

Juicing vegetables and fruits is a great way to give your body a highly potent infusion of vitamins and minerals. There are guidelines to follow to ensure you are receiving the most available nutrients:

- **Empty Stomach:** Always consume your juice on an empty stomach; either 20 minutes before a meal or at least 2 hours after a meal. Drinking on an empty stomach allows the vitamins and minerals to go directly to your bloodstream. If you have something in your stomach it prevents your body from absorbing the nutrients.
- **Consume Immediately:** The oxidation process begins as soon as you cut open a fruit or vegetable as it is exposed to oxygen. The oxidation increases exponentially with the action of juicing diminishing the nutritional content with each passing minute. That's why it is so important to consume your juice within 30 minutes of making it.
- **Chew It:** So how do you chew a liquid? Because the digestive process starts in the mouth with your saliva it's important to swish the juice around in your mouth for about 5 seconds before you swallow. Swishing will activate your salivary glands and aid with the extraction of nutrients.

Hard fruits and vegetables should be the bulk of your juice ingredients as they will make the best juices but adding powerhouse leafy greens is also important. When juicing leafy vegetables push them through with a hard vegetable like celery, cucumber, carrot, etc. Always end the juicing with a hard vegetable or fruit to push through anything left in the strainer.

Be sure to try different ingredients rather than making the same juice over and over again. Your body needs the variety of all the vitamins and minerals available.

The bulk of your ingredients should be vegetables as juicing too many fruits greatly increases the amount of sugar you are consuming. And too much sugar, even from fruits, can have a negative impact on your health.

Aim for having a fresh juice at least 3 times per week, you will definitely notice a difference in your energy levels, skin health and a boost in your immune system.

Sample Recipe:

1 Cucumber, peeled
 1 lime, peeled, leave white pith
 2 stalks celery
 ¼ fennel bulb
 1 green apple, cored with skin
 2 carrots, full size
 ½" chunk ginger, peeled
 ½" chunk turmeric, peeled

Sample Recipe:

1 kale leaf
 1 collard leaf
 small handful parsley
 1 carrot, full size
 ½ red pepper
 1 tomato
 1 broccoli stalk
 1 celery stalk

Sample Recipe:

1 apple, cored with skin
 1 beet, unpeeled
 4 carrots, full size
 ½" chunk ginger, peeled

Benefits:

Carrot, kale and parsley – sources of beta-carotene
 Kale, spinach and green pepper – sources of Vitamin B6
 Spinach, kale and beet greens – sources of folic acid
 Red Swiss chard, turnip and orange – sources of selenium
 Spinach, asparagus and carrot – sources of Vitamin E
 Potato, green pepper and apple – sources of chromium
 Ginger root, parsley and carrot – sources of zinc
 Green juices – sources of Omega-3 fatty acids

