

Beginner's Guide to -Juicing-



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If you are looking to improve your physical health, now is the best time to do it. No matter what day, time of year, or season it is, starting NOW is ideal. The sooner you make positive changes for your body, the sooner you will start benefiting from the results.

While you are trying to get healthier, you may have thought about juicing. When you juice, you are able to get a large amount of nutrients into your body through fruits and vegetables, plus have a wide range of other benefits like easy meals to take with you, and a fluid diet if you have dental work or a recent surgery.

There are many reasons to start juicing more in your everyday life.

Over the last 20 years, juicing has become a popular way for people to get the important nutrients they need to heal and nourish their body. As the equipment advanced, people saw all of the ways they could juice at home. When the trend grew, scientists began to study the effects of this new habit. Today, we understand the more complex intricacies of juicing, so this article was written as a beginner's guide to juicing.

The following information guides you through some of the basics of juicing, including how it is done, what fruits and veggies to use, and some additional tips.

Why Do People Love Juicing?

It's very clear that juicing is extremely popular, but have you ever thought about why juicing has become such a huge part of the popular consciousness? The number one reason why people love juicing, is because when you juice fruits and vegetables, you get a concentrated dose of the many of the nutrients that are found in the plants, only you can simply drink your nutrients on the go. This makes the nutrients found in the fruit easier for your body to absorb.

You can also make lots of different kinds of fruit arrangements to suit your changing health needs. You can make juice that suits anywhere from medicinal needs to a simple, fun healthy dessert that anyone can enjoy. To make these great mixtures though, you first need to know a few simple rules.

Juice It or Eat It?

Eating whole fruits and vegetables is a really great thing that you can do for yourself, but sometimes, it can be a really great thing to give your digestive system a break as well. When you drink freshly made juice, your body can absorb the nutrients much more quickly because it doesn't have to contend with any of the fibers that are in the food.

Fiber is important for cleansing the physical buildup of wastes in your intestines, but as long as you are having some fiber most of the week, you'll be pretty healthy in that department. Besides, juices that you drink will generally help loosen much of that intestinal plaque because of the chemical content. There are many cleanses that are simple blends of fruits and vegetables aimed at reducing that hardness of waste remains.

1. Health Benefits of Juicing

Most people know when there's something wrong going on in their body. For some though, this could be challenging because they are so used to having so little energy. It takes time to become familiar with how different foods affect your overall health in a day. That is why it can be a massive help to record a food journal of some sort. This helps you to know exactly what sorts of factor contribute to your health rising or declining in a short period of time like 4 hours. Try making a graph that has time frames laid out, so you can mark when you felt better, or worse. Write down what kind of food you had and what was going on around the time of the meal.

Detoxifying Effects

Another great thing about juicing is its detoxifying effects. When your body gets more doses of healthy nutrients, your body will begin to correct sluggish processes and try to attain a more efficient state. This means that your body will have an increased ability to remove toxins that have built up in your body. Many illnesses can be exacerbated by a weakened immune system.

Having a more efficient digestive system improve immune health, and can protect you from an array of diseases that are a minor inconvenience in a healthy body, but borderline deadly for a weak immune system. When you juice fruits and vegetables together, you can easily avail yourself of the attributes of all the ingredients without having to sit and eat a bunch of plant material. You can simply raise your glass and be done for the day.

2. Making Your Juice Taste Good

There are so many wonderful properties that you can gain through juicing various vegetables, but the only catch is that the veggies that help people the most are usually the least pleasant to eat. Beneficial veggies like kale can be extremely bitter and send even the most conscientious of vegans to frown town. The only way to naturally combat this unpleasant part of the juicing saga is to pair these extreme tasting vegetables with some kind of sweeter fruit or vegetable.

This way you'll be able to mask the bitterness somewhat, so you can drink your juice without hating every drop that goes in your mouth. For example, apples and berries are often paired with kale because it helps the kale mellow out the flavor. Citrus fruit is also recommended fruit for pairing with bitter vegetables. Feel free to be inventive with fruit. Experiment when you have the resources, and you'll likely end up with something awesome you'll be making for years to come.

3. Appliances Used in Juicing

The primary difference between blending and juicing is that when you blend fruit in a blender, you are still getting the plant matter along with the juice. The blender spins wildly and everything in the blender chamber is cut, pulverized, and mixed up in a very quick manner. This tears the fiber into small particles making them easy to drink and ingest, but if you weren't looking for fiber at all, then you would want to go with juicing.

When the fruits and vegetables are juiced, the fruit is placed into the entry point near the slicing blades. The blades slice and press the plant material of the fruit through a series of trainers. The pulp is automatically separated from the juice, while the juice is collected from the plant matter and deposited into a container of some kind.

It should be noted that while this method is one of the least time and effort intensive, the force of being spun around changes some of the molecular structure of the juice and makes it more susceptible to going bad, or oxidizing and becoming essentially worthless colored water. This is because the oxidation process destroys over 80% of the nutritional value of the juice.

Store bought juice is noticeably more acidic and is generally artificially fortified with vitamins, so they can sell their product. Orange juice is one of the types of juices that are known for this sort of thing, and people who have always drank store bought juice

often fail to realize that they haven't really even had true orange juice before.

4. What to Juice First

When you first begin juicing, the most often consumed fruits should be the juices you begin with. Apples and carrots are among some of the most kind to the stomach of a person who is new to juicing, so you can start with those as a base. From there, begin adding somewhat more adventurous juices. Add vegetables, and slowly increase your palate for those.

Once you have become accustomed to all a large portion of veggies, you can even start experimenting with adding beneficiary herbs to your juices. These can be medicinal quality that can help you to stay energized and feeling good through your entire day. Always begin with the vegetables with a high moisture content first.

Rotate Your Juice Making Recipes

Here's something that you might have even considered. A lot of foods, even healthy fruits and vegetables have small amount of toxins in them. If you were to juice the same exact recipe on a constant basis, then it could be possible that you will cause a buildup of toxins in your system. The only way to avoid that would be to create a schedule that you can follow. This will also prevent you from getting discouraged and bored with juicing every day.

Try to pair foods that help each other do their job in the body. If you eat something that is intended to help clean the blood, add some water-soluble fiber like pectin found in most fruits. You can get a great result when you stimulate your liver, and add fiber to carry most of the toxins away. Be sure to stay hydrated.

5. Storing Your Juice

One of the trickiest things about making fresh orange juice, is that it's very hard to keep it fresh until you're ready to drink it. Many of the processes that create juice disrupt the natural order of ions which causes the juice to oxidize and lose potency. If you would like to store your juice for longer than a few hours before drinking it, some have suggested that you put the juice in to a dark container with an airtight lid.

The reason why, is because light kills many of the important agents that would be trying to get away. Pour the juice as high as you can with as little space between the lid and

the juice as possible. This makes it just a little bit harder for mold spores to find their way into your kitchen, and ultimately, your body.

6. Caring for Your Juicer

A lot of lists are likely to avoid talking about this kind of step, but for obvious reasons, it's a good idea to include it here. The cleanliness of your juicer will determine the quality of the product. No one wants to eat food that comes from a messy old appliance. A juicer has very complex parts that allow it to extract the juices from fruit. Fibrous part of the plant is removed and stored for disposal in a separate compartment. Your instruction manual should have a detailed section on caring for your juicer.

Be sure to read and follow the directions in a very explicit manner to avoid possible damage that could come about as a result of ignorance to the limitations of the device. Remove all of the blades and clean them very thoroughly. You may also want to purchase a small tube of lubricant for the juicer. If you fail to follow these steps, you could possibly leave yourself open for a chance to cultivate mold.

7. More Information About Juicing

Now that you have the basics of juicing, including what is involved and some basic steps to go through, it is time to know about a few more things. This includes safety precautions, safety, and when you should be drinking your juice – whether it is green juice or otherwise.

Insect Poisons

Fruits and vegetables that you buy from the store usually come from large companies that spray their produce with pesticides that can be harmful. The only way to really rid yourselves of those completely would be to either avoid buying those fruits and vegetables from those sources and buy from local farms, grow them yourself, or wash them. If you're on a budget or don't have markets that sell fresh organic fruits then your only option would be to wash them, so the best way to do that in most situations would be to create a small produce bath using water and vinegar. This will help to neutralize much of the chemicals, so they are safer to eat.

What You Should Expect

If you haven't been including juicing into your diet yet, there are a few things that you should really consider. When you introduce juicing into your diet, your body may go

through a rough phase where you feel tired and run down. A lot of times this happens because your body is letting go of a lot of the harmful chemicals and environmental pollutants that end up stored in body fat. As the toxins pass through your organs, your body will be greatly taxed physically.

During times like those, it's important to stay hydrated, and make sure that you have plenty of water. It's also important to note that this process can take as long as 2 weeks. This allows your body to adjust at a rate that it can handle, because if it tried to process poisons any faster, it could result in you having to go to the hospital. Just remember that when you reach the end of the changes, you'll feel healthier and more energetic.

Drinking Your Juices at the Optimal Times

To get the most out of your new juicing routine, it's recommended that you drink your juice when you first wake up or at least an hour before your first meal on an empty stomach. That makes sure that your body breaks its fasting period from the previous day with a readily available nutrient source. The flip side is that eating bad foods on an empty stomach just leaves you absorbing all the terrible things of the food.

Drink a high carb juice first thing in the morning, and move into juices with less sugar as the day goes on. Many juices may be harsh to your stomach at first, so it's a good idea to start off with some milder fruits that you're already used to ingesting. After you have conditioned your stomach to drinking intense juices early in the day, you will be able to make whatever kind of juice you want drink every day!

Fruit and Vegetable Safety

All in all, juicing is a marvelous way to get the nutrients you need, and it only takes a small amount of planning to make sure that you're getting what you need, but there are always safety issues to be observed. It's a good idea to be sure that your doctor is okay with you taking control of this part of your diet and health. If you're diabetic, then it would be a good idea to stay away from high sugar drinks unless your body is able to process the sugars. Being aware of your limitations can go a long way to making sure that you have a successful time learning to make juice drinks.