

SMART JUICING

The following discusses various tidbits for smart juicing. Juicing is one of the most revered methods of supplying nutrition to the body and has been a fundamental part of all chronic disease programs in the past. Foods generally contain only 5% nutrition, the rest being pulp. The body will not develop disease if nutrition is balanced (*which means in adequate supply and bioavailable to the body -this stage is generally inhibited by the accumulated toxins in the body*), but sick bodies are not able to fully digest, absorb and metabolize foods. Thus juicing extracts the concentrated nutrients and supplies them to the body in a manner that requires very little energy in digestion or metabolism.

THE KIND OF JUICER YOU GET MAKES A BIG DIFFERENCE. The Norwalk (very expensive) and Greens Plus Juicer (about \$550) are the best because they have no blades, but they press the juice out of the foods.

Lesson 1: Drink vegetable juice for breakfast.

Vegetable juice is a great breakfast when balanced with some essential oils and a bit of chlorella. Please remember that vegetable juice and fruit juices are two completely different substances in terms of nutrition. I am confident that fruit juices should be avoided. Although vegetable juice is processed, it doesn't raise insulin levels like fruit juice. The only exceptions would be carrot and beet juice (and most vegetables that grow underground), which function similarly to fruit juice.

Lesson 2: You can eat the pulp, too!

When you juice, you will produce pulp. What should you do with it? It's best to mix it in with the juice and consume it. Experience will tell you, when you first start juicing, you juice every day, and your stools may frequently become loose. Once adding the pulp fiber back into your juice, this problem goes away. There is a benefit to eating the fiber, as it serves as fertilizer for the good bacteria in the colon. Eating the pulp increases the time it takes to consume the juice, but it is healthier. One can gradually add some of the pulp back in over time if needed.

Lesson 3: Get ready to juice!

Step 1: Now that you're ready for the benefits of vegetable juice, you need to know what to juice. I recommend starting out with these vegetables, as they are the easiest to digest:

- Celery
- Fennel (anise)
- Cucumbers

These aren't as beneficial as the more nutritionally intense dark green vegetables. Once you get used to these, you can start adding the more nutritionally valuable, but less palatable, vegetables into your juice. Vegetables to avoid include carrots and beets. Most people who juice usually use carrots. The reason they taste so good is that they are full of sugar. I would definitely avoid all vegetables that grow underground to avoid an increase in your insulin levels. If you are healthy, you can add about one pound of carrots or beets

per week. I do believe that the deep, intense colors of these foods provide additional benefits for many that are just not available in the green vegetables listed above.

Step 2: When you've acclimatized yourself to juicing, you can start adding these vegetables:

- Red leaf lettuce
- Green Leaf lettuce
- Romaine lettuce
- Endive
- Escarole
- Spinach

Step 3: After you're used to these, then go to the next step:

- Cabbage
- Chinese Cabbage
- Bok Choy

An interesting side note: Cabbage juice is one of the most healing nutrients for ulcer repair as it is a huge source of vitamin U. The "Eat Right for Your Type" approach does not support lectin compatibility for blood type A individuals.

Step 4: When you're ready, move on to adding herbs to your juicing. Herbs also make wonderful combinations, and there are two that work exceptionally well:

- Parsley
- Cilantro

You need to be cautious with cilantro, as many cannot tolerate it well. If you are new to juicing, hold off. These are more challenging vegetables to consume, but they are highly beneficial.

Step 5: The last step: Only use one or two of these leaves, as they are very bitter:

- Kale
- Collard Greens
- Dandelion Greens
- Mustard Greens (bitter)

When purchasing collard greens, find a store that sells the leaves still attached to the main stalk. If they are cut off, the vegetable rapidly loses many of its valuable nutrients.

One important note: Juice your vegetables at room temperature. Leave your vegetables out overnight, or for at least one hour in the morning.

Lesson 4: Make your juice a balanced meal.

Balance your juice with protein and fat. Vegetable juice does not have much protein or fat, so it's very important for you to include these fat and protein sources with your meal.

- Use eggs. Eggs will add a significant amount of beneficial fats and protein to your meal. An egg has about 8 grams of protein, so you can add two to four eggs per meal. I suggest that you add the whole eggs, boiled for 2 minutes, into the vegetable pulp (not the juicer). The reason I advocate this is because once you heat the eggs too long, many of their nutrients become damaged. If you are concerned about salmonella, purchase organic

eggs; it's unlikely you'll have any problems. Additionally, if you are not sensitive to milk, you can add some *raw* goat cheese, as it will improve the flavor. Healthy fats can be attained by mixing 4 oz. of low fat cottage cheese with 2 Tablespoons of Flaxseed Oil. Add fresh fruit to taste.

Lesson 5: Make your juice taste great.

If you would like to make your juice taste a bit more palatable, especially in the beginning, you can add these elements:

- Coconut: You can purchase the whole coconut or use shredded coconut (not as nutritionally rich as the fresh). It adds a delightful flavor and is an excellent source of fat to balance the meal. Coconut has medium chain triglycerides, which have many health benefits, especially if you have problems with virus' or nerves.
- Cranberries: You can also add some fresh cranberries if you enjoy them. Researchers have discovered that cranberries have five times the antioxidant content of broccoli, which means they may protect against cancer, stroke and heart disease. In addition, they are chock full of phytonutrients and help many women avoid urinary tract infections. Limit the cranberries to about 4 ounces per pint of juice.
- Lemons: You can also add half a lemon (leaving much of the white rind on). If you are a protein Metabolic type you will not want to use lemons as they will push your pH in the wrong direction.
- Fresh ginger: This is an excellent addition if you can tolerate it. It gives your juice a little "kick"!

Lesson 6: Drink your vegetable juice right away, or store it very carefully.

Juicing is a time-consuming process, so you'll probably be thinking to yourself, "I wonder if I can juice first thing and then drink it later?" This isn't a great idea. Vegetable juice is very perishable so it's best to drink all of your juice immediately. If you use the Greens Plus Juicer, it has been found that nutrition is available for up to 48 hours if the juice is stored properly.

To store your juice:

1. Put your juice in a glass jar with an airtight lid and fill it to the very top. There should be a minimum amount of air in the jar as the oxygen in air (air is about 20 percent oxygen) will "oxidize" and damage the juice.
2. Wrap the jar with aluminum foil to block out all light. Light damages the juice. If your jar is amber color, it should block out most light without aluminum foil.
3. Store it in the refrigerator until about 30 minutes prior to drinking, as vegetable juice should be consumed at room temperature.

Most people juice in the morning, but if that does not work out well for your schedule please feel the freedom to choose whatever meal works out best for your lifestyle.