

Healthy Symptoms Presents- *The Juicing Guide to Colorectal Health*

Eat Healthy Live a Fruitful Life

Your Body Isn't Stupid! It Knows How Badly You've Treated It!

Part Of The Colorectal Reboot Diet System

Its easy!
Start Today

Written by Colorectal Expert

Craig Perry



Your Diet and Juicing

Guide To Colorectal

Health

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Introduction

Most of us have heard the hype about organic, local sourcing, juicing and raw diets. Unfortunately to most people these subjects are just hype and seem way too easy for it to actually improve health. And believe me I can understand the skepticism. Diets are impossible and changing life long habits, well you may as well be from the planet krypton. Willpower is not the answer, besides there are so many competing theories, we have no idea who is right and who is wrong. There is one thing that the experts agree upon, we are a nation of overweight and sick people. How do you suppose that a large percentage of an entire nation can become obese? Is it that we are lazy? No, I don't believe that.

It is not a coincidence that all industrialized nations follow a processed food diet that is high in processed oils. The worst part is they make us feel guilty about the food they supply to us. We hear everyday: Cut the fat, lower your cholesterol, cut down on salt, bla, bla, bla.

They give us this food on every corner and in every grocery store.

They feed the cow, the chicken and the pig, corn. Corn was never a part of their diet, then inject them with all kinds of stuff we really know nothing about because they are sick from just eating corn. We get pretty vegetables and fruits with very little nutritional value, they grow in soil that really can no longer grow anything, if it weren't for the pesticides, fungicides, synthetic fertilizers and other chemicals.

I know exactly why we are sick, and why we are overweight! Our food supply is unnatural, processed and devoid of natural enzymes after cooking. Your body is starving for the minerals it needs to complete thousands of processes, starving for the vitamins it needs to function. So we get headaches, constipation, skin disorders, infections, and hundreds of other ailments that could be easily remedied simply by adding raw food to your diet. I don't expect you to become a vegetarian or anything like that. I simply want you to add some of the items we discuss in this book to your diet. And at the same time, if I may be so bold.... we ask that you cut out as much fiber as possible along with refined oils. I discuss many of these problems in the book "Colorectal Reboot" you can download free at Hem.orrhoids.com.

If you have IBS, constipation, hemorrhoids, Crohn's, Dysbiosis, colorectal cancer or any other intestinal problem you should read Colorectal Reboot.

You can get it free at: <http://Hem.orrhoids.com>

Chapter 1: Fiber- Do we need it, really?

This book is not so much about recipes as it is awareness. Our goal is to make you aware of the actual amount of fiber we get in our daily diet and how that fiber can severely impact your health.

Good health allows you to use your mental and physical abilities to the maximum whether it is at school, at work or at home. When your body is weakened by a lack of nourishment it is more susceptible to diseases of different kinds. Some may be minor ailments, say viral/ bacterial infections, but some problems may have a life long impact.

To ensure that your body is in perfect health, you should of course eat healthy, nourishing food. Raw foods loaded with nutrients, enzymes and minerals are absolutely essential for good health. Many experts and dieticians advocate diets that include a large variety of such foods to build your strength boost energy levels and keep your all important immune system strong and intact.

What Makes Food Healthy?

The foods we ingest should have the proper balance of nutrients- enzymes, and minerals. These components are used by the body to stay energized, to heal and replace worn tissues and to resist diseases. Eating food that has these important components **in the right measure** is the way to stay healthy.

However, we do not realize that the unnatural processing of food often reduces the potency of these components or gets rid of them altogether. You may be

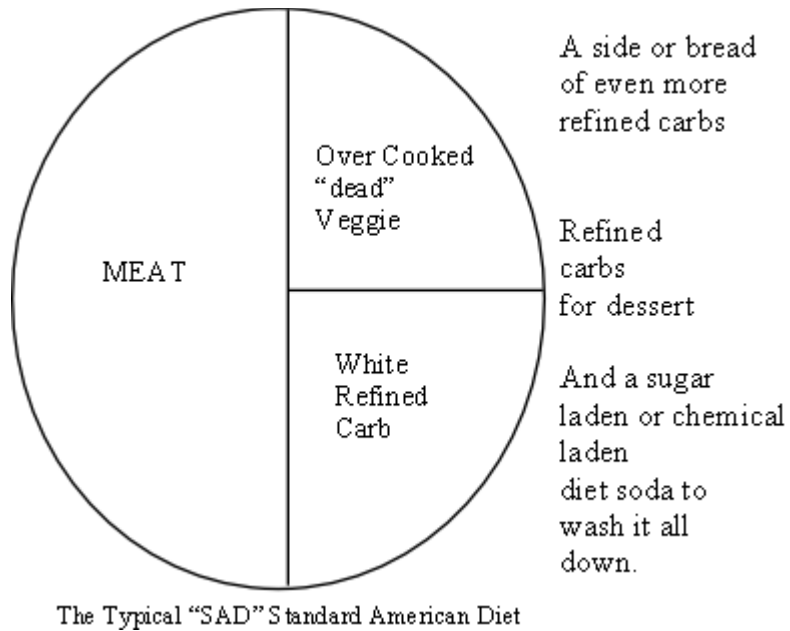
eating vegetables, grains or fruits with enzymes, minerals and other nutrients. But the benefits you gain from them may be very limited (this depends on what soil it came from); not to mention, thanks to various kinds of processing that dramatically reduces the effectiveness of any nutrients and minerals or were never absorbed from the spent, useless, chemically laden soils.

Does Cooking Reduce Nutritive Value?

Experts believe that cooking denatures the enzymes present in food items that we ingest. These enzymes are essential because they help us digest the food properly which help in complete absorption of all the nutrients. When we continue to eat food that has very few helpful enzymes, minerals and vitamins, our body is forced to replenish its store of these useful components itself. Unfortunately the human body cannot create many of these items, they must come from nature.

Over a long period, when the body can no longer sustain this 'extra production' of essential enzymes, several problems may arise. Digestive disorders, skin problems, vision, premature aging and even weight gain may result from eating food which have inadequate nutrition.

Cooking destroys several other beneficial compounds in the food we eat. When food is heated to more than 118F, about 90% of the sugars, fibers, vitamins and proteins are altered or destroyed along with all the enzymes. The formation of harmful compounds such as heterocyclic amines is highly likely when food is



Dr. Paul Kouchakoff, M.D. Institute of Clinical Chemistry, Switzerland, was the first to show in the 1930's that if you ate more than 50% cooked food your immune system would elevate white blood count and attack the food as if it were any other invader to our body. There are live enzymes in the foods we eat, or at-least there should be, when we don't kill them. These enzymes are designed to help with our digestion. The major problem; we kill these good enzymes, which causes the immune reaction called "leukocytosis." Dr Kouchakoff showed in his study that if the meal is 51% raw food the immune system will not react.

Is Raw Food the Better Option?

Adding raw food to your daily diet is a good option to avoid loss of nutrients through processing. However, without going overboard you can add a good

portion of raw foods to your regular diet to enhance your overall nutritive intake. The only way I know to get 51% raw into a diet (without gagging on raw broccoli) is with multiple smoothies and fresh juices daily. Look at the benefits you gain from raw food, this should motivate you and help you stay committed to getting healthy:

- A raw food diet gives you increased energy
- Skin problems are reduced dramatically and, in many cases, eliminated
- Proper and healthy weight loss takes place
- Immunity increases
- Keeps premature aging away
- Curbs inflammation and pain

Adding Raw Foods to our Diet?

Dried and raw nuts, greens, fresh fruits and veggies, seeds, dried fruits, sea veggies, herbs and sprouts are examples of highly nutritious raw foods to add to your diet without sacrificing taste. One fast and very tasty way to add raw foods is to include juices and smoothies or nutrient packed ice cream (if you have a Vitamix) along with your daily meals.

When making juices and smoothies it is a good idea to always use many more greens than fruits. Fruits are loaded with sugar and should be used as a flavor additive and not as the main component. Many people add some herbs or super foods to make a spectacularly healthy drink that you can consume on the go. I have included a super foods list at the end of this book.

There is a serious misconception, it seems many people avoid juicing in their

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raw food diet because they believe that this removes the fiber content. Is this true and if it is, is this essentially bad?? I think you know the answer.

Why many people avoided juicing?

Juice extractors remove the pulp from fruits and vegetables. This portion of the food contains the fiber. Since juicing reduces the fiber content of these highly nutritious food products many experts believe that eating the fruits whole is the better alternative. In fact, many experts categorically state that extracted juices are NOT healthier for you than just eating the vegetable or fruit itself.

In my years of study and understanding fiber I found the myth above to be completely wrong.

Fiber in daily doses of 3g to 12g is all an adult body should consume without developing serious colorectal diseases. Taking the RDA of 38g for adults will cause large stool, small hard stool, Pediatric constipation, Diverticular disease, Ulcerative colitis / Crohn's disease, Anal fissures, Hemorrhoidal disease, Irritable bowel syndrome, chronic constipation and other colorectal problems. These unfounded recommendations have encouraged many people to avoid juicing altogether and opt for eating fruits and veggies, in the whole, instead. While juicing does lower the fiber content, the question we need to ask is whether we really need this kind of fiber to stay healthy.

Are we overdosing on Fiber?

In my book, Healthy Intestinal Living- Colorectal Reboot, I discuss how the USDA recommends an unnecessarily high fiber intake of 19- 38 g per day. I

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believe that this kind of fiber intake is far from healthy for an average adult and devastating to children. Excessive fiber is not good for us because our bodies simply do not have the digestive enzymes to break it down. Our gut flora must ferment the fiber which causes gas and inflammation. As if that were not bad enough fiber expands and causes SERIOUS damage to the entire colorectal system.

How Much Fiber do you ingest?

Before I answer this question I'd like you to see the recommended daily allowance- RDA. These are statistics drawn from the Food and Nutrition Board:

For children aged 1- 8 years, the RDA of fiber intake is 19grams to 25 grams

For children aged 9- 18 years, the RDA is 26grams to 38 grams.

For adults aged 19 years to 70 years, the recommendation is 21 grams to 38 grams.

Let's see exactly what you will need to eat to get this massive amount of fiber.

Lets start with a small bowl of Raisin Bran cereal, or oatmeal or a pear to get 6

grams of fiber. Now a serving of one of these: split pea, black beans, lentils or

pinto beans will add another 15 to 20 grams of fiber. Lets add to that some

blueberries, an apple, an orange and you are now at 40 grams of fiber, above

the RDA for an adult. On an average, to get 30 to 40 grams of daily fiber, you

don't need to go out of your way and find fiber supplements etc. This does not

take into account all the breads, snacks, etc., etc.. The USDA Nutrient

Database shows that the grams of sugar that usually accompany all this fiber is massive.

Do the math and you come up with 150-300 grams of digestible sugar? Measure that sugar in tablespoons and you will get 10 to 20 tablespoons of plain old table sugar!! But who eats lots of fruit daily? Keep in mind that the various other foods you will eat through the day will contain carbohydrates too. Put together all the snacks, breads, lunch, dinner, breakfast and beverages you consume through the day. Do you really want that much sugar and fiber in your body? After all, the daily carbohydrate requirement for an average adult is not even 200 grams.

RDA or not, you can see that stuffing yourself with fiber will lead to undesirable side effects. Adding too many fiber rich food to your daily diet could end up overloading your body on sugar.

Fiber in small amounts will not hurt you. But getting fiber from dozens of sources, hidden ones we never think about and obvious sources like fruits and vegetables is not the best thing for you to do. Keep in mind that fiber is not a natural or evolutionary food eaten by humans.

So Fiber is not a “Perfect Health” Solution?

In my book *Colorectal Reboot* I talk about the problems that are caused by an overload of fiber. When sugars/ starches are broken down in the small intestine, the fiber component of food is not processed fully. Fiber can actually hinder digestion instead of aiding it. Result- heartburn, GERD, gastritis and ulcers. Excessive fiber can choke your small intestine and slow down its

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functioning leading to gas, bloating, stomach cramps, constipation, even rectal bleeding.

Many of us believe that fiber has been the perfect health solution since the beginning of time. Actually nothing is further from the truth. The promotion of fiber as a total health solution started only in the 1980's when this low grade animal food became healthy human food! If consuming fiber in anything other than very low quantities is not really good for you why avoid healthy diet options like juicing simply because it reduces fiber?

Some Nutritious Low Fiber Combos

Here are a few low fiber recipes for you to try:

Berry- Mint Smoothie- To a cup of coconut water, add about a cup and a half of berries (mixed variety), 3- 4 mint leaves and a lemon slice and blend well to make a tasty, low fiber smoothie.

Grape Slushie- Blend some grapes with low fat yogurt or low fat milk and add a natural sweetener like honey to get a lip smacking drink that is low fiber. To add some variety, try this recipe with fresh peaches.

Low Fiber Veg Smoothie- Tomatoes and carrots make an excellent combination in a vegetable based smoothie. Add some lemon yogurt to add a tangy taste to this drink.

Chapter 2: More about Fiber and Other Nutrients

Fiber is not damaging to the body when taken in moderation. The best way to prevent fiber intake is to understand where it is coming from and how much you actually get. Not many realize that fiber is found in the plants that we eat, snacks, all processed foods, even cheeses and many other items that are hidden by obscure names.

Where is fiber found?

There are many foods that have fiber that you might not be aware of. Look at that prepackaged food label, do you see an ingredient listed as "cellulose?" Cellulose is fundamentally wood pulp, and it's used widely in prepackaged foods as a filler, stabilizer, and or to boost "fiber" content. Cellulose is also used to improve the texture of many items and drinks such as milkshakes. If your nutrition facts label lists "dietary fiber," chances are the product contains cellulose. Cellulose provides structure and strength to cell walls of plants and provides fiber in our diets. Although some animals can digest cellulose, humans cannot. Cellulose falls into the category of indigestible carbohydrates known as dietary fiber.

Fiber is so pervasive that it is even found within cheese, many shredded cheeses are coated with cellulose to repel moisture, drinks, sauces, ice cream, snacks, etc.. There are also many names that sound obscure, but they contain fiber. For example, fiber is found in pectin, guar gum, I-glucans, agar-agar, carrageen, hemicellulose, lignin, polylos, psyllium, polydextrose, resistant

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dextrin, inulin, lignin, oligofructose, fructooligosaccharides, and resistant starch to name a few.

The names listed above are all made in the factory from wood pulp, cotton, seaweed, skins, tubers, seeds, husks, and other high-yield plants that can't be consumed by humans, unless they are highly processed.

Really, the only way to avoid fiber is to check the food labels very carefully. If you don't know the name of the ingredient, then you should avoid it. As such, it's best to eat real food that is unprocessed.

There are two kinds of fibers- soluble and insoluble.

Two Kinds of Dietary Fibers

Dietary fibers cannot be broken down in the human body. These fibers are passed through the digestive system bulked up with liquid. Both soluble and insoluble fibers add bulk to our stools and cause many serious problems.

Soluble fiber causes diarrhea, because it retains water inside the large intestine. Insoluble fiber absorbs digestive juices in the stomach and expands four to five times its original size. The expansion of insoluble fiber may cause esophageal, gastric, and intestinal obstruction.

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Clearly, when fiber is ingested in anything but tiny amounts, your body suffers from it. Try to stay away from a fiber rich diet, (high carbohydrate diet) you will end up overloading your body, and the result, you could throw your bodily functions badly off balance resulting in ill- health.

What about Minerals?

Your body also needs some essential minerals because they:

- Control the pH balance of body fluids and tissues
- Control and influence hormonal secretions
- Keep the skin healthy and infection free (attributed to the mineral silicon)
- Keep the heart healthy (attributed to the minerals potassium, magnesium, sodium)
- Ensure proper digestive health (attributed to the mineral sodium)
- Cleanse the body by acting as anti-oxidants

The sad fact is that most of us eat a mineral deficient diet. Plants do not manufacture minerals. They absorb these nutrients from the soil. If the soil where the food is grown lacks these essential nutrients, (most if not all industrialized farm land in the USA are lacking mineral content) the plant is lacking in them as well. Your grocery store veggies may look fresh and healthy to you. But there is no way to know whether they actually have the mineral content that they are supposed to have.

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In the USA most farmlands are depleted of minerals because of over- use.

Farmers no longer have a need to carry out crop rotation and this prevents the soil from replenishing its nutrients. Herbicides, pesticides, rodent killers, and other chemicals are added to soil and crops on a regular basis. Crops grow on this heavily chemical doused surface and not on the natural, mineral rich soil they were intended to grow in.

Most synthetic fertilizers and chemicals used to enhance crop growth are toxic to the human body. Traces of these remain on the crops even after the most diligent cleaning and processing. The food we buy from neighborhood grocery stores may not only lack minerals but contain traces of toxic chemicals/ compounds in it.

Choose Healthy Produce to stay Healthy

To stay healthy you have to eat healthy produce that have the minerals, enzymes and other nutrients that Nature intends it to have. Buy your foods from farmer's markets where the person growing the crop, the farmer, is the one selling them too.

Identify local producers, maybe farmers located nearest to your neighborhood, who bring in their produce daily for sale. The foods that you buy from them come straight from the farm. Since they are sold immediately after harvest they do not undergo processing to preserve them for long storage.

Go Organic

Deciding to go organic may be an excellent thing to do as well. Organic food is grown without the use of use chemicals (herbicides, insecticides, fungicides and others). These foodstuffs are fresh and completely natural. According to the USDA, eating organic produce may increase the amount of beneficial vitamins, antioxidants, minerals, omega 3 and 6. You may be ingesting far less toxic chemicals with organic produce too.

A Rutgers University research showed that organic produce is far superior to grocery store food. The researchers tested a common set of products purchased from a grocery store and an organic health food store. The results showed that organic food had many beneficial trace elements that were not present in the other. For example, many nutrients such as iron are abundant in organic produce but present in very little quantities in the grocery store products.

Is Eating Raw the Solution?

We now know that processing eliminates some of the beneficial nutrients in food and the use of chemicals, preservatives eliminates some more. Then, is it best to only consume organic/ 100% natural food without cooking it? Is eating organic produce raw the answer to good health?

Definitely! Fresh fruits and veggies from your friendly neighborhood organic farmer or your own vegetable garden are loaded with just the right amount of minerals and other nutrients to keep your body in perfect condition. Since the

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enzymes are alive in this kind of food, it is rapidly processed inside your body so that the maximum nutrition is absorbed from it.

A raw food diet typically contains about 75% of vegetables, seeds, nuts, fruits and other super foods since the idea is to avoid processed food or unnaturally grown food. Common foods you will find in this kind of diet include whole grains, sprouts, seaweed, beans, nuts, dried fruits and other vegetables. Most raw foodists avoid meat and prefer to stick to a vegetarian diet. They may not even eat animal products like eggs or cheese. Of course, this differs from person to person. Remember we only want you to add 3 or more power packed juices or smoothies to your diet. The goal is to get 51% raw by simply drinking it.

Three Types of Vegetarian Diets

There are three types of vegetarians- Vegans, Lacto Vegetarians and Lacto Ovo Vegetarians. The foods each of these groups eat depend on the kind of vegetarianism they follow.

Vegans consume only plant food. Lacto Vegetarians avoid seafood, eggs and meat. They eat plant foods and also dairy products. Lacto Ovo vegetarians eat dairy products, including eggs, and plant foods but avoid meat and seafood.

Several studies have highlighted the benefits of following a vegetarian diet. A vegetarian diet keeps many common ailments away such as obesity, hypertension, heart disease, diabetes and some cancers. The incidence of degenerative diseases is also much less among vegetarians. The reason seems to be the lack of processed oils and large amounts of sugars.

However, vegetarians may miss out on some nutrients, for example, proteins, minerals like iron, zinc and calcium, vitamins B12, D unless they carefully plan their daily diet. Understand which foods have sufficient content of necessary nutrients, minerals, proteins, vitamins etc and include them in your daily diet to stay healthy.

Here is a short list of high fiber foods that you should be careful when you include them in your daily diet, starting with some popular breakfast foods/cereals. This list is intended to show that fiber is everywhere and we get much more than we think.

Food	Total Fiber grams
All Bran	13
Corn flakes	6
Raisin Bran	6
Oatmeal	4
Rye bread	3
Wholegrain bread	3
Barley	6
Whole wheat pasta	6

Chapter 3: The Amazing Benefits of Juicing

Powered by enzymes, minerals and vitamins, juice is your answer to health and vitality. Green drinks made from spinach, celery, lettuce, broccoli, kale, cucumber etc are laden with nutrients that give your body the much needed boost. Moreover, they supplement the body instantly, taking little time to be absorbed by the bloodstream.

Our general diet often excludes many foods that do a world of good to your body. The best way of balancing this out, is to support your intake of solids, with juices that aid the body's processes. But before you reach out for that carton or can, stop and think whether the package is a parcel of goodness or chemical harbinger. Packaged juices have preservatives added colors, sugars and are often pasteurized. Also, the time lost when it is conveyed from factory to shelf, destroys most of its nutrients. The high concentration of sugars and chemicals make them taste sweet and unnatural, not how a juice is meant to be.

You should have by now considered the safe and sensible option of fixing a juice yourself. You could choose from a range of possibilities. But basically the juice has to suit your body's needs as well as satisfy your taste buds.

Detoxify yourself with green juice that is loaded with chlorophyll. The biggest benefit of green juices is that it cleanses your cells of toxic substances that collect over time.

The ability of juices to be instantly taken in by the body makes them ideal for patients who suffer from digestive problems. Foods that are unpalatable otherwise can be consumed with ease. Enormous quantities of food laden with nutrition that would take ages to be chewed are slipped down the throat in a mere glass. Concocted and consumed quickly, juices assure you vigor and vitality, and there is sure to be one that you really like.

Juicers Blenders Bullets and Vita mixers:

Before you plunge into the pleasing prospect of juicing, first equip yourself with the right juicer. There are basically two forms of juicers: The conventional type and the blenders such as a Vitamix or bullet.

The conventional juicers (like Jack La Lane) are further categorized as
Automatic Ejection Type, Centrifugal Juicer;
Non Ejection Type, Centrifugal Juicer;
Single Auger Juicer;
Masticating Juicer and Twin gear Juicer.

The conventional juicers are normally used to juice fruits and vegetables. These type of juicers leave the pulp and the fiber contained in the skin behind. These juicers create a “juice” like we all know.

Vitamix is the most powerful blender on the market, it blends the entire fruit without leaving out the fiber, making a pulpier drink. Moreover, it can be used for various other purposes apart from blending fruits and vegetables. It is the perfect choice when juicing whole foods into smoothies, making vitamin and mineral packed ice cream, shakes and even fresh vegetable juice dressings. It also scores over the juicer in being easier to clean.

You can add vegetables and fruits peeled or unpeeled into the Vitamix.

Sometimes I use cheese cloth or a strainer if I want a smooth juice. Unlike juicers, Vitamix and all blenders for that matter create a thicker drink. If you like smoothies this is a good thing. Some home blenders just don't have the power to create a very smooth smoothie. But that is a matter of taste.

It may be obvious that a juicer can not juice a banana but just in case we have tried to create recipes for the blender, juicer and Vitamix. See examples below.

NOTE: You can add ice to the blender and create a smoothie type drink.

You can use a blender and juicer together to create a smoothie.

A Vitamix has the power to turn seed and stem into liquid so there is no need to core but peeling is recommended for removal of as much fiber as possible.

With a juicer there is no need to peel, the juicer does that for you.

Pumpkin Pie Smoothie

Ingredients:

1 banana (frozen is better but fresh is fine)
 1 tbl sp pumpkin $\frac{1}{2}$
 apple (peeled)
 8 oz of milk or almond milk
 1/8 tsp of nutmeg (pinch) 1/8
 tsp cinnamon (pinch) 1/8 tsp
 ginger (pinch)
 4 ounces vanilla yogurt
 $\frac{1}{2}$ tsp brown sugar or honey
 15 blueberries or raisins

ADD:

- Cinnamon Graham Crackers, crushed on top
- Whipped cream
- 3 slices of fresh orange (peeled)

Apple Cucumber Cooler: Hot days call for some instant cooling with this apple cucumber juice combo. Add a generous helping of apples, and a cucumber and juice for the perfect morning drink.

List of Ingredients

1 cup Apples, raw, without skin
 1 cup Cucumber, peeled, raw
 1 cup Ice, Shaved or Cube

Instructions for Preparation

Juicer:

2 small apples
 1 large cucumber

Blender:

peel and core 2 small apples
 peel one large cucumber split
 and remove center seeds

Vitamix

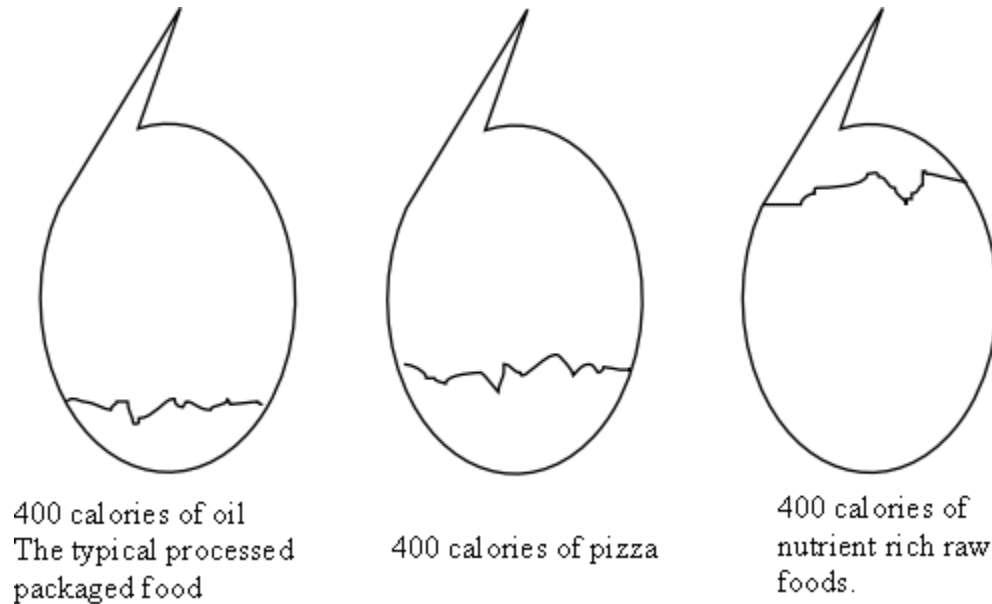
peel 2 small apples
 peel one large cucumber
 add ice

Nutrition Facts	
per serving makes 1 servings	
Amount per serving	
Calories	87
Calories from fat	5
% Daily Value *	
Total Fat 0.5g	1%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 19.6g	7%
Dietary Fiber 3g	12%
Protein 1g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
5.7% of calories from Fat 89.7% from Carbohydrates 4.6% from Protein	

What makes you binge?

When do you realize that you have had your fill? In the case of popcorn, pizzas and fried foods, the feeling of being satiated does not last long. This is because junk foods generally have high carbohydrate levels which when consumed, break down into sugars. The variation in sugar levels will prompt you to reach out for yet another bite of pizza. The alarm system in the body that indicates when you've had enough is blocked by the fats that comprise most junk food. So your hunger is not easily satisfied and you are prompted to eat more.

Fruits and vegetables have the highest satiating effects whereas bakery food like croissants, cakes and biscuits are known to be the least satiating.



The reason we keep eating is the stomach is never satisfied, unless you pack it with thousands of empty calories or nutrient rich raw foods. Lets face it we all eat junk, sometimes it is disguised as “healthy food” but it turns out to be oil soaked, sugar loaded and ultimately unsatisfying.

The chart above shows that eating raw fills the stomach with the least amount of calories and keeps it full a bit longer.

Top choices of vegetables to go into your blender or juicer:

Carrots: Mineral rich root, laden with magnesium, calcium, phosphorus and potassium. Also a rich source of vitamin B1, B6, C, D, K and E. They are a

natural source of phytonutrients, disease fighting nutrients. A cup of juice is equivalent to almost 5 cups of diced carrot.

Beets: The nitrates in this root, increase blood circulation. Laden with vitamins B1, B2 and C and minerals like manganese, iron and potassium, they are best had in a diluted form.

Celery- The minerals: magnesium, iron, folic acid, sodium, potassium and phosphorus, provide an electrolytic balance to the body. Vitamin A rich leaves and vitamin C, B1 and B6 rich stems helps combat cancer, lower cholesterol and blood pressure.

Lettuce: A vitamin rich source, it also has minerals such as: selenium, phosphorus, iron, calcium and potassium. The glutamine in lettuce provides cellular strength and fights hair loss. It has a natural tranquilizer that is good for insomnia and headache.

Cabbage: The leafy veggie is enriched with vitamins and minerals. It is also laden with phytonutrients that boost the body's immune. It detoxifies the body and decreases cancer risk.

Fennel: Rich in potassium and vitamin A, it relieves arthritic and stomach pain. Due to its strong taste it can be combined with another vegetable that is low in flavor.

Tomatoes: Apart from being good sources of minerals and vitamins, they are rich sources of lycopene, a carotenoid pigment which is an excellent antioxidant. Regular intake of tomatoes helps lower cholesterol, repair muscles and strengthen bones.

Delicious and hassle-free recipes for a jolt of goodness:

These recipes are easy and fast to make. They are a great pick-me-up anytime of the day.

Fuchsia beet

Ingredients: 3 carrots, an apple, 2 celery stalks, 4 beets and an inch of ginger.

Blender	Vitamix	Juicer
<ul style="list-style-type: none"> • Wash and peel the carrots, beet, ginger and apple. • Chop the celery stalks • Throw everything into a blender • Pour into a glass and serve chilled. 	<ul style="list-style-type: none"> • Wash the carrots, beet, ginger, apple and celery stalks • Throw everything into the Vitamix • Add ice • Pour into a glass and serve chilled. 	<ul style="list-style-type: none"> • Wash the carrots, beet, ginger, apple and celery stalks • Push through juicer • Pour into a glass and serve chilled.

Orange carrot burst

Ingredients: 8 carrots, a pomegranate and a large mint sprig

Blender	Vitamix	Juicer
<ul style="list-style-type: none"> • Wash and peel the carrots and pomeg. • Split pomeg and remove seeds • Throw everything into a blender add water • Pour into a glass and serve over ice. 	<ul style="list-style-type: none"> • Wash and peel the carrots and pomeg. • Split pomeg and remove seeds • Throw everything into Vitamix add ice • Pour into a glass and serve as smoothie. 	<ul style="list-style-type: none"> • Wash the carrots and pomeg. • Split pomeg and remove seeds • Push all through juicer • Pour into a glass and serve over ice.
<ul style="list-style-type: none"> • Garnish the juice with mint sprig and serve. 		

Probiotic Punch

Ingredients: a cup of yogurt, a pomegranate, quarter cup of blueberries, one

small banana, a fistful of spinach

Blender	Vitamix	Juicer (minus banana)
<ul style="list-style-type: none"> • Wash pomeg and berries then peel the pomeg. • Split pomeg and discard seeds • Throw everything into a blender add water • Pour into a glass and serve over ice. 	<ul style="list-style-type: none"> • Wash pomeg and berries then peel the pomeg. • Split pomeg and discard seeds • Throw everything into the Vitamix add water • Pour into a glass and serve over ice. 	<ul style="list-style-type: none"> • Wash pomeg and berries, peel the pomeg. • Split discard seeds • Push pomeg, berries, spinach through juicer • Pour into a glass and serve over ice.

Chapter 4: The Juice-able and the Un-juice-able

Juicing is a great way to add some nutrition to your diet. You will be surprised to see how many of the fruits and vegetables you dislike or hardly ever eat can be made into tasty juices. However, there are some that are best in the blender type and not the juicer.

Bananas - Bananas are an excellent source of potassium and these fruits make bitter drinks mellow. However, bananas have too little water content and are too mushy to be good candidates for juicing. They do make excellent smoothies though.

Leeks- Leeks do not juice well or make a smooth blend. To add this nutritious food stuff to your juices, add it to other vegetables when juicing.

Avocados- These vegetables tend to be oily when juiced rather than watery. If you want to get the vitamin A, D and E of the avocado in your diet add small amounts of the vegetable to a smoothie.

Brown Coconuts- These are difficult to juice in your juicer. You can add the meat and water from Thai coconuts to juices, blends, smoothies and even many dishes to add awesome flavor, though.

Winter Squash- Surprisingly the winter squash is a tough customer to juice. With low water content, this squash is not a good juicing candidate but add it in other forms to your diet to get the beta carotene it contains.

Top 10 of the Best Fruits to Juice

Let's also take a look at some fruits that are easy to juice and make tasty and nutritious drinks.

Pomegranate- High in sugar and calories, pomegranate juice is “a good with the bad” kind of thing that gives your body the antioxidants it needs. A study showed that 8 ounces of pomegranate juice taken daily reduces the recurrence of prostate cancer.

Orange- is the ever popular breakfast accompaniment. OJ has vitamin C, which boosts immunity and the unsweetened variety has few calories. This makes it ideal for those who are weight watching as well.

Prune- If you often suffer constipation (absence of gut flora), a glassful of prune juice is a temporary substitute. With natural laxative sorbitol plus significant amounts of iron, antioxidants and potassium, this juice is packed with goodness. Just don't use it as a cure-all.

Cherry- Another great source of antioxidants, cherry juice also helps combat inflammation causing diseases. Since it curbs muscular pain, this juice is perfect for those who want a healthy drink before or after exercising.

Cranberry- Another good source of Vitamin C, cranberry juice relieves problems of the urinary tract.

Apples, blueberries, tomatoes (which are really a fruit!!), pineapples, watermelon and papayas also make excellent fruit juices.

Top 10 of the Best Vegetables to Juice:

Cucumber- Excellent source of Vitamin A, Pantothenic Acid, Magnesium, Phosphorus and Manganese, and a very good source of Vitamin C, Vitamin K and Potassium. Only about 1g fiber in ½ large cucumber.

Carrots- Filled with beta carotene, carrots are good for your skin and brain. They combat intestinal parasites, fight cancer and boost immunity immensely. Blend with apple juice to get a power packed, tasty juice combo.

Broccoli- If you hate eating broccoli, drink it to get the benefits of its antioxidants, chlorophyll and vitamin C. Add some tomato juice to it to improve taste. Broccoli helps build immunity, regulates insulin and detoxifies your body.

Celery- Celery juice is excellent for digestion, for reducing bloating and detoxifying. The potassium content ensures that your blood pressure is under control.

Beetroot- Beet juice is called a super food. This vegetable has high iron content. It helps reduce blood pressure, improves blood circulation, and is a proven anti cancer treatment. It also boosts stamina and prevents premature aging.

These next 5 vegetables are what I call stealth vegetables. You can put all 5 or any one of them in your juice or smoothie and they are like a stealth fighter, you never know they are there. I add about ½ cup to a 4 cup smoothie.

Cabbage- For those with ulcer problems, a daily dose of cabbage juice is remarkably beneficial. This vegetable is excellent for cancer prevention, balancing estrogen levels, detoxifying and regulating metabolism. Add other vegetables to mask the taste if required.

Spinach- It is a good source of Niacin and Zinc, Protein, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Vitamin B6, Folate, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper and Manganese. Only 1g fiber per cup, raw.

Kale- It is a good source of Protein, Thiamin, Riboflavin, Folate, Iron, Magnesium and Phosphorus, and a very good source of Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Calcium, Potassium, Copper and Manganese. Only 1g fiber per cup, chopped, raw.

Yellow Squash- A good source of Riboflavin, Folate, Magnesium and Copper, and a very good source of Vitamin A, Vitamin C, Vitamin B6, Potassium and

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Manganese. Only 2g fiber per cup, raw.

Zucchini- A good source of Thiamin, Niacin and Pantothenic Acid, Protein, Vitamin A, Vitamin C, Vitamin B6, Folate, Iron, Magnesium, Phosphorus, Potassium, Zinc, Copper and Manganese. 1g. fiber per cup, raw.

Tips for Juicing when you're on the Go

If you think that juicing is simply too much work, think again. Juicing allows you to get a concentrated dose of nutrients that can be easily absorbed into your bloodstream. Use these tips to ensure that you get your daily dose of good health through nutritious juices even when you are short of time:

Plan in Advance: Keep your juice ingredients ready the night before you need them and shorten the time you need for juicing the next day. If anything needs peeling, you could do that and put the fruit or veggie in plastic Ziploc bags in the fridge overnight.

Make more than you need: Fresh juice is the best when consumed right away, but I know juicing at work and on the go is hard, in that case make extra and keep it refrigerated. Make more juice than you need if you anticipate a busy day ahead.

Store your juice safely: Take your daily dose of fresh juice in an air tight, opaque bottle. The lack of air or light inside ensures that the nutrients are

preserved to the maximum degree. Most people prefer to use glass or steel containers instead of plastic ones to keep the juice fresh all day.

Juicing On a Budget

Juicing is not an expensive affair considering the health benefits it offers. But you can make it really pocket friendly by paying a little more attention. Add mineral water or spring water to your juice to make it last longer. Use fruits and veggies that have high water content so that you get a whole lot of juice from relatively fewer fruits/ vegetables. Good examples are watermelon, cantaloupes, oranges and cucumbers.

Purchase from your local farmer and you could get fresh, chemical free produce at pocket friendly prices. Or, do your buying from a co-op where prices are usually lower. Look for neighborhood gardens, maybe the neighbors will part with some of those extra veggies. If juicing is becoming a big budget item, cut down on the expensive items and go with a tomato based vegetable juice.

Go to “u-pick” type farms for blueberries and so much more. There is always so much produce thrown away at flea markets, farmers markets and vegetable stands because of blemishes and bruises. Make a deal with the vendor to take it all for a few dollars.

Chapter 5: Your Secret Ingredients

Increase the efficacy of your juices by adding some herbs to them. The herbs may also give the juice a different taste and voila!, you have more variety with your juice diet. You can experiment by adding herbs directly to your smoothie. For juice you can make a tea with it and add it to the juice. However, the best option is for you to add the whole herbs right into the juicer or blender with your fruits and vegetables.

Some of the herbs you can add are chamomile, burdock, red clover, alfalfa, and milk thistle. These are powerful cleansers. Saffron is a good antioxidant addition to prevent cancer while purslane is an anti- inflammatory herb. Rosemary boosts immunity and helps alleviate joint pain. Ginger is another herbal additive to juices that improves cardiovascular health, keeps cholesterol levels in rein and aids digestion.

Add Extras to Your Drink to Make It More Healthful

There are some other extras that can make your juice even more nutritious, tasty and healthy. Spirulina, a green algae is one such addition that gives your body the mineral and calcium it needs. Add some probiotic capsules to your juice and you restore the gut flora that helps the digestive system function correctly.

You can add frozen yogurt or curds to make fruit smoothies that have a creamy rich taste. If you are weight watching, replace the yogurt with soy milk.

A Few Juices for Specific Conditions

Juices are beneficial in treatment of many common disorders. Here are a few ideas you can use to get rid of some frequently occurring ailments:

Juicing for Migraine- Juice one apple with four stalks of celery and make this juice a part of your regular diet to keep debilitating migraines away. A spinach plus carrot plus cucumber juice is also an effective remedy. For those who do not mind the strong color/ taste of beetroot, adding this vegetable to the mix is a great option for speedy migraine relief.

Juicing for Laryngitis- Lemon juice and honey is an age old cure for laryngitis. Add to this concoction some ginger, thyme or sage to get rid of the achy feeling and inflammation quickly. A carrot- apricot- cantaloupe combo is a good cure too. Add honey to this combo to sweeten the mix and to soothe the strained vocal chords.

Juicing for Energy- Getting your daily dose of carbohydrates, vitamins and minerals is essential to keep your energy levels high. Make a combo fruit and vegetarian juice to get an energy burst when you are feeling slow and sluggish. Cucumbers and tomatoes combined with lemon make a slightly tangy, highly energizing drink. Apples, carrots, spinach, kale make a nice blend too that gives you stamina. Other ingredients you can use for an energy boost are watercress and oranges.

Juices can be very beneficial with serious ailments such as cancer, diabetes, bronchitis, depression, and osteoporosis and heart burn too.

Juicing For Cancer

Many fruits and vegetables contain cancer fighting nutrients. Using these in the form of juices can help you fight this dreaded disease. Here is a list of vegetables and fruits that are beneficial in this regard with the cancer fighting nutrient they contain listed alongside:

Raw cabbage (isothiocyanates)

Raw Carrot (beta/ alpha carotene, Vitamin E, etc.)

Raw Broccoli (sulforaphanes/ isothiocyanates)

Beetroot/red beets (proanthocyanidins)

Green Asparagus (saponins)

Turmeric (curcumin)

Raw pineapple (bromelain and pexoxidase)

Strawberries, red raspberries, black raspberries (laetrile and ellagic acid)

Apricot seeds (laetrile)

Blueberry (ellagic acid, anthrocyanins, OPC)

Chapter 6: Staying Fit with Juices

One of the simplest and most effective ways in which you can gain great health is to go on a juice fast. The fasting keeps you from loading your body with unhealthy foods (baked goods, sugars etc). The juice intake ensures that all necessary nutrients are being absorbed by the body without burdening the

digestive system. Juice fasting helps you lose weight, cleanse the body and feel rejuvenated both in body and mind.

There are two ways in which you can juice fast for good health. You can opt for a veg/ fruit juice diet only or have a combination of juices, broths and smoothies. There is no fixed time limit for a fast and you could do it for a day or three at a stretch. Many health conscious people juice fast once a week to give their bodies a 'fresh start', quite literally!

Why Juice Fast Instead of Dieting?

A diet may eliminate some of the basic food groups from your meal completely. The nutrients that are in these foods are no longer available to your body. A juice fast is a completely healthy and highly nutritious substitute to your regular food. Your body gets all the nourishment it needs to function at peak performance with a juice fast.

Since the nutrients are much more easily absorbed in juices with much less work, your body is re-energized without working too hard for it. The energy thus saved is used by your body to kick start the self healing process that repairs damage to various organs.

Another interesting point is that a diet may start showing beneficial results after you have stayed committed to it for a few days/ weeks. A juice fast gives you more stamina, better mental clarity and more energy, but some people

report it may take a day or up to 3 before you feel normal. In the mean time you may feel sluggish, have headaches, tired etc..

How to Do a Juice Cleanse

If you are doing a juice cleanse, you should take care to ingest some nutritious juices at several times during the day- at breakfast time, lunch time, dinner time and in between each of these meals. Drinking sips of water during a juice cleanse speeds up the process and makes it more effective. If possible, avoid caffeine based drinks and stimulants completely. If not, at least cut down consumption of these as much as possible.

It is very important to take the juice as soon as you prepare it. When the juice is left for long it loses nutrients due to oxidation. If making the juice fresh is not an option, prepare as much juice as you will need for a whole day. Discard what is left over at end of day. Avoid juice bought off the shelves at a department store. It is always better to make the juice at home yourself.

Drink the juice slowly and swallow only after it mixes well with your saliva. The saliva has several digestion boosting enzymes that help your body absorb the nutrients in the juice fully and easily. To avoid overloading your digestive system, ensure that the juice is at room temperature when you drink it.

Ending the fast in the right way is also important. Ease your newly cleansed body back into a regular diet slowly to avoid ending up with an upset stomach.

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Fruits, soups and veggies are a great 'post juice fasting' diet that can gradually give way to more protein rich foods after a day or two.

Some Effective Juice Fasting Recipes

1 to 3 Day Fasting Guide- Detox your body in 3 short days and refresh yourself with new energy with this juice fast. Here is what you do:

Cleanse your intestines as soon as you wake up by drinking a glass of water with lemon squeezed in. Breakfast is the time for your first juice of the day. One glass of fruit-only juice diluted liberally with water is perfect for this meal since fruits are best digested at this time of the day.

At lunchtime, it is time to drink another glass of your juice. You can have an additional glass of it a few hours later if you feel puckish before dinner. Dinner is the time when you can try out some vegetarian juices. At any time of the day, whenever you feel thirsty, drink water or water with lemon juice to keep your body hydrated and to help with the cleansing. Make sure to drink the water plus lemon combo or plain water at bedtime too.

Some juice recipes you can use for 1 to 3 day juice fast:

Fruit Juice Recipes

The Magic of Mint: Start your day with the refreshing taste of mint and you are sure to feel energized all day. Here is what goes into this juice: half a cup of mint, 2 oranges, a grapefruit and a carrot. Add some celery stalks to make this drink even more nutritious.

Melon and Berries: This one has a generous dose of watermelon combined with a cup of blue berries or black berries. Add some honey to sweeten.

Apple- Cucumber Cooler: Hot days call for some instant cooling with this apple cucumber juice combo. Add a generous helping of cored apples (4 to 5 should do), add a cucumber and juice for the perfect morning drink.

Vegetable Juice Recipes

Carrot- Tomato Juice- 3 medium sized carrots and 3 small tomatoes plus some celery stalks make this highly nutritious, power packed juice.

Broccoli- Cabbage Juice- A stalk of broccoli, quarter head of small cabbage, kale (2 leaves), and a large apple plus a lemon squeezed in make an excellent cancer prevention juice. Add a quarter head of cauliflower to pack in more goodness.

Carrot- Beet- Beet juice is a super food and adding the beta carotene filled

carrot to this vegetable only makes it so much better. Take a generous portion of carrots (5 to 6) and add to half a beet to make this juice.

Green Juice Diet

Go on a green juice diet and you can gain great health with your juice fast just like Joe Cross in the movie "Fat, Sick and Nearly Dead". A green juice fast is a highly effective way to detox your body in minimum time. This juice builds red blood cells in the body, enhances weight loss, clears skin problems and gives you better mental and physical health.

Here is how to make Joe Cross's green juice. The main ingredients are a cucumber, a bunch of kale, a handful of celery stalks, a half inch piece of ginger, two large apples. Add a lemon for taste. You can take this at breakfast, lunch and dinner time for an effective green fast that keeps you fighting fit.

Other ingredients to blend:

- Smattering of fruit: Pick your vegetables and throw in a few pieces of peeled apple to pep up the flavor.
- We recommended that you steer free from sugars and sweeteners. You could instead add root vegetable like beet and carrot that naturally sweeten the drink. Apart from imparting an earthy flavor its an antioxidant boost to your body.
- Add honey or a pinch of stevia for a sweet zing.
- Go green: Add some broccoli, kale or chard.

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- Add a watery vegetable such as cucumber or celery to dilute the strong taste. It is also a way of throwing in some extra vitamins.
- Garnish with lemon, mint or ginger for that extra wow.

Chapter 7: Detox with Juices

If you are going to try out a juice detox/ juice cleanse plan for the very first time there may be many questions in your mind. Look at the FAQs here to clarify your doubts:

Q: How many days should I juice fast for good effect?

Ans: There is no hard and fast rule about the duration of a juice fast. Even a single day's fast will give you immense benefits. In general, beginners should start off with a 1 day fast and gradually build up to a 3 day fast and then to a 7 day plan.

Q: Should I drink only juice all day?

Ans: Ideally, yes. This allows your digestive system to 'take a break' and gives you body a much needed rest. You can drink water during the day whenever you are thirsty.

Q: Will I feel tired throughout the day of my juice fast?

Ans: Not likely. Many people actually feel more energized and find that they can think more clearly. Some people may feel tired for a variety of reasons during your juice fast, not necessarily because of the 'lack of food'. If you do, just take a short nap or relax for a while until you feel energized again.

Q: Should I stick to one specific juice recipe for the whole day?

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Ans: Not at all. Drink fruit juices in the morning, fruit-veg combos at noon and veg juices at dinner time for variety. Fruit nutrients are best absorbed by the body first thing in the morning. If you prefer fruits juices, stick to them the whole day. But remember that fruits speed up the cleansing process so beginners may want to start with a fruit juice plus veg juice fasting regimen, also fruit has tons of sugar, so too much is not good.

Q: Can I combine fruits and veggies in one juice?

Ans: You can combine apples with your veg juice and carrots with your fruit juice. Avoid mixing other fruits or vegetables. The body uses different kinds of enzymes to digest fruits and vegetables and ingesting a combination will throw it off balance.

Q: Will I lose weight with a juice fast?

Ans: Certainly and in the healthiest way possible without losing muscle tone or essential fat reserves. Pick some weight loss juice recipes for best results.

Q: Can I resume my regular diet on day four after my 3 day juice fasting diet?

Ans: No, regular food will shock your body after it has had a relaxing, cleansing three days of 'juice only' diet. Ease yourself into regular food by consuming soups or broths on day four

Q: Why is homemade fresh juice better than ready to drink packed juice from the store?

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Ans: The juice you find in the store has been pasteurized so that it has long shelf life. The heating and the fact that it is not freshly made cause loss of nutrition. Juicing at home and consuming the juice within 10 minutes is the best way to get the most nutritional value from the juice.

More about the Detox Diet

Going on a detox diet is not a simple task but it is definitely worth the trouble. During the diet, you may experience some symptoms that show that the cleansing is taking place. These symptoms include headache, hypoglycemia, acne, bad breath and constipation.

Some people do not experience any of these symptoms while others have one or more of them simultaneously. As long as these symptoms are manageable, you can attribute them to the cleansing process. If the symptoms escalate into fainting, excessive dizziness, vomiting, diarrhea, heart arrhythmia, low BP or kidney problems, discontinue the fast and visit your doctor right away.

Remember that juice fasting or juice detox is not recommended for people suffering from aggressive cancer, pregnant women, nursing mothers, hypoglycemia and those with eating disorders. If you have any of these ailments and are keen on juice fasting, discuss it with your physician first. Avoid juice fasting if you are immediately scheduled for a surgical procedure and also immediately after one.

Some Effective Juice Fasting Combinations

Here are some recipes that you can use for an effective whole body cleanse:

3 Detoxifying Juice Combinations

Cleansing Juice 1: 3 celery stalks, 2 tomatoes, 2 carrots with a peeled lemon.

Add water to make a juice that cleanses your digestive system thoroughly.

Cleansing Juice 2: 1 Cucumber, a handful of parsley, fresh mint (3- 4 sprigs), alfalfa sprouts (approx 1 ounce).

Cleansing Juice 3: A handful of parsley/ cilantro and spinach, 2 stalks of celery, 3 carrots. Add water.

3 Fruit Juicer Recipes

Recipe 1- A single peeled lemon with a fourth of a watermelon makes this excellent fruit juicer drink.

Recipe 2- half a peeled pineapple, 1 carrot, 1 cored apple, a couple of celery stalks juiced together makes a smashing, tasty mix.

Recipe 3- 3 Oranges, a cucumber juiced together cools down your body in summer.

3 Vegetable Juicer Recipes

Recipe 1- 2 beets (with greens if you prefer), 2 medium sized carrots, 1 apple, 1 inch piece of ginger makes a flavorsome and nutritious juice.

Recipe 2- 2 medium sized tomatoes, a large apple, parsley (1 sprig) and a garlic clove makes a slightly tangy and filling juice that boosts immunity.

Recipe 3- A cup of spinach, 2 celery stalks, 3 carrots, half a cucumber and half an apple is great for fortifying iron.

Special Juices for Weight Loss

If you want to cut down those unnecessary pounds and get a new, slim and fit look then you should try these weight loss juice recipes.

Orange Juice recipes-

Three oranges and one grapefruit make an excellent juice for weight loss. This drink has enough vitamin C to give your skin a healthy glow that goes perfectly with your new look too!

Try this orange juice recipe to add some variety to your weight loss program.

Take two oranges and a grapefruit, add some strawberries and half a banana.

Blend them all and drink up.

Pineapple Juice Recipes

Half a ripe pineapple with 2 cucumbers and a bunch of mint leaves you energized while helping with your weight loss program.

Another recipe to try is with 4 to 5 carrots, half a pineapple and peeled lime. Add a small chili when you juice it to give the drink a spicy and exciting new taste.

Beet Juice Recipes

Half boil and peel a beetroot. Add 3 to 4 leaves of lettuce and 6 to 7 carrots and juice for a healthy weight loss drink.

Try mixing half a beet, with 4 to 5 carrots, 1 celery, half a cucumber and a medium sized apple for a different beet based weight loss juice.

Kale Juice Recipes

Celery, beets, 3 kale leaves, a turnip, half a bunch of spinach, 2- 3 garlic cloves and one fourth a parsley bunch make an excellent weight loss combo.

5 stalks of curly kale, 2 small apples, 1 medium sized lemon, half a bunch of celery and half a head of romaine lettuce gives your body a head start with weight loss.

Super Foods We Should Eat daily

Spirulina
Spinach
Noni
Goji
Ecltinacea
Wheat Grass
Acai
Kelp
Ginger
Durian
Kombu
Coconut
Caco Beans
Termerc
Bee Pollen
Dulse
Nori
Barley Grass
Propolis
Royal Jelly
Chorella
Nettle
Blue Green Alge

In Conclusion

Juicing is the perfect way to gain health and stay fit. Fruits and vegetables have the nutrients to cure about every serious ailment that we are susceptible to.

Juicing is the best way to introduce these nutrients to our body and to ensure that they are absorbed to the maximum. Adopting juices into your regular diet is also an excellent way to give your body a power packed, nutrition filled diet.

Understand the basic tenets of healthy juicing and start juicing your way to perfect health today!