

# Holistic Wellness System Presentation: Juice Therapy

The Art of Using Fresh Juice to Balance Health

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# Advantages of Fresh Juices

- Juices are easily digested and absorbed into the body.
- For those with digestive disorders it is easier to drink juice than eat food.
- Juice is a great medium to mix and dissolve nutritional and herbal powders, as it will enhance their effects.
- Juices deliver nutrients to the surface membranes of the stomach making them easier to assimilate than capsules or pills.



# Advantages of Fresh Juices Cont.

- Juices supply a concentrated amount of vitamins and minerals without weighing you down.
- Drinking raw juices can reduce acidity in the body and balance pH levels.
- Raw juices stimulate the kidneys, liver and digestive system to remove toxins from the body.
- Juices can be combined with an endless possibilities of available nutrients.



# Why Choose Fresh Juice Over Canned or Bottled?

- Fresh juice contains live enzymes and more nutrients than canned or bottled.
- Canned and bottled juices have been pasteurized, which destroys nutrients.
- Juices stored in wax lined or polyethylene paper containers lose 75% of their vitamin C content within 3 weeks.
- Canned and bottled juices contain preservatives, artificial colors and other synthetic ingredients.





# Nutrients Found in Juice

1. **Water:** The body requires approximately 2 quarts of water daily. About one quart comes from fresh foods. Drinking juice helps the body stay hydrated.
2. **Carbohydrates:** Provide the body with energy. Simple carbohydrates are found in fruits, but are balanced with the high amount of nutrients. Complex carbohydrates are found in vegetables.
3. **Vitamins:** There are 15 known vitamins which function with enzymes which perform chemical reactions and various functions in the body. Juicing provides a concentrated form of vitamins.
4. **Minerals:** There are 22 different minerals required by the human body. They are necessary for producing blood, bone, and are found in body enzymes. The minerals found in juice are easily absorbed by the body.
5. **Potassium:** Fruit and vegetable juices are high in potassium, an electrolyte which is important for regulating blood pressure.
6. **Carotenoids:** Antioxidants with the ability to convert into vitamin A. Found in yellow to red colored plants.
7. **Flavonoids:** Plant pigment with antioxidant capability. Over 4,000 categorized and found in nature.
8. **Chlorophyll:** Astringent green plant pigment, great for its healing potential.



# Types of Juicers

1. **Hydraulic Press Juicer:** This juicer works by using a hydraulic press and grinder. The pressing turns the fruit and vegetables into a paste which is then pressed to express the juice. The pressing and grinding actions allow for the greatest amount of juice to be released.

**Advantages:** High quality machines.

Can also juice grasses.

**Disadvantages:** Very expensive.

Does not work well with nuts.





# Types of Juicers Cont.

2. **Centrifugal Juicer:** This kind of juicer works by chopping the fruit and vegetables into a tiny pieces and then throws them into a spinning bowl, separating the fiber from the juice.

Advantages: Fairly easy to clean.  
Inexpensive.

Disadvantages: Can be noisy and low quality.  
May not extract all the juice.  
Easy to clog if you add too much at one time.



# Choosing a Juicer Cont.

3. Masticator Juicer: Grinds the fruit and vegetables into small pieces or presses the produce through a screen, which separates the juice from the fiber.

Advantages: Higher quality machine.

Has the ability to make nut butters, and “ice cream” from frozen fruits.

Capable of juicing grasses.

Disadvantages: Heavy and can be difficult to move.





# Tips for Picking & Preparing Produce

- Fresh and unblemished in season is always preferable.
- Organic is best because it does not have chemicals and pesticides.
- Wash and remove all blemishes, mold, or undesirable parts.
- Cut produce into small sizes that will fit into the juicer.
- Remove the seeds.
- Certain vegetable leaves and stems can be included in the juice, as they contain vitamins and minerals.



# Juicing Fruits

- Fruits contain a high amount of fructose, therefore it is recommended to limit fruit juice intake to 16 ounces daily.
- Those who have issues with hypoglycemia, gout, diabetes, or candida should consult their doctor before starting a fruit juice regime.
- Fruit juice can be diluted with water.
- To avoid a rise in blood glucose levels fruit juices can be consumed with food.
- When juicing fruit juice softer fruits first and harder fruits last.



# Common Fruits to Juice

1. **Apples:** Should be consumed unpeeled. Pectin is a water soluble fiber that can be extracted in the juice and is great for strengthening the digestive system, lowering cholesterol, and providing antiviral properties.

**Preparation:** Wash, rinse, remove seeds and cut into wedges.

**Blends well with apples:** Carrot, ginger, apricot, berries, cherry, lemon, grapefruit, peach, orange.



# Common Fruits to Juice Cont.

2. **Apricots:** Good source of potassium, magnesium, iron, carotenes.

**Preparation:** Choose apricots that are golden-orange in color and about 2 inches big. Apricots are in season from June to August. Wash apricots, slice in half and remove the pit.

**Blends well with apricots:** Apples, oranges, pears, peaches.



# Common Fruits to Juice Cont.

3. **Berries:** Low in calories, but an excellent source of nutrients. Anthocyanidin is a flavonoid found in berries which is responsible for the purple-blue color. Choose fresh, when possible, if frozen make sure they are unsweetened.

**Preparation:** Wash and rinse.

**Blends well with berries:** Apples, pears, other berries.





# Common Fruits to Juice Cont.

- 4. Cranberries:** Well known for its ability to fight bladder and urinary tract infections. Has the ability to reduce E. coli from sticking to the mucosa. Commercial cranberry juices are loaded with sugar therefore fresh juices should always be consumed. Choose cranberries that are plump and red, avoid those that are shriveled and soft.



**Preparation:** Wash and rinse.

**Blends well with cranberries:** Because cranberries are tart, sweeter fruits such as apples or grapes blend well.

# Common Fruits to Juice Cont.

5. **Grapes:** Old world grapes are used for making wines, raisins and are common table grapes. Choosing grapes with the seeds will increase the amount of flavonoids in the juice. Select grapes that are firm and do not have wrinkles.

**Preparation:** Wash and rinse.

**Blends well with grapes:** Apples, grapefruit, lemon, pineapple.



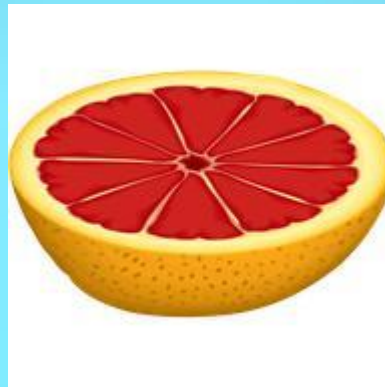


# Common Fruits to Juice Cont.

- 6. Grapefruits:** Low in calories and high in vitamin C, flavonoids, potassium, pectin and folic acid. Have been found to increase red blood cell production. Choose grapefruits that are round and firm, not soft.

**Preparation:** Peel and cut into slices.

**Blends well with grapefruits:** Orange, pineapple, papaya.



# Common Fruits to Juice Cont.

7. **Lemons:** High in vitamin C and potassium. Also contain *lemonene*, a chemical that has the ability to dissolve gallstones and fight cancer. Choose lemons that are deep yellow and firm.

**Preparation:** Wash, remove the peel and slice in half.

**Blends well with lemon:** Lemons are sour, therefore they blend well with sweet fruits such as apples, grapes or ginger.



# Common Fruits to Juice Cont.

**8. Limes:** High in vitamin C. Limes were used by sailors to prevent scurvy because they have a long shelf life. Choose limes that are green color, without any marks of decay.

**Preparation:** Wash, rinse, peel and slice in half.

**Blends well with limes:** grapes, ginger, apples.



# Common Fruits to Juice Cont.

**9. Oranges:** Excellent source of vitamin C and flavonoids. Great for overall health and boosting immunity. Shown to provide viruses and cancer protection. Choose oranges that are firm and not bruised. Avoid ones that are soft and squishy.

**Preparation:** Peel the orange, preserve the white part, and cut into wedges.

**Blends well with oranges:** papaya, peach, apricot, mango and kiwi.

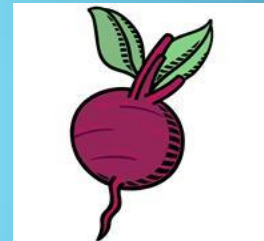
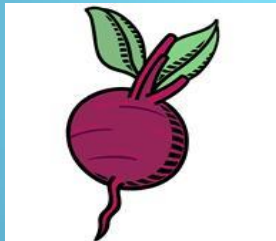


# Common Vegetables to Juice

1. **Beets:** High in vitamin A, vitamin C, calcium and iron. Has a long history of use for liver disorders and as a blood cleanser.

**Preparation:** Smaller beets are optimal for juicing. Wash, rinse and cut into pieces. Tops of beets can be juiced as well.

**Blends well with beets:** Carrots, celery, parsley, spinach.



# Common Vegetables to Juice Cont.

2. **Cabbage:** In the cruciferous family which is known for its anti-cancer properties. Research has shown cabbage to be affective for colon and breast cancer. Also, commonly used to alleviate peptic ulcers. Choose cabbage that is crisp and not wilting.

**Preparation:** Wash, rinse and cut into wedges.

**Blends well with cabbage:** Carrots, parsley, celery.





# Common Vegetables to Juice Cont.

3. **Carrots:** High source of carotenes and vitamin A. Studies have shown that juicing one carrot daily can reduce the risk of lung cancer by 50%. Choose firm carrots without cracks.

**Preparation:** Wash, rinse, and cut into pieces. Carrot tops can be included.

**Blends well with carrots:** beets, Brussels sprouts, celery, parsley, broccoli, cabbage.





# Common Vegetables to Juice Cont.

**4. Celery:** A member of the umbelliferous family. High in electrolytes, also contains coumarins which increase the action of white blood cells. Choose celery that is light green and crisp.

**Preparation:** Remove the bottom portion, wash and rinse.

**Blends well with celery:** Cabbage, cucumber, kale, fennel, spinach, tomatoes, onions, garlic.

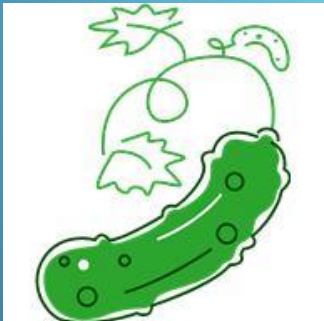


# Common Vegetables to Juice Cont.

**5. Cucumber:** High water content and silica which is good for connective tissues, hair, bone and skin. Choose cucumbers that are medium to dark green and uniform in shape.

**Preparation:** Wash, rinse and if waxed peel.

**Blends well with cucumber:** Celery, spinach, kale, carrots, ginger.

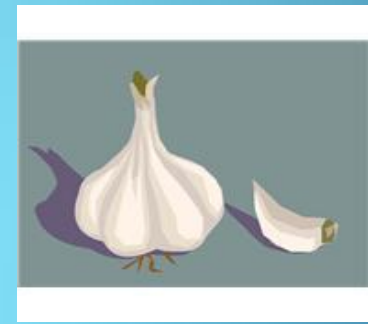


# Common Vegetables to Juice Cont.

**6. Garlic:** Member of the lily family. Widely used throughout history to alleviate a variety of imbalances such as colds, vaginitis, dysentery, toothache and high blood pressure. Pick garlic that is fresh, firm and does not show decay or sprouts.

**Preparation:** Remove garlic clove from the bulb.

**Blends well with garlic:** Onion, tomato, cucumber.



# Common Vegetables to Juice Cont.

- 7. Ginger:** Perennial herb with thick tuberous rhizomes. Has been used throughout history for nausea and digestive uses. Choose ginger that is fresh without signs of decay.

**Preparation:** Wash, rinse, remove the outer skin and cut the appropriate amount.

**Blends well with ginger:** Carrot, apple, pear, mango, lemon.



# Common Vegetables to Juice Cont.

**8. Parsley:** High in chlorophyll and carotenes. Known as a good nerve stimulant. Parsley be should be fresh and green. Avoid bunches that are yellow and wilted.

**Preparation:** Wash, rinse and chop.

**Blends well with parsley:** Onion, carrot, celery, beets, leeks, cucumber, fennel Broccoli.



# Common Vegetables to Juice Cont.

**9. Tomatoes:** high in beta-carotene, vitamin C, potassium, and carotenes. As a member of the nightshade family it may cause irritation to individuals with arthritis.

**Preparation:** Wash, rinse, and cut into wedges.

**Blends well with tomatoes:** Cucumber, watercress, parsley, peppers, spinach.





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