

The Ultimate Juice Guide
By
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Ultimate Juice Guide
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Description:

This book comes with a health warning!

The 10 Ultimate Juices Recipe Book had been created to compliment the Healthy Lifestyle series of books written by Trisha Stewart. Her books are designed to guide you to optimal health and to help get your body into balance, if your physiological body is out of kilter then expect to feel under par or worse get sick. If you are overweight and need to lose a few pounds or even stones, or perhaps you have health issues or just want to maintain your health, these books plus the addition of Trisha's coaching, if required, will get you to the top of your health game for keeps. Do you want your health to exceed all expectations or are you happy with feeling below par?, no matter how young or old you are it's never too soon to start and juicing is a great way forward. It's EASY to do, packed with the best of raw nutrition, repairs poor digestion and encourages good digestion, opening the door to fantastic health, clear thinking, clear skin, boundless energy and many other health benefits as a by-product of actually doing something that looks good and tastes good.

Each recipe is designed to give your body nutrients, in the correct balance, to keep your body functioning at top level, that means enough carbohydrates to give you energy without increasing your glucose to an alarming level and possibly creating a blood sugar crash cycle leaving you with low energy and brain fog and many other symptoms, this is a typical reaction when people have juices from the supermarket which are loaded with fruit concentrates, this

is a fact!

The juice recipes in this book are fully loaded which means that rather than two or three ingredients there will be five and often 10 giving you not just the naturally occurring vitamins and minerals but antioxidants as well as enzymes and fibre to help digestion. There are herbs added which not just taste nice but have therapeutic benefits. Also a couple of smoothie recipes in the book too with a reason for using them, especially if you are on a juice fast, one such as Coconut Dream designed to keep you going all day due to the slow release energy from it.

This little book gives you the “why” to pressing your own juices, it explains what the enzymes are and what they do, why we need antioxidants, what vitamins and minerals do for us, although not as in depth as the Healthy Lifestyle series but certainly enough to have you reasoning with yourself as to why press your own. What kind of juicer is best?

Happy Juicing!

The Ultimate Juice Guide

by

Trisha Stewart

Ten of the best juices you will ever need for optimum health

Just one a day will give you an abundance of vitamins, minerals
and those all important enzymes!

Three a day will have you in tip top condition!

Raw freshly extracted juices don't just taste nice but are a powerhouse of nutrients that will have your taste buds tingling and your body system and organs firing on all cylinders. They will pack real punch into your daily routine.

Did you know that juicing is known to help heal many ailments?

Even Cancer! Now we are not allowed to say here that it cures anything but there are many studies which have been done to prove that taking in raw nutrients and enzymes help to rebuild the cells of the body. Just in case you did not know it, our body is made up of billions of cells so everything we do towards good health keeps rebuilding good cells and that means good health.

**You might ask, "Why make your own juice when there are plenty of them in the shops already made?"
Here is why.**

There is absolutely NO juice that you can buy in ANY shop that will replicate your own home-made as they all have to be treated in some way to ensure that bacteria is not present. Most are pasteurized to at least 71 degrees centigrade to kill off the bacteria so that the juice has an extended shelf life. Some are processed by a high pressure method which can include heat or not but, in either process, there is a huge if not all loss of the nutrients and enzymes.

Take a look in the supermarket and see how long the sell by dates are and then make you own and see how quickly they go off!

I am not going to get into naming and shaming juice manufacturers who flout the law to get their juice on the shelf in a supermarket because - guess what? We are only interested in showing you the absolute right way to extract your juices and to get the maximum benefits.

What do you get from your own pressed juice?

I can't guarantee exactly what nutrients you will get from your fresh raw juice. Neither can anyone else because it depends on many things including the soil they are grown in and how ripe they are. But what I can tell you is that by choosing the right organic fruit and vegetables, ensuring they are in season and ripened by the sun, will give you your maximum daily requirement.

**Let's start here with the potential nutrients.
Enzymes – these are essential for life!**

We need enzymes to break down the nutrients in our body so that the nutrients can pass through the intestinal walls and be absorbed into our blood. Without enzymes, the vitamins and minerals that we

consume are just passing through our system being of no use. They are like our little power team.

Enzymes are specialized protein molecules facilitating most of our body's metabolic processes such as supplying energy, digesting foods, purifying the blood and ridding the body of waste products.

Enzymes assist in keeping our body on top form, help lower cholesterol level, clean our colon, break down fats, strengthen the immune system, improve mental capacity, detoxify the body of unwanted wastes, and eliminate carbon dioxide from our lungs. They help build muscles and many other functions.

Enzymes are basically classified into three main groups – metabolic enzymes, food enzymes and digestive enzymes.

Metabolic enzymes exist throughout our entire body system in our organs, bones, blood and cells. Their job is to grow new cells and maintain every tissue in our body. When these enzymes are healthy, robust and present in adequate numbers, they will do their job well.

Digestive enzymes are secreted by our various body organs through our salivary glands, stomach, pancreas and small intestine. As its name suggests, the function of the digestive enzymes is to help in the digestion of our food. That is why chewing your food is so important as the enzymes start secreting in the mouth to work on breaking down the food before the next part of the journey and the next batch of enzymes.

The following are a few commonly known enzymes:

- lipase* — breaking down of fats
- protease* — breaking down of proteins
- cellulase* — breaking down of fiber
- amylase* — breaking down of starch
- lactase* — breaking down of dairy products
- sucrase* — breaking down of sugar
- maltase* — breaking down of grains

We are interested in food enzymes here. There are those that exist naturally in the raw food we eat and of course the juices which I

will show you how to make. Their function is very much like the digestive enzyme which is to assist in the digestion of our food.

When we consume foods that are rich in enzymes, the foods will be self-digested causing less or no stress to our body. Hence a juicing only diet allows the whole body system to rest and repair whilst digesting the fruits and vegetables we are taking in so a huge power surge can happen inside of us.

When you are using juicing as part of your daily routine, it helps to keep your blood cells moving through the veins and arteries. One of the functions of our red blood cells is to carry oxygen and nutrients to all parts of the body. When there are sufficient enzymes present in the blood, the blood cells can do their job properly. You will see now, how drinking fresh juices regularly can prevent blood clots which can lead to many health problems including thrombosis and heart attacks.

When the blood is toxic, stagnant or slow moving (caused by eating too much meat and other harmful foods, and not enough enzymes from fresh fruits and juices), it thickens. This causes a sluggish system and creates untold ailments from mild ones like headache/migraine, fatigue, inflammation (e.g. arthritis, gout) to more serious problems like heart disease and even cancer.

What Happens When Enzymes Are Depleted?

Two things:

- Our body tries to produce more enzymes causing extra stress which affects our immune system. This lowers our ability to protect ourselves from diseases.
- Our digestive system becomes very inefficient through lack of enzymes leading to food that cannot be properly digested. It sits around in the system fermenting and apart from causing bloating and gas, it can pollute the blood which of course is not a good thing.

Even if you eat good food every day but don't digest it properly, undigested food can actually seep from the small intestine into the bloodstream.

The immune system reacts causing lack of energy and a raft of

other problems such as digestive discomfort, craving of certain foods, weight gain, thyroid problems, bloating, heartburn, gas, indigestion and even burping after meals.

It doesn't end there as it can also lead to constipation or diarrhea, hair that is dull, thinning, or falling out, lack-luster skin, weak or cracked nails, trouble getting up in the morning, sleep problems, arthritis or joint pain, feeling too tired to exercise, depression, mood swings, headaches or migraines, ADHD rashes ,hives, hot flashes, PMS and, sometimes, fertility problems.

Poor digestion also speeds up the aging process. The aging process is not just seen in the face but is felt within the body as the systems and organs begin to age causing a breakdown and some or all of the above.

On the other hand, when our enzymes intake is constantly kept at an optimum level, we can expect very minimal wear and tear to our body. This takes a lot of time as we plan and consume our food it but it is so worth it.

Here in this book, I demonstrate that drinking these fabulous juices every day will prevent disease and in many cases, if you are already sick, will help heal you.

Vitamins and Minerals

These are considered essential nutrients because acting in harmony they perform hundreds of roles in the body. They help us have strong bones, heal wounds, and boost the immune system. They also convert food into energy and repair cellular damage.

Did you know that every day your body produces skin, muscle, and bone? Did you also know that the rich red blood running through your many veins and arteries carry nutrients and oxygen to every part of your body and brain and so much more?

But to do all this, your body requires some raw materials. These include at least 30 vitamins, minerals, and dietary components that your body needs but cannot manufacture on its own in sufficient amounts.

As I have said earlier, the amount of vitamins and minerals in your juice is not guaranteed but the more raw fruit and vegetables you have, the more chance you have of getting them.

The following are necessary, daily vitamins and minerals available from juicing fruit and vegetables:

- Vitamin A
- Vitamin D
- Vitamin E
- Vitamin K
- Vitamin C
- Biotin (vitamin B7)
- Folic acid (folate, vitamin B9)
- Niacin (vitamin B3)
- Pantothenic acid (vitamin B5)
- Riboflavin (vitamin B2)
- Thiamin (vitamin B1)
- Vitamin B6
- Vitamin B12
- Calcium
- Chloride
- Magnesium
- Phosphorus
- Potassium
- Sodium
- Sulfur

Let's not forget those all-important Antioxidants

Antioxidant is a regular term for any compound that can counteract unstable molecules such as free radicals that damage DNA, cell membranes, and other parts of cells.

Your body cells naturally produce plenty of antioxidants to see off those free radicals. The foods you eat and perhaps, some of the supplements you take are another source of antioxidant compounds.

Carotenoids such as *lycopene* in tomatoes and *lutein* in kale and flavonoids such as *anthocyanins* in blueberries, *quercetin* in apples and onions, and *catechins* in green tea are antioxidants. The vitamins C and E and the mineral selenium also have antioxidant properties.

What about equipment?

You will need a good juicer. My preference is for the masticating or twin gear which are quite expensive but well worth it in the long run as they produce the best juice with the most enzymes. This is due to the fact they slowly turn the fruit and vegetables into a juice with very little heat, whereas most juicers cause too much heat by blending rather than extracting.

You will also need a blender, salad spinner, good chopping boards and sharp knives. See how simple it is to make such a high quality, nutrient packed meal?

No ovens or thank goodness, no microwaves! Just a few pieces of equipment and a good lot of fresh produce.

How far ahead can I make the juice to obtain maximum benefits?

This is always a dilemma. *Wash, juice and drink* is always the best way to obtain the maximum of all the nutrients, antioxidants and enzymes. I understand and accept that it's not always possible to do that but if you can, it is well worth it.

If you are going to take a juice with you to the office, workplace or car, then get one of those really good flasks that acts like a drinking vessel and make sure it's kept cold in a small cool bag. If the juice is left too long it will ferment and if you do that, you will see frothing and that is a sign not to drink it. It won't kill you but it might well upset your tummy. One other thing, don't use fruit or vegetables that have seen better days. Limp, bruised or in any way damaged, they won't taste nice or give you the great benefits of real fresh produce.

Let's get started!

All recipe quantities are for one person

The following juice recipes are all about overall health benefits and not for any particular ailment.

That comes in a later book so pack all of these into your daily routine at any time of the day and you cannot go wrong.

The following three are a definite recipe for three a day and in the order I have added them here but don't worry if that does not work out for you, just do it and enjoy!



Daily Green Juice

This little beauty should be taken every morning so that you hit the ground running. My suggestion is that you wash all of the produce the night before and spin off most of the water in a salad spinner. Keep in the refrigerator overnight so that it is ready to go straight into your juicer and bingo! - The day can begin!

Do not remove skin or stalks as they all add to the nutrient value.

- 1 Large bunch or handful of spinach and kale
- 1 Small bunch of parsley
- 1 Stick of celery
- 2 Green apples
- 1 Kiwi fruit
- Half a lemon

1 Chunk of cucumber

Handful of alfalfa sprouts

1 Small whole avocado or half a large one (this needs to be mashed or blended and then added into your juice)

1 Heaped teaspoon spirulina (stir in with banana)

Everything should be washed and ready to go and depending on your juicer funnel size, just chop, juice and drink. Add ice cubes if you like it really cold

What's in it for you ?

It's as simple as ABC. Vitamin A, B, C + E & K and then there are those highly important minerals such as calcium, iron, magnesium, potassium, boron, phosphorus, selenium, sulphur, essential fatty acids, beta carotene, folic acid, iron plus some amino acids too. In fact Spirulina's dry weight amounts to about 65% protein. Wow! All packed into one drink.

Also, avocado alone will provide alpha-linolenic acid (an omega-3 fatty acid) and oleic acid are key fats provided by avocado. They are a good source of pantothenic acid, dietary fiber, vitamin K, copper, folate, vitamin B6, potassium, vitamin E, and vitamin C.

Daily Red Drink

Here is another gorgeous juice that will give you a massive power boost, maybe your midday one or mid-afternoon when you get that dip in energy.

Wash everything, remove stones from cherries, remove seeds and white ribs from the red pepper and you are good to go.



- 1 Medium raw beetroot (including stalks)
- 1 Cup of mixed berries, select from the following: Raspberries, Strawberries, Blackberries, Blueberries, Cranberries (frozen is okay if out of season)
- 2 Red apples
- Small bunch red grapes
- Handful of cherries
- 1 Red bell pepper

What's in it?

Plenty of Vitamin A, B, C + E & K. Then there are those highly important minerals such as calcium, iron, magnesium, potassium, boron, phosphorus, selenium and folic acid.

When the berries are fresh, grown in season and ripened by the sun, they offer a magnificent amount of antioxidants. The antioxidants in berries can help your body fight oxidative stress caused by free radicals that can lead to illness. All fruits and vegetables contain antioxidants but nutrient-rich berries are some of the best sources. There are several powerful antioxidants that appear in berries, including anthocyanins, quercetin, and vitamin C. Anthocyanins give berries their vibrant colour.

Now I am sticking my neck out here and stating that berries are known to be beneficial for the prevention *and* possible treatment of cancer. The link below will take you to a published article which supports what I am saying as I want you to have confidence that

my statements have professional validation.

Berry fruits for cancer prevention
<http://www.ncbi.nlm.nih.gov/pubmed/18211019>

Orange Juice – *no no no - not out of the supermarket - your very own home-made!*

A great juice to have in the evening which helps you to relax and sleep. Don't forget, leave all the skins on but be sure everything is washed thoroughly. This ends up more like a smoothie which is why it helps you to relax as your tummy will feel nicely full and calm.



4 Medium carrots

1 Orange

1 Small to medium mango (mashed or blended carefully)

1 Small banana (mashed or blended carefully)

Small piece of fresh grated ginger root (best way is to peel, put in the freezer and bring out to grate what you need from it)

1 Small orange pepper or half a large one (remove inside seeds and ribs)

2 Apricots (stones removed)

Small bunch of parsley or basil

A lovely mix of Vitamins A to K and plenty of minerals too. Potassium, Phosphorus, Magnesium, Calcium, Sodium, Iron,

Selenium, Manganese, Copper, zinc. Ginger helps with digestion and magnesium relaxes the muscles and nervous system.



A word about Apricots. This little fruit is often ignored unless it is in a tin or dried. Eating raw, fresh Apricots, packs in a good amount of fiber, masses of Vitamin C, Beta carotene and Lutein. This may help with vision and help to prevent cancer too.

Breakfast in a glass

The following juice is a full on breakfast. It is more like a smoothie but when you put it all together, you have a really power packed, energy giving, loaded meal in a glass. It takes a little effort but its well worth it.



Half a cup of oats
Big bunch of spinach
Big bunch of kale
Handful of pomegranate seeds
Handful of berries, any sort
1 Tablespoon of ground flaxseeds
1 Apple
1 Pear
1 Small avocado or half a large one
Wedge of lemon
1 Cup of coconut water

Put the oats into a blender with the coconut water, avocado, ground flaxseeds, pomegranate seeds and blend. Put everything else through the juicer and then mix together. This juice would also be great for pre and post exercise as it has plenty of energy sustaining carbs.

See here what is in your juice/smoothie

Vitamins A-K, phosphorus, calcium, sodium, magnesium and sulphur. Antioxidants and enzymes. High protein and essential fatty acids too so a really complete meal in a glass.

Pomegranate Superfood



This fruit is now classed as a "Superfood".

Pomegranate contains a unique and powerful antioxidant called punicalagin, the most abundant antioxidant in pomegranate. Pomegranate juice has been analyzed to have greater antioxidant capacity than red wine, grape juice, cranberry juice, green tea or acai juice. Much research has shown that pomegranate's potent antioxidant capacity provides protection against heart disease, cancer and cognitive impairment.

Cancer Chemoprevention by Pomegranate

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2989797/>

Salad in a glass

This juice is a great way to replace eating a salad. You can drink your salad at any time and you would never be able to eat this much in one go.

Remember what I said earlier though. Don't leave these lovely juices too long before you drink them. If you have to, make sure they are kept in a good flask in a cool bag.



- 1 Head of Romaine lettuce
- 2 Medium or 6 cherry tomatoes
- 1 Stick of celery
- 1 Chunk of cucumber
- 1 Clove of garlic (optional)

1 Medium bunch spinach or chard
1 Small red pepper
6 Almonds (ground)
1 Small handful of seeds (ground) (pumpkin, flax, sunflower, sesame)
2 Apples
1 Carrot
Big wedge of lemon
1 Orange
1 Small beetroot
1 Small avocado
1 Cup of coconut water

Juice everything except the seeds, almonds and avocado. Mash the avocado and put in blender with the seeds, almonds and coconut water. Then mix the juice with the contents of the blender and drink your salad as soon as possible.

Crammed with all the vitamins, minerals, antioxidants, lycopene, essential fatty acids, protein and carbohydrates you need to keep your energy levels up. You will pack a powerful punch in the afternoon with none of those energy dips you get when eating those boring sandwiches or pasta in a pot.

Garlic and Immunity

Just a little word about Garlic and the benefits to your immune system. Not sure if the smell of it keeps people away so that you avoid catching their cold but research does prove it can help prevent colds and flu!

Preventing the common cold with a garlic supplement

<http://www.ncbi.nlm.nih.gov/pubmed/11697022>

Dessert in a glass

Just imagine some lovely fruits with a smoochy coconut yoghurt and a few chopped nuts.

How about that whizzed up to make a juice/smoothie?

Here is what you need

Two cups of mixed berries (strawberries, raspberries, blueberries, blackberries)



1 Banana
2 Apples
1 Orange
Half of a pineapple
1 Mango
1 Lime with juice squeezed
1 Tablespoon of ground nuts (cashew, almonds, walnuts, brazil nuts)
1 Tub of coconut yoghurt (250ml)
Ice cubes or crushed ice

How to make it

Put everything into a blender except the ice and blend slowly until everything is mixed to a consistency you like. Put some crushed ice into the bottom of a glass and pour the juice over. To finish, put a sprig of mint on top.

How good is this for you?

All the vitamins A-K and minerals such as phosphorous, sulphur, calcium, sodium, magnesium, essential fatty acids, carbohydrates for energy and a lovely taste too.

Weighing up the benefits

There have been many nutritional debates about the use of coconut and its derivatives. Coconut oil is made up of 100% fat. However, the structure of fat in coconut oil differs from the traditional saturated fat often found in animal products (primarily comprised of long-chain fatty acids).

Coconut oil has an unusually high amount of medium-chain fatty acids or triglycerides (MCFAs or MCTs) which are harder for our bodies to convert into stored fat and easier for them to burn off than long-chain fatty acids or triglycerides (LCFAs or LCTs).

An absolute volcano *of nutrients*



This juice is really going to blow your mind not just with the nutrients but its taste too containing a plethora of fruits, vegetables and herbs juiced to perfection.

2 Apples
Half pineapple
Big bunch of spinach or chard
Handful of parsley
Handful of basil
Handful of mint
2 Carrots
1 Medium beetroot
Wedge of lime
1 Stick of celery

1 Small or half a large avocado
6 Cherry or 2 medium tomatoes
Half cup pomegranate seeds
2 Sprigs of broccoli
Chunk of cucumber
Half red pepper

How to make it

Apart from mashing the avocado, put everything else through the juicer and then mix in the avocado and maybe some crushed ice if you like it really cold.

The nutrients in this are Vitamins A-K with minerals such as phosphorus, sodium, magnesium, sulfur, chromium, manganese and potassium with essential fatty acids, antioxidants, lycopene, beta carotene and protein and iron. Don't forget what we said about the pomegranate earlier too.

The NOT so Humble Beetroot

So now, after years of pickled beetroot, we know that eating it raw can offer many health benefits including the lowering of blood pressure.

Most useful information on this subject can be read online by copying and pasting the following into your browser:

(Hord, N. G. (2011). Dietary nitrates, nitrites, and cardiovascular disease. Current atherosclerosis reports, 13(6), 484-492.)

This lovely deep red vegetable offers many nutrients with the addition of flavonoids and betacyanin and that is just in the leaves! Well worth juicing.

Winter Warmer

This is a bit of an extra task as you are making two different juices to put together but is well worth it. For a lovely warm drink of an evening or a morning pick me up, in fact like all the juices, anytime is good.



3 Apples
6 Medium size carrots
1 Orange
1 Star anise
1 Cinnamon stick
1 Allspice seed
Quarter teaspoon of ground nutmeg and cinnamon
Quarter teaspoon of cardamom seeds
1 Teaspoon of turmeric
Quarter inch of ginger grated

What to do

Firstly juice the apples and put all the other ingredients into a saucepan with the apple juice and bring to the boil, simmer and then let stand for 10 mins (overnight if possible). Remove the cinnamon stick, star anise and seeds and pour into a jug through a filter if necessary.

Juice the carrots then pour into the apple juice.

Now strictly speaking the heating of the apples does spoil the available enzymes but just sometimes it is nice to have a warm juice.

Vitamins A-K, minerals such as phosphorous, magnesium, sulfur, chromium and antioxidants.

Fennel Refresher

This little juice is full of flavour and a great aid for the digestion too. Fennel tastes a little like anise or licorice but flavoured with these other ingredients it makes a very tasty and refreshing juice.



Half a fennel bulb
Half inch of ginger
Wedge of lime
1 Grapefruit
Big wedge of watermelon
2 Apples
1 Stick of celery
1 Chunk cucumber
A Bunch of mint
A Bunch of parsley

Nice and easy. Just put everything in the juicer and drink as soon as possible. Add crushed ice if you like it really cold.

Vitamins A-K, sulfur, manganese, magnesium, calcium, sulfur, phosphorus and antioxidants anethole, rutin and quercetin.

Interesting Facts About Fennel

The most fascinating phytonutrient compound in fennel, however, may be anethole. This has Anti-Cancer effects. Anethole blocks both early and late cellular responses transduced by tumor necrosis

factor. <http://www.ncbi.nlm.nih.gov/pubmed/10871845>

Fennel aids digestion, has antispasmodic effects, calms down inflammation and is generally a very useful vegetable to have.

Coconut Dream

This juice is very filling so really nice when your tummy feels like it needs more than just liquid. Some excellent, slow release, energy giving ingredients to keep you going all day. Great for pre and post exercise too.



- 1 Cup of coconut milk
- 1 Cup of coconut water
- 1 Tablespoon of ground almonds
- 1 Tablespoon of ground linseeds
- 1 Banana
- 1 Mango
- 4 Apricots
- 1 Nectarine or peach
- 1 Paw paw
- Half a cup of pomegranate seeds
- 1 Wedge of lemon or lime

Mash or blend the banana with the paw paw, pomegranate seeds, flax seeds, almonds, coconut milk and coconut water. If blending, try to do it slowly so that not much heat is created as you know that decreases the enzymes. Put the other ingredients through the juicer then mix it all together.

The available nutrients here are essential fatty acids, protein, carbohydrates, sulfur, potassium, magnesium, manganese, chromium and let's not forget vitamins A-K

A little word about Linseeds

Linseed and flaxseed are often confused. Flax is grown as a fiber plant that is used for linen. Linseed is grown for its seed to make oil. They are a rich source of Omega 3 fatty acids (ALA) containing twice as much as fish oil which is good news for vegetarians/vegans. It is also a good source of Omega 6, Omega 9 and vitamin E. It also contains lignans which are a class of phytoestrogens considered to have anti-oxidant properties.

Finale

I do hope that you have enjoyed looking through these recipes and have even tried them by now.

You will note tips on some of the ingredients in the juices. I thought you might like to know a little more about what you were drinking. You will see in my other books a lot more on these individual foods, the therapeutic benefits of certain herbs as well as some very interesting topics on foods for health.

Everything in my books is about achieving great health through natural methods. Your body has the absolute ability to heal itself from disease given the right internal environment. Now what I mean by that is if all our bodily systems and organs are working properly, we have the correct enzymes, vitamins, minerals, amino acids and antioxidants to keep us healthy. In other words the engine is ticking over nicely and we should be good for years to come.

When ill health comes about it is usually caused by exterior environments.

For example, environmental pollution, hair and body sprays, cleaning materials and sprays, microwaves, poor food from fast food chains, readymade meals, preservatives, too much fizzy pop, too much sugar and all those sugar alternatives such as Aspartame.

There are too many chemical in foods and there is so much out there that is going to attack your health. You really do need an internal army to keep you safe and also to restore good health if it has slipped.

Remember, most people spend their lives earning and saving money and forgetting about their health. You cannot buy back good health. You have to constantly give yourself the right food, exercise and rest.

A handwritten signature in black ink that reads "Trisha Stewart". The script is fluid and cursive, with a long horizontal stroke underlining the word "Stewart".

Caring for your health....

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from your reliance upon any information provided on this site.

Biography

Where did it all begin, well looking back, it certainly was not learning from home and family. I am the youngest of 3 and was a "fat" child, not until I was about 8 though, I think? Never really took much notice then, my Brother was fat and so was my Sister, now, no one likes the word fat but basically that is what it is/was, too many fat cells and not enough lean tissue, physiologically, it is what it is! We came from an era, post war, where sweets were very much allowed as well as puddings with custard nearly every day and lots of the wrong kind of foods, I had no choice as a youngster, no knowledge of what I was eating and why, I just knew I was provided with three meals a day and I ate them! It was considered very ungrateful if you did not, we were told there were lots of children in other countries who were starving!

I went to a little private "cottage" school and there would be that awful small bottle of milk, in Summer when it got warm, have to admit I never drank that stuff but the school lunches were two courses and plenty of it, roast dinners with a syrup and custard pudding was one day a week! I did not really realise I was "fat" I just thought I was a big child, well developed or had "puppy fat" as it was then called. I did not realise in my early years that my Brother was overweight or my Sister – it just seemed normal. My parents were not fat when they were young parents but my Dad put on a lot of weight as he grew older, my Mother's smoking habits kept her from eating too much so she was not overweight. I was not "obese" like you see children and adults today, just a big girl I guess, but yes, too many fat cells.

It was not until I was around 20 years old that I started to look at myself and think hmm.... You don't look so good, I was not fit, not happy with myself but more than that I noticed my Sister was always on a diet, my Brother was very fat, what was I going to do as there was no such thing as a nutritionist then, at least not where I lived. Not sure how or why but I found a gym. Now, gym's back then were not places that women particularly went to, they were

full of sweaty men pumping iron but I found one where there was another woman in charge and off I went, met a couple of women of the same mind as me and ended up working in the gym. It is funny to look back on the type of equipment we used then as opposed to what we have now but, guess what! It did the job just as well and I could see results, I was getting into shape! And then became very interested in the way I looked. I learned that exercise, particularly training with weights burned the fat but also got me into good shape too as it toned my muscles, I remember feeling quite good about myself for once! I got right into the fitness and saw what it could do for me so I opened my own gym, in fact it was a state of the art centre with all the latest equipment (for that era) plus sauna, jacuzzi and I hate to say it but sunbeds too.... So here I was, fit and able to help others too.

My Sister and Brother were still "fat" they never came to the gym, could not follow any kind of diet for any length of time, they were both always on some diet or another and getting fatter by each one. At that time the only thing I really knew about eating right was the kind of fuel required to work out in the gym using carbs for energy and proteins for repair, I had read loads of material, no "Google" in those days! Just books, of which I read a fair few. I was self-taught believe it or not; the only requirement back then to run a gym was public liability insurance!

At that time I started to experiment with foods because despite being fit I was still carrying too many fat cells so I would do a "fast" every now and again, sometimes as long as two weeks, it was mad really but my trials have led me to where I am today. I became vegetarian at that time too, also removing dairy and wheat, another trial, it took me two years to work it all out as there was no advice but I felt so good after removing the very foods that were causing me to be bloated, constipated, have extreme hormonal episodes and I became more focused, more balanced and it changed my life completely. However, that was all set to change; the gym went due to a big recession back in the 80's, my Son was tragically lost at sea which totally consumed me and then three years after that my Dad died of Cancer. When my Dad died, despite all my training and knowledge of fitness I realised I knew nothing about real health, I was very close to my Dad and those two events rocked my world in big way.

That changed everything for me, I needed to get lost in something and of course start to learn what I could have done to help my Dad so I took a course in Nutrition with a brilliant Naturopath teacher and also did my physiology and anatomy courses and exams too. I practised sports massage and nutrition, so there I was, still green but highly motivated. Being the type of person I am, there was always more to know so my thirst for how the body works just continued, I furthered my education by attending courses with a fantastic Canadian Naturopath Dr Robert Cass who founded The Academy of International BioEnergetic Sciences, this was where my education really began, the learning from this man made a huge impact on my ability to diagnose and understand exactly what was causing the symptoms of my clients, therefore enabling me to treat them accordingly and with great results.

There is so much more to tell but that is another book at some point, now, I just want to help as many people as I can, worldwide, through my knowledge and understanding of how the body works.

What happened to my "fat" siblings, my Brother died at the age of 63 with an enlarged heart and morbid obesity, my Sister had a Gastric Bypass two years ago because she could never control herself but the fact of the matter was, any diet she followed did not help to retrain her body, my plan is to not just get people following another diet but to teach people to listen in to what their body really needs, not what the brain is telling them, that takes time and reasoning.

So, here I am, with over 25 years in the health and fitness industry. I have authored and published books, including Healthy Tart (for women) Healthy Dude, The Healthy Bunch Cookbook and Healthy Idol, also Detox Dude, Detox Diva I have written articles, have spoken at events, and have appeared on radio and TV locally, nationally and internationally. I have also successfully renovated my own farmhouse and completed a barn conversion and enjoy the property business too. I created my own nutrition and sports Injuries Clinic where I have treated hundreds of clients and helped them back to full health and fitness with a range of treatments. My success come from the understanding of physiology, the causative factors of poor health and disease and how to prescribe a nutrition and fitness programme to enable people back to health and coach them towards a new and healthy

lifestyle. "the body has a fantastic ability to heal itself given the correct environment"

Other Books by Trisha Stewart

[Healthy Tart \(for women\)](#)

[Healthy Dude](#)

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