

The Benefits of Juicing



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How To Juice For Health

Here I'll show you how to juice for health and explain the specific health benefits of adding fresh juicing diet plans to your nutrition - using our delicious free recipes here!

Juicing is becoming more and more popular, especially for those who are very health conscious.

However in order to get the best benefits out of juicing some points should be taken into careful consideration.

I just love, love, love making and drinking my fresh juices from favorite fruits and vegetables. There is no taste as wonderful as a glass of fresh juice!

Get all the info you need here for specific health issues you want to work on, and the recipes suggested to help in those areas.



How To Get Started With Healthy Juicing

Juicing can be incorporated into your daily lifestyle for the purpose of enhancing healthy living and it is also a good way of increasing your daily intake of fruits and vegetables.

If you are serious about including juice in your daily diet you will be best off investing in a good quality juicer like the [Breville Compact Juice Fountain Juice Extractor](#) (1,424 5-star reviews on Amazon) or [Hamilton Beach Big Mouth Juice Extractor](#) (310 5-star reviews) to make the job fast and simple.

Making juice or clean up after should not be a chore, if you have the right equipment.

All juice products sold in stores have to be treated and processed to ensure their integrity and shelf life, therefore homemade juices are a better choice to make.

However when making homemade juices, it should be noted that it is very important to drink the juice as soon as it is ready as letting it sit will only encourage the growth of pathogens and they also tend to break down faster when exposed to air, thus effectively losing a lot of its original value.

It should also be noted that although consuming juices as a regular habit is great, limiting the juicing to only fresh fruits would not be a very good idea as a lot of fruits have a naturally high sugar content and are not so high in fiber, thus causing the negative build up of sugar levels in your body which may lead to diabetic and weight gain issues.

A better alternative would be to combine complimenting fruits and vegetables together to form one delicious concoction that is both tasty and healthy.

Accompanying this with a healthy fat and lean protein diet is also an added advantage.



Benefits of Healthy Juicing



As more people indulge in this form of healthy nutrition, it is becoming more popular to consume fruits and vegetable through juicing rather than eating these items as a whole and in its original form.

However scientist and nutritionist are not in agreement when it comes to the merits of juicing as opposed to consuming these items whole, although there is yet to be any proven data to merit or advocate either choice over the other. More research is needed in that area.

Studies have shown that juicing is one way of getting all the fruits and vegetable requirements into the body system effectively, though without the positive addition of the fiber in the fruits & vegetables. It is arguably a more effective way of getting the nutrients adsorbed into the body without putting undue pressure on the digestive system to break down the fibers.

Most juicing recipes include the parts of the fruits that would otherwise be discarded in the more conventional way of consuming them. However with juicing the inclusion of pits, peelings, seeds and other parts are usually all included in the process because these contain a rich source of vital nutrients which are usually thrown out.

Processed juices usually require some heating process to enhance the shelf life of the product and this can cause the enzymes to be killed. However with fresh juicing this can be avoided and the enzyme content can be kept intact.

Start With These Healthy Juice Recipes



Preparing the Produce

There are a few simple guidelines to follow when preparing produce for your juicing recipes.

Whenever possible, use organic fruits and vegetables. Wash your produce before juicing. If it is not organic, peel it first. You may also use vegetable washes such as [Grapefruit seed extract](#) – it works to wash out some of the pesticides off your produce.

Ripe fruits and vegetables that are firm give the best juice.

Soft fruits like bananas, mangoes and avocados are too soft and will clog the juicer instead of giving juice.

You can juice whole lemons and limes, but the rinds of other citrus fruits like oranges, tangerines and grapefruits should be removed first. Leave the white pith intact because it is rich in nutrients.

Melons should be juiced with the peel on because this is where you find most of the fruit's nutritional value.

The following are some of the more popular juice recipes:

Juicing Recipe for Boosting the Immune System

You can boost your body's immune system by juicing the following fresh fruits and vegetables:

3 carrots,

1 stalk of celery,

half of a beet,

1 apple,

half a handful each of wheatgrass and parsley.

If wheatgrass is not available, use a whole handful of parsley.

This combination of juices is high in Vitamin A.

Lemony apple

2 apples,

1 lemon,

1" slice of ginger

This is a healthy remedy for colds as it is rich in flavonoid content. It also has a fresh and tangy taste that is quite invigorating.

Plain O.J.

4 medium sized oranges.

Remembering to include as much of the white membranes as possible as this too is rich in bio-flavonoid.

However in this case it would be a good idea to avoid including the whole peel as it might result in a bitter taste from the zest, causing the juice to take on a rather unpleasant taste.

Alkaline juice

1 cup of spinach / kale / silverbeet

½ cup of cucumber,

2 stalks of celery including the leaves

3 carrots

½ an apple

The skin of the dark green cucumber will provide the source of chlorophyll which is a phytochemical that can help to build up the red blood cells.

The cucumbers also contain silica which is a mineral that is good for the skin.

A Very Berry Medley

2 cups of strawberries,

2 cups of blueberries

1.5 cups of raspberries



Berries are a popular choice for juicing due to its quick and easy breakdown process and its simple rinse action.

You may want to dilute this juice with some extra apple or celery if you find it is too thick to drink.

Being a great source of antioxidants such as anthocyanins, flavonoid and ellagic acid all of which have good anti cancer and anti heart diseases benefits.

Pomegranate juice –

5 pomegranates.

In this recipe only the seeds are used and the rest of the fruit is discarded.



Cut the pomegranates in half and then sharply tap the hard skin shell with a spoon, until the seeds all fall out into a bowl. Then process the seeds to extract the juice

However some may find better results using a blender as the seed does present a challenge to break down.

Juicing Fat Away with Juice Diet

Incorporating juicing into a weight loss diet plan is a very effective way to shed the weight.

However it should be noted that the juicing process should ideally include both vegetables and fruits as concentrating on only fruits will not be beneficial because most fruits usually have high sugar contents.

Juicing is great for detoxifying and it can be used as a meal replacement or when there is a fasting plan in place.

If the juicing purpose is meant to detoxify, then it will function to push out all the toxins and fats that have accumulated over time in the body system.

These juices will work as cleansing detoxification agents which would be an ideal substitute to a heavy unhealthy meal.

Juicing will also be a more healthy and realistic way to lose weight.

Most juicing recipes that are designed for weight loss are very nutritious and satisfying and make it easier to curb your hunger pangs.

They also usually include ingredients that are specifically part of the combination for the characteristics of sweeping away the toxins and fats.

In many cases you can simply replace 1 or 2 meals a day with a healthy and low fat fresh juice or smoothie drink.

It is also recommended to ensure that all the ingredients used in the juicing recipes are fresh produce and it should all be cleaned thoroughly before juicing.

Curb Your Appetite

Drinking fresh juices help to suppress the appetite and curb cravings.

Most vegetable juices contain less sugar than fruit juices and often help stabilize blood sugar levels.

Carrot juice or a combination of carrot and parsley juices can help stop food cravings.



Juice Recipes for Weight Loss

When preparing juices for weight loss, it is important to avoid fruits that are high in sugar content.

Leafy greens and other vegetables are recommended. Weight loss juice recipes are similar to Detox recipes.

Use plenty of cucumbers, celery, lettuce, tomatoes, spinach, watercress and citrus fruits.

You can add carrots or apples for a touch of sweetness.

Apple berry fiber – apples are excellent cleansing agents while berries provide mineral supplements.

Green pineapple – this concoction is simply refreshing and bursting with goodness and also feels very filling.

Orange pineapple chilli – being full of vitamin C, and having enzymes that can dissolve mucus accumulated in the body, it also speeds up the metabolic system

Gingered pear – a great laxative option and good for digestion.

According to statistics, more than 2 out of 3 adults in the US are overweight.

Juicing for weight loss provides a healthy option that burns fat while supplying enormous amounts of nutrients to the body.

Juicing also increases your vitality, flushes toxins in the fat cells, and reduces acidity in the body.

It is a healthy weight loss regimen that does not deprive the body of proper nutrition.

Emphasis on Vegetables

When juicing for weight loss, vegetables are emphasized because they are low in fat and calories.

Vegetable juices are also packed with essential nutrients. In addition, there are specific foods and spices that enhance the fat burning process.

If your goal is to lose weight, avoid fruit juices because of their high sugar content.

Jumpstart your Metabolism

There are vegetables that stimulate fat burning.

These include carrots, broccoli and other dark green vegetables.

They are **negative calorie foods** that require more calories to digest than they contain.

Thus, they are best to use in juicing recipes for weight loss.

Spices such as **cayenne, cinnamon, coriander and pepper** also stimulate the metabolism.

Other fat burners include **cumin, onion, garlic powder and chili powder**.

Promote a Healthy Lifestyle

Start off your healthy lifestyle with a short juice fast. A juice fast will help flush out toxins and revitalize your body.

You will be in the best shape to reach your weight goal. Always remember to use a wide variety of vegetables.

This will provide all the essential nutrients that your body needs to function at its best.

The best thing about juicing for weight loss is that you will gain so many health benefits that you will not want to go back to your unhealthy eating habits.

Your digestive system and immune system will be at their best, and you will enjoy greater vitality and stamina.

Healthy Juicing is for Kids too!



Oftentimes it's a struggle for both parents and children when it comes to tackling the issue of eating vegetables and fruits served at meals.

However with juicing this problem for most has been eradicated or at the very least decreased.

Juicing is a great and fun way to get nutrition into the bodies of growing children to ensure optimal development of their bodies.

The trick is to design concoctions that are pleasant to drink and are also refreshing especially after a strenuous playing session.

However for younger children it would be advisable to dilute the juices, as the concentrated form may be too much for the underdeveloped body to deal with.

Teenagers and older kids should have no problems drinking concentrated juices. Introducing juices to kids should be done in a gradual process with initial stages of diluting.

Choosing fruits that have delectable tastes is much better and less likely to be rejected by the child.

Starting out with single juice choices before moving on the combinations is also advised, as this will allow the body and the child's palate to get used to this introduction into the healthy daily diet plan.

Changing the juices and providing a variety is definitely an attractive feature for children and they would be fascinated with the colors and tastes reflected in the variety.

Once the favorite juices are identified, serving them as often as possible without boring the child will be beneficial.

Using their favorite juice as a base, it may also be possible to add on a little portion of other fruits or vegetables to further enhance the nutrient content of the juice.

Some popular choices include apple juice, pineapple and carrot juice, orange juice, orange and carrot juice pear juice and apple and grape juice.

How to Use Juicing for Anti-Aging Benefits



Juicing is not the new fad to combat natural aging processes.

It makes sense to opt for this healthier and cheaper yet no less effective way of staving off the aging process.

Juicing benefits the body as it provides the combination of all the essential vitamins, minerals, amino acids, essential fatty acids, and enzymes.

These fruits and vegetables that are usually used in the juicing process are also power packed with anti aging and life preserving elements, so any choice made to incorporate regular juicing into your nutrition plan would benefit greatly.

The antioxidants and substances that neutralize the free radicals in the system ideally provide the possibility of having good anti aging benefits.

A diet rich with vitamins and minerals is the key factor to fighting against the aging process and one of the most pleasant ways of doing this is through the juicing exercise.

Brightly colored fruits and vegetables are especially beneficial for anti aging.

Fruits such as oranges, cherries, tangerines, apples, blueberries, cranberries, melons, bananas, grapes, berries, kiwi, and mangoes are all know for the anti aging properties.

These can be taken in combinations or separately, whichever is suitable for the individual's palate.

When it comes to vegetable there is the abundant choice of carrots, squash, red and green cabbages, broccoli, spinach which are just as beneficial for their anti aging properties too.

Apple carrot detox

1 apple,

1 slice of ginger,

1 carrot,

½ cup or water.

Its excellent properties that creates healthy skin and eliminates toxin form the body is the reason this juice is a popular choice for many.

Cholesterol burner

1 apple,

½ cucumber,

4 stalks of celery,

½ cup of water.

This juice is a good controller of high cholesterol levels in the body system and also helps to fight against upset stomachs, besides the more obvious anti aging properties it carries.

How to Juice for Detox



The juicing process is ideal for detoxification of the body, as it enhances the enzymes, vitamins and mineral absorption which in turn greatly benefits the immune system.

Juicing organic vegetables and fruits which are rich in nutrients will help to cover the cells in the body with the alkaline juices released from these juicing concoctions whereby acids are released and toxins can be removed through various elimination channels in the body.

The parts of the body that play an important role in filtering such toxins would include the lungs, kidneys, skin and other functions like urinary and bowel movements.

The enzymes released from these juices also help the digestive process where the proteins break down the foods into nutrients and this is an important function as most adults have already used up their natural digestive enzymes by the age of 30.

Therefore the outside aid that the juices provide is definitely beneficial to the digestive process as it is pivotal in the detoxifying regiment the body naturally enlists.

When the body is full of toxins it is unable to absorb the nutrients that are available in the natural intake of regular foods, so the need for these added juices to assist in the breakdown of the toxins to cleanse the body and carry the appropriate amount to oxygen and nutrients directly to the cell and tissues.

Some of the ideal ingredients to use in the juicing process for detoxifying would include lettuce, dark green kale, carrots, beet greens, cilantro, parsley, celery sticks, collard greens, endive, spinach, dandelion greens, cabbage both purple and green and lemons.

Some people who practice this detoxifying regiment periodically attest to the fact that they no longer have cravings for sweetened foods and they can keep to a regular and healthy diet without any struggles.

This is probably due to the fact that the body is able to function at its optimum because of the detoxifying sessions.

Juicing Recipe to Detox

To cleanse the body of accumulated toxins, you will need

1 cucumber,

1 cup spinach,

1 cup parsley,

1 celery stalk,

half a lemon without the rind.

This combination of greens flushes out toxins, cleanses and rejuvenates the skin, and cleans the kidneys.

You can also create your own detoxifying recipe using cabbage, cucumbers, asparagus, apples, celery, lettuce, carrots, tomatoes, beets and watercress.

Liver Cleanse Smoothie

The liver is the largest internal organ in the human body, it performs over 500 different functions.

The liver affects our entire body's health and well-being.

The ingredients in the following smoothie are rich in valuable nutrients and anti-oxidants and are well known to help cleanse, strengthen, tone, and nourish the liver.

To keep your liver healthy drink 2 quarts of this smoothie at least once a month.

If you cannot find dandelion greens in your local health food store, you may substitute it with romaine lettuce.

Blend well all the ingredients in the blender. Drink slowly and enjoy!

4 cups fresh dandelion greens

½ head endive

2 cups cilantro

2 cups apple juice

1 banana

2 pears

1 inch fresh ginger

1 cup cranberries

Yields 2 quarts

Staying Healthy With Juice



There are several very specific combinations that can be used regularly to create the ideal effects within the body that allow it to resist any possible occurrences of diseases.

One of these is drinking a beetroot combination, as this is said to dramatically reduce the risks of heart disease, strokes, Alzheimer's and dementia.

The bright red juice contains the chemical nitrate which dramatically reduces blood pressure for almost everyone taking this remedy.

Another juice combination is the one with pomegranate content which is pivotal in lowering cardiovascular risks, however this should be taken with care as the potassium content is rather high.

Tomato juice combinations are also supposed to help lower heart diseases and control diabetic symptoms.

Other benefits from consuming tomato juice would include the resistance to developing chronic diseases like cancer and coronary heart disease.

This can be avoided because of the carotenoid content called lycopene which is richly found in tomatoes.

Some of the ingredients that can be used to combat or at least lower the risks of diseases would include broccoli, Brussels sprouts, butter squash, cabbage, Chinese broccoli, kale, spinach, parsley, collards greens, mustards green, chard, beetroot, carrots, cauliflower, cucumber, green pepper, sweet potatoes, lettuce and celery.

Regular combinations of these juices will help to keep the chemical balance in the body system which in turn will allow the body to perform at its prime thus effectively avoiding any diseases.

Juicing for Stress Relief



Almost every adult and child alike has experienced bouts of stress at various points in their daily life.

For most, this is taken in stride until it is no longer possible to do so, and when this happens it almost always affects their health in some way.

Fruit and vegetable juices have long been known for their stress relief and relaxation properties.

Therefore taking the time to explore this healthy alternative to popping pill to relieve stress is certainly worth the effort.

Apple, cherry and blueberry ingredients have been known to be good health boosting elements where the flavonoid can facilitate better lung functions and with this optimum breathing position the ideal amounts of oxygen is then able to be circulated well with the body system thus relieving any internal pressures felt when stress levels are high and this eventually helps to lower the stress levels.

These ingredients can also contribute to relaxing the arteries and lowering the risk of cardiovascular diseases which are often caused by stress.

Smoothies made from bananas, strawberry, peppermint and lemon can all help to relieve stress and create the relaxing overall body feeling.

When the adrenaline levels increase the body requires more vitamin C and as this cannot be naturally conjured by the human body there is a need to have this supplemented for outside sources.

Bananas would contribute to stress relief properties while the peppermint which contains menthol will have a cooling effect on the body while the others will help in digestion, thus creating an overall effect that will combat any significant presence of stress.

New discoveries have shown consuming fruits and vegetables in the form of juices have been able to show significant benefits to the body system when ingested in regular intervals.

Make Your Own Juice Recipes

There are dozens of different fruits and vegetables that you can use to make your own juicing recipe.

Don't be afraid to experiment with different combinations.

The important thing is to use a wide variety of fresh fruits and vegetables to get all the essential nutrients that your body needs.

For more information on Hypothyroidism Treatment please visit <http://thyroiddiseasesucks.com>

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To find out how I eliminated my hypothyroidism symptoms and regained my health completely please see my ebook ["Overcoming Hypothyroidism: The Ultimate Guide to Recovery"](#)

I hope you enjoyed this ebook I put together for you!

To regaining your health,

Petra Mitova