critical. And only raw food contains them.

Phytochemicals are only found in plants. They are nutrients that we don't need to survive, but they turn out to have other benefits such as protection from disease. There are hundreds of phytochemicals in every plant, and we are just now beginning to identify them. You can buy a pill form of several known phytochemicals, but to get the hundreds more we haven't discovered yet, the only place you'll find them is in fresh fruits and veggies.

Nutritional Synergy is an astonishing property of certain nutrients which when mixed together do even more healthy things than when they are ingested alone. This happens when you take vitamin C and E together, or beta-carotene and zinc. There are dozens of examples of this phenomenon. Synergy suggests that if you eat or drink the whole fruit, numerous synergies are occurring that we have yet to uncover, and all of them are good for our health.

The trick is to first give your child the tastiest of fresh juiced fruit or vegetables. Nothing fancy! Just a cup of fresh carrot juice and peel the skin for the sweetest juice. Another favorite is fresh juiced grapes, or watermelon, or oranges, or cherries. Purchase organic brands in your local food store. They cost a bit more but they insure that the produce is free of pesticides and inorganic fertilizers.

Just one glass (1-2 cups) of fresh juice provides your child with the recommended 3-5 servings of fruits and vegetables per day depending on age. With fresh juice you can finally stop worrying about your child eating enough fruits and vegetables. You can also stop worrying about whether your child is getting enough vitamins and minerals and other important nutrients.

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Fresh juice also boosts a child's immune system by as much as 70%. That means fewer illnesses, and no need for expensive vitamin and mineral supplements. Recent research indicates that when a child's diet is fortified with vitamins and minerals, their IQ increases.

And did you know that when your child eats a whole piece of raw carrot, they absorb about 1% of the available beta-carotene, but when your child *drinks* a fresh juiced carrot, they get 100% of the beta-carotene!

Chapter 13: Juicing For Better Sexual Drive & Performance!

Certain foods contain nutrients that enhance male and female libido. This is particularly important in our era of male and female Viagra and other medications for sexual dysfunction. These prescriptions are quick, short-term fixes, but don't get to the root of the problem, and they come at a cost - not only are they expensive, but they result in a growing list of serious side effects including memory loss, hearing impairment, and vision loss!

So forget the pills and start juicing for a healthy and natural boost to your sex life! Here's a review of the foods that contain the highest concentration of sexually stimulating nutrients for men and women as well as what foods to stay away from!

Enhancing Male Libido

Here are the fruits and vegetables that target male libido:

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Watermelon - high in citruline which stimulates nitric oxide production which increases blood flow which enhances male sexual performance.

Blueberries - very high in antioxidants which clean the blood of free radicals and stimulate the production of nitric oxide.

Cherries - high in flavonoids which cleanse free radicals from arteries which in turn relax them and improve blood flow which is key to male sexual performance.

Ginger - only 1 teaspoon a couple times a week reaps huge benefits for reducing free radicals in the blood, decreasing inflammation, relaxing arteries, and improving blood flow.

Bananas - the high potassium content relaxes blood vessel walls and increases blood flow. They also counteract the ill effects on the libido of a high sodium diet. Remember not to put bananas in your juicer or you'll clog it - blend it and then add to your juiced mix.

Any combination of these makes a great sexual stimulant a couple hours before sex. Try a glass daily to raise your testosterone level if you notice unusual fatigue or diminishing sexual performance. Try this recipe:

1. ¼ Watermelon - with seeds but without the rind
 10 Cherries - without pits
 Thumb of fresh Ginger - with the skin
2. 1 Banana – place it in blender, not juicer, and then mix with rest
 of juiced ingredients
 1 pint Blueberries

Add 1 or more of these foods to your fresh juice for added benefits:

Black tea - increases testosterone and used by Chinese medicine for centuries as a cure for erectile dysfunction.

Whole milk - promotes testosterone production.

Olive oil - stimulates testosterone production.

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Flaxseed oil - full of omega-3 which among other things stimulates nitric oxide.

Nutmeg - contains a very high amount of myristic which stimulates the production of nitric oxide. A study in BMC Complimentary and Alternative Medicine, found that nutmeg is a bona fide aphrodisiac, increasing libido and erectile function.

Garlic - increases nitric oxide production - just a little bit will do!

Walnuts - highest concentration of L-arginine, an amino acid and building block of nitric oxide. For best results a cup a day is suggested.

Pistachios - a handful a day increases nitric oxide production due to the high content of arginine.

Almonds - a small handful a couple times a week is all you need to enhance nitric oxide production due to the high concentration of vitamin E, according to the British Journal of Urology International.

Enhancing Female Libido

These fruits and veggies stimulate the sexual drive and response for women.

Celery - contains androsterone, a hormone that stimulates the sex drive for women.

Carrots - high in vitamin A which stimulates the epithelial tissue throughout the body.

Dark green veggies - high in zinc which increases libido.

Pineapple - high in manganese which is central for production of vitrogen, a hormone that is key to female sexual response.

Avocado - high concentration of folic acid which increases energy, drive, and stamina - note: place avocado (and banana) in a blender, not your juicer or it will clog the appliance.

Ultimate Juicing Recipes & Tips

Bananas - the high concentration of potassium and vitamin B boosts energy, and it's high in bromelain enzymes which boost the sex drive.

Try this classic juice recipe a couple of hours before sex:

1. 6 Carrots - only half peeled
2 Celery stalks
1 cup Pineapple - without skin
2. 1 Banana
½ Avocado – blend the Avocado and Banana, then mix with the rest of your juiced ingredients
1” Wheatgrass
1 cup Pineapple

Add these foods to your juice for added sexual stimulation:

Dark chocolate - studies show that it contains phenylethylamine which stimulates the sex drive. It also improves blood vessel dilation by 10%.

Clove - studies show that this is actually one of the very few true female aphrodisiacs, naturally increasing desire and performance.

Figs - long used as an aphrodisiac in the Middle East, figs contain high concentrations of amino acids that increase female libido and stamina.

Eggs - one a day keeps the stress away! High in B vitamins, eggs are a great natural way to reduce stress in men and women which is the #1 cause of low libido.

Ginseng - long used in Chinese medicine to increase female libido.

Foods That Decrease Libido in Men and Women

Avoid the following if you want a healthy sex life!

Sugar - decreases the male sexual drive by effecting testosterone levels - a sugar spike can reduce testosterone by 25%.

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Trans fats - destroy cardiovascular health and sexual function in men and women.

Canned foods - inside almost every can is a liner of BPA. Men exposed to high levels of this have 4 times more reports of erectile dysfunction.

Soy - estrogen-like properties in soy decrease male sexual drive by decreasing testosterone.

Salt - high levels create male erectile dysfunction that can't even be treated with ED medication!

Alcohol - a glass or two reduces stress and inhibition which in turn stimulates sexual feelings, but more than that actually kills sexual performance in both men and women.

Chapter 14: Juice Benefits & Recipes For Selected Fruits & Vegetables

Check my website regularly for updated nutritional information about each of the following special fruits and vegetables. Each description contains nutrient benefits based upon the latest research. This research is constantly revealing more nutrient benefits in natural foods.

Aloe Vera

Nutritional highlights: fights a remarkable number of diseases. Particularly beneficial for the skin.

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A few tips. Try growing a plant in your home and snip off a ½ inch to throw into your juicer much like adding fresh ginger or parsley to your juice. Use only the mature aloe plant when it's entirely green without any white spots. You can also just add a little store-bought juice or gel if you do not have a plant.

Throughout the ages, Aloe Vera has been known for a surprising array of uses, including curative powers. It is most popular today as an ingredient in many skin products for the effective relief of skin irritation, minor burns, and sunburn.

Recent nutritional research reveals that aloe has many more health benefits. It is one of the richest sources of nearly *all* the 'building blocks' necessary for physical health. It's abundant in essential vitamins, minerals, enzymes, amino acids, phytonutrients, simple and complex sugars, fatty acids, and compounds which all assist in enhancing our body's well-being and fighting a remarkable number of diseases. Aloe Vera is now cited as one of the few known plants whose juice is nutritionally all-encompassing. Let's review the fascinating nutritional benefits of aloe vera juice

Vitamins: Aloe contains an immense number of vitamins, especially A, C, E, B1, B2, B3, B5, B6, B-9, and B12. Aloe is the only plant resource of B-12 presently known. Vitamin A aids in healthy vision and bones, and like vitamin E, acts as a powerful antioxidant. The body's nervous system is especially assisted by B1, B2, and B6. Cell production relies in part on B12.

Minerals: Aloe is rich in several minerals rarely found together in one substance.

- Potassium: necessary for the balance of fluids in our bodies;
- Calcium, required for both heart health and the density and strength of our bones and teeth;
- Iron: essential for both the development of red blood cells and carrying oxygen throughout our blood stream;
- Zinc: supports the immune system, aids digestion, improves skin, teeth, and bones, and assists in mending wounds;

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- Copper: like iron, assists in the production of red blood cells, as well as healthy skin.
- Chromium: essential in the metabolism of protein and maintaining healthy levels of blood sugar;
- Magnesium: aids in muscle, teeth, and bone health;
- Selenium: aids in brain function and fights fatigue;
- Sodium: necessary to avoid heat stroke and also needed for healthy muscles and nerves;
- Manganese: promotes metabolism, inhibits osteoporosis, stimulates the reproductive system, and is an anti-inflammatory;
- Choline: not technically considered a vitamin or mineral, choline is essential for a healthy brain.

Amino Acids: The abundance of amino acids in aloe is especially unique. Of the twenty-two amino acids our bodies require, aloe contains twenty. Seven of the eight ‘essential’ amino acids in aloe can only be manufactured from the foods we eat. Others also found in aloe play roles in our health and wellness when taken together with other nutrients found in aloe.

Enzymes: The list of enzymes in aloe is equally long and impressive. Each is remarkable for their myriad of health benefits. Enzymes are required for protein development, assisting the digestive system in breaking down fats, helping to carry energy to our cells, and increasing the body’s absorption of oxygen. They act as an anti-bacterial, strengthening the immune system, and inhibiting the buildup of excess water. Other important benefits include maintaining healthy tissue throughout the body, especially in our bones, intestines, liver, kidneys and placenta; promoting the digestion of foods; pain relief, wound healing, and reducing inflammation.

Natural Sugars: Aloe is remarkable for its natural sugars, including mono- and polysaccharides. Energy is delivered through the action of monosaccharides. Polysaccharides provide bone strength, assist digestion, and support healthy levels of cholesterol. Further,

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polysaccharides boost liver function, help support the immune system, and avert certain diseases in the intestinal system.

Anthraquinones: These have a laxative effect and prevent disease. They assist the body in utilizing the nutrients from the foods we eat. They also have a pain-relieving effect, as well as being antivirals and antibacterials. When ingested in even small quantities, anthraquinones cleanse the colon and are now being used to treat a number of intestinal diseases, including irritable bowel syndrome and colitis.

Sterols: They significantly reduce cholesterol, thus lowering the risk of heart disease. More exciting is recent research demonstrating the ability of phyto-sterols to reduce the risk of breast, lung, ovarian and stomach cancers, through their capacity to protect the body from developing cancerous cells.

Yet another therapeutic property emerging regarding phyto-sterols is their ability to lower ‘oxidative stress,’ a participating property of a significant number of diseases, including the following: Alzheimer’s, bipolar disorder, chronic fatigue, heart attack and heart failure, Parkinson’s, and schizophrenia. Phyto-sterols may also significantly reduce aging, as well as support the immune system.

Salicylic Acid: Finally, aloe contains the main component of aspirin: salicylic acid, which assists the body in fighting bacteria and combating inflammation.

Important Note: Too much of anything is usually not good. This is true of Aloe Vera. It should be ingested in very small amounts, and not habitually, as the side effect of diarrhea will occur. These recipes are inspired by Anne White-Stalham and her wonderful Aloe Vera Guide at <http://www.aloe-vera-guide.com>.

Aloe Pineapple Coconut

½ Coconut – without skin

3 cups Pineapple – without skin

½” Aloe stem or 1 tsp Aloe juice or gel

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Aloe Mango Orange

2 Mangoes – with skin, no seed

½ Orange – without rind

½” Aloe stem or 1 tsp Aloe juice or gel

Aloe Celery Beet

3 stalks Celery

2 Beets – skin and all

½ Lemon – without rind

½” Aloe stem or 1 tsp Aloe juice or gel

Apple

Nutritional highlights: You’ve heard the old adage, “An apple a day keeps the doctor away.” With all the benefits that nutritional science is finding in the apple, this old adage is true!

Try these fabulous fresh apple juice recipes. With no saturated fats and cholesterol, but abundant in dietary fiber, apples are low in calories and have a remarkable list of nutrients essential for growth and nutritional well-being. They’re rich in antioxidant phyto-nutrients, flavonoids, polyphenols, and tartaric acid. They’re high in C and B-complex vitamins, and trace minerals.

Vitamin C helps fight infection and remove harmful, pro-inflammatory free radicals. B-complex vitamins assist the body’s absorption of enzymes. Potassium helps counter the injurious effects of sodium, lowering blood pressure and heart rate. The fiber in apples helps prevent absorption of bad (LDL) cholesterol, as well as protecting the colon from cancer-causing toxins.

Apple Ginger Juice

3 Green Apples – core, skin, seeds and all!

1/2 Cucumber – with the skin

1/2” Ginger

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Big Green Apple Juice!

4 Apples – the whole Apple!

Handful fresh Parsley

1 spear Broccoli

1/8 tsp Spirulina

Beet

Nutritional highlights: Blood purifier. Wake Forest researchers have shown for the first time that drinking beet juice can increase blood flow to the brain in older adults.

Beetroot or beets are low in fat and high in fiber. They are rich in phytochemicals, minerals, antioxidants, and vitamins B and C.

Vitamin C fights aging and protects the body from cancers by assisting in the removal of free radicals. Rich in iron, magnesium, manganese, and potassium which supports heart health. The phytochemical glycine-betaine is abundant in beets. This compound diminishes homocysteine in the blood. Homocysteine damages blood vessels by increasing the potential for blood clots, as well as augmenting the creation of plaque, thus increasing heart and cardiovascular diseases, and stroke.

Here are two popular juice recipes for fresh beets.

Beet Ginger Juice

4 Beets – no need to peel – the skin of most veggies is nutrient rich but bitter

4 Carrots – with the peel

2 leaves from your Beets or 2 leaves Kale – greens are “superfoods”!

1/2” Ginger

Beet Apple Mint Juice

3 Beets – skin and all!

2 Apples – skin, seeds, core and all!

5 fresh Mint leaves

Blackberry

Nutritional highlights: natural PMS relief. Research shows that the ellagic acid in blackberries may have anti-cancer properties.

Blackberries are rich in fiber, low in calories, and abundant in nutrients. They are rich in vitamins A, B-complex, C, E, and K.

Vitamin C helps remove free radicals, fights infection, and reduces inflammation. Flavonoid phyto-chemicals including B-carotenes, lutein, and zeaxanthin are powerful anti-oxidants. Other phyto-chemical compounds termed ‘phenolic flavonoids,’ also antioxidants, include anthocyanins, cyanidins, salicylic acid, quercetin, tannin, gallic acid, catchins, pelargonidins and kaempferol.

These all help to fight inflammation, cancer, neurological disease and aging. The minerals copper, potassium magnesium, and manganese are also present in abundance. Red and white blood cells depend upon copper for their formation, and support healthy bone development and protection. Potassium maintains a healthy heart by removing salt from the body. Blackberries also contain a healthful quantity of folic acid, niacin, riboflavin, pantothenic acid and pyridoxine which work to synthesize fats, carbohydrates and proteins.

A fruit fiber sugar replacement, Xylitol, is also found in blackberries. Xylitol does not increase high blood sugar and is more gradually metabolized in the body.

Blackberry Apple Juice

1 pint Blackberries
2 Apples – core, skin and all!
1/2 Cucumber – with skin

Blackberry Kiwi Juice

1 pint Blackberries
2 Kiwi – without the skin
1" Wheatgrass
1/2" Ginger

Blueberry

Nutritional highlights: packed with anti-aging antioxidants. Organic blueberries have more antioxidants. There is exciting new evidence that blueberries improve memory.

This small berry is rich in fiber, low in calories, and high in vitamins, minerals, antioxidants, flavonoids and phytochemicals. The deep blue color of the skin is an exceptional source of antioxidants including lutein, carotene, and zeaxanthin. Blueberries are a great source of vitamin B-6, folic acid, pantothenic acid, niacin, and riboflavin, which together assist the body in processing fats, proteins, and carbohydrates.

Other unusual antioxidants in blueberries are derived from anthocyanid compounds including myricetin, quercetin, tannins, kaempferol, and chlorogenic acid. Chlorogenic acid in particular assists the body in removing harmful free radicals causing certain diseases, and may play a role in lowering sugar levels and thus controlling diabetes. Rich in iron, copper, potassium, zinc, and manganese which defend the body from aging, infections, cancers, and degenerative diseases. The heart-healthy mineral potassium contributes to lowering blood pressure. Red blood cells rely on iron and copper for their production.

Try these wonderful juice recipes using fresh blueberries.

Blueberry Apple Spice

1 pint fresh Blueberries
1 Red Apple – core, skin, and all!
½” Ginger

Blueberry Cucumber Juice

1 pint Blueberries
1/2 Cucumber with the skin
1” Wheatgrass

Butternut Squash

Nutritional highlights: reduces skin wrinkles. Recent research shows potent properties for fighting colon cancer.

Butternut squash contains no cholesterol or saturated fats. Low in sodium and calories, abundant in antioxidants and vitamins, it is an exceptional source of protein, healthy carbohydrates, natural fiber, and nutritional fatty acids.

Let's explore the vitamin content. Butternut is one of the richest sources of vitamin A which is important for healthy vision, lowers appetite, fights bacterial growth, inhibits viruses, decreases the risk of cancer, and protects against stroke. Vitamin C boosts the immune system, promotes the healing of wounds, and lowers 'bad' cholesterol.

Butternut is also rich in B vitamins (1, 2, 3, 5, 6. And 9) which strengthen the heart, assist in digestion and muscle development, manufacture energy, lower 'bad cholesterol' and raise 'good cholesterol', reduce the risk of heart attack and hardening of arteries, produce hormones linked to lowering stress, increasing sexual performance, and prevent skin and nerve damage. B9 (folic acid) in particular lowers the risk of birth defects during pregnancy, protects against certain types of anemia, and in recent studies may also decrease the development of cancer.

Butternut is a rich source of antioxidants. Cryptoxanthin is a particularly potent anti-oxidant, defending against certain cancers, stroke, and heart attack. It assists in reducing 'bad cholesterol' and supports healthy vision. Zeaxanthin defends our eyes from cancer causing UV rays. Finally, butternut contains another antioxidant, Lutein, which augments vision and in combination with zeaxanthin defend against macular degeneration. Recent research suggests that lutein defends against the development of colon cancer.

Minerals in butternut include potassium which helps to maintain a healthy heart by sustaining a strong heart rhythm and blood pressure. Iron is essential for the production of red blood cells, prevents anemia, defends against skin damage, and helps to fend off the aging process.

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Calcium maintains strong bones and teeth. Phosphorus has a crucial role in helping the body store energy and heal damaged tissue and cells, and in combination with the B-vitamins boosts the healthy function of the heart, kidney, and nervous system. Butternut also contains high levels of zinc, magnesium, copper, and manganese. These minerals play a host of important functions including fighting harmful free radicals and improving our vision and skin.

Try my favorite recipes:

Butternut Squash Apple Spice

2 cups Butternut Squash – cubed with skin
1 Apple – skin, seeds, and all!
2 stems of Kale
1 stalk Celery
Cinnamon to taste

Butternut Squash Pear Juice

2 cups Butternut Squash – cubed and with skin
1 Pear – skin, seeds and all!
1 thumb Ginger

Cabbage

Nutritional highlights: Strong anti-cancer and cholesterol lowering properties.

Cabbage is exceptionally low in calories and fat, and packed with nutritional benefits. It is abundant in vitamins B-1, B-5, B-6, C, and K. Cabbage is also high in potassium, iron, magnesium, manganese, and phytochemicals.

Vitamin C is an important antioxidant which acts to remove free radicals from the body which cause inflammation, and assists in fighting infection. Vitamin K helps to build strong bones which combat osteoporosis. It is used in Alzheimer's sufferers to reduce neuron damage in the brain.

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Phytochemicals such as lutein, zeaxanthin, sulforaphane, isothiocyanates, thiocyanates, and indole-3-carbinol lower bad cholesterol (LDL) and defend the body against colon, prostate, and breast cancer. Manganese along with other minerals works as an antioxidant. Red blood cells require iron for healthy function. And potassium supports a healthy heart by regulating blood pressure.

Try these great tasting recipes for juicing fresh cabbage.

Cabbage Carrot Juice

6 Carrots – with the peel
8 leaves of Cabbage
½” fresh Ginger

Cabbage Cherry Juice

25 Cherries – without the pits
8 leaves Cabbage
1” Wheatgrass

Carrot

Nutritional highlights: Strengthens eyes and skin. The key ingredient in Dr. Gerson’s anti-cancer juicing protocol used by hundreds of patients for decades.

Though sweet, carrots contain a negligible amount of fat and no cholesterol. They’re especially rich in vitamins and body-soluble fiber. Beta-carotenes convert in the liver to vitamin A and compounds protecting the body from skin, lung, and oral cancers. Carrots are rich in vitamin C and antioxidants that help destroy precancerous cells, and promote healthy skin, teeth, and gums. Carrots also fight the effects of aging.

Carrots provide the B-complex vitamins folic acid, vitamin B-6, thiamin, and pantothenic acid. Potassium fights sodium, assisting in lowering heart rate and blood pressure. The presence of manganese is also a ‘superoxide’ anti-oxidant enzyme which further fights the aging process.

Try these outstandingly tasty recipes for juicing fresh organic carrots.

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Carrot Ginger Juice

6 Carrots – with peel – the peel is so nutrient rich but a bit bitter!

4 Leaves lettuce – all greens are “superfoods”!

½” Ginger

Carrot Apple Juice

6 Carrots – with peel

1 Beet – with skin

1 Apple – seed, core, skin and all

Handful of fresh parsley

Celery

Nutritional highlights: lowers blood pressure and contains 8 anti-cancer compounds.

Celery leaves are high in vitamin A. The stalks are rich in vitamins B1, B2, B6 and C, potassium, folic acid, calcium, magnesium, iron, phosphorus, sodium and amino acids. Celery fiber aids in bowel movements, and the natural salt in celery is safe for consumption, even by individuals who are salt-sensitive due to high blood pressure.

Nutritional research indicates that celery is effective in reducing high blood pressure and in combating cancer. It contains at least eight families of anti-cancer compounds including *acetylenics* which stop the growth of tumor cells, *phenolic acids* which block the action of *prostaglandins* that encourage the growth of tumor cells, and *coumarins* which prevent free radicals from damaging cells and stops the formation of colon and stomach cancers.

Celery’s natural laxative effects relieve constipation. Potassium and sodium in celery helps to regulate body fluid and stimulate urine production, making it an important aid in relieving the body of excess fluid. *Polyacetylene* in celery relieves inflammation in rheumatoid arthritis, osteoarthritis, gout, asthma, and bronchitis. Celery promotes healthy and normal kidney function by aiding in the elimination of toxins and the prevention of kidney stones.

Drinking celery juice every day for a week lowers blood pressure, relaxes the muscle around arteries, dilates the vessels, and allows

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blood to flow normally. For the best effect, drink the juice for one week, stop for three weeks, and start over.

Alkaline minerals in celery juice calm the nervous system, making it a wonderful drink for insomniacs. Celery also curbs cravings for sweets and rich food making it a tremendous help in any dieting effort.

One caution is that celery produces its own “pesticide” to protect itself from fungi. This protective layer is called *psoralens* which causes skin problems for some individuals.

Try these tasty celery juice recipes!

Celery Tomato Juice

10 stalks Celery
2 Tomatoes – skin and all!
Handful of Watercress
Fresh Pepper to taste

Celery Apple Juice

5 stalks Celery
2 Apples – core, seeds, skin and all!
2 leaves Kale

Cherry

Nutritional highlights: anti-inflammatory and reduces pain from gout and arthritis.

Try these great juice recipes for fresh cherries. Both sweet and tart cherries are a rich source of vitamins and minerals that help the body fight disease and stress. Special nutrients in tart cherries have been shown to prevent pre-diabetes, neurological disease, cancers, and aging. Cherries are an excellent source of copper, iron, manganese, potassium and zinc, which are all key components of heart health.

Anti-oxidants beta-carotene, lutein, and zeaxanthin fight aging and certain cancers. Yet another anti-oxidant, melatonin, especially concentrated in cherries, diminishes stress, headaches, and insomnia.

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While low in calories, cherries are exceptionally high in polyphenolic flavonoid compounds termed ‘anthocyanin glycosides.’ These compounds are concentrated in the fruit skin, and act as strong anti-oxidants, helping remove harmful free radicals which cause aging. By blocking certain enzymes (cyclooxygenase-1 and 2), this anthocyanin has exceptional anti-inflammatory qualities which are believed to help relieve painful chronic diseases such as arthritis, fibromyalgia, and gout.

Cherry Julip

25 Cherries – keep the skin but not the pits
1/2 Cucumber, peeled
4 leaves Mint

Cherry Apple Juice

10 Cherries – without pits
2 Apples – seeds, core, skin and all!
2 spears Broccoli

Coconut

Nutritional highlights: a cure-all! Especially effective for the treatment of skin diseases and skin aging. Effective in reducing BPH.

Coconut water is becoming quite popular. Not to be confused with coconut milk which is derived from juicing coconut meat, coconut water is also jam packed with nutrients and nutritional benefits.

Recent research indicates that this clear liquid has significant anti-cancer and anti-aging properties. It is abundant in vitamins, minerals, amino acids, simple sugars, enzymes, and phytochemicals including cytokine (a protein which reduces inflammation), plant hormones, healthful fatty acids, and electrolytes.

Coconut water is rich in essential B complex vitamins, including folic acid, niacin, riboflavin, thiamin and pyroxidine. Coconut water is also rich in vitamin C and minerals such as iron, zinc, calcium, magnesium and manganese. Iron is necessary for healthy blood oxygenation. Zinc is an essential element which assists in maintaining a vigorous immune system. We require calcium for strong bones. Magnesium is

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crucial for sustaining normal muscle and nerve function, a healthy heart, a well-functioning immune system, normal blood sugar levels, and strong bones. Manganese assists the body's utilization of critical nutrients.

Coconut water is not only low in sodium, it is rich in potassium, which assists the body in replacing electrolytes necessary for rehydration. It is also abundant in enzymes, key in reinforcing healthy metabolism and digestion.

Interesting Fact: Coconut is a key ingredient in Napalm, a nasty sticky flammable substance used as a weapon in WW II and Vietnam. Napalm is actually edible when in a powder form. After WW II my inventor grandfather, Gil Haller, discovered a way to turn napalm into a cosmetic base. He acquired most of the remaining world's supply of napalm and stored it in huge wooden bins in the backwoods of Lancaster, PA. While constructing a factory to manufacture his new invention, lightning struck one of the storage bins. The resulting fire was unable to be extinguished. It burned for months! After the fire the local health department insisted that the remaining supply be destroyed so my grandfather buried it. To this day, nearly 50 years later, you can still smell the sickly-sweet odor of powdered napalm as you drive a certain road in Lancaster over the long-buried remains!

Coconut Orange Banana

½ Coconut meat and all the coconut water

1 Orange – without the rind

½ Lime – without the rind

Juice these ingredients, then blend with 1 Banana & 1" fresh Vanilla

Coconut Pineapple

½ Coconut meat & water

½ whole Pineapple – without the skin

Coconut Melon

1/2 Coconut meat & water

1 Orange – without rind

3 cups Melon – remove skin

Cranberry

Nutritional highlights: natural treatment for urinary tract infections and kidney stones.

They are one of the most impressive sources of antioxidants, and are extremely low in calories. They fight bacteria throughout the body such as E-coli by lowering bacteria in the urinary tract.

Cranberries contain significant amounts of such vitamins as A, C and B complex. They're rich in flavonoid phyto-chemicals, and enriched with potassium and manganese. Cranberries assist the body in fighting urinary tract stones. Anti-bacterial action inhibits streptococcus and aids in fighting dental cavities and urinary tract infections.

The flavonoid pro-anthocyanins are another benefit which has been shown to fight aging, bacterial infection, diabetes, neurological disease, and cancer. Cranberries are rich in anti-oxidants cyanin, quercetin and peonidin, which assist in the prevention of heart disease by fighting the development of plaque. They also aid in augmenting good cholesterol, while removing 'bad' (LDL) cholesterol from the body.

Try these tasty juice recipes using cranberries.

Cranberry Apple Grape Juice

4 cups Cranberries
1 Apple – core, skin and all!
1 cup Grapes

Cranberry Carrot Juice

4 cups Cranberries
1 cup Butternut Squash – with skin and cubed
2 Carrots – peeled
½” Ginger

Cucumber

Nutritional highlights: Reduces swelling under the eyes. Great for the skin.

Here are popular juicing recipes for cucumbers. They are not only extremely low in calories, but also contain no saturated fats or cholesterol. The peel is high in fiber which relieves the body of harmful toxins and helps fight colon cancer. Cukes are also high in vitamins A, C, and K, a- and b-carotenes, and potassium.

Potassium combats weight gain and acts as a mild diuretic which helps lower blood pressure by eliminating salt from the body. Vitamins A and C are great antioxidants which remove harmful free radicals from the body. Vitamin K fights osteoporosis by strengthening bones. It also diminishes damage to the brain by reducing neuron injury and loss, and is thus used to treat Alzheimer's disease. A- and B-carotenes are strong antioxidants. Lutein and zeaxanthin, another group of antioxidants, remove free radicals and act as protect against disease and aging.

Cucumber Carrot Delight!

1 Cuke – skin and all!
2 stalks Celery
4 Carrots – without the peel

Cucumber Apple Spice!

2 Cukes – skin and all!
2 Apples – core, seeds and all!
½” Ginger

Ginger

Nutritional highlights: Proven treatment for motion sickness. Boosts immune system.

These are my absolute favorite recipes for juicing fresh ginger. Ginger contains no cholesterol and has almost no calories. In many cultures ginger is used to treat coughs, colds, and sore throats.

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I took a week-long sailing trip and being susceptible to motion sickness I consulted my doctor for a prescription so as not to spoil the trip for myself or my companions. Instead of some pharmaceutical drug my doctor prescribed ginger in capsule form saying it has been scientifically proven to work better than our best drugs for preventing sea sickness. And I'm thrilled to report that it really worked!

Ginger also prevents inflammation, soothes the linings of the stomach and intestines, and relieves gas. Fresh ginger contains anti-bacterials that boost the immune system. Ginger diminishes the symptoms of migraine headaches. Ginger is rich in B-5, B-6, potassium, copper, magnesium and manganese. Potassium supports a healthy heart and lowers blood pressure.

Gingerol, an essential oil in fresh ginger, relieves the pain associated with rheumatoid arthritis. Zingerone is known for its relief of pain, as well as fighting e-coli related diarrhea, particularly in children. Eaten regularly fresh ginger may also diminish the growth of cells which cause colorectal cancer.

Ginger Lemon Juice

1 Lemon – rind, seeds, and all!

3 cups Pineapple – remove the skin because most juicers cannot handle such coarse skin

1/2 Cucumber – unpeeled

1/2" Ginger

Ginger Apple Juice

4 Apples – skin, seeds, core and all!

1/2 Lemon – with rind

2" Ginger

Grapefruit

Nutritional highlights: treats insomnia, sore throat, diabetes, and fatigue. Lowers cholesterol and helps stop the spread of cancer cells in breast cancer treatment. Tremendous help in any weight loss effort.

Here are popular juicing recipes using fresh grapefruit. It is low in calories and high in fiber, vitamins A, B-complex, and C, flavonoids,

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minerals – including calcium, iron, phosphorus, and copper – and antioxidants. Fiber in grapefruit, in the form of pectin, defends the colon from cancer-causing substances and other toxins.

Vitamin A promotes healthy skin and mucus membranes. Vitamin A in combination with the flavonoids in grapefruit improves vision and defends the body from oral and lung cancers. Lycopene, an abundant flavonoid in grapefruit, is considered the most powerful antioxidant, and shields the skin from harmful UV rays, thus defending against aging and cancer. Lycopene also plays a role in reducing the incidence of prostate cancer.

B-complex nutrients are very high in grapefruit. Vitamin C is especially high and an exceptionally potent antioxidant which shields the body from infection, and helps remove free radicals. Vitamin C not only helps maintain healthy connective tissue and the healing of skin wounds, but also assists the body's absorption of iron which is necessary for the formation of red blood cells. Grapefruit is high in iron, calcium, copper, and phosphorus, but is exceptionally abundant in potassium which helps to control blood pressure.

Grapefruit Apple Spice

1 Grapefruit – remove rind
2 Apples – core, skin and all!
½" Ginger

Grapefruit Carrot Delight

1 Grapefruit – remove rind
2 Carrots with skin
1" Wheatgrass

Grape

Nutritional highlights: strong defense against heart disease and Alzheimer's. Reduces wrinkles and other effects of aging. The main ingredient in Dr. Budwig's juicing cancer treatment.

Try my favorite grape juice recipes. Grapes have no cholesterol and are low in calories. They are rich in essential nutrients which reduce

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the risk of viral and fungal infections, Alzheimer's disease, and high blood pressure.

Grapes are high in resveratrol which has been found to reduce the risk of heart disease and stroke. Some studies show surprisingly strong anti-aging factors, but more recent research is calling into question any anti-aging claims.

Grapes are high in vitamins C, A, K, thiamin, riboflavin and pyridoxine. They provide a rich source of the electrolyte potassium. Grapes are a good source of minerals iron, copper, and manganese. Antioxidant enzymes formed by the combination of copper and manganese assist in cleansing the body of unhealthy free radicals.

Green and white grapes contain the antioxidants 'catechins.' Like 'anthocyanins' in red grapes, these provide protection against many diseases.

Grape Wheatgrass Juice

1 quart container of Concord Grapes – any grapes will do but I love concord and they are known for anti-cancer properties. Put the whole bunch of Grapes in the juicer – stems, seeds, and all!

And this one is just so good with just grapes and nothing else, but I love adding 1" of wheatgrass.

Grape Apple Juice

1 bunch of Grapes – stems, seeds, and all!

1 Apple – core, seeds, and all!

½" Ginger

Green Tea

Nutritional highlights: one of the most powerful antioxidants on the planet and a natural source of fluoride.

Green tea is exceedingly rich in antioxidants as well as vitamins, folic acid, protein, fluoride, amino acids, and caffeine.

Antioxidants fight skin cancer, premature aging, and skin wrinkling by protecting the body from harmful UV rays. They fight free

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radicals, act as an anti-inflammatory, defend against colon cancer, detoxify the liver, reduce ‘bad’ cholesterol, and enhance heart health. Green tea increases metabolism thereby enhancing the body’s fat-burning process and greatly assisting with weight loss.

Vitamins in green tea include A, B, C, D, and K. Vitamin A lowers appetite, promotes healthy vision, fights bacterial growth, inhibits viruses; decreases the risk of many cancers, and protects against stroke. Vitamin B (5, 7, and 9) decreases cholesterol, muscle pain, and depression, defends against blood clotting, lowers the risk of birth defects during pregnancy, and protects against certain types of anemia. Vitamin C boosts the immune system, promotes the healing of wounds, and lowers ‘bad’ cholesterol. Vitamin K is essential for the health of the liver, brain, lungs, and heart. Vitamin D is essential for the body’s ability to absorb phosphorus and calcium. Recent research links vitamin D with the prevention of cancer and degenerative diseases such as Alzheimer’s.

The 8 essential amino acids are necessary for the body’s manufacture of protein for energy and muscle health. Protein is essential for healthy muscle, cartilage, hair, skin, and nails.

Dried green tea can be brewed and added to your fresh juice or it can be purchased at health food stores as a powder – just add a spoonful to your favorite juice. These are my favorite recipes adding powdered green tea:

Green Tea Pomegranate Spice

2 cups Pomegranate – seeds only
1 thumb Ginger
1 tablespoon Green Tea powder

Green Tea Orange Grape Juice

1 Orange – remove rind
2 cups Grapes – seeds and all! I prefer Concord Grapes
1 tablespoon Green Tea powder – BTW: this is quite a caffeine kick!

Jalapeno Pepper

Nutritional highlights: supports weight loss efforts and may also destroy cancer cells.

This is a wonderfully flavorful veggie that not only adds spice to foods, but also a myriad of nutrients. Low in calories, cholesterol, sodium and fats, they're abundant in powerful antioxidants, vitamins, minerals, fiber, amino acids, and protein. The phytochemical 'capsaicin' lends this vegetable its spicy heat, and coupled with antioxidants, assists in fighting cancer, and may even destroy certain cancer cells.

Jalapenos are a great dieting tool helping to lower appetite and enhancing the fat-burning process. Their heat also relieves congestion. Jalapenos also aid in maintaining healthy lungs and heart.

Jalapenos are rich in vitamins A, B-complex (1, 3, 5, 6, and 9), C, E, and K. These are powerful antioxidants, extremely important for healthy vision, fight bacterial growth, inhibit viruses, strengthens the immune system, and protect against stroke. They also assist in healing wounds, lower 'bad' cholesterol, fight aging, encourage healthy hair and skin, protect against nerve damage, assist in digestion and muscle development, strengthen the heart, lower 'bad cholesterol', produce hormones linked to lowering stress, and increasing sexual performance.

Minerals in jalapenos include calcium, copper, potassium, iron, zinc, magnesium, phosphorus, and manganese. These minerals are essential for maintaining strong bones teeth, muscles, and nerves. They also boost the immune system, keep our skin healthy, and strengthen our vision.

Protein & Amino Acids are all necessary for energy and muscle development. This vegetable source of protein is especially important for vegetarian diets.

The natural fiber in jalapenos is essential for healthy digestion, and helps with weight loss efforts by creating a feeling of 'fullness'.

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Ongoing studies indicate that jalapenos may prevent prostate cancer and actually destroy prostate cancer cells already present.

Try these recipes – this first one is my favorite juicing recipe of all time shared with me by Priscilla Kane Hellweg, a juicing expert and friend. Thank you Priscilla!

Jalapeno Apple Kale Juice

4 Apples – skin, seeds, and all!

5 leaves Kale

2 stalks Celery

1 Lemon or Lime – rind, seeds, and all!(or lime)

A chunk of Jalepeño – size to your taste!

Jalapeno Carrot Orange Juice

5 Carrots – don't peel them!

1 Beet – likewise leave the skin!

2 Oranges – without the rind (too bitter!)

Chunk of Ginger

Chunk of Jalapeno

Kale

Nutrient highlights: fights colon and prostate cancer, and helps with weight loss efforts.

This leafy green is abundantly rich in nutrients, extremely low in fat, and has no cholesterol. The unusually high content of vitamins, minerals, antioxidants, phytochemicals, and fiber in kale raises it above spinach and other vegetables as a nutrient powerhouse!

Kale is rich in vitamins A, B, C, E, and K. These fight cancer and protect against stroke. They assist in digestion and muscle development, strengthen the heart, manufacture energy, lower 'bad cholesterol' and increase 'good cholesterol', produce hormones linked to lowered stress, and increase sexual performance. Recent research suggest that vitamin E protects against Alzheimer's.

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Mineral abundant in kale are calcium, manganese, copper, phosphorus, potassium, iron, and manganese. These minerals maintain strong bones, teeth, muscles, skin, and nerves, boost the immune system, prevent anemia, and help fend off aging.

Kale is also rich in antioxidants and phytochemicals which protect against eye damage, defend against diseases such as macular degeneration, and protect the skin from UV rays. Recent research suggests lutein, which is abundant in kale, defends against colon cancer, and sulforaphane and indole-3-carbinol defend the body from certain cancers such as prostate and colon cancers.

Kale fiber reduces ‘bad’ cholesterol and stomach acid, reduces the risk of colon cancer, and contributes to weight loss by creating a sense of ‘fullness’.

Try these great kale juice recipes:

Kale Blueberry Grape Juice

3 cups Grapes – seeds and all!
1 cup Blueberries
3 stems Kale
½ Cucumber – with skin

Kale Carrot Ginger Juice

5 Carrots – skin and all!
3 stems Kale
½ thumb Ginger

Lemon

Nutritional highlights: great for weight loss, stress relief, digestion, and skin problems.

Here are popular juicing recipes using whole lemons. Low in calories, lemons have no saturated fats or cholesterol and are a valuable source of fiber. They’re especially rich in a variety of phytonutrients, vitamins, and minerals.

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The phytonutrients in lemon are powerful antioxidants, augmenting the immune system and lowering damage to DNA. They are also anti-inflammatories, and remove harmful free radicals. Potassium assists the body in controlling blood pressure. Lutein, beta cryptoxanthin, and zeaxanthin are excellent antioxidants.

Vitamin A promotes healthy skin, vision, and mucous membranes. This valuable source of B-complex vitamins fights oral and lung cancers. The ascorbic acid in lemons is not only a potent anti-oxidant, but also supports healthy digestion, prevents scurvy, and assists in dissolving kidney stones. It further works against infectious diseases and inflammation.

Spicy Lemon Apple Juice

1 Lemon – rind and all!
5 Apples – core, skin and all!
½” Ginger

Lemon Veggie Juice

1 Lemon – rind and all!
6 Carrots – peel and all!
1 stalk Celery
10 Grapes – seeds and all!

Lime

Nutritional highlights: aids in healing skin, improving digestion, and helping to lose weight.

Here are tasty lime juice recipes. Limes are very similar to lemons in nutritional content, with a few notable differences. Like lemons, they have no cholesterol, are high in fiber, and low in calories. Both are an excellent source of vitamins A and C, calcium, and phytochemicals.

However, limes have 4 times less vitamin C, while the opposite is true for vitamin A and calcium. They are a higher source of A, and contain nearly twice as much calcium as lemons, compared weight for weight.

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Lime Apple Ginger Juice

1 Lime – rind and all!
4 Apples – core, skin and all!
½” Ginger

Lime Cucumber Juice

1 Lime – rind and all!
2 Apples – core, skin and all!
1/2 Cuke – with skin
1 Celery stalk

Mango

Nutritional highlights: heightens male potency, reduces the effects of aging, improves skin, and reduces the risk of prostate, colon, and breast cancer.

Mangos, originally from the Himalayas of India, have been used medicinally for thousands of years throughout the East. Ranging in color from yellow to red, mangos are considered a ‘super food.’ They’re an exceptionally abundant source of vitamins, minerals, antioxidants, flavonoids, amino acids, enzymes, and dietary fiber.

The vitamins contained in mangos are A, B-3 and 6, C, E, and K. These provide powerful antioxidant important for healthy vision, lowering appetite, fighting bacterial growth, inhibiting viruses, and lowering the risk of cancer and stroke. These vitamins also lower ‘bad cholesterol’, produce hormones linked to lowering stress and increasing sexual performance, prevent skin and nerve damage, and may also inhibit Alzheimer’s.

Mangos are rich in the minerals iron, potassium, zinc, copper, manganese, and selenium. These are essential for a healthy immune system, the creation of cells which fend off aging, diminishing colds, healing wounds, metabolizing food, maintaining fertility in adults and healthy growth in children, and supporting healthy skin, hair, and eyes. Recent research indicates that selenium heightens male potency.

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Mangos are rich in antioxidants and ongoing research shows that antioxidants decrease the risk of skin cancers and fights aging and the wrinkling of skin by protecting against harm UV rays. Antioxidants also lower the risk of certain cancers, stroke, and heart disease, and provide significant benefits to those suffering from asthma, diabetes, herpes, polio, anxiety, depression, and Parkinson's disease.

The amino acids in mangos are quite powerful. Recent studies show that one particular amino acid in mango, 'lupeol', kills the growth of cells leading to cancer of the prostate and pancreas. Other amino acids in mango improve memory, and assist in lowering stress.

The natural fiber in mango aids in digestion, contributes to weight loss by creating a sense of 'fullness', and reduces the risk of colon cancer.

Mango Pineapple Safron

2 Mangos – skin and all!

1 cup Pineapple – remove skin

Pinch of Safron

Mango Orange Vanilla

2 Mangos – skin and all!

1 Orange – remove the rind

1 sprig of fresh Vanilla

Mangosteen

Nutritional highlights: highest concentration of antioxidants of any food.

Here are tasty mangosteen juice recipes. This fruit is not only low in calories and void of cholesterol and saturated fats, it contains the highest concentration of antioxidants of any natural food, which is why you'll find it in the best quality vitamins such as Vemma.

The wide array of essential nutrients in mangosteen including vitamin C, potassium, manganese, and magnesium. Vitamin C in mangosteen is an impressive anti-oxidant helping the body resist infections, reduce inflammation, and fight the effects of aging. Potassium protects

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against stroke and heart diseases, as well as controlling blood pressure.

High in the B-complex vitamins thiamin, niacin, and folates, mangosteen helps metabolize fats, proteins, and carbohydrates, and this along with mangosteen's high concentration of absorbable dietary fiber helps regulate weight.

Mangosteen Apple Juice

3 Mangosteens – rind and all!
2 Apples – core, seeds, skin and all!
1 stalk Celery

Mangosteen Carrot Juice

3 Mangosteens
4 Carrots
1/2" Ginger

Mint

Nutritional highlights: stimulates digestion, relieves morning sickness, and boosts immunity.

Try these popular and tasty mint juice recipes. A naturally occurring herb, mint has no cholesterol and is rich in anti-oxidants and dietary fiber. Mint is rich in vitamins A, B, C, and E. Mint is an excellent source of the blood clotting vitamin K. It provides calcium, iron, manganese, magnesium, and potassium.

Potassium assists in controlling blood pressure. The anti-oxidant minerals manganese and copper help cleanse the body and fight the aging process. Mint contains essential oils such as acetate, menthol, and menthone which act as relaxants in the intestinal walls and an anti-spasmodic to counter the effects of irritable bowel syndrome.

Mint Pineapple Juice

6 Cups pineapple – remove the coarse pineapple surface.
1/2 Cucumber – skin and all!
10 leaves fresh Mint – stems and all!

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Mint Apple & Green Tea Juice

4 Apples – seeds, skin and all!

2 leaves Kale

10 leaves fresh Mint

Sprinkle with Green Tea powder or leaves

Onion

Nutritional highlights: lowers blood pressure, inflammation, and cholesterol. A bona fide aphrodisiac. Recent studies have discovered anti cancer compounds, and when fed to rats, a huge increase in testosterone.

Close relative of garlic, onions have been grown and consumed the world over for millennia, from Asia and the Middle East to Europe and the Mediterranean. Also used in North America by Native Americans, the first colonists discovered wild onions growing nearly everywhere. Legend has it that the onion was the major source of nutrition for both Plato and his student Socrates. Some say Socrates only ate onions!

Onions are exceptionally low in calories, and contain little to no cholesterol, sodium and saturated fat. They're rich in vitamins A, B-9, and C, minerals, phytochemicals, and fiber.

Onions fight constipation, fend off the flu, fever, colds, and infection, boost circulation and prevent osteoporosis.

The vitamins are powerful antioxidants important for healthy vision. They help diminish appetite and thus are a great boon to weight loss efforts. These vitamins also inhibit viruses, lower bad cholesterol, protect against stroke, and diminish the risk of cancer.

The minerals in onions include calcium, phosphorus, magnesium, molybdenum, iron, manganese, and chromium. These minerals are essential for maintaining strong bones, teeth, muscles, heart, kidneys, and nerves. These minerals also sustain healthy blood pressure, fend off aging, and control sugar levels.

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Recent studies show that onions are rich in allicin which has anti-cancer properties and are important for diabetics because they reduce blood sugar levels. Other phytonutrients in onions have been shown to reduce cholesterol, lower blood pressure, decrease depression and anxiety, and protect the eyes and skin.

Carrot Apple Onion Juice

2 Carrots – skin and all!
2 Apples – skin, seeds, core and all!
1 Sweet Potato – with the skin!
Slice of Onion
1/2 thumb of Ginger

Beet Onion Green Juice - Thank You Cassendre Xavier!

2 Beets
2 Carrots
3 Collard greens
3 Red Cabbage leaves
Thick slice of Red Onion

Orange

Nutritional highlights: aids in weight loss by reducing fat deposits.

Try these great juicing recipes using oranges and vegetables. Oranges are low in calories, high in fiber, with no fats or cholesterol, and abundant in nutritional benefits. They are high in vitamins A, B-complex, and C, and the minerals calcium and potassium. Calcium is required for healthy bones and teeth. Potassium supports a healthy heart by aiding in the removal of salt. The phytochemicals hesperidin and narigenin are powerful antioxidants which remove harmful free radicals, support the immune system, and act as an anti-inflammatory.

Pectin, the form of fiber in oranges, works like a laxative by shielding the colon's membranes from contact with toxins and chemicals which cause colon cancer. Oranges help in weight loss by decreasing cholesterol levels. Vitamin A promotes healthy skin, mucus membranes, and vision. Flavonoids, found abundantly in oranges, assist the body in fighting oral and lung cancers. Vitamin C is a

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powerful antioxidant which boosts the body's ability to fight infection.

Orange Cucumber Apple Juice

2 Oranges – without rind
1/2 Cucumber with peel
1 Apple – core, skin and all!
1/2" Wheatgrass

Orange Carrot Juice

2 Oranges – without the rind
3 Carrots – with the peel
1" Ginger

Papaya

Nutritional highlights: anti-inflammatory, rich in anti-cancer compounds, and defends against the aging of the eyes and skin. Often used to treat upset stomach.

This tropical fruit is exceptionally abundant in antioxidants plus vitamins A, B (1, 2, 5, 6, and 9), C and E, and so many phytonutrients. Papaya is also rich in healthy, energy-creating natural sugars, fiber, and the minerals calcium, magnesium, and potassium.

Most importantly, papaya contains enzymes which help digestion by metabolizing an amazing amount of protein.

The vitamins improve vision, lower appetite, fight bacterial growth, diminish the risk of cancer, protect against stroke, creates energy, may treat migraines, and lowers the risk of birth defects. Recent studies suggest that B vitamins may fight cancer.

Papaya is rich in the antioxidant lycopene which studies indicate decrease the risk of a number of diseases including lung and prostate cancers.

Papaya is also particularly rich in certain flavanoids which improve vision, reduce the risk of skin aging, defends colon cancer, reduces

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‘bad cholesterol’, supports healthy vision, tissue, reproductive system.

Other nutritional benefits include protection from the development of emphysema and inflammation of the lungs, especially among smokers. Papaya assists in reducing irritants to the stomach and bowel. Unripe juice of the papaya helps reduce anomalies in the menstrual cycle, reduces throat infections, and is among the easiest fruits to digest as it is rarely allergenic. A fascinating recent study in the *Asia Pacific Journal of Clinical Nutrition* reports that eating papaya regularly while consuming green tea diminishes the development of prostate cancer.

Papaya Carrot

1 Papaya – remove seed
3 Carrots – skin and all!

Papaya Lemon Orange

1 Papaya – remove seed
1 Orange – remove rind
1 slice fresh Lemon – rind and all!

Peach

Nutritional highlights: reduces cholesterol and cures constipation.

Try my favorite peach juice recipes. Rich in vitamins, minerals and fiber, peaches help prevent dental decay, relieve constipation and ease dry coughs. Low in natural sugars, and having no saturated fats, they’re packed with vitamin C and antioxidants lutein, zeaxanthin and B-cryptoxanthin, which protect against ‘free radicals,’ helping to fight skin aging.

The phytochemicals lycopene and lutein assist in maintaining healthy lungs, and prevent heart disease, macular degeneration, and cancer. Peaches are one of few fruits containing calcium. They are also rich in potassium, iron and fluoride.

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Spicy Peach Cucumber Juice

4 Peaches – juice with skin but not the pits

1/2 Cucumber, peeled

1/2" Ginger, peel and all!

Peach Veggie Sunrise!

4 Peaches

1 Carrot – unpeeled

1 stalk Celery

1/2" Ginger

Pear

Nutritional highlights: particularly safe for infants, outstanding for the throat and vocal chords, and lowers weight and cholesterol.

Pears are unusually rich in a high number of nutrients. They're not only extremely low in calories, but also a powerful source of vitamins, minerals, anti-oxidants, and fiber. The juice of the pear provides many healthful advantages not found in other juiced fruits such as it is so hypo-allergenic that it is one of the safest foods for infants, its compounds are particularly healing for the throat and the vocal cords, and its cooling effect is excellent in relieving fever.

Pears provide vitamins A, B1, B2, B6, and riboflavin, as well as C, E, niacin, and folic acid. Minerals in pears include boron, calcium, iron, magnesium, potassium, copper, phosphorus, sulfur, chlorine, and sodium. The phytonutrients in pears include lutein, beta carotene, and zeaxanthins which when combined with vitamins A and C, act as anti-oxidants, defending the body from free radicals, the major factors in aging.

What pears give you that few other foods provide are compounds which substantially lower 'bad' cholesterol as well as significantly lower your weight. They are also rich in the healthy natural sugars, glucose and fructose.

Try these great pear recipes.

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Pear Apple Pineapple Juice

1 Pear – skin, seeds, and all!

1 Apple – skin, seeds, core, and all!

1 cup Pineapple – remove the rough skin before juicing

Pear Kiwi Kale Juice

1 Pear – the whole shebang!

1 Kiwi – skin and all!

1 Apple – yup all of it!

2 stems of Kale

Pineapple

Nutritional highlights: Increases female sexual response. Improves digestion.

Try these popular juicing recipes using fresh pineapple. Rich in fiber, pineapple eliminates constipation. It also stops morning sickness, motion sickness, and nausea. With virtually no fat or cholesterol and loaded with essential nutrients and vitamins, pineapple relieves bronchitis, diphtheria, and chest congestion.

Packed with vitamin C which promotes healthy teeth and gums, and an enzyme known as Bromelain which is known to loosen and dissolve mucus, pineapple is also used to eliminate intestinal worms and keep the intestines and kidneys clean. It is effective in flushing toxins from the body, and rich in manganese which is critical for healthy bones and tissue, and central for the production of testosterone, a key hormone for female sexual response.

Ishmael's Treasure!

3 Cups cubed pineapple with skin removed – unless your juicer can remove the skin – most juicers cannot handle such course skin.

1 Mango – remove seed

1 Guava – remove seed

½” Ginger

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Pineapple Cherry Juice

3 cups cubed Pineapple as above
10 Cherries – without pits
1 leaf Kale

Pomegranate

Nutritional highlights: reduces cholesterol and lowers blood pressure.

Here are great juice recipes for pomegranates. Pomegranates have no cholesterol or saturated fats, and they are an especially rich source of fiber. They have only minimally more calories than apples. They're rich in punicalagin, an antioxidant compound, and are also high in vitamins C, K and B-complex groups. Calcium, potassium, copper, and manganese are also present.

Vitamin K is important for blood clotting. Pantothenic acid (B-5), and other B-complex vitamins such as foliates and pyridoxine assist the digestive system. Vitamin C boosts the immune system and fights disease and infection. Pomegranates eaten daily work against the development of certain cancerous agents that cause prostate and colon cancer, and lymphoma, as well as diabetes and BPH (benign prostatic hyperplasia). This fruit also reduces cholesterol.

Pomegranate Cherry Apple Juice

2 Pomegranates – discard skin
10 Cherries – without pits
1 Apple – core, skin and all!

Pomegranate Veggie Juice

3 Pomegranates – discard skin
1 Carrot – with peel
1 Stalk celery
1" Wheatgrass

Pumpkin

Nutritional highlights: Reduces wrinkles, and recent research points to anti-cancer and anti-Alzheimer properties.

Pumpkin has no cholesterol or saturated fats. Extremely low in calories, pumpkin is abundant in vitamins, minerals, fiber, protein, and anti-oxidants. Pumpkin is particularly rich in vitamins A, B-complex, C, and E which are rich in anti-oxidants and anti-aging properties.

Vitamin A is extremely important for healthy vision. Lowers appetite. Fights bacterial growth, inhibits viruses and cancer, and protects against stroke. Vitamin C boosts the immune system, guards against viruses and bacteria, promotes the healing of wounds, and lowers ‘bad’ cholesterol. Vitamin E is essential to skin health, important for the metabolism of Vitamin A, improves the immune system, defends against blood clotting, diminishes the occurrence of heart disease and stroke, helps prevent atherosclerosis by lowering ‘bad’ cholesterol, and may also protect brain neurons from Alzheimer’s. B-complex vitamins inhibit nerve damage, assist in digestion and muscle development, strengthen the heart, lower ‘bad cholesterol’, assist in the transformation of food to energy, produce hormones linked to lowering stress, increase sexual performance, lowers the risk of birth defects, and may also decrease the development of cancer according to recent research.

The minerals in pumpkin help maintain a healthy heart, strong bones and teeth, and healthy skin and eyes, and play a crucial role in helping the body store energy and heal damaged tissue and cells.

Pumpkin is particularly rich in polyphenol anti-oxidants. Recent and ongoing research shows that polyphenols are extremely important in decreasing the risk of skin cancers, premature aging, and the wrinkling of skin by protecting against UV rays; eliminating free radicals, reducing inflammation, and fighting eye diseases such as macular degeneration.

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The fiber and protein in pumpkin is important for vegetarians and dieters: pumpkin is rich in vegetable protein and the fiber aids digestion and encourages weight loss by creating a sense of ‘fullness’.

Try these wonderful pumpkin juice recipes:

Pumpkin Apple Spice

2 cups Pumpkin – cubed, skin and all!
1 Green Apple – seeds, skin, and all!
1 thumb fresh Ginger
Cinnamon and Clove to taste

Green Pumpkin Juice

2 cups Pumpkin – cubed, with skin
1 Apple – skin and all or 1 cup Apple Cider
1” Wheatgrass
Allspice to taste

Watermelon

Nutritional highlights: considered an almost perfect source of all the nutrients the body needs to survive, thus a favorite for fasting and dieting. The rind is as nutrient rich as the fruit!

This amazing fruit is very low in calories and abundant in antioxidant vitamins, including A, B (2, 3, 5, 6, and 9), and C. It’s rich in many minerals including potassium, magnesium, phosphorus, calcium, iron, copper, zinc, manganese, and selenium. It’s an extremely potent source of an exceptional antioxidant lycopene found not only in the fruit but also in the rind.

The vitamins in watermelon boost vision, lower appetite, protect against stroke, and fight many diseases including cancer. They support the health of our hair, skin, and nails, lower ‘bad’ cholesterol and stress, and increase sexual performance.

The minerals in watermelon strengthen teeth, muscle, nerve, and bones. They also play a crucial role in helping the body store energy

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and heal damaged tissue. They help to maintain a healthy heart, kidneys, and nervous system.

As an exceptional source of lycopene, watermelon fights free radicals and lowers cholesterol. Studies suggest that lycopene may defend the eyes from macular degeneration, defends against cancers of the skin, cervix, lung, prostate, and bladder, and lowers the incidence of asthma, and the natural diuretic properties of watermelon juice acts to completely cleanse bladder and kidneys.

Watermelon Grape Delight

¼ Watermelon – and the rind!
1 cup Grapes
1” Wheatgrass

Watermelon Celery Beet Juice

¼ Watermelon – without the rind
2 stalks Celery
1 Beet

Wheatgrass

Nutritional highlights: This is the most super of the “superfoods” – jam packed with nutrients. Add some to every juice you make. And wheatgrass is easy to grow at home.

Try these two tasty wheatgrass juice recipes! Wheatgrass is the common name for the young shoots of the wheat plant. It is a “superfood” packed with nutrients including 70% chlorophyll. Consumption of chlorophyll produces a hostile environment for bacterial growth in the body and is therefore essential to increasing resistance to illness and disease.

It cleanses the liver, tissues, and cells, and purifies the blood. It helps in the healing of wounds. It assists in neutralizing and removing free radicals (especially helpful for smokers), and helps to efficiently deliver magnesium to the body. It improves the supply of oxygen to the blood, and is an effective deodorizer.

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Chlorophyll may also reduce the ability of carcinogens to bind with DNA thus defending the body from cancers caused by toxins. It also assists in reducing the side effects of drugs. Wheatgrass is considered a complete food – one pound of wheatgrass is equivalent in nutrients to 23 pounds of garden vegetables. It provides high amounts of vitamins A, E, and B, as well as many minerals and trace elements, including calcium, iron, potassium, zinc, magnesium, phosphorus, and sodium.

Wheatgrass contains twelve amino acids, eight of which are considered essential and critical to health and wellness. It helps remove toxic heavy metals such as lead, mercury, and aluminum stored in the body's tissues. The antioxidant properties of wheatgrass fight infection and act as anti-inflammatories.

Wheatgrass Pineapple Juice

6 cups Pineapple – remove the course Pineapple surface.

1/2 Cucumber – unpeeled

1" bunch of fresh Wheatgrass – you can grow it year-round at home in a pot – see my simple instructions in Chapter 10 above. Many people develop a taste for straight Wheatgrass juice. Start slow and work up to more Wheatgrass and less anything else because all greens and especially Wheatgrass are so nutrient rich that too much can upset the stomach! And don't be intimidated by anything you might read about the difficulty of growing Wheatgrass – this only pertains to commercial growers! Growing it in a pot in your own home is as easy as growing grass!

1 thumb fresh Ginger – peel and all!

Wheatgrass Carrot Juice

6 Carrots – unpeeled

1 Beet – unpeeled

1" Wheatgrass

Chapter 15:

Why Fresh Juice Is So Important and What's Wrong with Commercial Juice

Once upon a time, the vast majority of Americans began their day with at least a small breakfast and a glass of juice. Most of us drank orange juice; some of us had grapefruit juice.

Consider what we drink today. As we wake up in the morning, we down at least one cup of coffee (the stronger the better). Many times, we stop at the local coffee shop as we drive to work to get a calorie-laden sweetened caffeinated cappuccino (why, *of course* we want it topped with whipped cream, thank you).

Where's the juice? Indeed, as we rush out the door, few of us even slow down long enough to sip on juice.

If that was the only change in our diet in the last several decades, perhaps the picture wouldn't look so grim. But couple this with the fact that, as a society, we don't eat as many fruits and vegetables as we should.

Standard fare for lunch is a quick sandwich and some fries. And throw in a sugary soft drink to wash it all down. Is this beginning to sound familiar?

Where are the fruits and vegetables? Well, if we're not getting them at lunch, we must be getting some of them at dinner time, right?

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Guess again! Two income households mean that dinner is often a matter of convenience: take-out meals, quickie recipes with a minimum of ingredients, sometimes delivery pizza.

Where's the nutrition? Let's give everyone the benefit of the doubt. Let's say that in a typical working day, we *do* end up eating some fruits and vegetables. Do you want to know the nutritional value of them?

Vitamins and minerals lacking

Today's fruits and vegetables contain far fewer vitamins, minerals and other health-giving substances than the same foods contained 50 years ago! We have to eat even more than our parents and grandparents ate to acquire the equivalent in health benefits.

Perhaps all this bad news wouldn't seem so critical if it didn't play against a backdrop of the words of C. Everett Koop, who in 1988 as Surgeon General of the United States issued a dire report. In this official document, he emphatically stated that "more than two-thirds of all deaths in the United States" are related directly to our diet.

Today, nearly a quarter of a century later, some health experts believe his estimation is on the low side. According to Stephen Bailey, author of *The Ultimate Guide to Juicing Remedies*, "Never before in humanity's history have people consumed the amount of unhealthy and devitalized foods as they do today."

A pretty serious indictment . . . is it not?

Where's the fairness in all of this? It certainly seems as if the odds are stacked against us. Sandwiched among our conditioned behavior, the abundance of coffee shops, convenience stores, fast food restaurants and drive-up windows, it feels like eating healthy is just about out of our reach.

Shh! I've got a nutritional secret!

But the news doesn't have to be that bleak. There's a nutritional secret that few individuals talk about, but many are practicing. And this

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nutritional practice can help you improve your health, increase your energy, and even reduce your chances of developing some of the most common health conditions.

So what is that secret? It's juicing -- puréeing fresh fruits and vegetables and drinking them as a juice or a smoothie. You'll be amazed at the number of success stories associated with this amazing health practice.

As little as one glass a day . . .

An amazing aspect of juicing is that it doesn't have to consume your life. Drinking even one glass of fresh juice daily adds vitality to your life in unbelievable dimensions.

But better yet, it's a healthy nutritional practice that you can even enjoy with your children. Choose their favorites fruits and create a unique juice creation just for them. You can even name the drink after your child. For a certain age group, this alone is enticing!

Think about starting your child off to school with fresh juice fortified with the nourishment needed to help her get through her day. It might even make you feel like a Super Mom or Super Dad!

If you've ever wondered about the effectiveness of juicing as a nutritional tool, then you're in the right place.

There is perhaps no quicker route to vibrant health than taking your fruits and vegetables and juicing them.

What's the fuss, you ask? Why can't I just increase my consumption of fruits and vegetables by changing my habits slightly? Instead of buying that coffee, I'll buy a bottle of juice on the way to work in the mornings. Won't that help?

Yes and no! Bottled juices are certainly a better alternative than an extra-large cappuccino overflowing with whipped cream. But pre-bottled juices come with a whole host of potential problems and pitfalls.

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Ready to hear just a few of them? Let's start with an incident that occurred nearly 30 years ago. The Beech-Nut Nutrition Corp. (Notice that "nutrition" is part of the company's name!) was indicted on the charge of selling bottles of flavored sugar water as 100 percent apple juice. The company followed this practice from 1978 to 1983.

The company pleaded ignorance. Executives alleged that they didn't realize that the thousands of imported barrels of "apple concentrate" really weren't what they were supposed to be.

If that were the only incidence of nutritional deficiency and corporate misinformation, you might be able to overlook it. Consider this, though. Some time ago, many companies marketed juices to children in an attempt to steer them away from the ever-growing soda market. Parents certainly bought into it!

The companies labeled these drinks as "juicy" and "natural." Sounds great, doesn't it? These juices were actually made from fruit concentrates -- not whole fruit juices.

Now, they may have been made with the best quality concentrates available, but even so, those juices were only as good as the liquids used to reconstitute them. And there's the problem.

These juices were diluted with ordinary tap water, complete with all the chemical resins this type of water contains. If the companies didn't use tap water, then their alternative was well water from the factory property, usually located in industrially zoned regions. Does that sound wholesome to you?

Have you had your "Florida-Squeezed" OJ today?

"Florida-Squeezed" orange juice. What a wonderful phrase. And it's a phrase that leads you to believe that those oranges squeezed in Florida . . . well, grew in Florida.

Just because the fruit is *squeezed* in that sunny state (that happens to be known for its oranges!) doesn't mean that the fruit itself was grown there. In fact, to help trim expenses, some juice manufacturers import cheap citrus fruit into the U.S. Once it's in Florida, it's squeezed to

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create the juice. This fruit, unfortunately, often contains pesticides that have long been banned in this country.

For example, some of the fruit comes from Mexico. This country still uses a pesticide called *dichloro diphenyl trichloethane*, better known in this country as DDT. Welcome to your glass of morning DDT!

Now let's talk pasteurization

It's a word that we've come to accept as protecting us from unwanted bacteria on in our drinks. We drink pasteurized milk and think nothing of it. In fact, many health experts warn against buying and drinking *raw* milk.

Bottled juices -- without exception -- are pasteurized as well. And while this may sound great, in the long run, pasteurized juice can't compete with fresh juices. Here's why.

Commercially bottled juices are pasteurized for mainly one reason: to improve shelf life. As part of this process, the juice is boiled to stop bacteria and various other organisms from growing. Sounds good doesn't it? And to an extent it is.

The process destroys nutritional content

That same process of boiling also destroys many of the naturally occurring vitamins, minerals, and health-giving enzymes in the juice. In other words, it decreases the nutritional value of the drink.

This is only the tip of the iceberg when it comes to the problems with bottled juice. As you can see, what you're drinking may not be what you think you're drinking.

It would be one thing if the juice was just lacking in some of the more important vitamins and minerals. But you really have to think twice when you consider that some of the imported fruit used to make your morning drink is being drenched in harmful pesticides. How in the world is that going to improve your health? Or the health of your family?

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Chapter 16: Choosing a Juicer

Wait! You really don't want to put those vegetables in your blender to juice them! A blender and a juicer are two separate appliances and perform two separate functions.

First, a juicer actually separates the liquid juice from the pulp. You drink the juice and dispose of its pulp. In contrast, a blender won't separate the pulp from the juice. Not even the best, high-speed blender around. It's just not created for this.

Blenders are ideal for smoothies or for making cold soups with soft vegetables. But when you toss hard or stringy vegetables in a blender, that's a whole different story. Carrots, beets, and celery (to name just a few) are gritty when blended.

Some friends of mine discovered this the hard way. They decided to make carrot juice in their blender. They put carrots and some water in the appliance. The result? A fiber-thick, mushy paste-like substance that tasted more like sawdust than carrots!

Now that you're interested in juicing, you need to find a good juicer to ensure you have a pleasant experience -- and you stay with juicing for a long time! What exactly do you need in this machine?

Centrifugal juicers reduce nutrient content

As I mentioned in the introduction of this book, be aware that the least expensive machines are usually the “centrifugal” types which grind your produce with a fast spinning blade and then extract the juice through a fast spinning basket. These processes add heat and oxygen to your juice which reduces the nutrient content. It isn't a huge reduction in nutrients but, nonetheless, if you can afford a more

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expensive “slow” or “press” type juicer it is well worth it. You can find a helpful review of the major juicing appliances below.

Durability and ease of use!

You'll also want to find a juicer that doesn't require any kind of involved disassembly for cleaning. Lose the tool and you have a useless juicer sitting in front of you. Or too many parts take too long to clean.

Consider the durability of the machine. You'll want to purchase a juicer that can handle the hard vegetables, like carrots and beets in addition to those delicate greens like parsley, herbs and lettuce.

Some juicers advertise a special citrus attachment. Avoid these. You want to buy an appliance that can juice this type of fruit without any special add-ons. You'll discover that you're probably using more citrus fruit when juicing than you originally anticipated.

Check out the feeding tube on the appliance before you purchase it. You want it to be large enough that you can put large pieces of produce into the juicer. Some people find that not cutting up their produce saves them time and energy.

Your juicer should also automatically eject the pulp into a receptacle. You'll soon discover that this is much better than a juicer that keeps all the pulp in the machine itself. In this type, you'll find yourself scooping the juicer out on a regular basis. Not only that, but a juicer which retains the pulp in the center basket can't juice continuously.

The more parts, the more complicated it gets

The more parts the appliance has, the more complicated the parts are to wash; in turn, the longer it'll take to wash the juicer and put it back together. And you know, you'll think twice before using it again!

But if it's easy to wash, you won't hesitate to use your machine on a daily basis.

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Also, make sure that all of the parts are dishwasher safe. Why wash them separately when you can throw them into your dishwasher?

One more thing, recent technology has produced the “masticating” or “slow” juicer. I have recently invested in one to see how much better, if at all, they really are. I must tell you that I love my new slow juicer because it does indeed juice greens much more thoroughly. Though it costs more I highly recommend one. By the way, I review several of the best-selling slow juicers below. I own the Hurom but recommend the Omega because it has a better warrantee.

Juicing Machines – Reviews & Comparisons

The following are brief summaries of the most popular juice machines. Each includes comments by the most reputable reviewers. My sources are those people that I most respect for honesty, thoroughness, and enthusiasm, such as John Kohler (discountjuicers.com), Jim Rubel (bestjuiceextractorreviews.com), and CureZone.com. In the spirit of full disclosure I do not receive any payments from these individuals or any juice machine manufacturers.

Please send me your experiences with your juicer so that we can better inform others.

Centrifugal Juicers: spinning action with highest rpm’s, and thus the fastest juicers, but also the noisiest machines. The high rpm’s also result in the lowest quality juice in terms of nutrient value due to oxygenation and heat produced by the spinning action. Cleanup time tends to be more than masticating and triturating juicers but much less than presses. Centrifugal juicers are generally not best for juicing greens.

The Omega 1000: durable, dependable, efficient, and relatively quiet & easy to clean (all centrifugal juicers require more work to clean than other types, as large mesh basket and gear have large surfaces). Includes a large capacity bowl. Delivers pulp-free juice. Ranges from \$200-250 with a 10-year warranty. It’s considered the ‘original juicer’ and continues to lead the industry.

Omega 4000: starts at \$200 with a 15-year warranty. Automatically

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ejects pulp which is known as a “continuous action juicer” Durable, dependable, efficient, and easy to use and clean. One of the premiere "pulp ejector" style juicers with a large capacity bowl.

Omega 9000: costing from \$220-300, this juicer is the Omega 1000 with a stainless steel top and longer (15-year) warranty. The 1000 and 9000 have been on the market for over 40 years. Durable, dependable, efficient and relatively quiet and slightly easier to clean than the 1000 with paper filters for pulp removal. Includes large capacity bowl. Has very loyal following.

Omega BMJ330 Big Mouth Juicer: large feed chute with commercial grade ½ horsepower. Runs quietly and is easy to use and clean. \$200-300, includes a 10-year warranty. Constructed of heavy duty stainless steel. Makes an extremely high yield pulp-free juice, and comes with large capacity bowl. Only drawback: reviewers complain that it's messy to use, and demonstration videos do show splatter from juice spout.

Acme: large following among juicers with durable stainless steel housing, cover, and bowl. Very high yield (up to 2 quarts) with extremely dry pulp. 10-year limited warranty, costing from \$230-280. For most fruits and veggies. Optional attachments for better citrus juicing.

Juiceman: the original ‘II’ is no longer available. It has been replaced by the Juiceman II Elite (\$90-200 with 1-year limited warranty) and the Juiceman Jr. 2-speed JM300 (\$35-70 with no warranty). The ‘Elite’ is more convenient than many due to extra-large feed chute, pulp ejection, and fewer parts (3 main) which reduces cleanup time. This juicer has a devoted following, but there are complaints that parts and motor have a short life, but these same reviewers would rather replace it than change to another machine. *Jim Rubel* outright warns to steer clear of Juiceman (and other infomercial brands) for their short life and lower yield.

Miracle Ultramatic MJ7000: price range: \$230-330 with a 3-year warranty. The warranty is shorter than most but the construction is extra durable with a stainless steel cutting disc, strainer basket, juice bowl, and juicer body. Includes automatic suction feeder, large pulp

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ejector, and very large feed chute. Easiest cleanup among centrifugal models. Handles wide range of fruits and veggies including watermelon, berries, and leafy greens.

L'Equipe 221: \$200-250 with a 15-year warranty. Reviewers do not recommend this model due to breakage and returns. For instance, *John Kohler* highly discourages this juicer for 'quality control' issues, lack of ease in warranty returns, high cost, and the 'foot-print' for your troubles.

Lequip Mini 110.5: \$100-150. A unique, high quality juicer with small, compact design (suited for 'single user') and 10-year warranty. Korean made, very user friendly, and easy to clean (dishwasher safe), includes stainless steel basket, bowl, and blade. It is powerful, delivers high yield, and includes patented pulp ejector. It is considered by reviewers to be the most powerful, quiet, and efficient centrifugal juicer for the price.

Lequip 215XL: \$120-160. Identical to the 110.5, except this has a larger (3") feed chute. 10-year warranty, great price, compact design, and easy to use and clean. The powerful motor again delivers high yield. Includes same dishwasher-safe stainless steel bowl, basket, and blade of the 110.5. Reported by reviews to be remarkably quiet for a centrifugal juicer. **Note:** one common complaint with L'Equip is customer service! However, 110.5 and 215XL have few problems and high praise.

Masticating Juicers: now commonly referred to as "slow" juicers with either single or dual-stage augers that slowly grind and strain produce rather than spin as with the above centrifugal juicers. Better option for juicing leafy greens. Much lower rpm's mean less heat and oxygen in the juice which means more nutrients and shelf life. Generally quieter and easier to clean than centrifugals. Dual-stage augers strain juice a second time for higher yield.

Samson 9003-6 (#'s refer to colors): \$260-350, 15-year warranty on all parts. Single auger, quiet, durable, very fast, and easier to assemble and clean. Juices everything: fruits, veggies, leafy greens, wheatgrass, even aloe and pine needles. Delivers high yield and drier pulp. Homogenizes. Makes nut butters and frozen sorbets, and minces

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herbs, spices, meats, and fish.

Omega 8000: this single auger juicer delivers very high yield with equally dry pulp. Ranging from \$230-300, the Omega has a 10-year warranty on all parts. Ejects pulp and runs at a low (80) rpm. Built to last with powerful motor. Quiet, easy to use and clean, and rated for both home and commercial use.

Hurom HU-100: single auger, easy to clean, quiet, and well made. About \$400 with a 10-year warranty on motor and 1-year on parts. Juicer parts upgraded to GE Ultem fine juicing screen and Ultem auger, meaning, made to last. Hurom juices fruits, veggies, leafy greens, herbs, wheatgrass, and soaked beans. Interestingly, Hurom and Omega are made by the same company with the same design but in separate factories! I own a Hurom and love it, but John Kohler, who in my opinion is the expert on all juicers, prefers the Omega 8003 due to the better warranty.

Champion: \$210-300 with a 10-year warranty. Single auger, durable, and dependable. The shaft is stainless steel and the motor runs at a slower 1/3 horsepower. Cleanup time is longer. Many, including *Jim Rubel* report poor performance with leafy greens and fruits. Others report ‘heating’ of juices. *Rubel* points out the cumbersome weight (26 lbs). Champion does offer ‘greens’ attachment at an additional \$75-90.

L’Equip Omni: single auger and newest edition to L’Equip series. Compared to others in this category, the Omni is compact, \$300-400 with a 10-year warranty, and has a ‘cold press’ feature which reviewers especially like. Reviewers also rave about its ability to extract oil from seeds. Some complaints about lower juice yield, especially from fruits and leafy greens. The Omni claims to have the fastest cleanup. Able to juice aloe and pine needles. Note: *John Kohler* does not recommend any L’Equip products due to poor customer service.

Omega 8003/8005: dual auger, \$230-300 with a 10-yr warranty. The only difference between 8003 and 8005 is color – white or chrome. A multifunction juicer that minces, grinds, and homogenizes. The 8003 and 5 replace the Omega 8002 with fewer parts and faster cleanup, and an auger constructed of stronger melamine. This is a favorite

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among serious juicers including both *John Kohler* and *Jim Rubel*.

Omega 8004/8006: new version of 8003/5 with one difference: a longer lasting auger made of GE Ultem, (8 times more durable than other plastics) and a longer (15-year) warranty. The 8004/6 differ only in color. Fewer parts making cleanup faster. Durable, easy to assemble, and juices everything with excellent juice yield. Receives same high marks from reviewers. Slightly higher price \$260-300 is worth it for the longer warranty.

Solo Star: \$190-300, with a 5-year warranty. Delivers higher yield than Omega's. Durable (melamine auger), juices all fruits and veggies, leafy greens, wheatgrass, herbs, minces, mills, homogenizes, and makes pasta. Some reviews complain of pulpy juice. There are, however, many more happy campers than not with this one.

Solo Star II: 5-year warranty. \$250-300. New longer auger delivers higher yield than its smaller precursor, the Solo Star. Higher yield compared to Omega 8003/5, but a larger, longer machine. Produces more juice and drier pulp. Drawback: cleanup is longer due to more parts – about 3 minutes.

Twin Gear or Triturating Juicers: 2 gears or screws which turn together and press and grind produce fibers to produce optimum yield. Also better for greens and tougher food substances such as citrus rind and highly fibrous veggies.

Green Power Juice Extractor KPE-1304: \$440-550 with 10-year warranty on motor and 2-years on parts. Quiet, easy to use, and easiest to clean and clean. Ease of cleaning refers to 'twin gear presses' in general, but there are more parts to assemble, and assembly tends to be trickier compared with most juicers, and thus the cleanup time is longer. Higher yield and drier pulp. Magnetic bio-ceramic twin gear press creates juices with some of highest nutrient and enzyme content. Excellent 'green' juicer. Very low oxidation and no heat means longer shelf life for your juice which means that you can take to your juice to work! Doesn't clog - juices virtually everything.

Green Life: According to *John Kohler*, while Green Life is available and has a 5-year warranty, the manufacturer Tribest has discontinued

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this juicer. *Green Star* replaced *Green Life*. Often referred to as the best green juicer, but not great with fruits. Note: the *Green Life* can still be bought on the internet (like the original *Juiceman II*), but reviewers caution that it's important for your investment to buy a juicer that's in production.

Green Star Juice Extractor GS-1000: easy to assemble and clean, durable bio-ceramic magnetic gears, and quiet. \$440-500 with a 5-year warranty. High yield, very dry pulp, lowest horsepower meaning best nutrient value due to lowest heat and oxygen infusion, yet it juices all vegetables, fruits, wheatgrass, herbs, and spices. Multifunction juicer including homogenizes and makes nut butters and mochi. Note: *John Kohler* recommends *Green Star* over *Green Power* and *Green Life* because *Green Star* has a longer warranty, is more durable, and is more compact.

Samson Ultra Juicer Kempo KPE 1301: Note: this juicer has been replaced by the *Green Power Kempo KPE-1301*, which is \$400-500 with a 10-year warranty and 5-years on parts. *Samson Ultra/Green Power Kempo* is easy to clean with bio-ceramic magnetic gears. Adjustable nozzles ('inlet caps') allow for the juicing of a wide range of produce. A multifunctional juicer which can juice even grains. Built-in thermostat prevents overheating. Only complaints (not many) were about plastic parts, but otherwise high ratings especially about fast and efficient customer service.

Manual Press Juicers: require manual labor though some are electric. Produce must be prepared resulting in a time consuming process, but resulting juice has the highest nutrient value due to no heat or oxygenation.

Ito Juice Press: \$70-100 with a 30-day warranty. The simplest of manual presses. Sturdy, all metal (aluminum) design. The press plate is much like the cone of glass 'squeezer' many of us use at home for citrus fruit. Very portable and weighs very little. As with all in this category, the nutrient value is the best with bone-dry pulp compared to most juicers. But requires more time and effort.

The Norwalk: considered by many reviewers as the best designed manual press. First developed by Dr. Norman Walker in 1993, US

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made, and combines electric triturating juicer for grinding produce (eliminating prep time) with an hydraulic press which is also electric or 'motor driven' to eliminate effort required by "manual" presses. Outstanding juice quality, but pricey: \$2000-2500. 12-year warranty, time-consuming cleanup, and as with all manual presses, not fast or easy to use. On the other hand, if you can afford this, the nutrient value of your juice is the best!

Welles Press: \$400-500 with a lifetime warranty on frame. The Welles advantage is an hydraulic lever requiring minimal effort to press produce. Much prep work required, but the juice delivered is, again, best quality with driest pulp/highest yield. If time is not an issue, the Welles is considered the best juicer for the price, recommended for years by nutritionist and doctors alike.

K&K Press: not easy to find as it's no longer in production, It's a sleek, stainless steel and alloy version of the (white coated metal) Welles, extremely durable, and with a lifetime warranty on everything but the hydraulic handle which can be replaced for \$25 and is not likely to fail for a long time. \$300-450. The K&K gets very high praise and receives many inquiries as to where it can be purchased.

Chapter 17: Fasting Safely & Effectively

Juice fasts are more popular than ever. They're touted as the perfect method of "detoxifying" your body -- flushing away all the unnecessary toxic additives and other substances we consume through our standard American "junk food" diet.

Juice fasts are also gaining notoriety because many celebrities have discovered some "fad" fast that they believe will help them lose weight quickly.

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Proponents of the fast explain that, after time, the additives and toxic substances in packaged and processed foods -- as well as fast foods -- build up in your body. The best way -- some would argue the *only* way -- to rid your body of these toxic chemicals is to drink nothing but juices. In this way, you're flushing it all out of your system.

However, many medical experts believe that drinking nothing but juices for an extended period of time is not only unnecessary, but dangerous. Below are just a few of the arguments pointing to the dangers of fasting on juice.

Your body doesn't need to cleanse itself through any type of elimination diet. Medical experts agree that our eliminative systems are very powerful on their own.

Some concede, though, that given the increasing prevalence of processed foods combined with the many opportunities to "overindulge," that additional nutrients and some type of support of our elimination channels may help.

This could very easily take the form of a half-day fast, perhaps. Drinking a freshly juiced drink in the morning and not eating anything until lunch or dinner on occasion may help your system "catch up" on some necessary . . . well, "internal housekeeping." In this way, your body can concentrate on healing instead of digestion -- which actually takes quite a bit of energy!

If you're thinking of it in these terms, then in addition to the juice, consider avoiding packaged and processed foods and eat mostly whole foods the day of the fast. You'll be receiving nutrients and still contributing to a cleansing diet.

Physical and emotional symptoms of a fast

Many individuals who practice juice fasts experience dehydration, exhaustion, and weakness.

It's true! And it makes sense. First, your body isn't receiving the same number of calories it does when you're eating normally. For

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many people, a prolonged juice fast causes low blood sugar levels, which leaves them tired and weak.

Not only that, you may experience dehydration. Yes, I know you're drinking the fluid of the juice, but your body receives liquids from many other sources as well. You acquire liquids through fresh fruits and vegetables, milk, soup, and any other number of foods.

How do you know if you're experiencing dehydration while fasting? Symptoms include a dry mouth, excessive tiredness, thirst, headaches, dizziness, and mental confusion. You may also notice that you have to urinate less frequently.

Don't be surprised if, following your juicing adventure, you notice a slowing of your metabolism.

Your metabolism, after all, is an ever-changing mechanism. It changes depending on the amount of food you eat, the frequency of your meals, and the amount of physical activity you receive. There's a lot involved here!

When you practice what many call "restrictive dieting," your body automatically shifts into "starvation mode." Your body tries to compensate for this lack of food, so it starts by slowing down your metabolism. And as you're well aware, the more your metabolism slows, the easier it is to gain weight.

An extended juice fast can affect your emotional health. Many individuals experience depression as their blood sugar plummets. Additionally, you may also experience a low mood because you're not "allowed" to eat solid foods.

Restrictive diets may actually lead to chronic dieting. And chronic dieting may very well lead to stress, bouts of anxiety, and eventually clinical depression.

Whether you decide you go on an extended juice fast or not is a matter of personal preference. What you can be sure of is that adding freshly juiced fruits and vegetables to your daily diet can improve a host of conditions. It can even help you lose weight. Really!

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Once you make the decision, then you have a second decision to make. You have to decide the *type* of fast you plan to go on.

You mean juice fasts come in different types? Oh, yes, they do! You may be surprised to learn that there are a host of detox guides. Each has their own special formal for cleansing. Some guides instruct you to drink only lemonade, while others encourage a variety of juices or purees. Others tell you to eliminate entire food groups.

Here's a piece of advice I really don't want you to ignore. Before you begin a juice fast, visit your health care provider. Get his or her advice. Get a physical.

If your physician is seriously against the fast, then think twice before you embark on one. And this is doubly so if you have any chronic serious disease.

Starting the fast -- not so fast!

If you're serious about fasting, then you need to prepare yourself for it. This exercise will definitely affect your body.

This preparatory work starts about five days before you actually start your detox fast. It's best if, during this time, you slowly make the change from solid foods to liquids. You can do this by slowly reducing grains, dairy foods, and meat and fish.

Instead, eat a diet in which you're consuming more cooked vegetables, salads, fruits, and yes, even juices. On the following day, you may want to eat only raw salads, fruits, and juices. As the day of the fast approaches, narrow your food choices a bit more.

Whatever you do, don't eliminate either juice or water.

During this time, you'll also want to replace your breakfast with juice. Perhaps you can also drink only juice prior to your dinner.

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New to fasting? Try a supervised one!

If you're contemplating your first juice fast, then it's recommended by nearly everyone in the medical community and natural health fields that you fast with supervision.

How do you do this? Seek out a fasting expert at a health spa or a clinic. Some people suggest you begin with a three-day fast. This is an especially effective method for breaking binges, curbing cravings, and curing other bad eating habits.

Here's what to expect.

If you've never experienced a fast of this type before, you're probably wondering what you can expect. Here are some clues to let you know what your body is doing during this time.

If you've chosen a fast lasting a few days, your body undergoes some changes in the stomach. The largest change affects your system's pH balance. It changes the acid composition that most of us have more to the alkaline side.

Your stomach contracts and as your digestive tract is cleansing, you'll experience near miraculous weight loss. But this loss, keep in mind, is also ridding your body of vitamins, minerals, and up to 75 grams of proteins a day!

Along with the weight loss, you need to prepare yourself for hunger pangs, headaches, and lightheadedness. And, oh yes, you'll be urinating – in amazing amounts.

If you decide to fast for a longer period of time -- say four to seven days -- then your liver undergoes some changes as well. It starts to excrete toxins and chemicals from your body. This activity may make you nauseous and nervous. You may feel exhausted during this period as well. Some individuals even report they feel short of breath.

Other symptoms that you may experience while your body is eliminating toxins include bad breath, diarrhea, skin blemishes, and body odor.

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Fasting two weeks or more?

If you embark on an extended fast -- two weeks or longer -- then expect another set of symptoms to emerge. During extended fasts, your body eliminates blood toxins. It's in this type of fast, experts claim, that the cleansing of the deep tissues and organs occur.

What should you expect when this happens? You may feel a full range of emotions. You may become stressed and irritated; you may feel a sense of euphoria and well being. Many medical experts claim these emotional responses have absolutely nothing to do with the cleansing process or regeneration, and are related to starvation.

There are important rules for breaking a fast

Oh, yes! Just as you prepared your system for the fast, you need to warn your body that things will soon return to normal. The temptation is to eat with gusto immediately following this event. *Resist this temptation.* You need to slowly return to normal eating habits. This reduces stomachaches, indigestion, and diarrhea. Not only that, but it also ensures you're not overstressing your organs, especially your liver, heart, and lungs.

Fasting experts say that while you were on your juice fast, your stomach was inactive. The organ may have shrunk as well. It won't hold the amount of food -- at least not initially -- that it did prior to your fast.

To stimulate your digestive system, it's vital you follow a few simple rules when you begin to eat solid foods again.

Eat while you're sitting down. This encourages proper digestion.

Eat very small portions. Allow your stomach to get accustomed to food again.

Most people who break a fast discover that it's best to tackle it in three distinct stages. Below are some guidelines to help you ease back into solid foods.

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Breaking the Fast: Stage 1 Strategies

This initial stage should last approximately half the number of days you were on the fast. For example, if you fasted for six days, then use Stage 1 strategies for three days.

In Stage 1, the aim is simple: to stimulate your stomach. During these initial days, eat only soft foods with high water content. This category contains foods such as light soups, fruit smoothies, ground almonds, sesame, or sunflower seeds.

When your body is ready to eat solid foods again, begin with juicing fruits. Watermelons, cantaloupes, oranges, and even apples and pears are good choices.

Once you're eating these, the next step is to move on to a few heavier fruits and vegetables. Try cucumbers, peaches, apricots, and even green bell peppers.

Next (yes, there's still more to Stage 1 strategies), consume some soups with vegetables or potatoes. Once you've conquered these, then you can test whether you're ready for rice.

Now that you've completed the Stage 1, you're ready to move on the Stage 2 strategies.

Breaking the Fast: Stage 2 Strategies

This stage may last a day if you've performed a short fast, or it may continue for up to five days for longer periods of not eating.

In Stage 2, reintroduce your body to dry salads. If these sit well with you, you can add a bit of homemade dressing to them. Keep it simple, though. Most juicing experts suggest topping off the salads with olive oil and lemon, avocado, or perhaps tofu.

In this stage, you can eat small quantities of nuts and seeds ground in salad dressings, juices, and even smoothies. Be sure to include thicker soups now. And don't hesitate to increase the amount of vegetables you're consuming, too!

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Several foods you should avoid in this stage include: grains, beans, meat, and dairy products.

Breaking the Fast: Stage 3 Strategies

Finally, you can slowly return to a normal diet! If your fast was short, Stage 3 may last for only a day. If you've fasted longer -- for example, 10 days -- this phase may last as long as five days.

In this final stage of breaking your fast, you can now reintroduce steamed vegetables, baked potatoes, and rice.

Try eating cereal, grains, and breads. See how they sit in your stomach. In this final stage, you can slowly try eating dairy products and some meat. When it comes to these categories, listen carefully to what your body is telling you. If it doesn't feel quite right, don't force it.

Avoid fried foods, high-fat cheeses, products with added sugar, and packaged and prepared foods.

Special recipes for the most effective juice fast

You may already have a good idea of the types of juices you'll enjoy on your fast. If you're not quite sure where to start, see my chapter above for proven fasting juices for maximum benefits while you're abstaining from solid foods – recipes that reduce food cravings, provide your body with essential nutrients, and intensify your cleansing and detoxifying efforts.

Chapter 18:

The Nutritional Facts About Fresh Juice

Quick! Tell me how many fruits and vegetables you've eaten today. Not that many, if you're like the vast majority of Americans.

And that's not just an opinion arrived at through random observation. It's also a statement made by the American Cancer Society, the National Cancer Institute, and the National Research Council. And I'm sure if you dig a little deeper, you'll find several other organizations that have come to the same conclusion.

And that's sad. The fruits and vegetables that we tend to shun are the exact foods that prevent us from acquiring some of the most dangerous and crippling diseases: diabetes, heart disease, arthritis, and even (especially!) cancer.

Fruits and vegetables, according to Cherie Calborn and Maureen Keane, authors of the book *Juicing for Life*, contain *protective components*. These are a host of vitamins, minerals, enzymes, phytonutrients, and other health-giving substances that work together to nourish our system.

Fresh juices are actually a powerful and quick way to improve your health. Your body easily absorbs the myriad of nutrients and other nourishing substances from fresh juices. Why? The process of digestion that's necessary when you eat whole foods is actually bypassed when you drink fresh juice.

In this way, juices provide all the benefits of the foods and deliver them in the most efficient way possible.

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Beyond that, though, drinking juices is one of the best methods of ensuring you're getting beneficial enzymes. These enzymes are found mainly in raw foods, and they play several important roles in your health, including converting the food you eat into body tissue and energy.

These same enzymes also play a key role in your metabolism. Drinking fresh juices can actually increase your metabolic rate. A higher metabolic rate not only provides you with energy, but it also helps you to burn more calories -- and may actually help with weight loss programs. See the Chapter 3 above for the best weight loss juicing recipes.

Amazing phytochemicals!

Ever hear of phytochemicals? These are the health-giving substances found only in plants, which are now considered the best disease-fighting substances. Here again, because we don't eat enough fruits and vegetables throughout a normal day to acquire enough of these phytochemicals, juicing is a marvelous way to consume them.

In years past, many people viewed juicing as a habit practiced by only a few. . . . well, a few fringe health nuts. Today, juicing hits mainstream America in full force. And with its emergence, the medical community has taken notice and done its homework.

More and more clinical studies and research projects are putting the health benefits of fresh juices to the test. For example, research on cabbage juice discovered that it helps to treat peptic ulcers. This research was performed by Dr. Garnet Cheny of Stanford University's School of Medicine.

Got gout?

Perhaps you're suffering from gouty arthritis. Research conducted by L.W. Blau and published in the *Texas Report on Biology and Medicine* shows that cherry juice can help ease your attacks. Not only that, the individuals who drank this juice also reported a "greater freedom of movement" in both their fingers and their toes.

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Researchers believe that keracyanin, the pigment found in the cherries, is the active substance.

But don't overlook citrus fruits. They have a powerful effect in preventing kidney stones, according to an article published in *Modern Medicine*.

More health benefits . . .

If you've ever had a urinary tract infection, you may be able to personally testify to the healing power of cranberry juice. Your personal experience has been verified through scientific study published in *Nutrition News*.

And perhaps some of the most spectacular nutrition news comes from amazing benefits of grape juice. It contains a compound called *trans-resveratrol* which shows signs of reducing the risk of atherosclerosis.

But that's not all this specific fruit juice has been given credit for. According to more than one clinical study, consuming three glasses of grape juice daily is just as effective in preventing heart attacks as the standard practice of taking a daily aspirin.

Researchers have also found that grape seeds contain powerful antioxidants called proanthocyanidins which are even more potent antioxidants than vitamins C or E.

When you juice grapes – seeds and all! – you're consuming these powerful health benefits.

These studies were published in *Medical Tribune*, *Clinical Chimica Acta*, and *Research Communication in Molecular Pathology and Pharmacology*.

Discover "nutritional synergy"

In addition to all of that, juicing provides you with the added benefit of something called "nutritional synergy." Synergy is the idea that the whole fruit is greater than the sum of its ingredients.

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What exactly does this mean? It means one nutrient alone performs certain duties, but it's also dependent on a second or even perhaps a third nutrient to truly function optimally in your system.

Let's look at vitamins E and C. When used separately, they each perform certain tasks. But when consumed together, they perform at an even greater capacity.

The same holds true for beta-carotene. Its benefits are truly enhanced when used with zinc.

This is known as a *synergistic effect*. And believe it or not, it's the hallmark of nature's many fresh fruits, vegetables, and herbs!

What about fiber?

We've all been told that we need to eat more fiber each day. Doesn't juicing rob me of my daily fiber intake?

I'm sure you're already aware that fiber is the part of a plant that moves through your digestive system. Categorized as *soluble* or *insoluble*, it helps to increase bulk, soften stools, and shorten the transit time of the food moving through your intestinal tract. Fibers are present in whole plant foods -- the fruits and vegetables you're juicing!

However in juices, only the soluble fiber is present. Soluble fiber includes pectin, gums, and even mucilage. These dissolve in water to form a gel. While not digestible, it's important because it absorbs your digestive bile.

What about antioxidants?

In the past, we thought that nutrients lingered in the fiber after they were juiced. Recently, it's been proven that the most important nutrients in these whole foods are actually found in the juice. In fact, 90 percent of the antioxidant activity occurred in the *juice*, not the fiber!

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But even at that, only the insoluble fiber is stripped in the process of juicing. Freshly juiced fruits and vegetables still contain plenty of soluble fiber -- and that's just what your intestinal tract needs!

Let's look a little closer?

Juices provide a much quicker route for nutrients to reach your bloodstream and begin the nourishing process than whole produce does. By drinking your fruits and vegetables, you're actually reducing the length of time of the digestive process. This means that the vitamins, minerals, phytochemicals, and other nourishment are readily delivered across the intestinal walls and into the blood, where your body can really use them.

At the risk of sounding like a commercial for a popular cereal, let me quote you two quick statistics. A single cup of carrot juice packs the same nutritional wallop as four cups of raw, chopped fruit! Similarly, one pint of fresh vegetable juice delivers the same amount of enzymes, vitamins, and minerals as you would find in two large vegetable salads. And both are in a form that your body digests more quickly and easily!

Chapter 19: The 'Dirty Dozen' & The 'Clean 15'

Fruits and vegetables – they're SO good for us! We hear it every day. Our bodies thrive on a diet that includes lots of nutritious plant food. Fruits and vegetables are essential to our health – they contain vitamins, minerals, anti-oxidants, and fiber, all of which combine to support a healthy body weight, and to lower the risk of chronic illnesses such as heart disease, diabetes, cancer and stroke. Eating fruits and vegetables: it's a no-brainer!

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However, unless you grow your own fruits and vegetables in your own little garden, there's just one problem – pesticides. Commercially grown fruits and vegetables are treated with chemicals that are meant to kill the insects that might endanger the harvest. Unfortunately, the same chemicals that are lethal to insects are not good for your body either.

You may think you can remove these chemical pesticides yourself, by thoroughly washing your produce. Not so, says Richard Wiles, of the Environmental Working Group, and environmental advocacy group headquartered in Washington, D.C. According to Mr. Wiles, “You should do what you can do, but the idea that you are going to wash pesticides off is a fantasy.” Oh well, it was a nice fantasy while it lasted ...

The Environmental Working Group has a broad mission. Among the projects it supports is careful research, based on USDA data, of the chemical residue present on commercially grown produce. The results of this research are included in two widely published lists, “The Dirty Dozen” and “The Clean 15.”

The foods on the Dirty Dozen were found to have the highest concentration of pesticide residue – at least 47 and as many as 67 different chemicals – and that was *after washing*! All the foods on the Clean 15 bore little or no traces of pesticides, and are considered safe to consume in non-organic form.

The lists are below, and it would be a great idea to try to memorize them. You can also print them and keep a copy in your wallet, or in one of your re-useable grocery bags. However, if you do not have your list handy and cannot remember, keep in mind a simple rule that applies to most fruits and vegetables: if it has a peel, shell, husk, or rind that you remove before eating, it is safe. If it has an edible outer layer, and the pesticide has been sprayed directly onto it, you should consider choosing the organic alternative. Note that one of the few exceptions to this rule is peanuts – they are commercially grown in the same soil in alternate years as cotton which is the most heavily sprayed plant on the planet! Not even the peanut shell can shield it from this chemical onslaught! So with peanut products choose the organic brands.

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The Dirty Dozen

- Celery
- Peaches
- Strawberries
- Apples
- Domestic blueberries
- Nectarines
- Sweet bell peppers
- Spinach, kale, collard greens
- Cherries
- Potatoes
- Imported grapes
- Lettuce

The Clean 15

- Onions
- Avocados
- Sweet corn
- Pineapple
- Mango
- Sweet peas
- Asparagus
- Kiwi fruit
- Cabbage
- Eggplant
- Cantaloupe
- Watermelon
- Grapefruit
- Sweet potatoes
- Sweet onions
-

Chapter 20: Juicing Risks!

Growing concerns about the need to eat better quality foods are leading many of us to make improvements in our diet. The extent of these changes vary widely from my own simple addition of a daily glass of freshly juiced fruits and vegetables, to those who make big lifestyle changes by permanently eliminating from their diets certain foods such as sugar, meat, dairy, or wheat.

There are wonderful benefits in any effort at eating healthier – small or large. But there are risks as well. The good news is that these risks are rare and avoidable. But it's sobering to learn that our health-conscious efforts at improving our nutrition can sometimes lead to nutrient deficiencies.

First, it's important to realize what vegetarians have long known and nutritional science confirms. You CAN get all the nutrients the body needs by only eating fruits and vegetables. It just takes careful attention to insuring that you get enough of the nutrients that are difficult to find in fruits and veggies alone. So this article is not meant to discourage anyone from eating fruits and vegetables alone. Not only is a vegetarian or vegan lifestyle a great choice for some people, it is also better for the environment since growing fruits and vegetables is much more sustainable than raising animals. The bottom line is that when it comes to poor eating habits, change is good, if done wisely.

Who is at risk exactly? Those who eliminate animal products entirely from their diet for prolonged periods of time are at risk of nutrient deficiencies. Also, children and teenagers who experiment with eating only fruits and vegetables are at risk of nutrient deficiencies. Finally, women in and past menopause are particularly susceptible to nutrient deficiencies, especially calcium deficiency and an increased risk of osteoporosis.

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What are the symptoms? According to [Dr. Nicole Sundene](#), a physician who specializes in natural remedies to treat the root causes of disease, patients who make dietary changes, particularly those who eliminate animal products, may experience the following symptoms: fatigue, dry hair, dry skin, brittle nails, hypoglycemia (anxiety, sweating, intense hunger, palpitations, nausea, and weakness), frequent colds and infections, and osteoporosis. All are due to nutrient deficiencies.

Additionally, there is a greater risk of gum disease and tooth decay. According to [Dr. Ludwig Leibsohn](#) of the Academy of General Dentistry, nutritional deficiencies that lead to gum disease and tooth decay are greatest among children and teenagers who decide to become vegetarians without knowing enough about their nutritional needs, and among vegans who neglect critical nutrients that are not easily found in a strict fruit and veggie diet.

What are the nutrients? There are 5 nutrients to be concerned about: iron, calcium, zinc, Omega 3, and B12. You may be surprised that I didn't list protein since many people think that protein is a common deficiency among those who reduce or eliminate meat in their diets. Not true. Protein is found in all plant food, and most vegetarians have no problem eating enough protein. Surprisingly, meat eaters tend to eat too much protein which is also a problem. [High protein intake](#) of more than 30% of your diet can actually cause bone loss and fat gain.

Iron – The primary symptom of iron deficiency is anemia, and it's interesting to note that anemia is prevalent in the general population especially among children. Studies show rates that range from [10%](#) to [50%](#), and rates among vegetarians are not significantly different from the general population.

Dr. Sundene lists the following vegetarian sources of iron from highest to lowest: tofu, black strap molasses, amaranth, lentils, Swiss chard, dulse, lima beans, potato, wheat germ, pinto beans, kidney beans, dandelion greens, kale, pumpkin seeds, black beans, spinach, broccoli, almonds, pumpkin, beet greens, brewer's yeast, quinoa, teff, figs, raisins, prunes, green beans, millet, whole wheat, parsley, kelp, oats, corn, peanuts, cashew butter, almond butter, blueberries, bananas and raspberries. Note that the veggie form of iron needs vitamin C in

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order to be absorbed by the body, and the very best source of vitamin C is fresh fruits and veggies. An additional non-meat source of iron is cooking in iron pots and pans.

Calcium – As with iron, calcium deficiency is prevalent in the general population, particularly among women over 40 primarily due to a poor diet. Osteoporosis, gum disease, and tooth decay are symptoms. The best vegetable sources of calcium are cooked leafy greens. Those that are highest in calcium are turnip, collards, and spinach, but all greens are good. Other non-dairy sources of calcium are rhubarb, oatmeal, tofu, broccoli, molasses, almonds, filberts, oranges, kale, tahini, and garbanzo beans.

Zinc – Skin problems and increased colds and infections are most likely an indication of zinc deficiency. The RDA of zinc is 15mg daily. Non-animal sources of zinc will provide 2-5mg of protein per serving such as toasted wheat germ (1/4 cup), Swiss chard, baked potato, oats, mustard greens, pumpkin seeds, soybeans, rice, kidney beans, ginger root, wild rice, peas, leeks, lentils, cashews, sunflower seeds, and lima beans.

Omega-3 Fatty Acids – Almost all Americans are deficient in Omega 3, and it's critical for a healthy nervous system and for fighting inflammation. The best vegetarian sources are flaxseeds and raw walnuts. Don't cook them. Rather, grind them in your coffee grinder and add to soups, salads, brown rice, smoothies, applesauce, or yogurt.

B12 – This vitamin is difficult to get in a diet that's free of animal products. In fact, most vegans take a B12 supplement. Symptoms of this deficiency are anemia and nervous system problems. The recommended daily allowance as established by nutritional science is 3 mcg. You can get your RDA from non-meat sources by eating the following on a daily basis: two eggs and 2 cups of milk, or 2 eggs and 2 servings of cheese, or yogurt, or 3 tablespoons of brewers yeast, or a teaspoon of spirulina or chlorella, or three sheets of nori seaweed.

So eat more fruits and veggies! And be wise about it too! I want to thank Alison Buck, a classical homeopath who first brought to my

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attention these concerns, particularly tooth decay. If you would like to contact her simply drop me a message.

Chapter 21: Top Disease-Fighting Herbs & Spices

Here are the top 10 herbs and spices which contain the greatest concentrations of disease-fighting nutrients according to recent nutritional research. Add them to your fresh juice recipes not only to spice up the flavor but also boost your disease-fighting efforts.

Black Pepper: helps stop cancer cells from growing and dividing.

Chives: inhibits tumor growth.

Cinnamon: helps regulate blood sugar in diabetics.

Ginger: prevents motion sickness, inhibits cancer cells, and reduces cholesterol.

Oregano: reduces inflammation.

Parsley: reduces the risk of prostate problems and cures bad breath.

Rosemary: prevents cancer causing substances known as HCA's by 90%, and prevents breast cancer and leukemia in rat studies.

Saffron: decreases anxiety and depression, and in a recent study reduced emotional eating in overweight women.

Thyme: reduces inflammation.

Turmeric: or yellow mustard, decreases inflammation, improves memory, and fights pancreatic and colon cancer cells.

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