



# Juicing Recipes For Better Health



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# Disclaimer

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# The Toxin Killer



**When to drink:** Any time of the day

**Best situation:** As a daily juice

**Tastes: Good** (the apple taste is dominant)

*The Toxin Killer is a juice bursting with antioxidants to combat free radicals and cleanse your system of toxins. It's a bit of an unusual green but it still tastes really nice nonetheless and it's excellent for your body!*

This is such a healthy juice that you can drink it daily. If you've been having too many late nights or just got back from vacation, make the Toxin Killer part of your daily routine and you'll be feeling great in no time. It's packed full of healthy greens that give your body a nice dose of essential nutrients.

## Ingredients

- 3 apples
- 1 stick of celery
- Half a cucumber
- Spinach (1 handful)
- Ice (1 cup)
- Lettuce (1 handful)

## Preparation

1. Peel the apples and the cucumber.
2. Drop them into the juicer with the lettuce and spinach.
3. Add ice and blend it for a minute or so.
4. Drink nice and cold.

(Serves 2)

**Healthy fact:** Did you know that the quercetin in apples has been linked in studies at Cornell University to helping protect your vital brain cells from free radical damage that can lead to Alzheimer's disease.

# Power Up Punch



**When to drink:** Mornings

**Best situation:** Before you exercise or are active

**Tastes:** Strong and sweet

This drink is filled with vitamins and minerals and has a delicious tang to it from the lime and pineapple. It's a powerful drink that will give you plenty of energy and nourishment for your morning or afternoon. The strong taste also helps waking up. Perfect if you're trying to stop drinking coffee

This is a great juice for drinking before you exercise as the apple, pineapple and lime really give you energy. The spinach and cucumber are very nutritious and make this a very well balanced juice.

## **Ingredients**

- A third of a pineapple
- Half a cucumber
- Spinach (1 handful)
- 2 apples
- The juice of 2 fresh limes
- Ice (1 cup)

## **Preparation**

1. Juice the lime separately in a citrus juicer and pour it into your collection jar with the ice. This helps prevent oxidization of the juice.
2. Cut up the pineapple and apples so they are small enough to fit through your juicer's feeder.
3. Juice all the ingredients, stir and drink immediately.

*(Serves 2)*

**Healthy fact:** Did you know that vitamin C rich pineapples can help fight off the viruses that cause coughs and common colds. The bromelain in pineapples can suppress coughs and loosen mucus in your body when you do get sick.

## Veggie Delight



**When to drink:** Evenings

**Best situation:** To unwind after a long, hard day.

**Tastes:** Delicious, but not too sweet.

This drink has lots of healthy vegetables, but the sweetness of the orange and carrots means you'll barely taste them. Excellent for those who are not big veggie fans out there.

Many people prefer to avoid juicing too much fruit in the evenings as it can disturb their sleep or even work, cause them to gain weight as the body converts the sugar in fruit into fat. If you have kids that don't like vegetables, this is a sure fire way to give them the nutrients they need.

### Ingredients

- 2 oranges
- 2 carrots
- ¼ head of lettuce
- 1 Celery stick
- ¼ head of cabbage
- 2 large branches of broccoli

### Preparation

1. Use a citrus juicer for the oranges and add it to the collection jar with the ice.
2. Run the carrots, celery, cabbage and lettuce through the juicer.
3. Stir to blend well and enjoy.

(Serves 2)

**Healthy fact:** Carrots are rich in antioxidants and phytochemicals. These can help regulate blood sugar and give improved immune function benefit. Amazingly, they can actually delay the effects of aging.

## Fruity blast



**When to drink:** Afternoon

**Best situation:** When you need a pick-me-up.

**Tastes:** Strong and sweet.

This is a sweet but very nutritious drink to enjoy and is a great pick me up when you're low on energy. Sometimes when you're feeling down the first instinct is to eat comfort food. After having one of these, your definition of comfort food will forever be changed.

Some people have compared the energy boost of this juice to that of an energy drink, except without the inevitable crash. Plus you get a lot of wholesome natural goodness in a deliciously fruity juice.

### Ingredients

- 2 apples
- A third of a pineapple
- 2 kiwi fruit
- 2 nectarines

### Preparation

1. Remove the stones from the nectarine and the skin from the pineapple.
2. Chop up the pineapple and apples until they easily fit through your juicer.
3. Add ice, mix well and drink straight away.

(Serves 2)

**Healthy fact:** Kiwi fruit has an amazingly low glycemic index, compare to other fruit. Combined with its high fibber content, this means it won't create a strong insulin rush like other fruit can. Consequently, your body responds by not storing fat.

# Green Machine



**When to drink:** All day

**Best situation:** When you're enjoying some "me" time

**Tastes:** Very green with a hint of zest

This drink is full of green power from chlorophyll, rich in antioxidants and quite low in calories. It's much better when made in a [masticating juicer like this](#) that can really squeeze the juice out of those greens.

If juices were graded, this one would get an A+ for being one of the healthiest drinks out there. You can't go wrong with plenty of cruciferous vegetables. The lime juice nicely tops off the flavour to give it a zesty appeal.

## **Ingredients**

- 2 carrots
- 1 cucumber
- Parsley (1 small bunch)
- Chard (1/2 bunch)
- Spinach (1/2 bunch)
- Kale (1 bunch)
- Celery
- The juice of a lime

## **Preparation**

1. Squeeze the lime and pour the juice into the collection jar with ice cubes.
2. Juice the greens in tightly packed balls in between the harder carrots, cucumber and celery.
3. Mix it up and slowly sip while the ice melts.

*(Serves 2)*

**Healthy fact:** Did you know that per calorie, Kale has more calcium than milk. This helps in strengthening bones, contributes towards a health metabolism and helps prevent against osteoporosis. The vitamin C also helps maintain joint flexibility.



## Ulcer Buster



**When to drink:** All day

**Best situation:** Before meals, for ulcer treatment

**Tastes:** Mildly like cabbage

This juice is a very simple concoction. In fact, it's made entirely from cabbage. The Ulcer Buster, as you've probably guessed from the name, is excellent at treating ulcers.

Several medical studies found raw cabbage juice, administered daily to patients with ulcers, provided "rapid relief from the symptoms" and that "ulcer crater healing time (was) considerably shorter than in groups of cases...in which 'standard' types of diet and drug therapy were employed".

Juiced cabbage also contains good amounts of gefarnate, a substance known to protect the lining of your stomach from damage, making your own cabbage juice is a simple way to get a good dose of it for ulcers and other digestive disorders.

For those drinking juiced cabbage as an ulcer preventative or simply as a healing tonic, every few days might be a good regime. Again, it's generally best to mix cabbage juice with other healing juices like carrot juice or celery juice.

### Ingredients

- ½ cabbage
- 2 carrots
- 1 celery stick

### Preparation

1. Simply add all ingredients to your juicer.

**Healthy fact:** *Glucosinolates in cabbage are converted to anti-inflammatory isothiocyanates in your body. These beneficial compounds control the Helicobacter pylori bacteria inside your stomach that contribute to peptic ulcers. In this way, a glass of fresh cabbage juice can be especially good for ulcer prevention.*

# Raw Celery Juice



**When to drink:** All day

**Best situation:** After exercise or after work

**Tastes:** Very much like celery 😊

Raw Celery Juice is good for preventing inflammation and disease, protecting your cardiovascular system, lowering your risk of cancer, cleansing your body, improving your skin, recovering from exercise or stress and even helping you get to sleep at night.

Inflammatory diseases like arthritis, osteoporosis, gout and even asthma can respond very well to regular celery juice in your diet. This may be in large part due to two special compounds called luteolin and polyacetylenes, both present in large amounts in celery.

Another interesting nutrient in celery juice called phthalide relaxes smooth muscles inside your blood vessels, thus helping to reduce high blood pressure. The phthalide in celery is also believed to help lower LDL cholesterol for better heart health.

Full of powerful antioxidants and anti-cancer compounds like flavonols, phenolic acids and furanocoumarins, celery juice has a lot of potential as a cancer fighter.

## **Ingredients**

- 4-6 stalks of celery

## **Preparation**

1. Clean the celery by soaking in warm water
2. Juice away
3. Enjoy!

**Healthy fact:** Celery juice, soon after a workout or when you get home from the office, can be especially replenishing and hydrating. It contains high levels of natural sodium and potassium electrolytes that play their part in keeping the energy connections in your cells working smoothly.

# Raw Carrot Juice



**When to drink:** All day

**Best situation:** After exercise or after work

**Tastes:** Very much like carrots 😊

Making up a glass of carrot juice is easy and drinking it regularly is great for your energy levels and can have some serious health benefits. Fresh carrot juice has a cleansing effect on your liver and digestive system, does wonders for tired eyes and also provides excellent skin nutrition.

The carrots used for juicing really should be organic carrots. Here's why.

Part of what makes carrots so healthy is the way they absorb nutrients from the ground they're grown in. Unfortunately, this means they are also very good at absorbing pesticides and even heavy metals from the same soil. Testing shows conventionally grown carrots often have a high pesticide load.

Organically grown carrots, on the other hand, cannot be sprayed with pesticides or grown in ground where pesticides have been used for many years. They also don't need to be peeled. This is a good thing as just under the peel is where much of the nutrition is so you want it in your carrot juice if possible.

## Ingredients

- 6 organic carrots

## Preparation

1. To prepare organic carrots for juicing, simply soak them in a large bowl of warm water with a dash of [apple cider vinegar](#) and quickly scrub them with a scrubbing brush.
2. Once they are scrubbed and cleaned, cut off both ends and, if any are too large, slice them in half.
3. Depending on the size of the feed chute in your juicer, it can be good to look for relatively thin carrots that are around 6 inches long or less. These will usually be sweeter as well.

**Variations:** Carrot juice is great on its own but even better in combination with other healthy juices like beetroot, pineapple, apple, lemon, kiwi, watermelon, celery and many others. You can come up with some amazing tastes and store bought juices will really pale in comparison.

**Healthy fact:** *One thing to look for when selecting your organic carrots is the colour. The deeper the colour the more beta-carotene and other antioxidant carotenoids they are likely to contain.*

## Beat the Detox



**When to drink:** All day

**Best situation:** To kick-start your detox

**Tastes:** Surprisingly refreshing

This raw juice recipe has betaine from the beet for reducing fatty deposits in the liver, healing carrots with their high levels of antioxidants, cabbage which stimulates liver detoxifying enzymes and powerful parsley for liver health.

As optional extras, and apple with its pectin to remove toxins from the digestive tract and about an inch of fresh ginger with its volatile oils are beneficial editions.

### **Ingredients**

- 1 medium sized beet.
- 3 medium to large carrots.
- 1/2 a medium cabbage.
- 1 ounce of parsley (often a standard sized bunch).

### **Preparation**

1. Just all of the ingredients
2. Serve immediately.

**Healthy fact:** Beets have often been shown to cleanse the blood and colon, as well as strengthen the gall bladder and liver. The relatively high iron content actually regenerated and reactive red blood cells, which supply fresh oxygen to the body. Additionally, the copper in beets help to make the iron more readily available to the body.

## Heart Healer



**When to drink:** All day

**Best situation:** As a regular drink

**Tastes:** Amazing, considering the lack of fruit

The Heart Healer is a veggie juice with powerful antioxidants and properties that improve heart function.

Tomatoes are rich in the heart protecting and cancer preventing antioxidant lycopene. Carrots adds a sweetness to the juice and many more antioxidants. Celery helps reduce high blood pressure and improves heart health. While kale is a nutritional powerhouse.

### Ingredients

- 3 medium tomatoes.
- 2 medium to large carrots.
- 3 stalks of celery.
- 4 branches of kale.

### Preparation

1. Just all of the ingredients
2. Serve immediately.

**Note:** Kale is best used with a [good masticating juicer like this one](#). If you're using a cheaper centrifugal juicer, you're probably better off saving for a meal.

**Healthy fact:** *Tomatoes contain several powerful antioxidants including lycopene, betacarotene, vitamin C and selenium. These can be helpful in preventing free radical damage to body tissues. This is excellent news as it can help prevent premature ageing and also many serious chronic degenerative diseases.*

## The Cleanser



**When to drink:** All day

**Best situation:** The morning after a party

**Tastes:** Shockingly fresh

The Cleanser is that drink for when you need to get back on a health spree.

Cucumber and parsley are both particularly beneficial for your kidneys and may help to prevent or even treat kidney stones. While celery and carrot are together excellent internal cleanses and toxin removers.

Once again, and apple and an inch of fresh ginger is a fine addition.

### **Ingredients**

- 1 large cucumber.
- 3 stalks of celery.
- 1 ounce of parsley.
- 3 medium to large carrots.

### **Preparation**

1. Just all of the ingredients
2. Serve immediately.

(serves 2)

**Healthy fact:** *Cucumber is regularly recommended as a source of silicon. This can help improve the complexion and overall health of the skin. The high water content of cucumber also makes it naturally hydrating. This contributes towards the glowing of the skin.*

## The Rejuvenator



**When to drink:** All day

**Best situation:** The morning after a party

**Tastes:** Shockingly fresh

Did you know that your skin renews itself every 28 days. In this way you literally are what you eat. Give your complexion a rejuvenating lift with The Rejuvenator juicing recipe.

This juice recipe though is a rich and satisfying blend of flavours and loaded with skin benefits. Give it a try, even if you don't normally like some of the vegetables listed below.

### **Ingredients**

- 2 medium tomatoes.
- 2 medium to large carrots.
- 1 medium-sized cucumber.
- 2 stalks of celery.
- 1 ounce of parsley.

### **Preparation**

1. Just all of the ingredients
2. Serve immediately.

*(serves 2)*

**Healthy fact:** *Tomatoes contain lycopene, a substance which can improve the skin's natural UV protection. Great if you spend a lot of time outdoors. The vitamin A and C in Tomatoes also prevent aging, clear up skin imperfections and brighten up dull complexion.*



# Papaya Passion



**When to drink:** Morning

**Best situation:** As a regular morning drink

**Tastes:** Delicious and sweet

Papaya juice is packed full of goodness. Papaya is rich in beneficial antioxidants like beta-carotene and lycopene. These free radical quenchers work to prevent the oxidization of cholesterol in your cardiovascular system, believed to contribute to heart disease and other circulatory disorders.

Papaya also contains anti-cancer substances called isothiocyanates. These compounds help eliminate potential carcinogens from your body and improve the action of certain tumour suppressing proteins. Often hailed as anti-cancer foods. Papaya is great if you don't like the taste of broccoli.

## **Ingredients**

- 1 papaya fruit
- 1 apple
- 1 tsp of ginger
- ½ pear

## **Preparation**

1. Cut your papaya into strips, just wide enough to fit through your juicer's feed.
2. You don't need to worry about the seeds as they contain no juice.
3. Add all the ingredients, stir.

(serves 2)

**Healthy fact:** The high vitamin C content in particular in papaya juice can help enhance collagen production for maintaining your skin's firmness. Collagen is an important connective protein that keeps skin looking and feeling firm and youthful. When it's damaged too often, or not enough is being produced, fine lines and eventually wrinkles can result.

# Watermelon Delight



**When to drink:** Morning

**Best situation:** On a hot summer morning

**Tastes:** Delicious and sweet

Watermelon is surprisingly good for you and recent research is showing that eating this sweet tasting melon, and particularly drinking it as fresh juice, can have some significant health benefits.

If you'd like to help protect your heart, skin and body from cancer, then have more lycopene foods like watermelon. Lycopene benefits also include protecting your skin from UV damage that can lead to photo aging, wrinkles and skin cancer.

The amino acid citrulline is found in particularly high amounts in watermelon juice. Citrulline can be converted in your body into arginine, an essential amino acid for improving blood flow and relaxing blood vessels.

## **Ingredients**

- 5 cups of diced watermelon
- 1 cup of fresh blueberries
- ¼ fresh lime

## **Preparation**

1. Cut the watermelon into segments that will fit in your juicer.
2. Juice the watermelon and blueberries.
3. Squeeze the lime into the drink
4. Stir and server

**Healthy fact:** *The same amino acid citrulline that watermelon juice is so rich in, has also been shown in animal studies (due to its conversion to arginine) to interfere with the accumulation of fat in fat cells. It does this by blocking the effects of an enzyme called TNAP involved in fat storage.*