

Juicing Recipes For Beginners

50 FAST AND EASY JUICING RECIPES TO WEIGHT LOSS AND BETTER HEALTH

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Chapter 1: Introduction to Juicing



Juicing has been around for a long time. Throughout history, many people have realized the benefits of drinking juice from fresh fruits and vegetables. Juice can be digested quicker, easier, and the body can absorb the nutrients much faster, allowing your body to eat less while getting all the vitamins and minerals it needs. The first juicers were hydraulic press machines, which are still used today. Today's juicers are more streamline, compact in size, decorative enough to leave on your kitchen counter and user friendly.

What is Juicing?

Juicing is the process of putting fresh fruits and vegetables, into a juicer to create a product that is as healthy as it is delicious. Wondering how it works? It depends a bit on the juicer itself, but in most cases, you don't even have to peel the fruit before you put it in. In fact, it doesn't even have to be fruit at all. Instead, you can use a variety of different ingredients like vegetables and

herbs. Juicing allows you to include the peel or husk of many food items we would otherwise throw away, but that's where most of the nutrients can be found. This makes juicing healthier than eating because you're not wasting anything.

Juicing extracts the juice from fresh fruits or vegetables. The resulting liquid contains most of the vitamins, minerals and plant chemicals (phytonutrients) found in the whole fruit.

Some juicing proponents say that juicing is better for you than eating whole fruits and vegetables because your body can absorb the nutrients better and it gives your digestive system a rest from working on fiber. It is said that juicing can reduce your risk of cancer, boost your immune system, help you remove toxins from your body, aid digestion and help you lose weight.

It's also a great way to ensure you eat your daily 5 portions of fruit and vegetables if you don't enjoy eating fresh fruits and vegetables. Juicing is a fun way to add them to your diet or to try fruits and vegetables you normally wouldn't eat.

If you do try juicing, make only as much juice as you can drink at one time because freshly squeezed juice can quickly develop harmful bacteria. Fresh juice should be refrigerated if not drunk immediately and never kept for more than 2 days.

Making homemade juice Versus Buying

This is a big question among many individuals. There are times where you might find that you don't have enough time to make your own juice. You may also wonder whether making your own juice is cheaper than buying pre-made juices. Or you might be thinking why go to all that bother for juice you can simply buy at the store. Well here is only some of the most common pros and cons of the different types of juice.

Juicing your own juice at home has many benefits:

1. It's cheaper compared to buying pre-made juice
2. Making your own juice makes you enjoy all the nutrients of a fruit
3. You know exactly what you are putting into your juice

Cons of buying juice

1. These juices are devoid of fiber and are loaded with processed sugars. After consuming them, the body is forced to produce extra insulin to compensate the excess sugar.
2. In the market out there, there are so many options of juices that you may end up confused on what is actually helpful to your health. Many of the labeling used today are highly misleading to the normal consumer.
3. Bottled juice stored in low quality bottles may contain harmful chemicals.
4. You have no knowledge of what was placed into the juice.
5. Pre-made juices are a lot more expensive then it needs to be.
6. Some are made from non-organic fruits that pose health risk if chemicals are not washed off properly.
7. Most of them are pasteurized thereby killing all nutrients.

Overall, making your own juice at home is highly recommended to everyone. However, many people tend to be tempted to buy juice because of convenience, but is it really convenient when you either drink processed juice that have zero nutrition or pay high prices just for basic health. It doesn't have to be like that at all with home made juicing. Good health should never be for just the people who can afford it or have time for it. Juicing at home takes less than 15 minutes at most and the fruit and vegetables used can easily be bought for cheap at supermarkets. Fresh vegetable and fruit juicing produces juice that contain all of the fresh goodness of the whole fruit or whole vegetable, uncompromised by excessive processing.

Fresh juices contain higher water content and generally have a lower concentration of sugar because they have not been concentrated in any way. The sugar that it does contain is natural unrefined sugar that your body can easily absorb and use during the day, unlike refined sugars that your body is most likely going to turn into fat if you don't burn the excess calorie intake. Fresh juice contains small amounts of healthy dietary fiber, as visible in the cloudiness of some fresh juices, and have a flavor that is far preferable to many palates.

Remember that even orange juice or any other juice in the refrigerator section of your local grocery store is processed and likely exposed to high heat during preparation. This compromises

its health benefits for you and your family.

Between the higher sugar in processed juices and the way the pasteurization process kills not only harmful bacteria but also nutrients and enzymes, the choice is clear. From a health perspective, fresh juice is always preferable. Vegetable and fruit juicing has many nutritional benefits. Shelf-stable pasteurized juices are best left on the shelf.

Introduction to How to Use the Book

The book is split into several chapters, for easy navigation. Recipes are sectioned into chapters according to the recipes primary benefit. i.e. Immune Booster, Organ Juices, Digestive Juices, Weight Loss Juices and Skin Complexion Juices recipes respectively.

The book contains 50 well crafted juicing recipes aimed for the beginner. Each recipe provides detailed, easy to follow instructions as well as tips to make your juice even tastier. Each recipe is listed in the table of content for easier browsing. Just click on the recipe you want to view on the table of content and you will automatically be taken to that specific page.

Equipment Used In This Book

There are several pieces of equipments that have been used in this book. All these are used in making sure that the juicing process goes as smoothly as possible to help you get your juice as easy and as fast and you want it. The major item includes the various type of juicer. In essence they do one thing alone – extract juice from fruit and vegetables by crushing or shredding them against a mesh filter separating pulp from the liquid content.

Vegetable Brush - Have your beets and other root vegetables taste a bit less earthy by scrubbing them well.

A Nice Knife - A nice knife makes cutting your produce feel like butter. Highly recommended!

A Big Cutting Board - Cutting on a big wooden cutting board makes the juicing lifestyle that much more enjoyable.

Strainer - If you want all the pulp out, get a big strainer like this. This is very much a personal preference.

Straining Bowl - If straining, you may already have a bowl that works, but you'll want a big bowl to strain your juice into.

Drying Mat - Seems like such a small detail, but a drying mat just makes so much sense to a juicer.

Top 5 Juicers

- [Omega J8006 Nutrition Center](#)
- [Omega NC800 HDS 5th Generation Nutrition Center Juicer, Silver](#)
- [Super Angel All Stainless Steel Twin Gear Juicer- 5500](#)
- [Omega VRT350 Heavy Duty Dual-Stage Vertical Single Auger Low Speed Juicer Silver](#)
- [Breville 800JEXL Juice Fountain Elite 1000-Watt Juice Extractor](#)
- [Cuisinart CJE-1000 1000-Watt 5-Speed Juice Extractor](#)

- [Breville BJE510XL Juice Fountain Multi-Speed 900-Watt Juicer](#)
- [Jamba Appliances 67901 Centrifugal Juice Extractor, Gray](#)

Ingredients used in this book

Carrots — Carrots are amazing for your skin (the largest organ in the human body), as the beta-carotene will help to prevent sun damage. Plus, carrots are excellent for your eye health, so it's worth adding a few more to your juices! It's sweet and easily added to most juices without overpowering the other flavours.

Avocados —



These fatty fruits are amazing for reproductive organ health, but they also help to improve digestion and balance your metabolism. They are great source of healthy fat we need for our body to function optimally, adding them into lemonade makes it thick and creamy, as well as filling. It's the perfect drink to fight cravings!

Ginger —



Want to make your juice tangy and tart? Add a bit of ginger into the juicer, and see how much better your stomach feels once you've finished the cup! Ginger is one of the best things to give an upset stomach, and it can speed up digestion, deal with stomach acid, and cure nausea. Its also great during winter for anyone who has poor blood circulation to warm their hands and feet up.

Celery —



For your bones, it doesn't get much better than celery! The crunchy green sticks are loaded with silicon, which gives your bones strength. Plus all the fiber in celery helps to clean out your stomach, detoxify your body, and aid in the elimination of wastes.

Apples — An apple a day keeps the doctor away, but how about three or four? Apples are loaded with a type of hunger-fighting fiber named pectin, which actually helps to promote weight loss while detoxifying your body. Green apples can stop your hunger pangs with their smell alone!

Beets —



There are few veggies as powerful for your organ health as purple beets. They're loaded with falcoid and other powerful antioxidants, which will flush out your body, heal your liver, and promote healthy kidney function. Healthy kidneys help clean out toxins, leaving your skin clear and bright. Purple juice is the way to go!

Citrus — Lemons and oranges are both loaded with Vitamin C, which is one of the most powerful antioxidants on the planet. Not only will it deal with toxins, but you can boost your immune system as well. Add grapefruit to the mix, and you've got a metabolism-boosting, calorie-burning drink!

Tomatoes — Men should drink more tomato juice, both for the high fiber content and the high dosage of lycopene it contains. Lycopene is an important antioxidant that plays a huge role in prostate health.

Parsley — There are few better sources of chlorophyll, which can aid digestive problems, detoxify your body of carcinogens, help your body to absorb calcium and other minerals, and even give your immune system a boost.

Strawberries - Strawberries are rich in several antioxidants that have anti-inflammatory properties, including helping to prevent atherosclerosis (hardened arteries) and to suppress the progression of cancerous tumors.

Papaya –



Papayas contain papain, an enzyme that aids digestion. Plus, their high vitamin A content aids in maintaining healthy skin.

Watermelon – watermelon is 92 per cent water, making it aptly named. It's a great addition to any weight-loss diet because it is low in calories and satisfies the sweet tooth.

Mango - Mangoes are high in the antioxidants lutein and zeaxanthin, which help protect vision and reduce the risk of age-related macular degeneration (the leading cause of blindness in adults).

Peach - High in vitamin A, peaches help regulate the immune system and can help fight off infections.

Pineapple - Pineapple contains a natural enzyme called bromelain, which breaks down protein and helps aid digestion. Bromelain also help prevent blood clots, inhibit growth of cancer cells and speed wound healing.

Kiwi fruit - With more vitamin C than oranges, kiwis can help in the development and maintenance of bones, cartilage, teeth and gums. They can also help lower blood triglyceride levels (high triglycerides increase the risk of heart disease)

Grapefruits –



Pink grapefruit contains lycopene and flavonoids, which may help protect against some types of cancer. Grapefruit also boasts an ample supply of pectin, a soluble fiber that may help lower cholesterol levels.

Plums - Plums and prunes help increase the absorption of iron into the body.

Tangerine - Packed with many nutritious compounds, including flavonoids, vitamin C, vitamin A, foliate and potassium. These healthful components contribute to the health of all parts of the body, from cell DNA to the bones and heart.

Raspberries - Raspberries are rich in ellagic acid, an antioxidant that help prevent cervical cancer. Promising studies have led researchers to believe that raspberries may also help treat esophageal and colon cancer.

Blackberries - Blackberries get their deep purple color from the powerful antioxidant anthocyanin, which helps reduce the risk of stroke and cancer. Studies show that blackberry extract may help stop the growth of lung cancer cells.

Blueberries – Blueberries rank No. 1 in antioxidant activity when compared to 60 other fresh fruits and vegetables. Blueberries help lower the risk of developing age-related diseases such as Parkinson's.

Grapes - Grapes contain resveratrol, an antioxidant that may help prevent heart disease by reducing blood pressure levels and lowering the risk of blood clots. Resveratrol may also help stop the spread of breast, stomach and colon cancer cells.

Cranberries - Cranberries are antibacterial and studies show that they can help treat and prevent urinary tract infections. Recent research has also linked cranberries to the prevention of kidney stones and ulcers.

Broccoli - Known for benefitting the liver and promoting natural detoxification. High in vitamin E, with an excellent amount of vitamin C. Vitamin C helps heal cuts and wounds and keep teeth and gums healthy

Lime - The health benefits of lime include weight loss, skin care, improved digestion, relief from constipation, eye care, and treatment of scurvy. It's also great added in juice for a refreshing summer drink.

Capsicum –



The health benefits of capsicum include peptic ulcer, menopausal problems, low risk of cardiovascular disease and diabetes

Turmeric - Acts as an anti-inflammatory agent to treat a wide variety of conditions, including flatulence, jaundice, menstrual difficulties, bloody urine, hemorrhage

Sweet potato - They are an excellent source of vitamin C, vitamin A and potassium. Keeps eyes and skin healthy and helps to protect against infections.

Butternut - It provides significant amounts of potassium, important for bone health, and vitamin B6, essential for the proper functioning of both the nervous and immune systems.

Red cabbage –



High in sulfur, which purifies the blood and one of very few vegetables that contains vitamin E. Antibacterial, antioxidant, and an anti-inflammatory

Cucumber - Cucumbers are especially cooling, whether consumed in juice form or placed on the skin. Consume the dark green skin to get a boost of chlorophyll, but make sure the skin isn't waxed

Apricot - The high beta-carotene content of apricots makes them an important heart health food; the beta-carotene helps protect LDL cholesterol from oxidation, which in turn help to prevent heart disease.

Coconut water – Helps promote weight loss as well as boosting energy levels with. It is also effective at treating skin problems

Persimmons - Rich in nutrients which provide complete health benefits. It protects from cancer, type 2 diabetes

Parsnips - Eating parsnips regularly can treat a variety of health problems and conditions such as asthma, arthritis, pneumonia, ulcers, hay fever, and kidney damage

Pumpkin - Eating pumpkin is good for the heart! The fiber, potassium and vitamin C content in pumpkin all support heart health.

Pomegranate –



Like strawberries, they're a rich source of vitamin C and antioxidants, not to mention fiber and anti-inflammatory properties

Cantaloupe - The nutritive benefits of cantaloupe are derived from the high levels of vitamin-C, vitamin-A, vitamin-B6, potassium, Niacin, dietary fiber, and folic acid.

Cinnamon - May reduce inflammation, have antioxidant effects, and fight bacteria. Has been shown to help regulate blood sugar levels.

Lettuce - Low in calories and contains chlorophyll. An easy way to add greens to your juice without any bitterness.

Kale – A great leafy green that helps regulate blood glucose in diabetics, lowering the risk of cancer and lowering blood pressure.

Silver beet –



It is highly nutritious and a good source of vitamins A, B6, C and K as well as riboflavin and foliate

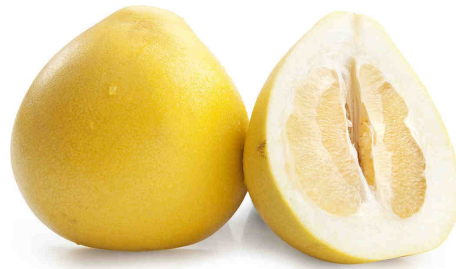
Mint - Supports smooth digestion, as well as inflammation. The scent of mint can help to stimulate saliva glands to secrete digestive enzymes which improve digestion.

Spinach - Spinach is an excellent source of vitamins A, C, and E. A good source of calcium, iron, potassium, protein, and chorine supports healthy mental function

Fennel bulb - Fennel contains high levels of vitamin C, as well as foliate, potassium and fiber, which all promote cardiovascular and colon health.

Purple cabbage - The health benefits of purple cabbage include improving your immune function, digestion and helping to prevent cancer

Pomelo –



The reason that pomelos are popular is due to their very strong nutritional value, including their vitamins, minerals, and organic compounds like vitamin C, potassium, dietary fiber, vitamin B6, and magnesium.

Arugula - Some of the health benefits of Arugula include a lowered risk of cancer, healthy bones, and improved eyesight.

Chapter 2: Juices for Energy and Immune System



The immune system is the self defense mechanism of our body that protects us every day, every second from various infections. It is fascinating that we possess such a system, which is like a huge shield protecting the body against foreign bodies. The soldiers in this system are known as antibodies, which travel through our blood stream all over to fight outsiders. Whenever there is an emergency or an injury to the body in the form of a cold, flu, hypersensitivity, these antibodies of various cadres respond together to fight the situation and deliver to the best of their capabilities. The best of their capabilities are dependent on what you fuel your body with, low quality substances result in a equally poor immune system.

Drinking fruit juice and vegetable juice are two great ways of getting critical nutrients into your body to feed your immune system, ensuring it is always strong ready to fight for you. Juicing also provides the body high levels of chemicals. These nutrients are the ones that many scientists credit with helping to fight cancer. Wheat grass and green juice contain chlorophyll, a chemical similar to hemoglobin. These are connected with helping transport oxygen in the bloodstream.

Over the past few decades, we may have come a long way as far as the development of cutting-edge technology and new fangled inventions are concerned. On the contrary, however, our health has suffered a huge blow.

Hurried lives, cholesterol-rich diets, poor habits and our improper daily routines have all contributed greatly to our weakened immune systems, making us more susceptible to illnesses. While we may support the growth of our economy by making repeated trips to hospitals, we often forget to tackle the root of the problem.

Below are various types of juices and methods of preparing them. You can make for yourself at home in order to boost your immune system.

When it comes to the immune system, two vitamins are particularly crucial: A and C.

Vitamin A is known as an anti-infective, and having a deficiency in it may impair immunity and increase the risk of infectious disease. Vitamin C is a potent antioxidant that's important for the protection of immune cells and also of enhanced immune function.

Remember to review this book on Amazon if you found this book helpful!

Strawberries - Carrot Immune Juice

Many people may not love the taste of some of these gems (think broccoli, cauliflower, radish, cabbage, Brussels sprouts, and kale) or may think that drinking foods like cabbage or broccoli in juice is just plain weird.

Here's a way you can hide broccoli while still reaping its many benefits. The sweet flavor and bright orange and red color of strawberries and carrots help mask the smell of the broccoli stalk. But those berries and carrots don't just give a pretty color to this juice; they lend their own beneficial nutrients like vitamin C.

Ingredients:

- 4 small carrots
- 6 strawberries
- 1 broccoli stalk

Directions:

1. Wash produce well.
2. Juice all ingredients (You can leave tops on strawberries – the more green the better! And no need to peel the carrots.)
3. Pour into a glass and enjoy!

Servings: 1

Tomato Carrots Immune Juice

The best times to drink this juice is 30-60 minutes pre-workout and within an hour post-exercise. Additionally, if you're doing 60+ minutes of rigorous exercise you may be losing more nutrients and therefore sipping on a nutrients-rich beverage like this juice can be a great way to replenish your body while you sweat.

To mix up this juice you can add other or different red, orange, and yellow fruits and vegetables that are naturally potassium-rich- like beets, bell peppers, and pineapple.

Ingredients:

- 3 medium to large carrots
- 2 celery stalks
- 1/2 medium to large vine tomato
- 1 clementine
- 1 (2.5 cm) in circumference piece of ginger

Directions:

1. Wash all produce well.
2. Peel clementine.
3. Add all ingredients through juicer and enjoy!

Servings: 1 to 2

Strawberries Immune Juice

Oranges, being high in vitamin C can help stimulate white cells to fight infection, naturally building a good immune system. Lemon juice, being a natural antibacterial medicine, can participate to cure problems related to skin. Drinking this juice mixed with water and honey makes your skin glowing bright. The anti-oxidant in orange help protect the skin from free radical damage known to cause signs of aging.

The strawberries, tomatoes and limes all pack immune-boosting properties thanks to their rich source of vitamin C. Limes are also great for boosting digestive health and settling an upset stomach. Not only are the limes great for their immune-boosting and digestive properties

Ingredients:

- 5 medium carrots
- 6 strawberries
- 1/2 head of broccoli
- 1 lime
- 1 medium/large heirloom tomato

Directions:

1. Wash all produce well.
2. Peel lime for a less bitter taste.
3. Put ingredients through juicer and enjoy!

Servings: 1 to 2

Orange Carrot Immune Juice

Want to keep any winter or summer bugs away? Then drink this juice! It has so much vitamin C at approximately 400 mg per glass! Lemon, ginger, and the anti-infective power of turmeric all thrown in together combine for a wonder drink. To really move it up a notch you could be brave and throw in a garlic clove to really help fight that cold! You can also use this juice to help fight seasonal allergies that may be cropping up at this time of year! Enjoy!

Ingredients:

- 2 oranges
- 1 large carrot
- 1 orange bell pepper (capsicum)
- 1 lemon
- 1 in (2.5 cm) piece of turmeric
- 1 in (2.5 cm) piece of ginger

Directions:

1. Wash all produce.
2. Peel the oranges and lemon and remove the stem and seeds from the pepper.
3. Add all ingredients through the juicer and enjoy!

Servings: 1 to 2

Citrus Carrot Immune Juice

Carrots are wonderful and helpful; they play a big role in boosting our immune system. They are responsible in increasing the number of white blood cells in our body. The cells are responsible for resisting infections. Also, continuous use of carrots reduces cholesterol levels in our body therefore reducing the chances of getting heart attack. This blend supports the body with its required items to fight diseases.

Ingredients:

- 4 medium sized carrots
- 4 celery stalks
- 2 oranges
- 1 lemons

Directions:

1. Wash all ingredients.
2. Peel the orange and lemon.
3. Add produce through juicer and enjoy!

Servings: 1 to 2

Carrots - Sweet potato Immune Juice

Carrots do wonders for boosting the immune system by increasing the production and performance of white blood cells; building resistant to various kinds of infections. Carrots have a cleansing action on the liver and help it to release more bile, which will cause peristaltic action. This can help to relieve constipation and help with digestion.

When this blend is mixed with sweet potato can result to a more healthy mix capable of keeping you away from diseases.

Ingredients:

- 5 celery stalks
- 3 carrots
- 2 small sweet potatoes
- 2 oranges
- 1 inch (2.5cm) piece of ginger

Directions:

1. Wash all produce well.
2. Peel the sweet potatoes and oranges.
3. Cut produce to fit through your juicer, juice and enjoy.

Servings: 1 to 2

Mint Orange Immune Juice

This mighty juice has a zesty yet refreshing flavor and is packed with vitamin C. An easy to put together juice everyone would enjoy.

Ingredients:

- 3 mint sprigs
- 5 medium carrots
- 1 1/2 limes
- 1 orange bell pepper (capsicum)
- 1 head of broccoli

Directions:

1. Wash and prepare ingredients
2. Peel lime.
3. Add ingredients through juicer and enjoy.

Servings: 1 to 2

Melon – Beet Immune Juice

This juice is excellent to drink before exercising, thanks to the natural nitric oxide in beets that has been shown to help boost exercise performance and antioxidants. You can enjoy this juice at anytime though.

Ingredients:

- 1 medium beet (beetroot)
- 2-3 carrots
- 1 orange
- ½ lemon

Directions:

1. Wash all produce well.
2. Peel beet, orange and lemon.
3. Add all ingredients through the juicer and enjoy!

Substitutions:

- Beet – red apple, red cabbage

Servings: 1 to 2

Celery Carrot Immune Juice

Carrots are wonderful and helpful; they play a big role in boosting our immune system. They are responsible in increasing the number of white blood cells in our body. The cells are responsible for resisting infections. Also, continuous use of carrots reduces cholesterol levels in our body therefore reducing the chances of getting heart attack..

Ingredients:

- 2 medium sized carrots
- 3 celery stalks
- 1/2 red bell pepper (capsicum)
- 1 lime

Directions:

1. Wash all produce.
2. Peel lime (optional).
3. Juice all ingredients well and enjoy!

Serving: 1 to 2

Tangelos Orange Immune Juice

They are a cross between a tangerine and grapefruit giving them a lovely mix of sweet and sour. Also known as honey bells, they are high in vitamin C, vitamin C intake may reduce the risk of asthma, cancer, cardiovascular disease and other disorders caused by aging. Enjoy!

Ingredients:

- 2 tangelos
- 1 orange
- 1 lemon

Directions:

1. Wash all ingredients well.
2. Peel all produce if you want to avoid a slight bitterness.
3. Chop produce to fit through juicer. Enjoy!

Substitutions:

- Tangelo – grapefruit, mandarin, tangerines

Servings: 1 to 2

Chapter 3: Juices for Organ Health



Did you know that fresh juicing can be one of the best ways to keep your organs healthy? You'll find that there are many awesome fruits and veggies that will do wonders for your body, and drinking them in a colorful juice is a great way to enjoy your raw food intake.

Juicing helps you absorb all the nutrients from the fruits and vegetables. This is important because most of us have impaired digestion as a result of making less-than-optimal food choices over many years. This limits your body's ability to absorb all the nutrients from the vegetables. Juicing will help to "pre-digest" them for you, so you will receive most of the nutrition, rather than having it go down the toilet.

Juicing allows you to consume an optimal amount of vegetables in an efficient manner. If you are a carbohydrates type, you should eat one pound of raw vegetables per 50 pounds of body weight per day. Some people may find eating that many vegetables difficult, but it can be easily accomplished with a quick glass of vegetable juice.

Coconut water Organ Juice

Coconut water is packed with important electrolytes sodium and potassium that help to regulate hydration in addition to playing important roles in other key functions in the body. In the hot summer heat, electrolytes that our body needs to regulate itself properly.

Though this juice does not provide all the carbohydrates that a sports drink may provide, it does offer more carbohydrates given the carrots and apricot. To boost carbohydrates, athletes or those who partake in longer-distance exercise bouts could add sweet potato or another fruit to this recipe to boost the amount of carbohydrates.

Ingredients:

- 1 cucumber
- 4 medium carrots
- 1 apricot
- 2 celery stalks
- 1 in (2.5 cm) piece of ginger
- 8 oz (250 ml) plain, unflavored coconut water

Directions:

1. Wash all ingredients well.
2. Add produce through juicer.
3. Combine juice with coconut water and enjoy!

Servings: 1 to 2

Orange – Yellow Pepper Organs Juice

Orange and yellow bell peppers have a tangy, sweet taste making this juice a perfect way to jump start your day. They pack 70% of your vitamin A daily recommendations for glowing skin, hair and nails, and are a powerful source of vitamin C to fight the common cold and infections of winter months.

Ingredients:

- 1 orange bell pepper (capsicum)
- 1 yellow bell pepper (capsicum)
- 1 large carrot
- 1/2 green apple
- 1/2 lemon, peeled

Directions:

1. Wash all ingredients well.
2. Remove seeds from peppers and peel lemon.
3. Add all produce through juicer and enjoy!

Servings: 1 to 2

Persimmons Organs Juice

Deliciously sweet, vibrant in color, persimmons are a wonderful compliment to juicing. The bright orange hue of this juice lets us know it's loaded with immune boosting nutrients like beta-carotene, vitamin C and metabolism supporting vitamins. Carrots do great wonder in boosting our immune system and making the body function to its greatest capacity.

One study found persimmons may be more effective than apples at helping reduce heart disease in part due to their high soluble fiber content. While the skin which is extracted in juicing is high in fiber, soluble fiber persists in the juice.

Ingredients:

- 2 persimmons
- 3 carrots
- 1 in (2.5 cm) piece of ginger root

Directions:

1. Wash all ingredients well.
2. Cut flesh of persimmons away from green top.
3. Put all ingredients through juicer and enjoy!

Substitutions:

- Persimmons – papaya, mango, orange
- Carrots – parsnips, butternut squash or pumpkin
- Ginger – lemon

Servings: 1 to 2

Beetroot – Orange Organs Juice

Beets roots are good in cleansing our blood and detoxifying it. It is also responsible for strengthening the gall bladder, cleansing the colon and the liver. Beets are helpful because they make the iron more available in the blood and therefore all the body processes are streamlined.

Beats can detoxify the liver, which helps reduce the occurrence of illnesses. Such illnesses include bile ailments and vomiting. .

Ingredients:

- 2 small beets (beetroot)
- 4 carrots
- 1 orange, peeled
- 1 sweet potato, peeled
- 1/2 lemon, peeled

Directions:

1. Wash all ingredients well.
2. Scrub the beets, peel the lemon, oranges and sweet potatoes.
3. Cut the fruits and veggies into pieces small enough to fit through your juicer chute.
4. Juice all produce and enjoy over ice.

Servings: 1 to 2

Pomegranate – Orange Organs Juice

Pomegranates contain high levels of nutrients and antioxidants offering protection against heart disease and cancer. Pomegranate juice has shown wonderful results for heart disease patients.

Ingredients:

- 1 pomegranate
- 1 orange
- 1 cup (250 ml) coconut water (or Coconut ice – frozen coconut ice cubes)
- 1 large handful of leafy greens (optional)

Directions:

1. Wash leafy greens well.
2. Remove the pomegranate skin.
3. Place all ingredients in juicer.
4. Serve and enjoy.

Substitutions:

- Pomegranate – red grapes, raspberries

Servings: 1 to 2

Apple Carrot Organs Juice

Apples reduces risk of cancer, and also helps prevent allergies. Carrots are one of the most overlooked vegetables for overall health. They benefit the heart, lungs, skin, eyes, and immune system. Carrots contain beta carotene which fights infection.

Ingredients:

- 2 apples
- 5 carrots
- 1 in (2.5 cm) piece of ginger root
- 1/4 lemon, peeled

Directions:

1. Wash all ingredients.
2. Cut produce to fit into your juicer and juice!
3. Enjoy this juice daily for preventative health benefits.

Servings: 1 to 2

Butternut- Apple Organs Juice

Butternut squash is rich in beta-carotene, an important antioxidant linked to lower rates of certain cancers including breast cancer and lung cancer. Studies suggest a reduced risk of developing estrogen negative breast cancer in women who consumed more carotene rich foods may reduce the risk of recurrence of breast cancer.

Ingredients:

- 1 butternut squash
- 1- 2 apples (red is best for this juice)
- 1 in (2.5 cm) piece of ginger root

Directions:

1. Wash butternut squash and apples.
2. Core apples if desired to remove seeds.
3. Peel top, long section of butternut squash.
4. Chop into pieces that will fit into juicer chute.
5. Save bottom of squash for making soup or peel and add to juice for more volume.
6. Send squash, apple and ginger through juicer.

Substitutions:

- Butternut squash – Pumpkin

Servings: 1 to 2

Sweet Potato- Pear Organs Juice

Sweet potato and melon may seem like an unusual combination, but give this juice a try – they work wonderfully together. Cantaloupe (rock melon) contains a wide variety of antioxidants, and is a very good source of potassium. In this recipe the melon adds a light summery flavor to the sweet potato base.

Sweet potatoes are of course incredibly versatile and delicious in many recipes, whether baking them as fries, creating a Thanksgiving pie, or simply enjoying as a juice. They are also incredibly nutritious: one medium sweet potato contains more than your daily requirement of vitamin A, and is rich in vitamins C and E. These important antioxidants properties and play an important role in disease prevention.

Ingredients:

- 1 sweet potato
- 1/2 cantaloupe (rock melon)
- 1 pear
- 1 in (2.5 cm) piece or ginger root
- Dash of cinnamon

Directions:

1. Wash all ingredients well.
2. Peel the sweet potato and remove the rind from the cantaloupe.
3. Juice all produce and enjoy! We also found that this juice worked well served over ice. A welcome cooler on these warm days!

Servings: 1 to 2

Strawberries Apple Organs Juice

Strawberries contain potassium that enables detoxification of the body as well as generation of white blood cells that fight diseases. It also helps in regulating the blood pressure. Strawberries also are said to have folic acid that is very helpful in improving the memory and the concentration ability of the brain to process information. This is quite a helpful juice because of its brain assistance. Also strawberries protect against intestinal bleeding.

Ingredients:

- 2 carrots
- 1 1/2 apples
- 1/2 lemon, peeled
- 4 leaves romaine lettuce (cos)
- 5 strawberries

Directions:

1. Wash produce well.
2. Remove core from apple (optional) and cut rind from lemon (or leave peel on for more zest)
3. Juice all produce.
4. Pour over ice and enjoy!

Substitutions:

- Romaine lettuce – spinach, kale (Tuscan cabbage)
- Strawberries – raspberries, cherries

Servings: 1 to 2

Peach - Carrot Organ Juice

Peaches are a good source of potassium and antioxidants, vitamins A & C, plus magnesium and B vitamins like niacin and even a bit of omega-3 fats. Peaches also contain a plant compound showing promise in research for helping to reduce risk of heart disease and lower cholesterol levels.

Ingredients:

- 1 peach
- 4 kale leaves
- 2 carrots
- 1-2 in (2.5 cm) piece of ginger root

Directions:

1. Wash produce well.
2. Peel ginger.
3. Cut flesh of peach from pit.
4. Add all produce through juicer and enjoy!

Substitutions:

- Peach – nectarine, orange

Servings: 1 to 2

Chapter 4: Juices for Digestion



Among the many benefits of a juice cleanse is that your digestive system will get a much needed break. Our modern diets can put quite a work load on our digestive systems. Many people's digestive systems are overworked and completely taxed due to poor diet habits.

A healthy digestive system is designed to break down carbohydrates, like fiber, and is capable of extracting the nutrients your body needs from all types of foods, including whole fruits and vegetables, according to the National Institute of Diabetes and Digestive and Kidney Diseases. Your body is also designed to remove toxins on its own. .

After years and years of making poor dietary choices the body can find itself in a terrible state. These poor states of bodily health make very good breeding environments for many different illnesses, diseases, and chronic health conditions.

Even with a healthy diet our digestive system can use a break every once in a while. Juicing can help your digestive system to rest, heal, and regenerate.

The reason for this is the digestive system does not have to work as hard during this time. It does not have to break down solids, which take a lot more time and energy to do. The body also doesn't have to work so hard to break down insoluble fiber.

A common misconception is that by juicing you are not getting any fiber into your system. This is a half truth as your body is not taking in any insoluble fiber during a juice cleanse.

Soluble fiber in the form of gums, pectin, and non-starch polysaccharides are still in the juice and have many benefits for our body. Among these benefits are they help to lower blood cholesterol levels, promote good bowel bacteria, help to stabilize blood sugar levels, and are also good for the digestive tract.

Apples Carrot Digestive Juice

Carrots have a cleansing action on the liver and help it to release more bile, which will cause peristaltic action. This can help to relieve constipation and help with digestion. The cellulose content in beets helps to ease bowel movements. Drinking beet juice regularly will help relieve chronic constipation.

And if you are someone who doesn't usually choose sweet juices, remember to strive for variety. Human bodies are complex and need a multitude of different nutrients to stay healthy and keep us at the top of our game. So even though green juices are sure to pack a ton of nutrients, try to mix it up and add some fruit and root vegetable juices to your diet as well. This way you'll be sure to soak in as many nutrients as possible.

Ingredients:

- 4 – 6 large carrots
- 1 1/2 sweet potatoes
- 1 – 2 red apples
- Dash of cinnamon

Directions:

1. Wash all ingredients.
2. Peel sweet potatoes.
3. Cut produce to fit through your juicer then push all ingredients through.
4. Top with a dash of cinnamon and enjoy!

Servings: 1 to 2

Blood Oranges – Carrot Digestive Juice

The distinctive dark of a blood orange is due to the presence of an excellent antioxidant. These oranges are higher in their anti-oxidant content than regular oranges. Though oranges taste acidic, it actually has an alkaline effect in the digestive system and helps stimulate the digestive juices, which helps to relieve constipation. The fiber content in beets helps to ease bowel movements. Drinking the juice regularly will help relieve constipation.

Ingredients:

- 4 blood oranges
- 1 beet (beetroot)
- 2 carrots

Directions:

1. Peel blood oranges and beets.
2. Rinse the carrot and beets.
3. Add all produce through juicer and enjoy!

Substitutions:

- Blood orange – orange, mandarin, ruby grapefruit
- Beet – red cabbage, golden beets
- Carrot – sweet potato, winter squash, pumpkin

Servings: 1 to 2

Pumpkins Digestive Juice

The pumpkin is a great versatile vegetable and has a lovely sweet taste as a juice! This juice is very high in soluble fiber so it will fill you up for longer! Great for cravings

Ingredients:

- 2 cups of pumpkin
- 2 large carrots
- 2 apples
- 1 pear
- 1 in (2.5 cm) piece of ginger (or to taste)

Directions:

1. Peel pumpkin.
2. Wash produce and chop to size to fit through your juicer.
3. Juice and enjoy!

Substitutions:

- Pumpkin – sweet potato, butternut squash (butternut pumpkin)
- Carrot – sweet potato, beets (beetroots)
- Apples – pear, orange, mandarin
- Pear – apple
- Ginger – nutmeg, cinnamon

Servings: 1 to 2

Pineapple – Orange Digestive Juice

One of ginger's most touted health benefits is its healing effects on digestive ailments. It can help digest fatty foods and break down proteins. It is excellent for reducing gas. Many people report that it will also relieve nausea, and can be effective in treating motion sickness.

Ingredients:

- 2 small oranges
- 2 handfuls chopped pineapple
- 1 inch (2.5 cm) piece of ginger root
- 3 leaves romaine or green leaf lettuce

Directions:

1. Peel oranges.
2. Core and chop pineapple.
3. Cut lime in half and cut ginger root.
4. Wash lettuce.
5. Place oranges, pineapple, lettuce and ginger root in juicer.

Substitutions:

- Oranges – grapefruit
- Pineapple – kiwi fruit
- Ginger – lemon

Servings: 1 to 2

Grape Fruit Digestive Juice

Bursting with Vitamin C and beta-carotene, as well as Vitamins A & K and even copper, this juice delivers a heavy nutritional punch. It features 2 grapefruits plus carrots, pears, and bell pepper (capsicum).

It's refreshing and bright, with a bit of "spice" from the bell pepper (capsicum). Carrots have a cleansing action on the liver and help it to release more bile. This can help to relieve constipation and help with digestion. More importantly, it also repairs, heals and nourishes the tracts and tones up their functions. An excellent help for constipation, colitis, poor digestion or stomach ulcers

Ingredients:

- 2 grapefruits (peeled)
- 1 red bell pepper (capsicum)
- 2 pears
- 6 carrots

Directions:

1. Wash all ingredients well.
2. Peel grapefruit, wash carrots, bell peppers and pears.
3. Juice all produce and enjoy!

Servings: 1 to 2

Carrots – Cucumber Digestive juice

Apples contain a natural laxative. When juiced, it helps aid bowel movements. It is most effective when mixed with carrots and spinach juices; you can expect bowel movement the next day. Regularly eating apples also will ensure bowel movements due to its gel-forming fiber, pectin. It improves the intestinal muscle's ability to push waste through the gastrointestinal tract.

Carrots have a cleansing action on the liver and help it to release more bile, which will cause peristaltic action. This can help to relieve constipation and help with digestion.

Ingredients:

- 6 carrots
- 1 cucumber
- 2 apples
- 1 in (2.5 cm) piece of fresh ginger
- 1/2 cup of fresh mint
- 1/2 lime

Directions:

1. Wash all produce well.
2. Juice your carrots first.
3. Peel your cucumber and feed it to your juicer.
4. Add your apples, mint, lime and ginger together.
5. Serve and enjoy.

Servings: 1 - 2

Grapefruits – Oranges Digestive Juice

Due to their high content in vitamin C, grapes stimulate the secretion of salivary and gastric juices, thereby improving the digestion of starchy and protein foods. Fiber contained in grapes effectively reduces constipation and cleans the colon; with a beneficial detoxify effect for the body.

Apple is most effective when mixed with carrots and spinach juices; you can expect bowel movement the next day. Regularly eating apples also will ensure bowel movements. It improves the intestinal muscle's ability to push waste through the gastrointestinal tract.

Ingredients:

- 2 red grapefruits, peeled
- 2 oranges, peeled
- 2 red delicious apples
- 2 celery stalks
- 2 handfuls of spinach

Directions:

1. Wash all produce well.
2. Chop ingredients to fit through juicer.
3. Add all ingredients through juicer
4. Serve and enjoy!

Servings: 1 - 2

Orange Carrot Digestive Juice

This brightly-colored juice is packed with the vegetables you may not think of when making a delicious and healthy juice — fennel, peppers, carrots. Fennel is packed with colon-healthy nutrients (also found in pears and apples), and antioxidants. The antioxidant nutrient is known for helping to ease upset stomachs and for aiding digestion. Fennel is also a great source of potassium and vitamin C.

Make this tasty juice as a morning meal or as a snack to go. It is quick to make and the ingredients are easy to find.

Ingredients:

- 7 medium carrots
- 1 medium orange bell pepper (capsicum)
- 1 pear
- 2 in (5 cm) piece of fresh ginger root
- 1 fennel bulb

Directions:

1. Wash all ingredients.
2. Remove top off pepper; and remove seeds.
3. Add ingredients through juicer.
4. Serve and enjoy!

Servings: 2

Butternut Cinnamon Digestive Juice

This super sweet and simply delicious juice tastes as good as it looks. The vibrant orange color lets us know this juice is rich in many important nutrients such as antioxidants, Vitamin C and Vitamin E (just 8 oz provides 50% of your daily needs). The cinnamon adds a nice spice and flavor plus it has been shown to help keep blood sugar in check.

Please note the serving size for this juice is 8-10 oz (the recipe makes double this amount so you can share or save a serving for later on). If you are exercising or training hard, working to maintain your weight during the reboot or simply feel hungry you may want to bump up your serving size to the full 16-20 oz.

Ingredients:

- 4 cups (560 g) butternut squash (Australian butternut pumpkin)
- 1 large organic honey crisp apple
- A dash of cinnamon

Directions:

1. Wash apple and squash (Australian butternut pumpkin) well.
2. Peel squashes (Australian butternut pumpkin) and cut into chunks.
3. Cut apple to fit into chute of juicer.
4. Juice ingredients.
5. Pour over ice.
6. Sprinkle cinnamon on top of juice.

Servings: 1 to 2

Apple Carrot Ginger Digestive Juice

Apples contain a natural laxative. When juiced, it helps aid bowel movements. It is most effective when mixed with carrots and spinach juices; you can expect bowel movement the next day. Regularly eating apples also will ensure bowel movements due to its gel-forming fiber, pectin. It improves the intestinal muscle's ability to push waste through the gastrointestinal tract.

Carrots have a cleansing action on the liver and help it to release more bile. This can help to relieve constipation and help with digestion. The cellulose content in beets helps to ease bowel movements. Drinking beet juice regularly will help relieve constipation.

Ingredients:

- 6 carrots
- 4 apples
- 2 in (2.5 cm) piece of ginger

Directions:

1. Wash all produce well.
2. Add all ingredients through juicer and enjoy!

Servings: 2

Chapter 5: Juices for Weight Loss



The health benefits of juicing are many and powerful. We eat vegetables to get needed vitamins and minerals into our system, however when vegetables are cooked they lose much of their nutrient content; even if we eat raw vegetables our bodies cannot completely break down the enzymes found in fruits and vegetables. This means that we actually 'miss out' on many of the nutrients contained in these foods.

The act of juicing fresh vegetables breaks these enzymes down and releases the much-needed nutrients so that we are able to enjoy the full benefits that these foods provide.

Getting these nutrients in liquid form eliminates the digestive process of 'breaking down' solids. This allows the nutrients to immediately be absorbed into the body and sent to vital organs, and of course through the digestive tract.

Drinking juice regularly helps minimize the feeling of hunger and keeps you feeling full from your main meals for longer. It's an effective way to lose weight without much effort as you simply need to replace your regular liquid intake with juice and it will naturally help you eat less throughout the day.

Remember to leave a review on Amazon if you found this book helpful!

Pine – Lime Weight Loss Juice

Lemon juice is said to aid constipation, weight loss, kidney stone and poor liver function. So enjoy the flavor and the benefits!

Adding lemon juice to a beverage can help increase weight loss. Lemon juice, being a natural antiseptic medicine, can participate to cure problems related to skin. Drinking of lemon juice mixed with water and honey brings glow to the skin.

The acidity from the lemon, lime and pineapple also helps digestion to pass excess fat out of your body instead of letting it sit and accumulate in your digestive track.

Ingredients:

- 1/4 pineapple (about 2 cups of chopped pineapple)
- 2 celery stalks
- 1 lemon
- 1 lime
- 1 in (2.5 cm) piece of fresh ginger

Directions:

1. Wash all produce well.
2. Peel the lemon and lime.
3. Add all ingredients through juicer and enjoy.

Substitutions:

- Pineapple – orange, grapefruit
- Celery – cucumber, celeriac root, lettuce, zucchini, watercress, spinach
- Lemon – lime, grapefruit, orange

- Lime – lemon, grapefruit, orange

Servings: 1

Mangos – Orange weight Loss Juice

Skip the high sugar corn syrup and artificial colors found in store bought juices. Drink in the spring sunshine with this vibrant juice packed with antioxidants Vitamin C and Vitamin A that help keep our immune system strong and our skin radiant and glowing. Mangoes are also rich in potassium, an important nutrient needed by all of our cells, including our muscles. Potassium rich diets are shown to help maintain healthy blood pressure levels.

Ingredients:

- 2 mangoes
- 1 orange
- 1 yellow pepper (capsicum)
- 2 in (5 cm) piece of fresh ginger

Directions:

1. Peel mangoes and orange and wash pepper well.
2. Slice off top of pepper and remove seeds.
3. Cut produce to fit into your juicer.
4. Juice and pour over ice.

Substitutions:

- Mango – papaya
- Orange – tangerine, clementine, grapefruit
- Yellow Pepper (capsicum) – orange pepper, summer squash
- Ginger – lemon

Servings: 1

Pear – Peaches Weight Loss Juice

This juice is a great sweet tasting juice for a fruity start to the day. If yellow carrots are not available then simply use any carrot variety or see the substitution list below. An interesting study shows that the nutrients from yellow carrots significantly increases serum concentrations and does not result in the decrease carotene concentrations that accompanies administration of lutein supplements. This juice is high in nutrients particularly useful for the prevention of macular degeneration and supports healthy eyes and vision as well as weight loss.

Ingredients:

- 2 peaches
- 1 large pear
- 2 yellow carrots (or any variety of carrots)
- 1 cup of green grapes (optional – for an extra sweet taste)
- 1 in (2.5 cm) piece of fresh ginger root
- Pinch of cinnamon, nutmeg and clove powder

Directions:

1. Wash all produce well.
2. Chop all ingredients.
3. Juice and enjoy.

Substitutions:

- Peach – nectarines, pears, apple, plums
- Yellow carrot – purple or orange carrot, sweet potato, butternut squash (pumpkin)
- Pear – Asian pear, apple, celery root
- Green grapes – apple, celery root
- Ginger – powder ginger if fresh is not available

Servings: 1

Oranges – Beet Weight Loss Juice

Beta-carotene has been shown to improve the immune system and how it will fight infections. It is also perfect for those who need to lose weight. It offer antioxidant activity, reducing the risk of certain cancers such as lung, skin, uterine, cervix and gastrointestinal tract. It offers protection against macular degeneration and cataracts. Beets and carrots are both high in Beta-carotene.

Ingredients:

- 1 beet (Australian beetroot)
- 1 large carrot
- 2 oranges
- ½ cup (50 g) pumpkin
- 1 chili's (optional)

Directions:

1. Wash all produce well.
2. Peel the orange and pumpkin.
3. Juice ingredients.
4. Pour over ice.
5. Enjoy!

Servings: 1

Plums – Beets Weight Loss Juice

Plums contain excellent anti-oxidant properties. They have demonstrated in studies that they may reduce hypertension and risk of skin cancers.

Cabbage juice may help to heal peptic and duodenal ulcers due to its natural content. Red cabbage also contains a potent anti-oxidant that also helps in weight loss.

Ingredients:

- 3 plums
- 1/4 small purple cabbage
- 1 beetroot (beet)
- 2 sticks of celery
- 1 orange

Directions:

1. Wash all produce well.
2. Remove the stones from the plums.
3. Chop purple cabbage.
4. Peel the orange.
5. Juice ingredients.
6. Pour over ice and enjoy!

Substitutions:

- Plums – red grapes, blueberries, raspberries, blackberries
- Purple cabbage – green cabbage, silver beet (chard), radicchio

Servings: 1

Grapes – Apple Weight Loss Juice

The grapes gives this juice with vitamins A, B, C and many important minerals like potassium, calcium, iron, phosphorus, magnesium and selenium. Not only has that, the flavonoids found in grapes had antioxidant properties that can lessen the damage caused by free radicals, making them a great anti-aging fruit.

One study found that rats fed an extract from apple skins had a 43 percent lower risk of colon cancer. Other research shows that the pectin in apples reduces the risk of colon cancer and helps maintain a healthy digestive tract.

Ingredients:

- 1/2 fennel bulb (add more or less fennel depending on your personal preference)
- 1/2 of a medium sized red cabbage
- 2 large handful of grapes
- 1 green apple

Directions:

1. Wash all ingredients.
2. Add all produce through juicer.
3. Pour over ice (optional) and enjoy!

Servings: 1 to 2

Grapefruit Beet Weight Loss Juice

Pomelo grapefruit, also named the shaddock or Chinese grapefruit is a variety of grapefruit. They have thick pith which contains nutrients which improves the absorption and utilization of vitamin C, so make sure you include this in your juice.

This is a great warming juice for the cooler climates due to the addition of the ginger and turmeric in this juice, you can also add some chili pepper if you want to fire it up any further. It's another great winter and summer juice for weight loss and inflammation, helping you reduce water bloat.

Ingredients:

- 1 pomelo grapefruit
- 1 beet (beetroot)
- 2 carrots
- 2 celery stalks
- 1 lemon
- 1 in (2.5 cm) piece of ginger
- 1 in (2.5 cm) piece of turmeric

Directions:

1. Wash all produce well.
2. Peel the beet. Option to also peel the lemon and grapefruit but I always leave it on.
3. Juice all ingredients and enjoy!

Substitutions:

- Pomelo grapefruit – regular grapefruit, lemon, lime, orange, mandarin
- Beet – golden beets, sweet potato
- Carrot – sweet potato, pumpkin

- Celery – celery root, zucchini

Servings: 1 to 2

Cucumber – Tomato Weight Loss Juice

This is the juice that everyone who is intending to shed some weight should have. It works well while consumed in the morning before breakfast. Consistently taking this juice will yield great results in the long run.

Ingredients:

- 4 tomatoes
- 2 carrots
- 1 red bell pepper (capsicum)
- 1 large cucumber
- 4 celery sticks
- 1/4 red onion
- A dash of Tabasco, to taste
- A pinch of sea salt and pepper

Directions:

1. Wash all produce well.
2. Peel the kohlrabi and onion.
3. Add all ingredients through juicer and enjoy!

Substitutions:

- Tomato – red cabbage, radish, red pepper
- Carrots – pumpkin, butternut squash, sweet potato
- Red pepper – green, yellow or orange pepper (capsicum)
- Cucumber – celery, zucchini
- Red onion – white or brown onion, garlic, scallions(shallots)
- Tabasco – chili pepper

Servings: 1 to 2

Blood Oranges Weight Loss Juice

The chili adds a spicy element, this juice is sure to warm you up and scare any colds or bugs away. It also helps in burning excess fat in the body for effective weight loss.

Ingredients:

- 2 blood oranges
- 2 carrots
- 1 large beet (beetroot)
- ½ ruby grapefruit
- 1 in (2.5 cm) piece of ginger

Directions:

1. Wash all produce well.
2. Peel the orange and grapefruit.
3. Add all ingredients through the juicer and enjoy!

Substitutions:

- Blood orange – orange, mandarin, tangelo
- Carrot – purple carrot, sweet potato, pumpkin
- Beet – purple carrot, red radish, pumpkin, golden beets
- Ruby Grapefruit – grapefruit, lemon, lime
- Ginger – turmeric

Servings: 1 to 2

Berry – Tomatoes Weight Loss Juice

This flavorful juice is packed with weight losing, immune-boosting, and digestive properties thanks to its rich source of vitamin C coming from the tomatoes, the lime and lemon, the pear, and the berries. And additionally, this juice also contains both bone-healthy calcium from the arugula and water-soluble, digestion-promoting fiber from the pear.

Ingredients:

- 2 handfuls of arugula (rocket)
- 2 medium vine tomatoes
- 1/2 pear
- 1/4 cup (50 g) fresh or frozen (thawed first) blueberries
- 1 lime
- 1 in (2.5 cm) piece of ginger root

Directions:

1. Wash all ingredients well.
2. Peel the lime.
3. Add produce through juicer and enjoy!

Servings: 1 to 2

Chapter 6: Juices for Skin, Hair and Nails

Recent research by St Andrews University highlighted the powerful effect of fruit and vegetables in our daily diets; volunteers who increased their consumption of fresh produce found that their skin tone changed and ‘glowed.’ And it’s not just our skin that juicing can potentially improve; the increased vitamin content is widely reported to help with everything from hair growth and acne, to headaches and insomnia.

With tens of thousands of man-made chemicals polluting our environment, water and food, and over 700 contaminants in the average American body at any one time, your liver is working harder than ever before. Burdened with trying to eliminate an ongoing stream of chemicals and other toxins, it recruits your skin to help with the process of detoxification.

Now, instead of receiving the nutrients and vitamins your skin needs to look its best, it is sent more and more foreign and often toxic compounds to get rid of.

It's hardly surprising that trying to process out these substances often leads to inflammatory skin diseases like dermatitis, eczema, psoriasis, adult acne, liver spots and rashes, along with dry and dull skin and premature aging.

While there can be other causes of skin problems such as hormonal imbalances, many of these issues would improve or disappear if the liver wasn't so sluggish and overburdened.

Commercial fruit juices have most of their best skin vitamins and other nutrients processed out of them and are full of sugar. Supermarket orange juice for instance can have as much sugar as a can of Coke.

Oranges – Beet Complexion Juice

This juice is the perfect way to energize before your long (or even short) run. Beets are shown to help your body better use oxygen, meaning that it takes less effort to keep the same pace. The high quality vitamin C and other rich nutrients in oranges efficiently nourish the skin, preventing dry skin, psoriasis and other skin blemishes. It also has powerful cleansing properties that are effective in detoxifying the liver, which is overall effective for acne.

Ingredients:

- 2 small beets (beetroot)
- 2 oranges
- 2, 1 in (2.5 cm) piece of ginger root
- A large handful of chopped romaine lettuce

Directions:

1. Wash all produce well.
2. Peel oranges and beets.
3. Wash and slice ginger.
4. Juice lettuce first, tucks ginger slices into oranges then beets last to get the most yield.
5. Serve and enjoy!

Substitutions:

- Beets – red cabbage, tomato
- Oranges – grapefruit, pineapple
- Ginger – lemon
- Romaine – kale, spinach, chard (silver beet)

Servings: 1 to 2

Watermelon Complexion Juice

Celery contains sodium, which has been called a youth maintainer in the body. It's loaded with minerals and contains vitamin C as well, which helps maintain elasticity of the skin. Watermelon moisturizes the skin keeping it healthy.

The celery tones down the sweetness of this juice while adding extra electrolytes. This juice is high in nutrients, the more ripe the watermelon and the darker the flesh the higher the content of this nutrients.

Ingredients:

- 1/4 medium size watermelon
- 10 strawberries
- 2 large celery sticks

Directions:

1. Wash all ingredients well.
2. Chop to fit through your juicer and put through the chute.
3. Serve and enjoy!

Substitutions:

- Watermelon – cantaloupe, honeydew (Green melon), ruby grapefruit
- Strawberries – blueberries, raspberries, red apple
- Celery – zucchini, cucumber, celeriac

Servings: 1 to 2

Beet Complexion Juice

Beets are known to oxygenate our blood which makes them ideal for enhancing a sweat session. It's full of vitamin C, antioxidants, and potassium.

The nutrient in cucumber is an essential component of healthy connective tissue, which includes intracellular cement, muscles, tendons, ligaments, cartilage, and bone. Cucumber juice is often recommended as a source of silicon to improve the complexion and health of the skin, plus cucumber's high water content makes it naturally hydrating—a must for glowing skin.

Ingredients:

- 3 small beets (beetroot)
- 1 cucumber
- 1 handful of spinach
- 2 oranges, peeled

Directions:

1. Wash all produce well.
2. Peel the beets and oranges.
3. Add all ingredients through your juicer.
4. Enjoy and pour over ice if you like it cold.

Servings: 1 to 2

Cranberries Complexion Juice

Cranberries contain citric acid and other nutrients that can aid in preventing kidney stones, and other kidney and bladder problems. Cranberries are high in antioxidants that will help your body fight off free radicals which contribute to the aging process.

Ingredients:

- 1 cup (230 g) fresh cranberries
- 1 or 2 large oranges
- 5 carrots

Directions:

1. Wash all produce well.
2. Peel the oranges.
3. Add all ingredients through juicer and enjoy!

Servings: 1 to 2

Grapes – Strawberries Complexion Juice

The cup of whole strawberries in this juice has more vitamin C than an orange! Not to mention other important antioxidants abundant in this juice. Ellagic acid from berries may even help keep you looking young by reducing or preventing wrinkles caused by sun exposure.

Ingredients:

- 1 large handful of purple grapes
- 12 strawberries
- 1 apple
- 5 romaine lettuce leaves (cos), optional

Directions:

1. Wash produce well.
2. Core apple and slice to fit into juicer.
3. Juice all ingredients.
4. Pour over ice and enjoy!

Substitutions:

- Strawberries – raspberries
- Apple – pear, peach
- Grapes – plum

Servings: 1 to 2

Beet – Kale Complexion Juice

The anti-oxidant in orange help protect the skin from free radical damage known to cause signs of aging. Ginger helps improve circulation to the skin. It is also a powerful cleansing agent that helps keep the skin free of blemishes. Loaded with beets, kale, oranges and carrots, this juice is packed with nutrients.

Ingredients:

- 2 beets (beetroots)
- 4-6 kale leaves
- 2 oranges
- 1 lemon
- 1 carrot

Directions:

1. Peel orange and lemon for a less tart taste.
2. Wash beets and kale and chop all ingredients.
3. Add all ingredients through juicer and enjoy!

Substitutions:

- Beets – red cabbage
- Kale – broccoli, zucchini, lettuce, spinach, chard (silver beet)
- Orange – red grapefruit, mandarin, apple, pear
- Lemon – lime, yellow grapefruit
- Carrot – sweet potato, pumpkin, winter squash (butternut pumpkin)

Servings: 1 to 2

Blueberries Juice for Complexion

Rich in anti-oxidants and flavor this drink is a delicious treat for summer. The high quality vitamin C and other rich nutrients in this juice efficiently nourish the skin, preventing dry skin, and other skin blemishes. It also has powerful cleansing properties that are effective in detoxifying the liver, which is overall effective for acne which can be caused by toxicity of the blood.

Blueberries are a skin food suitable for healing from internal or externally. Its rich vitamin A and C makes it helpful for anti-aging skin, skin imperfections and brightens up a dull complexion. The anti-oxidant in watermelon helps protect the skin from free radical damage known to cause signs of aging. It also keeps the skin looking younger and healthy.

Ingredients:

- 2 1/2 (375 g) cups watermelon
- 1 cup (150 g) blueberries
- 6-8 leaves chard (Australian silver beet)

Directions:

1. Wash all produce well.
2. Juice ingredients.
3. Serve and enjoy.

Servings: 1 to 2

Apple – Orange Juice for Complexion

Apples contain vitamins A and C which prevent sagging skin, as well as copper for brightening and toning. One recent study shows that children with asthma who drank apple juice on a daily basis suffered from less wheezing than children who drank apple juice only once per month. Another study showed that children born to women who eat a lot of apples during pregnancy have lower rates of asthma than children whose mothers ate few apples.

Ingredients:

- 1 cup (110 g) cranberries
- 1 orange, peel removed
- 1 organic apple
- 1 cup (140 g) butternut squash (Australian butternut pumpkin), cubed
- 4-6 leaves collard greens (Australian cabbage leaves) about 1 cup, packed

Directions:

1. Wash all produce well.
2. Juice ingredients.
3. Serve and enjoy

Servings: 1 to 2

Tomato – Carrots Complexion Juice

The anti-oxidant in carrots and tomatoes help protect the skin from free radical damage known to cause signs of aging. The high level of vitamin C in bell peppers coupled with flavonoids make bell peppers a very good food that helps prevent respiratory problems like asthma, wheezing, lung infections, etc

Ingredients:

- 4 tomatoes
- 2 red peppers (capsicum)
- 1 orange pepper (capsicum)
- 1 carrot

Directions:

1. Wash all produce well.
2. Chop all ingredients to fit through juicer.
3. Juice produce.
4. Add salt, oil and stir

Substitutions:

- Tomato – extra red peppers
- Red Pepper – tomato, orange pepper
- Orange pepper – yellow pepper, carrot, sweet potato, butternut squash (pumpkin)
- Carrot – sweet potato, butternut squash (pumpkin)

Servings: 1 - 2

Sunrise Complexion Juice

This simple and sweet juice is called the Sunrise juice because it is a great way to start the day! The vibrant red color lets you know that the juice is packed with nutrients such as Beta Carotene & Vitamin C, and the sweet, tangy taste makes it really enjoyable as well.

The high quality vitamin C and other rich nutrients in carrot juice efficiently nourish the skin, preventing dry skin, and other skin blemishes. It also has powerful cleansing properties that are effective in detoxifying the liver, which is overall effective for acne which can be caused by toxicity of the blood.

Ingredients:

- 4-5 Large Carrots
- 2 Oranges
- 1-2 Beets (beetroot), feel free to juice the Beet Greens!

Directions:

1. Wash all produce well.
2. Juice ingredients.
3. Serve and enjoy.

Substitutions:

- Orange – Grapefruit, Lemon, Apple

Servings: 1 to 2

Thank you for reading my book on juicing, I hope this book gave you the basic knowledge needed to juice properly and get the most out of your juicer and ingredients. If you enjoyed this book then please leave a review on Amazon, I would greatly appreciate it. Alternatively you can signup to my mailing list where I share tips on the latest health findings and workout routines as well as my upcoming books. You can sign up here:

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