

# Attain Your Vision and Kick-Start your Health with

## Veggie and Fruit Juices and Smoothies

Are you feeling listless and lethargic? Do you wake up in the morning feeling tired, as if you need another night's sleep? If this is the case, boost your energy level by making healthy dietary changes. Fruits and vegetables provide carbohydrates, vitamins and minerals that are essential for energy production and contain significant amounts of fiber, which reduces sluggishness by promoting healthy bowel function. Recent dietary guidelines recommend 5 to 13 servings of fruit and vegetables each day, depending on an individual's daily calorific intake, according to the Harvard School of Public Health. Juicing methods provide a fast way for you to consume recommended amounts of fruit and vegetables in your daily diet.

### What to Juice ... Veggies, Fruits and Veggie/Fruit Combinations

**Veggies Alone:** Vegetable juicing or fasting helps cleanse the body to increase metabolic performance, improve stamina and enhance energy output. A vegetable juice diet has a high vitamin, mineral and antioxidant content. It rids your body of toxins so you operate more efficiently, thanks to the improved overall function of the body's organs and detoxification process. Drinking fresh vegetable juice allows you to consume more vegetables than you would normally be able to eat. By juicing, an average person can easily take in the 1 pound of raw vegetables per 50 pounds of body weight that many nutritionists recommend we should have each day. Vegetable juicing can jump-start the body's immune system. Advocates of a vegetable juice diet say it aids in healing the pancreas, prevents degenerative disorders such as arthritis, and even inhibits life-threatening diseases. Some of the best vegetables recommended by health enthusiasts include red, green, romaine and escarole lettuce, carrots, celery, apples, cucumbers, beets, wheatgrass, parsley and cloves of garlic. Fresh carrot juice by itself is a favorite among juicing devotees.

**Veggie and Fruit Juices and Smoothies:** The vitamins and minerals in fruits and vegetables promote proper development of nerves and muscle tissue. Eating vegetables also helps maintain the health of your muscles and nerves, strengthening them and keeping them from breaking down. While I prefer fresh veggies and fruits, both fresh and frozen vegetables impart health benefits. The Centers for Disease Control and Prevention recommends eating a variety of fruits

**Fruit Combinations:** When juicing, choose juicy fruits, such as oranges, peaches and pineapples, rather than non-juicy fruits, such as bananas and avocados. Bananas and avocados are great for a smoothie mix. Choose a variety of different colored fruits for maximum antioxidant intake. Try combinations of oranges and strawberries, melons and raspberries, grapes, apricots and passion fruit, or a blend of cherries, apple and pineapple. Balance your intake of citrus fruits, such as grapefruits, with non-citrus fruits, such as mangoes, as excess citric acid may cause stomach ache and flatulence and may also leach alkalizing minerals, such as calcium and magnesium, from the body. Fruits such as apricots, apples, cherries, grapes and peaches contain malic acid, which may contribute to healthy function of the liver, kidneys and intestines.

**Vegetable Combinations:** Choose vegetables such as celery, beetroot, chard, spinach, broccoli, carrots, cabbage, lettuce and kale. Starchy vegetables, such as potatoes, are not suitable for juicing but can be used in small amounts when making smoothies. Use only small quantities of strong-tasting green vegetables, such as cabbage, broccoli and kale, in vegetable juice combinations. Carrots are sweet-tasting and ideal as a base for all juicing combinations. For example, try a blend of carrots, celery and kale,

carrots and radishes, and carrots and broccoli. A few shreds of grated ginger add warmth to all vegetable juice combinations.

Preparation: Try to use organic, non-GMO vegetables and fruits whenever possible. Scrub unpeeled organic produce to remove dirt. You may prefer to peel non-organic produce to remove the majority of their chemicals. Alternatively, you can add 1 cup of cider vinegar to a bowl of cold water, and then soak unpeeled, non-organic fruit and vegetables for 15 minutes. Any seeds and bitter-tasting pith should be removed before the fruit or vegetables are chopped.

## **Juicing vs. Blending .... Each has its own unique benefits**

**What's the Difference?** I know this may be obvious to some. However, I do get a lot of questions about this very subject; many of these questions I had myself!

For example:

- **What's better for you – juices or smoothies?**
- **What's the difference between a juicer and a blender?**
- **What can I make with each?**
- **What is a Vitamix? Can it make juice?**

There was a time when I didn't know the answers to these questions nor what the unique benefits were to each.

**However, I am now on board, experiencing intimately the wonderful taste and benefits of juicing and blending. Here's what I have found out and what we should consider:**

### **JUICE:**

Juicing is the method of extracting juice, and only juice, from fruits or vegetables. All of the pulp and fiber is removed, which allows the nutrients to assimilate very quickly into your body and bloodstream – this gives your immune system an immediate boost and feeds your cells quick, healing nutrition.

### **SMOOTHIE:**

A smoothie is a blend of whole foods. Nothing is removed (except for non-edible things, like the peel of a banana). Smoothies are generally more of a thick, creamy texture than juices.

### **WHAT'S "BETTER"?**

Juices and smoothies are both fantastic and for different reasons.

When you juice, you can drink the nutrients of potentially pounds of vegetables/fruits in one glass, since the pulp/fiber is left behind. **Just recently, I made 10 ounces of juice with 1 cucumber, 6 carrots, 5 stalks of celery, a full head of kale, Swiss chard, five handfuls of spinach along with an apple, 10 strawberries and a cup each of blueberries and raspberries .... much more than I could ever drink in a smoothie!** Your digestive system gets a break because there are no solids to break down.

**Smoothies leave nothing behind – you drink the whole food.** You can load smoothies up with yummy things like chia seeds, hemp hearts and walnuts. Smoothies are more rich and filling. While smoothies are easier on your digestion than solid foods, they are not as cleansing/detoxing as juices.

If you really feel your digestion needs a big cleansing break and you want to drink boatloads of nutrients at one time, go with juice.

If you're looking to ease up on the intake of solid foods but still have "meals" that incorporate all of the fiber, healthy fats etc – smoothies are your ticket.

Ideally, you'll do a little bit of both! There's nothing I love more than a **creamy green smoothie**, and my **favorite green juice** is pure bliss in glass. **BOTH are amazing!**

**Now that we've got that covered – what EQUIPMENT do you need for each?**

## JUICES:

To make juices, you will generally need a **juicer**. Juicers come in many shapes and sizes (and price points) so do your research and decide what's best for you. For the last 23 years, I have used my Braun Juice Extractor; it's great, but other than the Champion Juicer, it's also the only juicer I've ever owned so I can't compare it to anything else.



I've heard great things about the Breville, Cuisinart, Omega, Magic Bullet, The Nutra Bullet, Hurom, and Champion juicers as well. Check them out, see what meets your needs.



How does a juicer work? Well, each one works a little differently. In my Braun, I feed the fruits and veggies into a spout. The pulp is removed and the juice shoots out into a cup.

## SMOOTHIES:

To make delicious smoothies, you'll need a blender. Any blender can work, to a degree. Last year, after approximately 22 years of juicing, I bought and now use a **Vitamix**. Yes, a Vitamix is a blender. The Vitamix blender is so high-powered, that it turns everything into a super-smooth liquid with absolutely no bits and pieces. It's **IDEAL** for making green smoothies and nutritious soups. You only need to blend for a few seconds and you're done!

**CAN I USE A BLENDER TO MAKE JUICE?** Yes, technically, you **CAN** use a blender to make juice. You'll have to blend all of the ingredients and then strain the mixture through cheesecloth.

**CAN I USE A JUICER TO MAKE SMOOTHIES?** Yes, if you make the juice first and then mix together the juice and the pulp in a blender. This works when one person wants a juice and the other wants a smoothie. In this case make the juice and give it to the juice person and then mix together the remaining juice, pulp and a few ice cubes in a blender and abracadabra you have a smoothie.

If you have any questions or thoughts, please feel free to tweet (facebook or email) me.



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