

## Juicing at Home

Vegetable juices are the Healers as you will see below. My recipe for fresh made juice for 7-9 jars at a time is:

- 8-12 carrots
- 4-6 stalks of celery
- 1-2 cucumbers
- 2 large handfuls of leafy greens
- ½ cabbage

Below you will see what is in these veggies that help our immune system to work better.

**Carrot:** juice contains vitamins B,C,D,E,K and beta carotene, a precursor of Vitamin A, as well as calcium, phosphorus, potassium, sodium, to name a few of the vitamins.

**Celery:** is rich in Sodium giving a salty taste to the juice as well as giving us the necessary sodium we need for the digestive and nervous systems and it helps to keep the body cooler in hot weather.

**Cabbage:** has an abundance of sulfur based phytochemicals that protect our cells from invasion of carcinogens.

**Cucumber:** is a natural diuretic, beneficial for those with rheumatic ailments, it is high in potassium, promotes hair & nail growth and helps to eliminate skin eruptions – it also gives you lots of liquid and gives juice a milder taste.

**Spinach:** is the finest organic material for cleansing, reconstruction and regeneration of the intestinal tract – it is the best source of iron and rich in sodium, potassium, calcium and magnesium.

### Your juice will keep longer if you always:

- a) Peel the root vegetables (dirt spoils the taste of the juice)
- b) Use a slow revolving juicer (here I use the Hurom or the NuWave and there is the Green Star as well – all these juicers revolve at less than 200 RPM's giving us juice that will last longer)
- b) Fill the containers up so no air gets into the juice to oxidizes it (I use 8oz glass mason jamming jars)
- c) Keep it cold in the fridge (it can be kept for up to 3 days with the slow juicers). I use the 8oz glass mason jars to keep my juice fresh in the fridge until I am ready to drink it.

### **Things to keep in mind about juicing:**

- When juicing vegetables the rule of thumb is 1 lb of vegetables makes 8oz of juice.
- The body can only assimilate the nutrients from about 8oz of juice in 45-60 minutes – so drink 8oz and then wait about 1 hour before you have another glass of juice.
- When you have either a glass of juice or your BarleyMax® (one level teaspoon is one serving) before eating make sure you wait 10-15 minutes to allow your body to absorb the nutritional values from the juice before eating.
- Because there is no fiber in our fresh made juices the juice goes straight through the stomach walls into the blood within minutes giving our body excellent value to start working on healing.
- For this same reason always have your juice on an empty stomach and always strain your juice before serving it.
- Never put fruit in your juice because the concentrated sugars found in fruit will feed disease instead of healing.

**If we are fighting a major disease we suggest you juice 8-12 times each day. This can be an assortment of fresh made juice as suggested here plus our BarleyMax and BeetMax.**



In order to be able to make fresh veggie juice you need a good juicer that will not destroy the enzymes as you make the juice. The centrifugal juicers that are sold in the stores do not do a very good job because they spin at such a fast speed (5000 rpm's) they oxidize the juice so that you must drink it as soon as you make it. This is fine if you want to make a large amount of juice for a large group of people but for your own use this does not work because you would then need to get out your juicer every time during the day you wanted to have a glass of juice. **We recommend the better juicers that revolve at slower speeds such as the NuWave or the Green Star.** Both of these juicers spin at less than 200 rpm's making better juice that can last for up to 3 days if kept in the fridge once made.

## **New NuWave Slow Juicer**

- The auger for this cold-pressed slow juicer produces more juice and is very quiet running.
- Made with Premium BPA-Free Eastman Tritan.
- More efficient juicing with less prep work. Juice keeps up to 3 days
- 48 RPM and high torque. This process ensures less oxidation, while retaining essential vitamins and enzymes.
- 5 year warranty

Retail price just \$259.95



## **Green Star Elite**

- equipped with advanced revolutionary jumbo twin gears providing you with a higher amount of nutrition
- 110 RPM turning speed so you can keep juice for 2-3 days
- with a 190 Watt Motor
- 18.25" x 6.88" x 12.50"
- 12 Year Warranty

**Reduced** Retail \$699.95

