

Juicing Ideas

If you have not experienced fresh juices before, you will be in for a big surprise. Not only are they packed with nutrients but also they can be filling, delicious and very energizing.

Juicer selection.

As for juicer selection – always pick **masticating** juicers over centrifugal juicers. Masticating juicers squash the fruit, operate on slower frequency, are more efficient in extracting juices (especially from vegetables) and do far less enzyme damage to the fruit as compared to centrifugal juicers.

Recommended brands: Omega and Kuvings.

Only fresh juice, at room temperature.

Do not drink juices from cans, bottles and cartons; juices lose their nutritional potency as soon as they are made; packaged food is furthermore often homogenized leaving very little nutritional goodness. Always drink fresh juices as quickly as you make them. If you need to store or carry them, use a dark container.

Leave out ice in your drinks, especially in winter. Drink juices at room temperature.

70%+30% rule.

Do not overdo it with fruits and sweet vegetables (such as beets and carrots) as they quickly amount to a lot of sugar. A freshly squeezed glass of apple juice is 7 teaspoons! It's therefore to keep a rule of using 70% vegetables like beet leaves (yes - very nourishing and often thrown away), cucumber, celery, dandelion or zucchini and only the other 30% fruit.

A few excellent low-sugar juicing recipes (one serving each)

Refreshing Fennel

1 large fennel bulb
 ½ bunch of mint
 1 apple
 1 cucumber

Apple Kicker

2 apples, seeded
 2 stalks celery
 ¼ lemon
 1 inch ginger root

Liver Flush

Serves 1
 ½ bunch of dandelion
 1 apple
 ½ bunch of parsley
 1 inch ginger

Fennel Delight

Serves 1
 ½ bulb fennel
 1 zucchini
 1 lemon
 1 green apple

Beet Me Up

Serves 1
 Beet leaves from ½ a bunch of beets
 ½ lemon
 2 stalks celery
 1 apple

Lemon Kicker

4 carrots
 2 stalks celery
 ½ bunch parsley
 1 lemon

Spicy Beet

2 beet root + leaves
 ½ bunch of cilantro
 1 lemon
 1 inch ginger root

Watermelon Cooler

Serves 1
 1/8 of watermelon
 1 cucumber
 ½ bunch of mint

Pineapple Zing

Serves 1
 ¼ pineapple
 1 cucumber
 2 sticks celery
 ½ bunch of coriander or parsley

Pear Me Up

Serves 1
 1 pear (a hard one)
 1 cucumber
 ½ bunch of parsley

Fruit and Vegetables Juices and the Organs or Conditions They Heal

Lemon	Liver, gallbladder, allergies, thyroid, asthma, cardiovascular diseases (CVD), colds
Citrus	CVD, obesity, hemorrhoids, varicose veins
Apple	Liver, intestines
Pear	Gallbladder
Grape	Colon, anemia
Papaya	Stomach, indigestion, hemorrhoids, colitis
Pineapple	Allergies, arthritis, inflammation, edema, hemorrhoids
Watermelon	Kidneys, edema
Black cherry	Colon, menstrual problems, gout
Greens (but limit goiterous veggies)	CVD, skin, eczema, digestive problems, obesity, bad breath
Parsley	Kidneys, edema, arthritis
Beet greens	Gallbladder, liver, osteoporosis
Watercress	Anemia, colds
Wheat grass	Anemia, liver, intestines, bad breath
Carrots	Eyes, arthritis, osteoporosis
Beets	Blood, liver, menstrual problems
Celery	Kidneys, diabetes, osteoporosis
Cucumber	Edema, diabetes
Jerusalem artichoke	Diabetes, hypoglycemia and insulin resistance
Garlic	Allergies, cold, hypertension, CVD, high fats, diabetes
Potatoes	Intestines, ulcers

Hormones Detox

Reset Your Hormones

Precautions

Do NOT juice raw kale, broccoli, spinach, cabbage if you have hypothyroidism. Once the symptoms subside, you can re-introduce these vegetables in moderate amounts.

If you have a history of kidney stones or nephrolithiasis, reduce oxylate-rich vegetables to 50mg of oxylates per day. Vegetables rich in oxylates are spinach, beet root and beet leaves and parsley.