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# Juicing For Health, Weight Loss, And Beyond



# Juicing For Health

These days with so many preservatives and bad processed foods being packaged people really don't realize how much their body is missing out on things it needs. First of all, with processed foods many of the nutrients and vitamins your body craves are not there. The amount of nutrition in processed foods is very low and often the preservatives even effect those left over. Your body is starving for these nutrients and if your not getting them this can cause all kinds of serious problems.

Many people don't attribute these problems to the foods they eat or lack of nutrition because they tend to believe the packaging when it says things like "high in vitamin C". When it was packaged it very well may have been, yet the way it was packaged with preservatives and the very process of cooking the foods often removes these benefits. Realistically the benefits aren't there unless your eating lots of fruits and vegetables that aren't processed.

The best way to do this is through juicing for health. This is getting your nutrients and vitamins from pure fresh vegetables and fruits mixed together into delicious smoothies that are all natural no preservatives. Your body will thank you for giving it the nutrients it's been lacking.

Your energy will go up, your health will improve and juicing even boosts the immune system so your body will be ready fight off things like the common cold and the flu.

# 5 Must Have Juice Recipes

When it comes to juicing for health there are 5 key recipes that will serve as a foundation to get you started.

Before getting into the recipes it is good to know a little bit about the key ingredients that will serve as the foundation for your juicing routine.

The recipes that follow were selected for several reasons.

1. Easy to find ingredients
2. Long shelf life
3. Flexible variety of recipes
4. Key vitamins and minerals
5. Quick and easy to make

Juicing like any other healthy regimen is a habit that you build over time. It will become second nature, a part of your daily routine. Eventually you will make juices without even thinking of what vegetables work well together or what the right quantities and proportions are.

You want to start with simple, quick and easy recipes. Recipes with too many steps or hard to find ingredients might discourage you if are missing ingredients or you are having a busy day.

For this reason the recipes in this report focus on the following ingredients:

- Apples
- Beets
- Carrots
- Celery
- Cucumber

All of the above ingredients will serve as a foundation to your juices.

Forget the list when you go to the grocery store to shop for your produce. Just remember your ABC's.

### **Apples, Beets, Carrots, Celery, Cucumber.**

All of the above ingredients have a pretty decent shelf life. You will need fewer trips to the grocery store and will have the ingredients on hand when you need them.

The 5 must have juices are either 2 ingredient or 3 ingredient recipes. This will teach you the flavors of different vegetables and how they mix together, allowing you to eventually experiment on your own.

#### **Let's start with carrots:**

Carrots are a great base for your juice recipes. They provide a lot of liquid volume when juiced and are slightly sweet. When you find yourself in the mood for more of a sweet juice go with carrots, or apples, or both!

Carrots also provide an excellent source of nutrition. An eight ounce glass of carrot juice has more than **10 times** the recommended daily allowance of vitamin A as well as the equivalent vitamin C of a couple of bananas.

Strong in beta-carotenes, some researchers suggest that carotenes provide anti-cancer properties.

I recommend juicing just a couple of carrots first to get the taste then, add other of your favorite veggies or fruits in.

Knowing how each ingredient tastes on it's own will help you mix your own creations later.

**Must Have Juice Recipe #1  
Carrot- Apple Juice**

6 Carrots

1 Apple

Wash and core apple

Wash and cut off the carrot tips

Juice Away!

This juice is perfect for afternoon "pick me up" when you might normally reach for that candy bar or other sweet treat. It will serve as a healthy substitute.

**Organic vs. Conventional**

When possible go with organic, especially for carrots. A large amount of the nutrients lie right under the vegetable skin. By choosing organic you will only have to wash your carrots before juicing.

Conventional produce runs the risk of a pesticide covered surface that should really be peeled before juicing, causing you to miss out on the full benefits.

**How about them apples?**

You have heard about the old expression that "an apple a day keeps the doctor away" well the next recipe "Doctors Secret" combines apples with two other key ingredients.

**Must Have Juice Recipe #2  
Doctors Secret**

1 Apple

1 Carrot

1 Celery Stalk

Wash all vegetables

Core the apple

Cut the tips off of the carrots and celery

Caution: Avoid purchasing apples that have been waxed. The wax can trap pesticides on the surface of the skin of the fruit making it very difficult to remove harmful substances. Again... organic is better if your budget allows.

## **Beets**

Beets have been used as medicine and nutrition going back to ancient Greek and Roman times.

The greens from beets can be used in your recipes and contains many important minerals.

Try juicing with and without the greens to see which taste you prefer.

It is important to get the proportions correct with some vegetables and most juicing experts recommend keeping a 1:4 ratio of beets other vegetables.

For example 1 beet for every 4 carrots, 1/4 beet for every carrot.

The following recipe keeps this proportion. It also contains cucumber which is very cooling and refreshing when juiced on it's own or in combination with other vegetables. Long used as a treatment for eyes in solid form the juice is said to be very good for your skin.

### **Must Have Juice Recipe #3**

#### **Street Beet**

4 Carrots

1/2 Cucumber

1 Beet

Wash all vegetables

Cucumbers can be covered in a layer of wax, if so peel before juicing

Peel the beets also to avoid the bitterness of the skin

Cut the tips off of the carrots

Slice and quarter your beets and cucumber

## **Celery**

Low in calories, but high in sodium, celery, is a great way to add more of a savory taste to your juices. The following two recipes use celery to balance out the sweetness of the other ingredients.

This recipe is a great one when you are pressed for time.

### **Must Have Juice Recipe #4**

#### **Afternoon Delight**

1 stalk of celery

1 apple

Wash all vegetables

Core apple. Celery greens can be juice with the stalk

### **Must Have Juice Recipe #5**

#### **The Stalker**

1/4 beet

2 celery stalks

2 carrots

Wash vegetables

Skin beets

Cut carrot and celery tips

**These five fundamental juice recipes are all you need to get started juicing today!**

## **What's next?**

Depending on your goals... weight loss, detox, increased energy you are ready to add to your arsenal of delicious juice recipes.

Now it is time to incorporate other fruits and vegetables into your daily juicing routine.

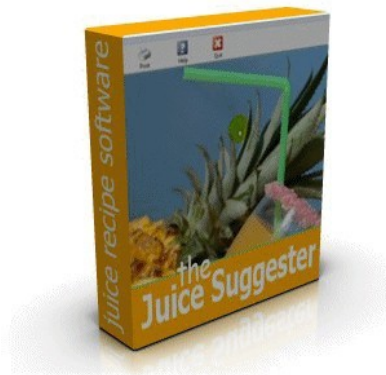
You will want to experiment with dark green, and other vegetables that are packed with different vitamins and minerals.

- Kale
- Red and Green Cabbage
- Chards
- Radish
- Spinach

These dark leafy greens give you the additional minerals that your body needs for maximum health.

If you want more variety and are looking to take your juicing to the next level, the new, easy to use [Juice Suggester](#) will get you there. This one-of-a-kind juice recipe software uses **over 40 different fruits and vegetables**.

## THE EASY TO JUICE "JUICE SUGGESTER"



There are over [100 delicious healthy juice recipes](#) giving you the variety and capacity to meet your health goals. With the "[Juice Suggester](#)" you will be able to quickly find new recipe ideas just by punching in the available ingredients in your refrigerator.

[Click here to see a video demonstration of the "Juice Suggester" in action](#)



# Beyond The Basics

After you get a little practice with juicing and experiment with a few new ingredients you will most likely feel better. Juicing is a powerful way to meet certain health goals.

Are you trying to lose weight? Detoxify your body? If so here are a few resources to help you get there as quickly as possible.

## **Juice Fasting**

This is a tried and true method of not only losing weight rapidly but also boosting energy and eliminating toxins from the body at the same time.

[The Lemonade Diet](#)

## **Raw Food Diet**

Many people who get into juicing and juice fasting enjoy the benefits so much they completely replace their current diets. For some a raw food diet is the perfect compliment to their healthier lifestyles.

Studies have shown that many people have recovered from severe illness and health conditions by switching to a raw food diet.

[Raw Food Secrets](#)

[Raw Food Recipe Books](#)

[Lazy Raw Foodist](#)

[How To Do The Raw Food Diet With Joy](#)



Juicing is a fantastic  
addition to  
achieving a balanced diet.  
Enjoy!