

POWER JUICING

**Your Guide to a Healthier, Leaner,
Younger You**

**EASY, DELICIOUS RECIPES
FOR WEIGHT LOSS,
DETOX AND ANTI-AGING**



Liz Vidal

Power Juicing

Your Quick Guide to a Healthier, Leaner, Younger You

by Liz Vidal

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Mantesh

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[Disclaimer](#)

[Introduction](#)

[Natural vs. Bottled Juice](#)

[Buying a Juicer](#)

[Getting Started with Power Juicing](#)

[Juicing for Weight Loss](#)

[Juicing for Detox](#)

[Occasional Overindulgence](#)

[Recovery](#)

[Juicing for Anti-Aging](#)

[Juice Recipes](#)

[Weight Loss Juice Recipes](#)

[Detox Juice Recipes](#)

[Anti-Aging Juice Recipes](#)

[Bonus Fruit Recipes for All](#)

[Conclusion](#)

[Reference](#)

Introduction

Fresh juices deliver all the nutritional benefits of fruits and vegetables in the most efficient way possible.

Digestive enzymes, found mainly in raw foods, play several key roles in our health, including converting the food we eat into body tissue and energy. Drinking fresh juices is one of the best methods of obtaining live enzymes.

Enzymes also play a key role in metabolism. For this reason, drinking fresh juices can increase your metabolic rate. A higher metabolic rate results in more energy and more calories burned.

This book will show you how to select a juicer (if you don't already have one) and how to make juicing a regular part of your life.

Bottled juices are certainly a better drink alternative than sodas and other sugary drinks, but they lack the nutritional value of fresh juices.

Bottle juices are pasteurized to improve shelf life. This means they are boiled to stop the growth of bacteria and other organisms.

Unfortunately, boiling also destroys many of the naturally occurring vitamins, minerals, and health-giving enzymes contained in the juice.

If you're fasting or juicing for weight loss, you need live foods to sustain your body.

Some bottled juices contain added sugar and water, but even if they are 100 percent natural, they cannot match the taste and nutritional value of freshly squeezed juices.

Detoxification

The liver is one of the most vital organs since it is involved in almost every aspect of the body's processes.

The liver plays many critical roles, one of them being the detoxification or removal of foreign substances.

Although there are some juice combinations more geared towards cleansing the liver and gallbladder, the fact is that raw juices of all kinds support liver function on some level.

Naturally, any substance that supports the liver will also improve overall health.

Anti-Aging

With advanced aging there is an increased risk of degenerative diseases such as high blood pressure, high cholesterol and arthritis.

Most fruits and vegetables contain powerful antioxidants that can help in the treatment and prevention of these and other age related disorders.

Obesity and Disease

A rise in obesity has been linked to some common diseases including: diabetes II, coronary heart disease and even some types of cancer.

Fighting obesity through dieting and micro-nutrient supplementation may help prevent or delay the onset of these diseases.

Juicing for weight loss provides healthy micro-nutrients without overburdening the system with calories or fat.

Power Juicing for Energy

Our lives seem to get more hectic and stressful with every passing day. If you have children, then you know what is like to try to meet their needs and the demands of your busy schedule.

Juicing can help you recharge your system while maintaining stamina throughout the day, without resorting to caffeine, sugar or other stimulants.

Phytochemicals

Phytochemicals are substances found only in plants that are considered to be among the best disease-fighting nutrients.

Since most of us don't eat enough fruits and vegetables on a daily basis, juicing is a marvelous way to ensure we get our supply of these vital nutrients.

Nutritional Synergy

Juicing provides the added benefit of nutritional synergy. This means that the power of one nutrient is greatly enhanced when it is combined with another nutrient.

For instance, when vitamins E and C are combined together, they perform at an even greater capacity. The same holds true for beta-carotene, whose benefits are enhanced when combined with Zinc.

This synergistic effect is greatly magnified when we consume dozens of vitamins and minerals from fresh fruits and vegetables in the form of juice.

The Role of Fiber

Fibers are present in all plant foods. Categorized as **soluble** or **insoluble**, fiber helps to increase bulk, soften stools, and shorten the transit time of food as it moves through the intestinal tract.

Only the insoluble fiber is removed by the process of juicing. Freshly juiced fruits and vegetables still contain plenty of soluble fiber.

Soluble fiber dissolves in water and forms a gel that has a cleansing effect on the intestinal tract. Soluble fiber also binds to cholesterol preventing it from getting reabsorbed.

A diet that includes cleansing fiber is vital for maintaining a slim waistline, preventing constipation, bloating, inflammatory bowel disease, and even colon cancer.

Maximum Absorption

Drinking fruit and vegetable juice bypasses the digestive process. This means that most of the nutrients contained in raw juice are readily delivered to the bloodstream and cells, where your body can use them for healing, nourishing and repairing tissue.

Even though dietary supplements are helpful, the most efficient way to consume essential healing nutrients from whole foods is through freshly prepared juices.



There isn't a pill or powder that can deliver the nutritional power and live enzymes contained in these vegetables.

Only through juicing can we be sure to consume the minimum recommended daily allowance of fruits and vegetables that is necessary for optimal health.

What is the Difference Between Juices and Smoothies?

Juicing requires a juice extractor (also called pulp ejector) to separate liquid and nutrients from the fibrous pulp found in most vegetables.

Fruits and vegetables with a high water content such as, watermelons, oranges, grapefruits, grapes and tomatoes can be juiced without on a blender. But hard fruits and most vegetables, like apples, celery and carrots, can only be processed with a juicer.

Blenders are ideal for making smoothies, shakes or creamy soups. But when you toss hard or stringy vegetables in a blender, you end up creating a mushy paste.

Smoothies

Smoothies contain more fiber, since the entire fruit or vegetable goes into the blender.

They are thicker and creamier than juices, which makes them ideal as meal replacements since they are more filling.

Smoothies are very convenient since they can be prepared in a hurry. (It's easier to rinse a blender than a juicer).

Smoothies are great for beginners since most people already have a blender in their kitchen.

To prepare a smoothie, mix soft fruits (either fresh or frozen) with yogurt, buttermilk or nut milk, add some protein powder (this is optional) and you have a delicious fat free meal that can keep you satisfied for a couple of hours or more.

Juices

Fresh juices provide one the quickest ways to flood the body with a high level of nutrition.

You can't get the nutritional properties of broccoli, cabbage and carrots using a blender. For that you need a juicer.

In the next chapter, we'll explore what to look for in a juicer, some suggested models and prices.

Buying a Juicer

As explained in the previous section, a blender and a juicer are two separate appliances designed to perform different functions.



Selecting a Juicer

A good juicer can cost anywhere from \$69 to \$199 and it will last you for years.

Apart from quality, design and durability, one of the most important factors to consider when buying a juicer is how easy it is to clean it.

When selecting a juicer, avoid buying a juicer with multiple, narrow compartments where pulp residue can get stuck. If you buy a machine that's difficult to clean, you probably won't use it on a regular basis.

If you're new to juicing, these models have all the features you should expect in a juicer: They are sturdy, with a slick design and best of all, they are easy to use and easy to clean:

<http://www.amazon.com/Breville-BJE200XL-Fountain-700-Watt-Extractor/dp/B000MDHH06>

<http://www.amazon.com/Breville-BJE200XL-Fountain-700-Watt-Extractor/dp/B000MDHH06>

<http://www.omegajuicers.com/>

You shouldn't have to pay more than \$199 for a reliable juicer that's durable, easy to use and easy to clean.

Shop around online or visit retail stores like Costco.

I use a Kenwood juicer that I found at Costco several years ago and it still works like a champ. I paid less than \$80.00 for it.

What to Look for in a Juicer

Look for an appliance that needs no special tools.

Try to find a juicer that **doesn't require a special tool** to remove the blade. If you lose the tool while cleaning, you may end up with a useless juicer.

Consider the sturdiness of the machine. You'll want to purchase a juicer that can handle hard vegetables, like carrots and beets in addition to delicate greens like parsley, herbs and lettuce.

A nice feature to have is a juicer that automatically ejects the pulp into a receptacle, instead of one that keeps all the pulp inside the machine.

The less parts, the better

If a juicer is easy to wash, you won't hesitate to use your machine on a regular basis.

Cleaning your Juicer

The following tips will help you get the most out of your juicer:

Be sure to rinse and clean your juicer as soon as you finish using it. If you let it sit for hours, the pulp residue will harden and it will be more difficult to clean it. It shouldn't take more than a couple of minutes to clean all the parts.

Most juicers have a fine mesh filter or strainer. The best way to clean this part is to rinse it with water while rubbing it with a clean toothbrush to remove particles.

If you're in a hurry and are unable to wash your juicer right away, disassemble the machine and leave all the parts soaking in water with a bit of soap so that it's easier to clean it later.

Getting Started with Power Juicing

Whenever possible, try buying produce from local farmers or at farmers markets. Buying local and organic produce helps to ensure you receive the maximum amount of nutrients while avoiding pesticides.

If you can't buy organic, avoid fruits and vegetables with shiny, waxed skins or remove the skin with a knife prior to juicing. Although the skins are rich in vitamins, it's important to avoid pesticides.

Remove skin from cucumbers if they are not organic. Golden apples tend to have less chemicals than red apples like Fuji or Gala. It is best to avoid red apples that have a bright, shiny surface or remove the skins prior to juicing.

Preparing Produce for Juicing

Wash the produce with cold water. If you don't have access to organic food, you'll want to make sure any residual pesticides are removed. Scrub off any dirt from root vegetables.

Next, slice or cut the food into manageable pieces. Remove the larger pits and seeds.

Can I Store Fresh Juice?

To get the most benefits from fresh juice, it is best to drink it straight from the juicer.

If this isn't possible, store it in a dark, airtight bottle or container and open it when you're ready to drink. Remember that over time, light, air and heat will destroy most, if not all, of the available nutrients.

Since homemade juices lack chemical preservatives, they oxidate or spoil quickly. Some juices spoil within 24 hours.

There are certain juices that should not be stored. These include those made from: melons, cabbages, and all cruciferous vegetables (like broccoli and cauliflower). Drink these as soon as they are juiced and throw away any remaining liquid.

Depending on where you live, there may be times during the year when good fresh fruits are hard to find. In this case, you can turn to the frozen variety. While you may not receive the same high level of nutrients, you'll still be receiving some benefits.

Buy frozen fruits with no sugar or syrup added.

Another alternative is to buy locally in bulk when you can, and freeze the excess fruit.

Juicing for Weight Loss

Fruits and vegetables are the fastest route between your current weight and a new slim you.

How Juicing Can Help You Lose Weight

Because raw juices are packed with nutrients, they provide nourishment while helping to control hunger and cravings. They also leave a taste in your mouth that neutralizes or diminishes the desire for sweets or junk food.

Since fruits and vegetables are virtually fat free, and juice from vegetables is low in sugar, they are the best foods to rely upon for weight loss.

Juicing for Weight Loss and Body Fat Reduction

When juicing for weight loss, it is best to avoid fruits with a high sugar content and emphasize veggies and leafy greens.

Typically, vegetable based recipes (except for beets) have less calories and sugar than fruit based recipes.

Aim to use **green** vegetables as the main base of your juice, then add some fruit for a touch of sweetness to the recipe. This will enhance the flavor, reduce the amount of calories and sugar, and boost your fat burning efforts.

Adding a medium apple or pineapple is enough to add great taste to any vegetable juice.

Fruits and Vegetables for Weight Loss

Apple: This low glycemic fruit is known for a wide range of health benefits including regulating blood-sugar levels. The pectin in apples (soluble fiber) binds to fat and cholesterol in the digestive tract preventing them from getting reabsorbed. Apple juice adds great flavor to most vegetable juices.

Berries: Strawberries, blueberries and raspberries are fantastic for weight loss and anti-aging juicing. They are great tasting, packed with antioxidants and relatively low in sugar.

Cabbage: This is a powerful body cleansing vegetable often recommended for weight loss. You may have heard of the “cabbage diet”. All cabbages (red and green) are incredibly rich in nutrients. Green has more folate while red is richer in antioxidants.

Carrot: This delicious juice adds sweetness, aids in digestion, is a liver cleanser, and contains high levels of beta-carotene.

Celery: Often recommended in weight-loss programs as it is low calorie and water dense. Juice the entire celery stick including the chlorophyll rich green leaves.

Citrus Fruits: Grapefruits and lemons help regulate blood sugar levels which helps to control hunger.

Cucumber: A base of choice for most recipes since they are water dense and relatively low in calories.

Kale: This super green vegetable is high in fiber and nutrients. Kale is a member of the cruciferous family, along with broccoli, Brussels sprouts, cabbage, cauliflower, and collard greens.

Lettuce: The darker the lettuce the more nutrient and mineral rich. Choose red leaf, romaine and arugula. Promotes diuretic action. Contains chlorophyll, iron, magnesium, Vitamins K and C.

Spinach: Rich in chlorophyll and minerals such as calcium, spinach is a good source of energy. Aids in digestion, prevents constipation, maintains low blood sugar, and controls overeating.

Tomato: Helps reduce acid in the body, and is beneficial for stimulating blood circulation and liver cleansing.

Watercress: Considered a powerful intestinal cleanser and toxin neutralizer. Good for the kidneys, bladder, blood circulation, cleansing the skin and believed to stimulate fat burning.

Watermelon: This refreshing fruit is a natural diuretic and appetite suppressant. Its sweet taste and high water content will keep you feeling satisfied. Rich in vitamins and anti-oxidants including lycopene. Watermelon juice can be prepared in a blender.

Juicing for Detox

Juice fasts are very popular these days. They're promoted by some as the perfect way to flush away unnecessary additives and toxic substances.

Some medical experts warn that drinking nothing but juices for an extended period of time is not only unnecessary, but dangerous.

Others concede, that occasional fasting may be needed at times to support our natural elimination processes.

Releasing Energy

Digestion of solid food consumes up to 70% of the body's energy.

By drinking only juices, we are able to skip digestion which in turn allows energy to be diverted to other important functions such as healing and elimination. This makes juicing ideal for fasting.

Note: Fasting means to abstain from all food while drinking only water. So technically, you are not fasting if you drink juice, but drinking only juice may be considered a form of fasting (since it bypasses digestion).

Symptoms you May Experience on a Juice Fast

Be aware that individuals who practice juice fasts may experience dehydration, exhaustion, and weakness.

For many people, a prolonged juice fast can cause low blood sugar levels, which leaves them feeling tired and weak.

An extended juice fast can also affect emotional health. Some individuals may experience depression as their blood sugar plummets.

Dehydration may occur because the body is used to receiving fluids from several food sources. When those food sources are removed, the body receives less fluids.

Symptoms of dehydration may include a dry mouth, excessive tiredness, thirst, headaches, dizziness, and mental confusion. You may also notice that you urinate less frequently.

When we follow a restrictive diet, the body automatically shifts into starvation mode. It tries to compensate for the lack of food by slowing down metabolism which leads to weight gain.

If you still decide to do a juice fast, be sure to obtain some professional guidance from your health care provider or nutritional expert.

Vegetable or Fruit Juice is Not a Complete Meal

Since fresh juice contains very little protein and virtually no fat it is not a complete food. Therefore fresh juice should be used to supplement regular meals and not as a meal replacement.

You can safely do a half-day juice fast, occasionally.

Drinking a freshly juiced drink in the morning and not eating anything until lunch or dinner, may help your system catch up on some necessary internal cleansing. In this way, your body can go to work on healing and cleansing for several hours.

If you approach it in this manner, then in addition to the juice, consider avoiding packaged and processed foods and eat mostly whole foods (soups, salads, cooked vegetables, nut milk, brown rice) on the day of the fast. This way, you'll be receiving nutrients while cleansing your body.

Tips for a Safe Liquid Diet

In addition to raw juices, try to consume a variety of liquid meals throughout the day that include one or more of the following:

- Broths (from vegetable and or chicken soup)
- Miso soup (a source of vegetable protein)
- Nut milks such as coconut or almond milk
- Herbal teas (teas that have no caffeine or tannic acid)

Vacation time or long weekends may be ideal times for undergoing a liquid diet.

For maximum benefit, you should get plenty of rest and avoid stressful situations (like driving in traffic) during a liquid fast.

Use this healing time to nourish your body, mind and soul by giving yourself a spa like treatment. Listen to your favorite music, spend time in nature, go for a walk, read, meditate, get a massage.

This may be an excellent time to jump start a healthy eating plan, if you haven't done so already. You don't have to change your life overnight, just a few good habits will yield benefits over time.

Occasional Overindulgence

One of the many functions of the liver is to metabolize or break down alcohol. The liver along with the gall bladder is also responsible for breaking down fats.

Anytime we consume alcohol or over eat, we put additional stress on the liver.

How to Prevent Hangovers

If you plan to go to a party, Holiday dinner or an “All you Can Eat” dinner buffet try to eat light meals during the day.

Drink a glass of vegetable/fruit juice before you leave the house. This will provide your liver with live enzymes to aid digestion.

Before going to bed, drink one to two glasses of water, even if you’re not thirsty. The more water you can drink the better.

The liver requires water to process alcohol. Give your liver what it needs by drinking plenty of water, and you’ll avoid waking up with a headache or a hangover.

Alcohol abuse promotes aging and can lead to serious illnesses. Ideally, we should drink no more than 1 alcoholic drink per hour (that’s 6 to 12 ounces of beer, 5 ounces of wine, or 1 ounce of spirits) in an hour.

If we exceed that limit, juicing and proper hydration can help offset the damaging effects of alcohol.

Please note, juicing is not a hangover cure, although drinking juices will help lessen the effects of a hangover.

Drink responsibly and if possible, avoid mixing sugar with alcohol. This makes for a far worse hangover and adds additional empty calories which later turn into fat.

If you drink a Mojito (rum and sugar) ask the bartender to skip the sugar. Rum already contains sugar.

If you drink alcohol, Vodka is the liquor least likely to give you a hangover. Since Vodka contains no carbohydrates or sugars, it is also the least fattening alcoholic beverage.

Recovery

If you plan to have surgery or major dental work, fresh juices can provide a healing, anti-inflammatory effect (prior to and after the procedure).

Anesthesia, pain killers and other medications have toxic side effects on our body. Juicing can help offset these side effects by boosting the functions of our vital, elimination organs with potent phytochemicals.

To prevent or treat hangovers or to recover from surgery or injuries, try a basic juice cocktail by juicing 1 apple, 4 carrots and 3 stalks of celery or try any of the **Detox Recipes** listed in the recipes section at the end of this book.

Juicing for Anti-Aging

It is never too early to start protecting your heart and arteries and prevent age related diseases.

As we age, our body becomes less efficient at processing the nutrients found in food. This means that we need to add more vitamins and minerals to our diet.

Fresh fruits and vegetables contain marvelous compounds known as antioxidants. These antioxidants help neutralize the effect of free radicals in our system. Free radicals promote aging and a host of degenerative diseases, including cancer.

The most powerful of these antioxidants include **vitamins A, C and E**, as well as **alpha lipoic acid** and **carotenoids**.

Even though dietary supplements can help, the most efficient way to consume these essential nutrients is through fresh food.

“Anything we can do to eliminate free radicals would greatly benefit us to live longer, healthier lives.” **Sanjay Gupta, CNN**

Vitamin C

Vitamin C is an antiviral agent that helps boost the immune system.

Some researchers believe that increased consumption of vitamin C can actually help prevent Parkinson's disease.

Studies now confirm that this vitamin plays a role in lowering blood pressure, preventing cataracts and several types of cancer.

Vitamin C also helps to reduce excessive levels of cortisol, a hormone secreted by the adrenal glands that can cause fatigue and weight gain when it reaches high levels.

Vitamin C may help reduce the risk of developing cardiovascular disease. It seems that this nutrient is able to raise the level of HDL, or good cholesterol while reducing bad cholesterol, or LDL.

Carotenoids

These compounds are found in fruits and vegetables with bright, orange red and yellow colors.

Researchers have found that vision problems like cataracts and age-related macular degeneration can be avoided through the consumption of these marvelous nutrients.

Carotenoids help strengthen our immune system. They may also play a key role in the prevention of heart disease, stroke, and even some types of cancer.

Fruits and Vegetables for Anti-Aging

These are some of the best fruits to include in your juicing program to delay the effects of aging. Try to include a few of these in your juices on a daily basis.

Apples. The mighty apple contains an abundance of antioxidants, fiber, and flavonoids. Apple juice helps reduce crystal deposits that form around body joints (relieving pain from arthritis). Be sure to include apples in your anti-aging juice recipes.

Blueberries. Blueberries are considered a super-food. They are a great source of antioxidants, and they've also been proven to prevent age-related brain decline.

Broccoli. A vegetable superstar, this member of the cruciferous family can help lower the risk of some forms of cancers, helps prevent heart disease, and decreases blood sugar levels. Broccoli is rich in antioxidants, calcium and vitamins B, C, and E.

Butternut Squash. This vegetable contains vitamins A and C, potassium and niacin, an important B vitamin. B-Vitamins boost brain function.

Cabbage. Cabbage is a rich source of vitamin C, calcium, sulfur and fiber. Cabbage flushes out toxins. Green cabbage can also help lower the risk of developing high blood pressure. Cabbage juice has been demonstrated to help in the treatment of peptic ulcers.

Pineapple. Abundant in vitamin C, it contains an enzyme called bromelain that helps ease arthritis pain. This fruit can also reduce asthma inflammation and promote digestion.

Strawberries. Abundant in vitamin C and B-vitamins, this fruit is the perfect complement to nearly every power juice recipe for its great taste.

Sweet Potato. Sweet potatoes contain carotene, vitamin C, calcium, and potassium. Clinical trials show that sweet potatoes maintain steady blood glucose levels and enhance insulin response. They add a rich, creamy texture to any juice.

Tomatoes. A natural anti-inflammatory, tomatoes may help lower the risk of developing cardiovascular disease. They contain Vitamins C, B complex, potassium and the antioxidant lycopene.

Watermelon. Including this fruit in your juice recipes may help reduce your risk of developing certain cancers. Rich in potassium calcium and lycopene.

Juice Recipes

You'll find a number of recipes in the following pages to help you get started with juicing.

Feel free to experiment by mixing vegetables and fruits to suit your taste and needs.

Juicing changes the taste of many vegetables. Even if you dislike the taste of cabbage, you may find that you love the taste of cabbage juice, particularly when combined with other ingredients.

Although these recipes are organized into separate sections, the fact is that most fruits and vegetables can provide detox, weight loss, and anti-aging benefits since they all contain vitamins, minerals and essential nutrients.

However, most fruits and vegetables contain key nutrients that make them ideally suited for specific purposes.

For instance, most **yellow**, red and orange produce such as carrots, yams, pumpkin, mangoes and watermelons have a high beta-carotene content. Research studies suggest that dietary intake of foods high in beta-carotene may decrease the risk of cardio-vascular disease as well as some forms of cancers.

Green leafy vegetables like parsley, spinach, kale, watercress, and wheat grass are best for detox and weight loss juices.

Most bright deep **purple** and **blue** color produce, such as beets, blueberries, blackberries and red cabbage are packed with anti-aging antioxidants. (The vitamin C content of red cabbage is 6-8 times higher than that of green cabbage).

Carrot juice contains every mineral your body needs, including calcium, iron and magnesium. There are few vegetables that contain as many nutrients as carrots. For this reason, you'll find carrots listed in many juice recipes.

You'll notice **ginger** root listed on some of the recipes in this book. Ginger is rich in antioxidants, reduces inflammation and it is an anti-coagulant (it prevents platelets in the blood from sticking together).

A study conducted at the University of Miami School of Medicine found ginger, to be as effective as prescription and over the counter drugs for controlling arthritis pain. A small piece of ginger (about 1-2 inches long) adds a spicy taste to any juice.

Basic Juice Cocktail

The following is a basic juice cocktail recipe.



1 medium sized apple (cored and sliced)

4 medium sized carrots (peeled)

3 stalks of celery

That's all it takes to make a delicious pint of fresh juice.



This simple juice can help curb hunger, lower cholesterol, alleviate pain and discomfort from arthritis and improve digestion.

Suggestions for Juicing

For maximum nutrient absorption, fresh juice should be consumed 20 minutes before a meal, or between meals.

Ease slowly into juicing. Start by drinking one two cups. Just because it's healthy doesn't mean you should drink a whole gallon of juice at once.

Some juices are very strong and must be diluted. When juicing beets, juice 1/2 of a beet combined with other vegetables. Same with parsley. Always drink parsley mixed with other juices.

When juicing spinach, lettuce, parsley and other leaves, place the leaves on the feeder tube then push them down with a hard vegetable such as a carrot.

When juicing grapes, it doesn't matter if you use seedless or not, as the strainer will remove them.

You can't pass **bananas** or **avocados** through a juicer. Bananas are great for mixing with smoothies on a blender and for snacking. Avocados are a dieter's delight for salads, sandwiches or as a side dish but not for juicing.

Weight Loss Juice Recipes

Weight Loss Cocktail

5 carrots

1 apple

½ cucumber

½ beet

1 stalk of celery

1-2 inch piece of ginger (or to taste)

Place this produce in your juicer. Enjoy.

Energizing Green Juice

1 apple

1 stalk celery

1 handful of parsley

2 handfuls spinach

5 leaves green leaf lettuce

Process all the ingredients in your juicer. Stir. Enjoy.

B Vitamin Power Drink

1 apple

2 beet greens

4 broccoli spears

1 cup cauliflower

Juice each ingredient separately, then pour them together. Stir. Enjoy.

Fat Cleansing Citrus Punch

2 handfuls of cranberries

½ red grapefruit

1 orange, peeled, sliced

Place all ingredients in your juicer and process. Stir. Enjoy.

Carrot Green Cocktail

4 carrots

2 stalks celery

1 medium apple

a handful of flat leaf parsley

3 handfuls spinach leaves

Juice all the ingredients together. Pour into a glass. Stir. Enjoy.

Liquid Salad with Carrots

1 apple, sliced

3 carrots, peeled

½ lemon, peeled

½ green pepper

1 tomato

4 leaves romaine lettuce

Process all the ingredients in the juicer. Stir and enjoy.

Cleansing Cabbage Juice

2 leaves green cabbage

2 carrots

5 leaves romaine lettuce

Process the ingredients together in your juicer. Stir and enjoy.

Spicy High Energy Blend

3 stalks celery

1/2 cup pineapple

1 bunch watercress

Process the ingredients together in your juicer. Stir and enjoy.

Paradise Cocktail

1 kiwi, peeled

1 mango peeled, sliced

1 orange, peeled, sectioned

Process the fruits in your juicer. Pour the juice in a glass and stir. Enjoy.

Cucumber Pineapple Bliss

1 cucumber, peeled

1 cup fresh pineapple chunks

2 leaves of kale (optional for added nutrition)

Juice the ingredients together. Stir. Enjoy.

Dr. Oz's Energizing Green Drink

2 apples, cored

2 cups spinach

1 medium cucumber

3 sticks celery, chopped

1/ 2 inch ginger root, peeled

1 bunch parsley

1 lime, juiced

1/ 2 lemon, juiced

Process all ingredients in your juicer and blend until thoroughly combined. Pour into a glass and serve.

Detox Juice Recipes

The following recipes offer maximum nutrition while you abstain from solid foods.

Green Cleansing Power Juice

1 carrot, peeled

1 celery stalk, leaves included

1 cucumber, peeled

1 garlic clove, peeled

1 red apple, cored

4 romaine lettuce leaves

Juice the ingredients. Stir and enjoy.

Pink Energizer

(This juice can be made in a blender. Remove the seeds with a strainer or use seedless grapes).

1 wedge watermelon (without the rind)

½ lb. red grapes

Place the watermelon in the juicer, along with the grapes. Juice, stir and enjoy.

Nourishing Green Juice

2 apples, peeled, cored

2 stalks celery

Handful of Swiss chard

Process the ingredients in your juicer. Stir and enjoy.

Detox Power Juice

The radishes in this recipe supply a potent cleansing action. Be sure to include them in your juice fast.

1 apple

1 beet

1 carrot

10 radishes

Juice of 2 lemons

Zest of 2 lemons

Juice the carrots, beet, apple, and radishes together. Add the lemon juice and zest. Stir. Drink and enjoy.

Green Detox Blend

4 carrots, peeled

2 stalks celery

Handful parsley

2 cups spinach leaves

Process all the produce through your juicer. Stir. Enjoy.

Cleansing Liquid Salad

1 apple

3 stalks of Kale

4 leaves romaine lettuce

1 slice of lemon, peeled

1 piece ginger root

Process all the ingredients through your juicer. Stir. Enjoy.

Pineapple Detox Juice

3 stalks celery

1 inch ginger (or to taste)

2 cups pineapple

1/8 teaspoon flaxseed oil (available in health food stores)

Process the celery, ginger root, and pineapple through juicer. Pour into a glass. Add the flaxseed oil and mix thoroughly. Stir. Enjoy.

Watermelon Apple Juice

2 apples

1 lime or lemon, peeled

2 cups watermelon (remove seeds)

Process this produce through your juicer. Stir. Enjoy.

Cantaloupe Strawberry Cooler

(This juice can be made in a blender. If you use frozen berries then it will come out like a frosty. When using a blender you may have to add a bit of water).

½ cantaloupe (without the rind)

1 cup strawberries

Place the cantaloupe in the juicer, along with the grapes. Juice, stir and enjoy.

Anti-Aging Juice Recipes

Cardio Power Juice

1 stalk celery, with leaves

2 leaves of kale

½ lemon, peeled

1 handful spinach

1 cup wheat grass

Place ingredients in your juicer. Process. Stir. Enjoy.

Healthy Artery Juice

1 raw clove garlic

2 slices of raw onion

1/2 bunch parsley

2 stalks celery

1 cup tomato juice

a pinch of cayenne pepper

some ginger root

Juice garlic, onion, parsley and celery. Add tomato juice and spices. Stir. Enjoy.

Fountain of Youth

1 carrot, greens removed, peeled

4 broccoli spears

1 clove garlic

¼ inch slice ginger root (or to taste)

2 romaine lettuce leaves

Place ingredients in juicer. Process. Stir. Enjoy.

Melon Beet Juice

The sweetness of the melon adds great taste to this juice.

1 beet, greens removed

1/2 cucumber

1 lemon, peeled

½ cantaloupe, rind removed

Place ingredients in juicer. Process. Stir. Enjoy.

Beta-Carotene Cocktail

This juice is best prepared using a blender to preserve most of the fiber.

½ papaya, seeds removed

1 cup pineapple

2 large strawberries

Place ingredients in your juicer. Process. Stir. Enjoy.

Green Wonder Juice

1 celery stalk, with leaves

1 cucumber, peeled

1 handful of spinach

Place ingredients in juicer. Process. Stir. Enjoy.

Rise & Shine Juice

2 red apples, cored, sliced

2 carrots, greens removed, peeled

1 handful spinach

Place ingredients in juicer. Process. Stir. Enjoy.

Anti-Aging Fruit Cocktail

1 pint blackberries

1 pint raspberries

½ lemon, peeled

¼ inch slice ginger root (or to taste)

Place all these ingredients in your juicer. Process. Stir. Enjoy.

Bonus Fruit Recipes for All

Kids will love preparing and drinking these delicious fruit juices.

Fresh Juice Delight

1 apple

1 mango (use frozen pulp if you can't find fresh)

1 orange, peeled, sectioned

Place ingredients in your juicer. Process. Stir. Serve and enjoy.

Apple Kiwi Pear Juice

2 apples

4 kiwis

1 pear

Place ingredients in your juicer. Process. Stir. Serve and enjoy.

Orange Apple Strawberry Punch

1 apple

6 strawberries

½ orange, peeled, sectioned

Place all ingredients together in juicer. Then stir and enjoy.

Peach Pear Apple Juice

1 apple, cored, sliced

2 peaches, seeds removed

1 pear, sliced

Process in your juicer. Stir. Enjoy.

Fruity Delight

1 nectarine, pitted, sliced

1 orange, peeled, sectioned

½ cup raspberries

Process through your juicer. Stir. Enjoy.

Conclusion

We've covered the basics and some of the benefits of power juicing in this book to help you get started.

Studies suggest that a great number of health conditions can be improved or prevented by juicing, including: diabetes II, arthritis, osteoporosis, high blood pressure and high cholesterol.

I recommend checking the web sites of **Dr. Joel Fuhrman** and **Dr. Mehmet Oz** for additional information on how juicing can help address these and other health related issues.

The most important thing is to drink these powerful homemade juices as often as possible.

I would like to leave you with this quote from Norman W. Walker, author of [Fresh Vegetable and Fruit Juices](#), who lived to be 99 years old:

“Since I reached maturity, I have never been aware of being any older, and I can say, without equivocation or mental reservation, that I feel more alive, alert, and full of enthusiasm today than I did when I was 30 years old. I still feel my best years are ahead of me.... Today I can truthfully say that I am enjoying vibrant health, I don’t mind telling people how old I am: I AM AGELESS!” [\[7\]](#)

—Norman W. Walker

Reference

Juicing & Smoothies For Dummies

<http://www.dummies.com/how-to/content/juicing-smoothies-for-dummies-cheat-sheet.html>

Nutritional Charts

Vegetables

<http://www.health-alternatives.com/vegetables-nutrition-chart.html>

Fruits

<http://www.health-alternatives.com/fruit-nutrition-chart.html>

Fresh Vegetable and Fruit Juices: What's Missing in Your Body? by Norman W. Walker

<http://www.amazon.com/Fresh-Vegetable-Fruit-Juices-Wardhaugh/dp/B0088ULPQ2>

Norman Walker's book is a timeless classic.

Also From This Author

The Smart Diet Plan: Permanent Weight Loss Without Dieting or Starving

Available on Kindle:

<http://www.amazon.com/The-Smart-Diet-Plan-ebook/dp/B00ASP94XQ>

The Smart Diet Plan is a proven, comprehensive approach for slimming down naturally while enjoying delicious meals, without starving, without counting calories or measuring portions.

The Smart Diet Plan addresses the food triggers that dieters need to learn how to control in order to create an environment that supports healthy eating habits.

The best diet is a healthy lifestyle that everyone can follow anytime and anywhere, even on Holidays, social gatherings and restaurants.

See what others are saying:

“This guide doesn’t prohibit certain foods, which other guides do. It serves to educate you and helps you to slowly eliminate and replace ingredients, at your own pace.”

“This diet is about eating well to the point of being satisfied by replacing high calorie foods and beverages with nutrient-dense foods. There’s a Recipes section at the end of the book which is a real bonus. Straight forward, easy to follow, lots of simple every day tips for choosing ‘smart’ foods at the grocery store or when dining out.”

“The section on restaurants was unexpected, but helpful in hindsight. Most people eat out at least once a week so it makes sense to make smart choices when eating out as well”.

[The Smart Diet Plan: Permanent Weight Loss without Dieting or Starving](http://www.amazon.com/The-Smart-Diet-Plan-ebook/dp/B00ASP94XQ)

Natural Yogurt: How to Make Homemade Yogurt

[Natural Yogurt: How to Make Homemade Yogurt](#)

Available on Kindle:

This is a simple, step-by-step guide for making homemade yogurt, without a yogurt maker. Contains detailed instructions and photographs.

This guide teaches how to make firm, creamy yogurt with a thick custard-like consistency with nothing more than milk and live cultures.

Despite their good intentions, most people never seem to have enough time or energy to make changes in their eating habits. This guide takes you by the hand through the entire process.

Save money, eat healthier and enjoy great tasting yogurt.

See what others are saying:

[Natural Yogurt: How to Make Homemade Yogurt](#)

“We have been trying to eat healthier since the first of the year and when I ran across this eBook I was thrilled. I can’t wait to make the yogurt and then try the recipes. I had no idea it was this easy to make homemade yogurt. I think the photos of the different stages is a great idea, now I know what to look for at the different stages”.

“I love the fact that the instructions to making homemade yogurt was so easy to follow, each step was quick & to the point. I’m actually writing this review while I let the yogurt incubate overnight.

BTW there’s also yogurt recipes in the back of the book that you can try”.

“This is a great guide that gives step-by-step instructions on how to make some tasty yogurt yourself! I thought it was going to be pretty complicated at first but this guide breaks it down with detailed illustrations - a great purchase for anyone wanting to make some yummy natural yogurt!”

Table of Contents

<u>Disclaimer</u>	
<u>Introduction</u>	
<u>Natural vs. Bottled Juice</u>	
<u>Buying a Juicer</u>	
<u>Getting Started with Power Juicing</u>	
<u>Juicing for Weight Loss</u>	
<u>Juicing for Detox</u>	
<u>Occasional Overindulgence</u>	
<u>Recovery</u>	
<u>Juicing for Anti-Aging</u>	
<u>Juice Recipes</u>	
<u>Weight Loss Juice Recipes</u>	
<u>Detox Juice Recipes</u>	
<u>Anti-Aging Juice Recipes</u>	
<u>Bonus Fruit Recipes for All</u>	
<u>Conclusion</u>	
<u>Reference</u>	