



The Health Benefits of Juicing

During the past few weeks, we have been talking about ideas to detox your body for spring time rejuvenation. In the first part of the two-part series, I mentioned juicing and the amazing benefits it provides. I decided to go into a bit more detail on this to provide a final level of encouragement that will not only help you to feel better but provide even greater levels of health and wellbeing.

Now I don't encourage only consuming fresh juice unless you've decided to do a juice fast. Fasting while taking in fresh juices is preferable in my opinion to water fasting. It gives your digestive system a rest from digesting heavier foods while still providing nourishment to your cells. Having some fresh juice in addition to a diet of a variety of whole foods, is a sound practice for ongoing health and vitality.

By taking in a simple and fresh combination of fruit and vegetable juices, the nutrients are absorbed right into the blood stream and enter every cell of your body enabling each cell to release any toxins or unwanted debris. This is why juicing is a critical part of a spring detox regimen.

If you have ever tasted fresh fruit and vegetable juices, you know that it is far more tasty and exhilarating than standard bottled juices. The reason is that fresh juice has not been pasteurized, which is required to kill potential pathogens that may become present in the bottling and shipping process of store-bought juice. Fresh juice not only tastes great, but according to Dr. Andrew Weil, studies have shown a link of dietary intake of juice to lower levels of inflammation and a lower risk of heart disease. Levels of some antioxidants, like beta-carotene from carrots, have been shown to be dramatically higher in the juice of the vegetable over eating the whole food either cooked or raw. By having fresh juice, you are including not only more vitamins, nutrients and antioxidants, but the juice is rich with live enzymes that many believe help you to digest and assimilate these nutrients.

Juicing is a simple way to get your recommended requirement of fruits and veggies in a given day, especially if you think it may be tricky to meet those requirements. Juicing is simple to do with the right equipment. Please visit my web site at www.janetmckee.com to view a selection of recommended juicers. Then choose a selection of fruits and vegetables that you feel may complement each other to create a great tasting juice. I love to juice green leafy vegetables along with some sweeter tasting items such as carrots, beets, apples and citrus. By juicing greens, you help to alkalize your blood which many believe will help to prevent illness and keep your bones strong. Adding celery and cucumber helps to give the juice a lighter and more refreshing taste. Please see juicing inspiration ideas in my recipe book, "Fabulous Recipes for Vibrant Health".

Additional benefits of juicing include but are not limited to:

- Greater levels of health and vitality
- Improved skin tone
- Reduced blood pressure
- Help to fight cancer and other illness with greater levels of antioxidants
- Some juices have been found to increase stamina amongst athletes because of a reduced need for oxygen uptake
- Alkalize your blood to prevent illness and mineral loss from your bones

Please see my weekly video on my youtube channel for a demonstration on how to juice. (give a link here?????)
So, do yourself and your health a favor and enjoy some fresh juice today!