

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.

Hormones Detox

Reset Your Hormones

Nutritional Powerhouses

Camu Camu - chock full of Vitamin C. Immune system-boosting. Anti-viral. Detoxing. Liver-supporting. Adrenal-supporting. Anti-histamine.



Crucifers (cabbage, broccoli, cauliflower, collard greens, bak choy, brussel's sprouts, kale, arugula) - thyroid and liver-supporting. Immune-boosting. Estrogen metabolism-promoting.



Lemon and lemon zest - Liver-supporting. Alkalizing, Detoxifying. Anti-carcinogenic.



Dandelion - Liver-detoxifying. Gut-supporting. Anti-bacterial. Acne-fighting. Blood pressure-regulating.



Parsley - Cleansing. Liver-supporting. Anti-inflammatory. Anti-carcinogenic. Promotes cardiovascular health.



Detoxifying Juices

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

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

Liver Flush

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

Watermelon Cooler

1/8 of watermelon
1 cucumber
½ bunch of mint

Fennel Delight

½ bulb fennel
1 zucchini
1 lemon
1 green apple

Pineapple Zing

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

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Beet Me Up

Beet leaves from ½ a bunch of beets

½ lemon

2 stalks celery

1 apple

Pear Me Up

1 pear (a hard one)

1 cucumber

½ bunch of parsley

Fiery Green

2 cucumbers

4 stalks of celery

1 handful of watercress

½ of a lemon

4-inch fresh ginger

Spinach Lemongrass

2 pcs of 4-inch lemongrass

2 cups of spinach

1 lemon

2 stalks of celery

Hormone-Balancing Juices

Liver Flush

½ bunch of dandelion

1 apple

½ bunch of parsley

1 inch ginger

¼ tsp camu camu (stir in)



Estrogen Flush

1 spear broccoli

1 head cabbage

1 head cauliflower

2 kale leaves

½ lemon

2 apples

Not appropriate for thyroid.

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Digestive Aid

¼ pineapple
1 cucumber
2 sticks celery
1 inch ginger knob
½ bunch of parsley



Anxiety Cooler

1/2 cup fresh basil
1 cucumber
1/2 lime with zest
1 apple



Sugar Rebalancer

1 cup fresh spinach leaves
1 beet + beet leaves
2 stalks celery
1 apple
1 tbsp flaxseed oil (add at the end)



Allergy Buster

2 cups green grapes
½ bunch parsley
10 dandelion leaves
1 sprig rosemary



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Immune Booster

3 carrots
1 cup spinach
1 clove of garlic
½ lemon with zest
pinch cayenne pepper (if you can
tolerate nightshades)



Bone Builder

½ cup kelp or any sea vegetable
1 cup hot water
2 spears broccoli
2 kale leaves
2 stalks celery
½ bunch parsley
1 apple

Soak kelp in hot water for 20 minutes,
drain and juice with vegetables.

Use sporadically with Hashimoto's.

NUTRITIONAL GUIDELINES

(*) mean high concentration

(**) are cruciferous vegetables, should *not* be juices by people with hypothyroidism

Herbs

Basil: Vitamin A (beta-carotene), Vitamin C, Calcium, Iron, Magnesium, Potassium, Flavonoids orientin and vicenin, Volatile oils such as eugenol.

Cilantro: Vitamin A (beta-carotene), B-vitamins, Vitamin C, Vitamin K, Calcium, Iron, Magnesium, Manganese, Potassium, Flavonoids quercetin, kaempferol, rhamnetin, and apigenin, and Volatile oils borneol, linalool, cineole, cymene, terpineol, dipentene, phellandene, pinene, and terpinolene.

Fennel: Vitamin C, Iron, Magnesium, Terpene beta-sitosterol (an essential oil).

Mint: Terpene perillyl alcohol (an essential oil).

Vegetables

Arugula **: Vitamin A, Vitamin C, Vitamin K, Calcium, Iron, Carotenoids beta-carotene, lutein and zeaxanthin.

Baby Bok Choy **: Vitamin A, Folate (Vitamin B9), Vitamin C, Calcium, Iron, Magnesium, Manganese, Phosphorous.

Beet: Folate (Vitamin B9), Manganese, Potassium, Iron, Carotenoid beta-carotene, Betalains (betacyanins and betaxanthins)

Bell Pepper: Vitamin A, Vitamin C, Vitamin B6, Folate (Vitamin B9), Vitamin E, Carotenoids, Flavonoids luteolin, quercetin, and hesperidin, Cinnamic acid

Broccoli **: Vitamin C, Vitamin K, Folate (Vitamin B9), Carotenoids, Flavonoids, Sulforaphane,* Indoles*

Carrot: Vitamin A,* B-vitamins, Vitamin C and Vitamin K, Magnesium, Carotenoids* beta-carotene and lutein

Celery: Folate* (Vitamin B9), Vitamin K,* Calcium, Potassium, Magnesium, Manganese, Molybdenum, Acetylenics, Coumarins, Phthalides

Chard: Vitamin A, Vitamin C, Vitamin E, Vitamin K, Iron, Potassium, Magnesium, Manganese, Betalains (betacyanins and betaxanthins), Carotenoids beta-carotene, lutein, zeaxanthin, and xyxanthophylls, Flavonoids quercetin and kaempferol.

Courgette (Zucchini, Summer Squash): Vitamin A, Folate (Vitamin B9), Vitamin C, Calcium, Iron

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Reset Your Hormones

Cucumber: Vitamin B5 (Pantothenic Acid), Vitamin C, Vitamin K, Calcium, Manganese, Potassium, Carotenoid beta-carotene, Cucurbitacins, Lignans lariciresinol, pinoresinol, and secoisolariciresinol

Dandelion Greens: Vitamin A, B-vitamins, Calcium, Potassium, Inulin, Pectin, Coumestrol, Flavonoids apigenin and luteolin, Gallic Acid, Essential fats Linoleic and Linolenic Acid, Choline, Triterpenes, Taraxasterol

Endive/ Escarole: Vitamin A, B-vitamins, Copper, Iron, Manganese, Potassium, Carotenoids, Flavonoid quercetin

Garlic: Pyridoxine (Vitamin B6), Vitamin C, Manganese, Selenium,* Allyl Sulfide Allicin

Ginger: Potassium, Choline, Volatile oils and phenol compounds which are anti-nausea and anti-inflammatory

Green Chile: Vitamin C, Carotenoids alpha-carotene, beta-carotene, lutein and zeaxanthin

Jalapeno Pepper: Vitamin A, Folate (Vitamin B9), Vitamin C, Vitamin K

Kale **: Vitamin A, Folate (Vitamin B9), Vitamin C, Vitamin K, Calcium,* Carotenoids lutein and beta-carotene, Flavonoid kaempferol, Linolenic Acid, Glucosinolates, Isothiocyanates

Onion: Vitamin C, Flavonoid quercetin, Onionin A, Allyl Sulfides*

Parsley: Vitamin A (beta-carotene), Folate (Vitamin B9), Vitamin C, Vitamin K,* Flavonoid luteolin

Radish **: Vitamin C, Folate (Vitamin B9), Calcium, Molybdenum, Potassium, Selenium, Indoles

Red Cabbage **: Folate (Vitamin B9), Vitamin C, Vitamin K, Anthocyanins, Glucosinolates, Isothiocyanates

Red Leaf Lettuce: Vitamin A, Vitamin K

Romaine: Vitamin A, Folate (Vitamin B9), Vitamin C, Vitamin K

Spinach: Vitamin A, Folate (Vitamin B9), Vitamin B2 (Riboflavin), Vitamin B6 (Pyridoxine), Vitamin C, Vitamin E, Vitamin K, Iron, Magnesium, Manganese, Carotenoids zeaxanthin and lutein, Glycoglycerolipids

Sugar Snap Peas: Vitamin A, Vitamin C, Iron

Scallion: Vitamin C, B-vitamins (including Folate), Vitamin K, Allyl Sulfide Allicin

Sweet Potato: Vitamin A (highly available beta-carotene*), Vitamin C, Manganese, Resin Glycosides, Anthocyanin (in purple-fleshed sweet potatoes)

Squash (Winter, including Butternut, Acorn, Hubbard, Turban, and Kabocha): Vitamin A, Vitamin C, Manganese, Carotenoids lutein, zeaxanthin, beta-cryptoxanthin, alphacarotene, and beta-carotene, Cucurbitacins, Pectins, Linolenic Acid

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Tomato: Vitamin A, Vitamin C, Vitamin K, Carotenoids lycopene,* beta-carotene, lutein, zeaxanthin, and Flavonoids naringenin, chalconaringenin, rutin, kaempferol, quercetin

Watercress **: Vitamin A, Vitamin B6 (Pyridoxine), Vitamin C, Vitamin K, Calcium, Copper, Manganese, Phosphorous, Carotenoids beta-carotene, lutein, zeaxanthin, Glucosinolates

Wheatgrass: Vitamin E, Phosphorous, Chlorophyll,* detoxification enzymes Superoxide Dismutase (SOD) and P450, Carotenoid beta-carotene

GLOSSARY (alphabetically)

Acetylenics: cancer-fighting compounds which have potential tumor-shrinking abilities

Allyl Sulfides (including Allicin): rich in antioxidants, acts as an antimicrobial agent, prevents the formation of nitrosamine (a carcinogen) and can initiate cancer cell death

Anthocyanins and Anthocyanidins: antioxidants, anti-inflammatory, potentially protective, preventative and therapeutic in a number of human diseases

Arginine: plays a role in tissue rejuvenation and the prevention of aging

B-vitamins: essential in liver detoxification, help reduce stress; required for fat, protein and carbohydrate metabolism

Calcium: important for building strong bones and normalizing high blood pressure; plays a role in muscle contraction

Capsaicin: helpful for reducing pain, has cardiovascular benefits such as lowering cholesterol and triglycerides, prevents ulcers, opens and drains congested nasal passages

Carotenoids: a group of phytonutrients within the Terpene group including orange-pigmented Carotenes lycopene (especially important in prostate cancer prevention and survival), lutein (eye health), zeaxanthin, beta-cryptoxanthin, alpha-carotene, and beta-carotene, and yellow-pigmented Xanthophylls; powerful antioxidants, cancer-fighters, and immune-boosters. Beta-carotene converts to vitamin A in the body.

Choline: essential compound in liver detoxification, may help improve memory.

Cinnamic acid: an organic acid in the Phenolic compound group which is anti-inflammatory, anti-microbial, and anti-clotting; it helps control blood sugars, and helps persons with diabetes respond to insulin better.

Copper: important mineral for proper growth, utilization of iron, enzymatic reactions, connective tissues, hair, eyes, aging and energy production.

Flavonoids: a group of Phenolic Compounds including Flavonols (quercetin, gingerol, kaempferol, myricetin, rutin), Flavanones (hesperidin, naringenin

Hormones Detox

Reset Your Hormones

[repairs damaged DNA in prostate cancer cells], silybin, eriodictyol), Flavones (apigenin, tangeritin, luteolin), Catechins (antioxidants, anti-allergic, anti-inflammatory, anti-microbial, anti-cancer), Anthocyanins and Anthocyanidins, Isoflavones (diadzein, genistein, glycitein), and Coumestans (coumestrol [phytoestrogen]); act as anti-histamines (lessening the impact of allergy-related substances), anti-inflammatory agents, antioxidants, anti-bacterial agents, protects the liver, strengthens the heart and blood vessels and acts as estrogen mimics.

Folate: builds healthy cells and genetic material; converts potentially dangerous homocysteine into benign molecules (homocysteine can directly damage blood vessels and high levels of homocysteine are associated with a significantly increased risk of heart attack and stroke in people with atherosclerosis or diabetic heart disease); critical nutrient for proper cell division and is therefore vitally important for cancer-prevention in two areas of the body that contain rapidly dividing cells—the colon and the cervix.

Gallic Acid: a Phenolic acid phytonutrient which is anti-diarrheal and anti-bacterial.

Germanium: may be helpful in immunodeficiency, pain relief, cardiac disorders, circulatory disturbances and eye problems.

Glucosinolates (ex: Gluconasturtiin in watercress): may protect against oxidative damage; act as chemoprotective agents against chemically-induced carcinogens.

Indoles: eliminates excess estrogen and carcinogens; provides protection against cervical and breast cancers; protects the liver and helps detoxification

Iron: a trace mineral needed to make hemoglobin, the protein needed to carry oxygen throughout the body.

Lecithin: converts fatty acids into a more easily digestible form that is water soluble.

Lignans (phytoestrogens): lariciresinol, pinoresinol and secoiso-lariciresinol which have a strong history of research in connection with reduced risk of cardiovascular disease as well as several estrogenic cancers, including breast, uterine, ovarian and prostate cancers.

Linoleic and Linolenic Acid (Alpha-linoleic & alpha-linolenic acid): essential fatty acids required by the body to produce prostaglandin which regulate blood pressure and immune responses which suppress inflammation; they can lower chronic inflammation, such as proliferative arthritis, regulate blood pressure and the menstrual cycle, and prevent platelet aggregation.

Magnesium: promotes muscle and blood vessel relaxation, thus improving blood flow.

Manganese: used as a co-factor for the antioxidant enzyme superoxide dismutase; enzyme promoter; helps to build strong bones.

Onionin A: a unique sulfur molecule in onion that is found in the bulb portion of the plant; has been shown to inhibit the activity of macrophages, specialized white

Hormones Detox

Reset Your Hormones

blood cells that play a key role in the immune defense system, including triggering large-scale inflammatory responses.

Pectin: anti-diarrheal and detoxifying; helps to lower cholesterol especially with Vitamin C.

Phthalides: phytonutrients helpful in relaxing smooth muscle that surrounds the arteries, leading them to dilate effectively and allowing blood to flow with less pressure, thus lowering blood pressure.

Phosphorous: a mineral important for bone formation, digestion, excretion, protein formation, hormone balance, energy extraction, cell repair, chemical reactions and nutrient utilization.

Phytosterols: plant compounds that help to lower blood cholesterol levels.

Potassium: in balance with magnesium, helps keep blood pressure down and reduces risks of strokes; an important intracellular electrolyte helps counter the hypertension effects of sodium

Resveratrol: may protect against cancer and cardiovascular disease by acting as an antioxidant and anti-inflammatory. Helps stimulate Th2 part of the immune system.

Salicylate: a natural pain reliever.

Selenium: a mineral that stimulates the production of antibodies (disease-fighting cells) after vaccination; a powerful antioxidant that works with vitamins C and E to protect the body's cells against free radicals, which can promote inflammation of the immune system, development of cancer and heart disease.

Terpenes: a group of phytochemicals including essential oils like beta-sitosterol (in Fennel) which aids digestion, constipation, flatulence, colic, respiratory disorders such as congestion, bronchitis, and coughing, and encourages healthy hormone levels and regulates menstruation, and perillyl alcohol (in Mint) which is anti-septic, anti-spasmodic, carminative, cephalic, an emenagogue, an insecticide, restorative, and stimulating

Triterpenes: may contribute to bile or liver stimulation.

Vitamin A: important in fighting cancers of epithelial tissue, including mouth and lung; beta-carotene converts to Vitamin A in the body; required for maintaining healthy mucus membranes and skin; essential vitamin for vision.

Vitamin B5 (Pantothenic Acid): required for deriving energy from food and detoxifying drugs and toxins in the liver.

Vitamin B6 (Pyridoxine): assists in the balance of sodium and potassium; promotes red cell production.

Vitamin B12 (Cyanocobalamin): necessary for energy production, formation of blood cells and nervous system function; deficiency causes irreversible nerve damage.



Vitamin C: antioxidant; simulant of the immune system, needed by adrenal glands, inhibits tumor cell growth.

Vitamin K: necessary for blood clotting and building healthy bones.

Precautions

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

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.