

# The Benefits of Juicing

<http://www.living-foods.com/articles/benefits.html>

In Seattle, Washington or in trendy Southern California, on any given evening you can find men and women, still dressed in their business attire, sitting at a bar, unwinding after a long day's work. They place their orders, with choices ranging from straight carrot juice to combinations of all sorts of fruits and vegetables: wheat grass, kale, dandelion, cucumber, cabbage, celery, beet, lettuce, parsley, mango, papaya, pineapple, watermelon, cranberry, grapefruit, and apple. Juicing, meet the baby boomers. Welcome to yuppie-dom. Say hello to the mainstream. "Can I get you a papaya, mango cooler?"

Once confined to the fringes, to earthy-smelling health food stores, to wooden-floored co-ops, to the infrequent vegetarian restaurant, juicing and fresh juice have finally stepped out into the open. Rather than having to search for freshly-juiced fruit and vegetables in specialty stores, today in San Diego, California, you can have fresh carrot juice delivered to your door every morning. And in many grocery stores across the country, you can now buy pints, quarts, and half gallons of fresh-squeezed orange juice or recently-pulped carrot juice.

Thousands of other people are juicing fruits and vegetables themselves. With an investment of few hundred dollars, anyone can set up their own in-home juice bar. Then, with a little patience, time and perseverance, it's possible to make fresh juice a regular part of your daily diet.

The trend couldn't come at a better time. Recently, the **National Cancer Institute** began a campaign to get people to do one simple thing - **EAT MORE FRUITS AND VEGETABLES**. Specifically, the recommendation was to eat **five servings of fruit and three servings of vegetables a day**, and their reasoning was simple: a diet high in fruits and vegetables will prevent or cure a wide range of ailments.

Breast cancer, cancer of the colon, esophagus, stomach, lungs, ovaries, and rectum - pick and ailment these days, it seems, and researchers somewhere are searching for chemicals in plants that will prevent them, or offer a cure. These plant chemicals, known as phytochemicals, are the cutting edge of nutritional research because they hold the keys to preventing some of our most deadly diseases, such as cancer and heart disease, as well as some of our most common, like asthma, arthritis, and allergies.

In some ways, this isn't news. For years, epidemiological studies that compare disease states and diet in large populations of people have already been bearing out the value of a diet high in fruits and vegetables. Such studies, which have been done in Africa, China, the Mediterranean, Russia, and elsewhere have shown that in cultures where the diet consists of fruits and vegetables, making it high in both carbohydrates and fiber, a number of diseases that afflict North Americans simply don't exist. For example, during more than 30 years of study, British researchers working in Africa didn't find a single case of such common ailments as diverticulitis, hernia, cancer of the colon, or cancer of the prostate. The only reason that they could attribute to the lack of these diseases: differences in diet.

But these studies (more than 150 have been done in the last decade) don't really prove that it is diet that makes the health difference. There are simply too many other factors that may influence health

to make the studies conclusive. Is, for example, the lack of disease because of the subjects diet or, instead, is it because they live in a relatively unpolluted environment? If it is diet, which part of their diet, specifically, is making the difference?

There are the questions that led researchers at the National Cancer Institute, at the department of Agriculture, and elsewhere, to begin looking for specific substances in foods that could be providing protection against disease. In the process, they have found quite a few.

A tomato, along with vitamin C, vitamin A, and several minerals, also has 10,000 other chemicals in it, most which researchers are trying to isolate, identify, and study.

The phytochemicals that researchers have uncovered are changing the way we think about food, especially fruits and vegetables. For example, broccoli contains a substance that may prevent - even cure - breast cancer. Citrus fruits have substances that make it easier for your body to remove carcinogens, thus decreasing the chance of contracting cancer. Grapes contain a phytochemical that appears to protect each cell's DNA from damage. Similarly, a number of green vegetables contain phytochemicals that appear to offer protection against cancer-causing substances. The list goes on and on: bok choy, broccoli, Brussel sprouts, cabbage, cauliflower, carrots, collards, kale, kohlrabi, mustard greens, rutabaga, turnip greens, red beets, peppers, garlic, onions, leeks, and chives are but a few of the vegetables that appear to have cancer-preventing phytochemicals.

The problem, though, is that most of us don't eat enough fruits and vegetables to reap the benefits they offer. For example, although the National Cancer Institute recommends five servings of vegetables and three of fruits each day, the truth is this: The average American eats only 1 1/2 servings of vegetables and, on average, no fruit on any given day.

Maybe the business men and women who frequent trendy juice bars, the company that delivers carrot juice, and the grocery stores that are beginning to carry fresh fruits and vegetable juices are on to something. Possibly, juicing could provide the answer to fixing our fruit and vegetable deficient diets.

Really, it isn't a new idea. If you study the traditions of most juicing programs, you discover that the vegetables being studied at various facilities around the country are often the same vegetables that have been juiced for years. Collard greens, kale, kohlrabi, mustard greens, rutabaga, peppers, carrots, and cabbage are not only vegetables being studied for their phytochemical content, they are also the vegetables that are most commonly juiced. Not only are researchers looking into the cancer-prevention capabilities of citrus fruits, grapes, and apples, these are also the fruits that we most often associate with fruit juicing.

All of this raises the question, what else is there in the wisdom of juice therapy that, up until now, have traditional nutritional research overlooked or ignored? For example, juice programs often tout the value of adding chlorophyll to your daily diet. Chlorophyll, a substance found exclusively in plants, has a structure similar to hemoglobin, the substance in blood that is responsible for transporting oxygen. During the 1940s, researchers found that consuming chlorophyll enhances the body's ability to produce hemoglobin, thus improving the efficiency of oxygen transport. Since the 1940s, however, there has been little research into the value of chlorophyll.

Or, for another example, consider fresh juice's ability to deliver another important group of nutrients, known as enzymes. **Enzymes are your body's work force.** Acting as catalysts in hundreds of thousands of chemical reactions that take place throughout the body, **enzymes are essential for digestion and absorption of food, for conversion of food stuffs into body tissue, and for the production of energy at the cellular level. In fact, enzymes are critical for most of the metabolic activities taking place in your body every second of every day.**

Fresh juices are a tremendous source of enzymes. In fact, the "freshness" of juice is one of their key features, because enzymes are destroyed by heat. When you eat cooked foods, whether its meal, grains, fruits, or vegetables, if the food is cooked at temperatures above 114 degrees, the enzymes have been destroyed by the heat. Since fruits and vegetables are juiced raw, the enzymes are still viable when you drink the juice.

Coincidentally, many of the phytochemicals that nutritional researchers are focusing their attention on are either enzymes, or more often, they are substances that help build or activate enzymes that play essential roles in protecting cells from damage.

In addition, fruit and vegetable juices are good sources of the traditional nutrients. Citrus fruits (grapefruit, oranges, etc.) provide healthy portions of vitamin C. Carrot juice contains large quantities of vitamin A, in the form of beta carotene. A number of green juices are a good source of vitamin E. Fruit juices are a good source of essential minerals like iron, copper, potassium, sodium, iodine, and magnesium, which are bound by the plant in a form that is most easily assimilated during digestion.

Plus, since juicing removes the indigestible fiber, these nutrients are available to the body in much larger quantities than if the piece of fruit or vegetable was eaten whole. For example, because many of the nutrients are trapped in the fiber, when you eat a raw carrot, you are only able to assimilate about 1% of the available beta carotene. When a carrot is juiced, removing the fiber, nearly 100% of the beta carotene can be assimilated.

Finally, fruits and vegetables provide one more substance that is absolutely essential for good health - water. **More than 65% of most of the cells in the human body are made of water, and in some tissues, for example the brain, the cells can be made up of as much as 80% water. Water is absolutely essential for good health, yet most people don't consume enough water each day.** Plus, many of the fluids we do drink, coffee, tea, soft drinks, alcoholic beverages and artificially flavored drinks each contain substances that require extra water for your body to eliminate. Fruit and vegetable juices are free of these unneeded substances and are full of pure, clean water.

The remaining question is how far will the trend go? So far, the National Cancer Institute's attempts to promote the health benefits for fruits and vegetables have only affected a relatively small segment of society. But, as more and more is written about the long-term health benefits of fruits and vegetables, as increasing numbers of people learn about the possibility of preventing and curing cancer, heart disease, arthritis, and a host of other diseases by making dietary changes, the fruit and vegetables trend and the popularity of juicing will continue to grow. Who knows, maybe someday it will be hard to find a seat during happy hour at your local juice bar.

# **Juicing for Weight Loss, Increased Energy and Vitality**

by Amy Opitz

<http://www.suite101.com/content/health-benefits-of-juicing-a135001>

Most of us have seen the 30-minute long infomercials for commercial juicers, and let's face it, some of them come with pretty hefty price tags. The question is, when juice can be purchased at the local grocery store for a fraction of the cost of a juicer, is the cost of a juicer justifiable? Absolutely!

There are many reasons canned and bottled juice from the supermarket is far inferior to freshly-juiced fruits and vegetables. First, **commercial juice is pasteurized**, which means that it is heated. **This heating kills all of the vital enzymes that are essential to health and life.** Have you ever heard the saying, **"Live food, live body; dead food, dead body"?** Raw fruits and vegetables contain living enzymes, as well as essential vitamins that get destroyed through the pasteurization process. So while you think you are getting the health benefits of the fruits and vegetables from the juice, usually you are just getting sugar, liquid hydration and empty calories.

Many times this bottled and canned juice will also contain sweeteners, like sugar, corn syrup and sometimes artificial chemical sweeteners. Many juices only contain a small amount of juice, or in some cases, no juice at all! Other juices have artificial colors that have been known to cause cancer in laboratory animals, and certain ingredients that are difficult to even pronounce. When you juice fresh fruits and vegetables you are getting no artificial ingredients, no chemical sweeteners, and you can bet you actually are getting juice.

## **What Can Juicing Do For You?**

**Fruits and vegetables are a wonderful source of countless vitamins, minerals, live enzymes and phytochemicals, which have been shown to fight cancer.** Juicing is an excellent way to add fruits and vegetables to your diet. As juice contains the entire fruit or vegetable, with the exception of the fiber, it contains all the life-giving parts of the plant. Because you are juicing raw fruits and vegetables all the nutrients remain intact, and you are getting the full health benefits of the plants.

Another important health benefit of juicing is that it is in a form that is easy for the body to digest and absorb. This is important for two reasons: **1) it takes the workload off the body, so it doesn't have to work so hard at digesting, and 2) you feel the results of the juicing almost immediately.** People who juice nearly always report a boost of energy that lasts much longer than a cup of coffee, and is much healthier.

The health benefits of juicing are countless. Juices made from green vegetables, such as spinach, cabbage, broccoli, wheat grass and kale are rich in chlorophyll, which helps to build red blood cells, aid in purification of the blood, and to detoxify and heal the body.

The juice of cucumbers contains silica, which is essential for healthy skin and hair, and also strengthens connective tissue. It is important when juicing cucumbers to leave the peel intact, as the majority of silica is found in the peel. Be sure to wash thoroughly before juicing.

Orange fruits and vegetables like carrots, squash, mango and papaya are sky-high in beta-carotene, which is a known cancer fighter, and it's good for your heart. Just a half a cup of carrots contains 12 mg of beta-carotene, which is twice the amount needed to get its heart-healthy benefits.

Cranberries have been proven to clean out infections in the bladder. Mixed with the sweeter fruit of an apple or watermelon, they are delicious and healthy.

The juice of carrot, apple and wheatgrass works very effectively to quell the symptoms of constipation and promote regularity.

### **Juicing is Great For Kids**

Juicing is perfect for children who may be finicky when it comes to eating their vegetables. Stronger vegetable flavors such as cabbage or broccoli are easily disguised by adding the sweetness of an apple. Suddenly the veggies that were once looked upon with much disdain are now gulped down greedily by kids who have no idea they are drinking something healthy. They just know it's sweet and delicious.

Juicing is also perfect for the elderly population, who may have trouble chewing the hard vegetables, or have difficulty with proper digestion. It's a way to add numerous fruits and vegetables in one convenient and tasty drink.

### **Juicing For Weight Loss**

Juicing also aids in weight loss, as it combats the craving for sweets and helps you to feel full. After eating a small meal try drinking a glass of freshly-juiced vegetables and fruits to enjoy the health benefits of juicing, and to help fill you up.

The health benefits of juicing are countless. Juicing nourishes the body with vital life-giving live enzymes, vitamins, minerals and phytonutrients that have not been destroyed by the pasteurization process of commercial juices. Juicing is a quick, easy way to get the nutrients your body needs, and best of all you have the peace of mind knowing that you are giving you and your family what the body needs to ensure good health and vitality for years to come.

## **Health Benefits of Juicing <http://www.bestofjuicing.com/>**

If you are looking for an easy and effective way to do something good for you body, consider the health benefits of juicing. Juicing is preparing and drinking fruit and vegetable juices, and the many health benefits of juicing far exceed those of eating solid fruits and vegetables.

For one thing, the body can quickly absorb larger amounts of nutrients from juices than from solid foods because the process of digestion that is necessary when you eat whole foods is bypassed. Raw fruits and vegetables contain many substances that enhance health, and juicing benefits the body by providing the most concentrated and readily absorbed source of these substances.

Another one of the major health benefits of juicing is that it is an easy way to get beneficial enzymes, which are primarily found in raw foods, into the body. **Enzymes in fresh fruits and vegetables have the vital role of converting food into body tissue and energy.** Enzymes are also involved in

metabolism, so one of the more valuable health benefits of juicing is that it can increase metabolic rate. Juicing also ensures that the body is getting sufficient amounts of phytochemicals, substances in plants that are considered among the most powerful ways to fight disease. While most people do not eat enough raw fruits and vegetables to obtain the amount of phytochemicals that would make a difference, it is relatively easy to drink enough juice to obtain sufficient amounts of these powerful nutrients. In addition, antioxidants and other immune enhancing properties are concentrated in juices.

Juicing can therefore help to accelerate recovery from illness. In fact, juicing with specific combinations of fruits or vegetables can target particular conditions and improve or alleviate symptoms.

## **There are many health benefits of juicing**

[http://www.juice-detox.com/benefit\\_of\\_juicing.html](http://www.juice-detox.com/benefit_of_juicing.html)

### ***Massive Amounts of Nutrients***

Juicing is a way to take in massive amounts of nutrients – far more than if we simply ate these foods. How long would it take to eat a bag of apples? Juicing them would produce 3 or 4 drinks and take only minutes to consume.

### ***Rapid Assimilation of Nutrients***

The juicing process breaks down the fruit and vegetables into an easily digestible state. Your system can assimilate the nutrients far more quickly than when consuming solid food and requires little energy to process them. Because of this highly digestible state, our bodies can also utilise more of the nutrients present.

### ***Increased Metabolic Rate***

Enzymes are contained in raw foods, and are responsible for the digestion and absorption of food into your body. They convert foods into body tissues and are an important producer of energy levels. Without enzymes, our metabolism cannot function at its maximum rate.

### ***Protection against Disease***

Plant chemicals, known as phytochemicals are at the cutting edge of nutritional research because they hold the key to preventing some of our most deadly diseases, such as cancer and heart disease, as well as some of our most common, such as asthma, arthritis and allergies.

The problem with phytochemicals is that most of us cannot eat enough to reap the benefits they offer. However, juicing is a way to overcome this problem. Massive amounts of fruit and vegetables can be reduced to a few glasses and are easily consumed.

### ***Greatly Improved Immune System***

Fewer Coughs and Colds. A healthy body can fight germs and viruses.

## **Healing**

Juicing aids recovery and helps build up the nutrients lost during an illness. Certain fruits and vegetables, or combinations of these, have been found to be beneficial for particular conditions eg a combination of carrots, beetroot and cucumber is very helpful for arthritis, digestion and colds. More and more research is being conducted into healing foods, which has a long pre-medical history of helping people with what ails them.

## **Helps Depression**

Feeling depressed is not just a psychological condition. Very often that sense of purposelessness, emptiness, feelings of worthlessness and guilt, come from a bio-chemical imbalance in the body. A deficiency in magnesium, potassium, iron, calcium or folic acid can contribute to depression. Juicing can provide the necessary nutrients.

## **Anti-Aging**

Fruit and vegetables contain antioxidants – nature's secret weapon against ageing. They combat the free radicals and the damage they cause when they attack cells. Free radical damage contributes to wrinkles, sagging skin, loss of muscle tone, age spots and the onset of age-related diseases.

## **Low Cost, Easy and Versatile**

Fruit and vegetables are readily available and are cheap if you buy in season. With the number of different flavour combinations that can be concocted, the taste can vary each time, defeating boredom. Save money by not buying any special products either.

## **More Effective Than Drugs**

No special products necessary, just natural fruits and vegetables, and no unwanted or dangerous side effects from drugs.