

Juicing for Health

The Benefits

Benefits of raw juicing include better intake of essential nutrients, cleansing and detoxification, and liver support. Juicing with raw fruits will cleanse the digestive tract and juicing with raw vegetables will rebuild. The juice should be consumed immediately to retain the nutrients and enzymes.

Juicing Machines

Where ease of cleaning is concerned not all juicing machines are created equal. To avoid a situation where a machine sits in the cupboard unused because it takes too long to clean, do some research to find which machines are easiest to clean. You should be able to clean a good-quality juicing machine in five minutes. Another point to consider is that less expensive machines must operate at a higher speed to extract the juice and the heat produced by the higher speed may damage some of the nutrients in the vegetables and fruits.

Recipe Combinations

1. Carrot juice. Wash four or five carrots and juice.
2. Celery, carrots and apple. For those who like a little sweetness in their juice, wash and juice two stalks of celery, three carrots, and one apple. The seeds and the peel of the apple do not need to be removed.
3. Celery, carrots and cabbage.
4. Carrots, celery, beets and pear.
5. If you're adventurous try adding dandelion leaves, seedless grapes, fresh ginger, or peppers for a different taste.