
Your Guide to Juicing

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When healthful juices are added to a whole foods natural diet, the immune system is strengthened, toxins are eliminated and organ system functions are enhanced. The following information should help you decide if juice therapy is appropriate for you:

What is juice therapy?

Juice and plant enzymes are squeezed from the pulp of fresh, raw fruits and vegetables, while the fiber is extracted. Combinations of different types of juices are used to provide nutrients and therapeutic benefits for a wide array of health conditions.

Is juicing safe for everyone?

Small amounts of juice added to a whole foods diet is beneficial. Juicing as a regular part of a meal program works best for people who tend to have "excess" type conditions (overweight, high cholesterol, etc.). Those who are frail or who have a compromised health status may actually exacerbate their weakened condition if they rely on juice as their primary source of nutrition. Those with limited gastrointestinal capability or who are malnourished should avoid drinking large amounts of any liquid at one sitting. Additionally, large amounts of certain juices can potentially be harmful. For example, persons with autoimmune disorders should avoid consuming juices made with alfalfa.

What type of juicer is best?

Depending on your needs, there are several types of juicers available. Electric blenders are generally not recommended because although they can liquefy softer raw fruits, the resulting product can look a lot like baby food. For home use, more serious juicing consumers use continuous machines that have a pulp outlet. These machines are convenient and some are economically priced. The rotary blade juicers are very good at extracting juice and are also reasonably priced. The centrifuge juicers are also fine, but they waste juice left in the pulp. The more expensive juicers have compressor actions and are the best for those with serious juicing practices. Because there are so many brands to choose from, it may be helpful to ask a reliable health food or small appliance store owner for advice on which brand would best suit your juicing needs.

What should I do with all the extracted pulp and fiber?

Don't throw it out! The fiber and valuable nutrients are just waiting to be used. Add the extrusion to your compost heap. Make baby food. Moisten and add nutrients to your quick bread recipes by adding ¼ cup of the pulp to the batter prior to baking.

Can I store juice overnight so I don't have to make any in the morning when I'm rushed?

Yes, but you risk loss of valuable nutrients, particularly of ascorbic acid and B vitamins. One of the purposes of juicing is to provide you with the maximum level of nutrients in an optimal way. By preparing the juice the night before, you are defeating this purpose.

Are the apples I get at the grocery store good for juicing?

Valuable nutrients are lost at every point from harvest to grocery store display so always look for the freshest produce available. Perhaps you can join a farming cooperative or can take advantage of a local farmer's market. Also, it is most beneficial to purchase produce that has been organically grown. Produce meeting this certification have been grown in a pesticide and chemical free environment.

Can I get as much benefit from eating fruits and vegetables?

You would most likely get more! The fiber that is normally extracted during the juicing process is still available in raw foods. Fiber has been found to be essential for healthy gut function, aids in reducing blood glucose levels, cholesterol levels and helps to detoxify the system by binding to carcinogenic materials in the colon. Fiber is the "rotor-rooter" of the system! However, one of the benefits to juicing is the quick release and integration of nutrients into the cells; whole foods containing fiber take considerably longer to digest and absorb. Furthermore, based on nutrient levels, the amount of produce you would be required to eat to achieve a therapeutic value would be overwhelming; it is much easier to drink, rather than chew, larger amounts of produce.

How much juice should I drink?

A good starting point is about two cups per day. Healthful results can be perceived at this amount. Some people consume up to 16 cups per day. The important thing to remember is that you should not feel any ongoing discomfort from drinking juice. If you have any long-standing adverse gastrointestinal side effects, reduce the amount of juice you are taking in until your symptoms subside.

What kind of gastrointestinal side effects, if any, can I expect?

Each person is unique and those with a "cast iron" stomach may have no reaction to juicing. Some people do develop diarrhea or bloating, cramping and indigestion. These symptoms may be the body's reaction to a change in dietary habits from processed, refined foods to raw natural foods. These symptoms may be natural reactions to the detoxification process and be transient in nature.

Can I juice to detoxify my body?

There are many ways to rid the body of built up wastes. Some methods are more gentle to the system than others. Some are quite dramatic. Probably the most basic way to begin a body cleansing is to consume unadulterated whole foods. After all, chemically free, unprocessed foods leave little behind for the liver to clear out. The reality, though, is that most of us still consume foods that contain pesticides, hormones and other environmental pollutants. Furthermore, most of us don't consume our 5-A-day requirement of produce. If

you fall into one or both of these categories, juicing may help you to cleanse and nourish your body in a mild and beneficial way.

Should I juice if I am a diabetic?

People with diabetes need to be mindful about their blood sugar levels. Because juice contains simple carbohydrates without any fiber, it is readily digested and enters the bloodstream rapidly. It may be difficult for these individuals to maintain physiologically appropriate blood glucose levels. Remember that fruit juice is not the only high sugar culprit! Beet and carrot juice are two vegetable juices that also produce a high glycemic response. It is best to drink your juice with a meal containing some protein or try adding soy or whey protein powder to your juice. The addition of protein will help to even out your blood sugar level.

I'm going through cancer treatment right now. Can I juice?

Those with compromised immunity need to be especially careful of what they put into their mouths. When the absolute neutrophil count (ANC) is 500 or below, raw foods should be avoided as they may carry bacterial infection risks. If your ANC is above 500 and/or your physician has okayed your consumption of raw produce, you may decide to add raw juice to your regimen. Because cancer cells may thrive in a high sugar environment, it is best to follow the juicing suggestions for diabetics.

Additionally, because of cancer's debilitating effects, juice fasting may need to be restricted to early stages of cancer or as a preventative to recurrence. Anyone with cancer needs adequate calories and protein and simply adding fresh juices to a well balanced diet can begin the process of mild detoxification.

Can juicing help me to lose weight?

Losing weight is not magical. When calories taken in are less than calories expended, you will lose weight. Sensible weight loss, however, involves a combination of things. The juices of apples, grapes and oranges are good for cleansing the system but tend to be high in calories. Juices, in appropriate amounts, can be a helpful part of a whole foods diet for weight loss. However, food portion size adjustments, along with exercise and behavioral modification techniques are also needed to achieve long term weight control. In an effort to lose weight, you must not lose sight of the necessity to furnish your body with appropriate macronutrients—you need adequate amounts of carbohydrates, proteins and fats. Juice, at best, provides carbohydrates and very little protein. You risk losing valuable muscle mass and impaired immunity should you continue on a diet primarily made up of juice for an extended period of time. And, you haven't learned how to eat correctly so chances are the weight will return to haunt you.

I've lost about 20 pounds in a couple of months and I'm tired all of the time. Will juicing help me regain my energy?

Even if you are overweight, losing a significant amount of weight in a short period of time is cause for concern. Consult your doctor to rule out any disease state. Next, find out what your energy and protein needs are. This information can be provided very quickly over the phone by a registered dietitian without a visit to a hospital or clinic. Once you know your

energy needs, keep track of everything you put into your mouth and add up the calories. Your energy and protein needs must be met so that the foods you take in are utilized appropriately in the body. Juice, comparatively speaking, is lower in calories per volume than carbohydrate, fat or protein rich foods. The last thing you may want to do is fill up on low calorie fluids when you should be eating calorie-rich, healthy foods.

Where can I get some good recipes for juices?

Sometimes, the blender or juicer manufacturer includes a small pamphlet of juice recipes. If not, try experimenting with blends on your own. You can also try some of these delicious combinations:

Banana-Pineapple-Tangerine
Carrot-Pineapple
Apple-Cherry-Grated Ginger Root
Carrot-Pomegranate
Carrot-Spinach-Beet
Tomato-Celery-Tabasco-Lemon
Celery-Cucumber-Parsley-Spinach

Are there suggestions on how to specifically juice vegetables?

Start with organically grown vegetables if possible. If not, use a produce spray or remove the peel to provide the most chemically-free juice possible. Root vegetables like carrots and turnips need to have their above ground plant stems removed. Many vegetables make healthful juices. Some vegetable juices that have therapeutic health benefits for cancer patients include beets (blood builder), celery (diuretic), garlic (antibiotic, lowers cholesterol), peppers (gastrointestinal stimulation), cabbage (antioxidant and anti-cancer) and watercress (purifies the blood).