

## WHY JUICING IS GOOD FOR YOUR HEALTH

The body comprises of millions of microscopic cells. These cells make up all the tissues, liquids and the bones of our miraculous bodies which are full of life energy. To be healthy we must nourish these cells. Nothing works well if it is starved and although the body is very tolerant of bad behaviour, ultimately it will breakdown. It does send us warning messages when it is reaching its limit of tolerance - we may become tired and fatigued. We may develop headaches, pains or other illnesses.

These problems arise directly from the state and environment of our cells. For example if we have neglected to feed and nourish these cells and at the same time failed to cleanse the body of accumulated waste we are more likely to become unwell. We may not have starved our cells but we may have poisoned them with accumulated waste. What do we need to do to protect us from these illnesses and live with optimum health?

Most importantly we must take care of our little cells by providing them with live, vital nourishment. This nourishment must be readily available to the cells. To this end it is recommended that every day we eat sufficient amounts of live raw food to care for the cells and tissues in our system. Fresh raw vegetable juices are the very best, quickest and easiest means of providing the nourishment our body needs. If we can drink one or two large glasses full of these juices each day we will quickly enjoy the benefits and our health will improve.

Vegetables juices are known as the builders of the body. Fruit juices are the cleansers. Fruit juicing are good but do not provide the same constructive effect on the system that vegetable juices can. Ready prepared juices do not work in the same way because they have lost their vital energy in the processing, packaging and storage. Freshly juiced RAW vegetables and fruit are without doubt the best. Organically grown are of course the most beneficial because they are mainly free from artificially fertilisers and pesticides.

I recommend the following recipes but you need to experiment with the quantities of each ingredient. It is important that you enjoy your juices so you continue to make them every day. They will boost your energy levels while enhancing your sense of wellbeing.

### **Rich in Iron Juice - A Tonic in a Glass**

2 apples unpeeled, with core retained and quartered  
1 small beetroot unpeeled plus leaves  
1 medium cucumber  
Large handful of spinach leaves  
Large handful of watercress

This juice is rich in Iron, Vitamin C, folic acid, and beta-carotene. The vitamin C helps with iron absorption.

### **Energy in a Glass - For those Busy Days**

- 6 large spinach leaves
- 3 medium carrots, unpeeled
- 1 apple, unpeeled, with core retained and quartered
- 1 medium beetroot, unpeeled, with leaves

This juice is rich in Carotenes, Vitamin C, Potassium and the B vitamins. All good for brain power but also slows down skin aging and the B vitamins support the nervous system.

### **Morning Booster - Get the Energy you Need**

- 4 medium carrots, unpeeled
- 1 apple, unpeeled, with core retained and quartered
- 1 kiwi fruit, peeled
- 1 handful of parsley with stems

This juice gives you that extra kick at the start of your day, rich in the antioxidant vitamins A, C and E plus the B vitamins and potassium. Excellent if you suffer from fluid retention. This juice will provide energy while enhancing the condition of the skin.

### **Cleansing and Delicious**

- 12 grapes Black or White
- 4 pears unpeeled
- 2 apples, unpeeled, with core retained and quartered
- 2 slices of pineapple

This juice tastes and smells delicious and is packed with soluble fibre and natural healing enzymes. Aids digestion and provides energy.

### **Join the Wide Awake Club**

- 2 passion-fruit flesh and seeds scooped out
- 1 mango peeled and stoned
- 1 scoop of SynerProtein
- 10 oz of filtered water

Juice the mango and passion-fruit, then blend with the SynerProtein and water. This juice contains, protein, calcium, potassium and the antioxidant vitamins A and C. A great way to start your day.

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