



The Joys of Juicing!

Juicing is a great way to pack in a huge number of nutrients, in an easily digestible form. For people who aren't so keen on vegetables, you can sneak quite a few in without even tasting them. It's important to realise it isn't a substitute for having whole fruit and veggies, but they can be a really good addition to a healthy diet. Organic produce is always going to be better, but I realise this isn't always possible. However, there are some organic veggies that are not that much more money and easy to find, such as carrots, celery and spinach.

Using a juicer can be a bit of a hassle, so if it's too much do every day, then make enough for a few days and keep it in the fridge (up to 2 days only) or even freeze it in daily portions. Yes, it's better to drink it freshly made, but the main thing is to just have a regular juice. You also don't need to spend huge amounts on a good juicer, somewhere between £60 and £100 is a good aim.

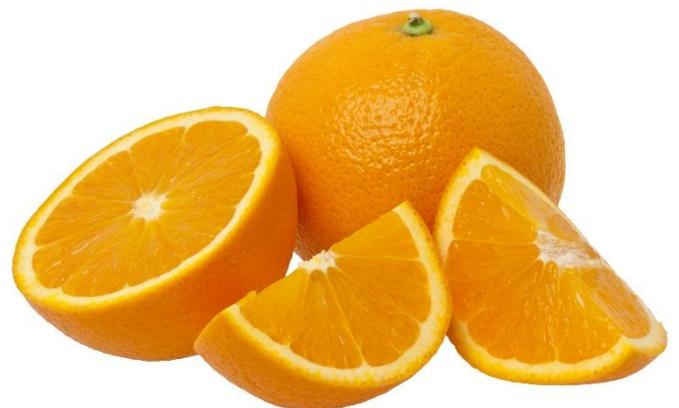
Here are some of my favourite juice recipes, taken from Jason Vale's Super Juice Me Book, a really inspiring read that I would recommend. Simply place all the ingredients through a juicer and pour over ice. Once you get the hang of it, change them and adapt them to suit you. I find it a great way of using up tired fruit and vegetables that don't seem quite so appetizing anymore!

Fresh Air

- 1 orange
- 2 large carrots
- 1 fresh beetroot
- Handful of fresh mint
- 3cm ginger root
- 6 ice cubes

Digestive Aid

- 2 apples
- 2 large carrots
- 1 stick celery
- ½ bulb fennel
- 3cm ginger root
- 6 ice cubes



Calcium Refresher



1 apple
1 pear
¼ cucumber
1 lime (peeled)
1 large broccoli floret
Handful of fresh spinach
Handful of fresh mint
½ small turnip (or use 1 parsnip)
6 ice cubes

Rainbow Remedy

2 apples
1 large carrot
1 stick celery
¼ cucumber
1 fresh beetroot
Small handful red cabbage
1 large tomato
1 lemon (peeled)
3cm ginger root
6 ice cubes

Energy Explosion

¼ medium pineapple
1 apple
2 large carrots
Handful kale
1 broccoli floret
1 lemon (peeled)
6 ice cubes



Mineral Medicine: Cucumber & Lime Juice!

1 large (organic) cucumber plus 1 lime

Simply peel the lime and juice with the cucumber. Always have it on an empty stomach and ideally first thing in the morning or last thing at night, but start small and build up to max one glass a day.

All recipes taken from www.superjuiceme.com or from Anthony Williams www.themedicalmedium.com