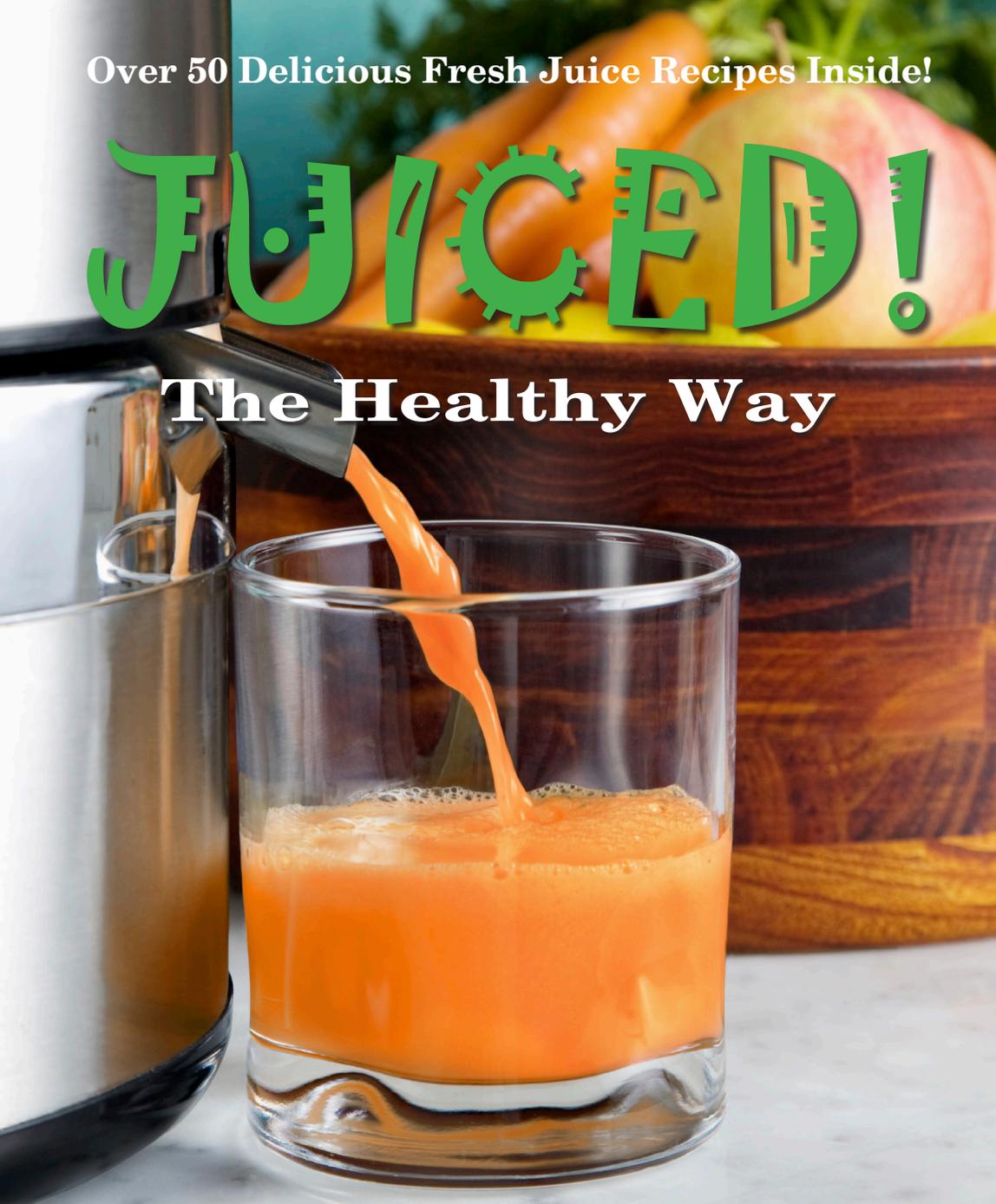


Over 50 Delicious Fresh Juice Recipes Inside!

# JUICED!

The Healthy Way



BY KEVIN & ANNMARIE GIANNI



# Table of Contents

<b>Chapter 1</b>	
What's In A Juice? .....	3
<b>Chapter 2</b>	
Why Juicing Is Awesome For You! .....	5
<b>Chapter 3</b>	
Now, What To Juice? .....	9
<b>Chapter 4</b>	
Start Juicing Now! .....	11
<b>Chapter 5</b>	
Get The Goods and The Greens .....	17
<b>Chapter 6</b>	
How To Make Great Tasting Juices On Your Own .....	25
<b>Chapter 7</b>	
Green and Vegetable Juice Recipes .....	31
<b>Chapter 8</b>	
Fruit Juice Recipes .....	35
<b>Chapter 9</b>	
Juice Infusion Recipes .....	37
<b>Chapter 10</b>	
Juicing Q & A .....	41
<b>Chapter 11</b>	
References .....	47



# CHAPTER 1

## What's In A Juice?

How about a tall glass of juice to start your day? I'm sure you've heard that juice can be a very healthy way to get your vitamins, right? So, what kind would you like? Spinach? Kale? How about Kale Apple? Were you expecting me to offer something different? Maybe something from an orange carton?

Most juice you buy from the store is heat pasteurized. There are food safety laws that make this necessary. Sugars and preservatives are often added -- and by the time the juice gets to you, you'd be lucky if there was any nutrition left at all. Even when preservatives are not added to commercial juices, vital enzymes that are needed for your body to digest and absorb the juice have been lost. These kinds of juices spike blood sugar, create an acidic condition in your blood and help illness proliferate. That's not the kind of juice I'm talking about.



# I'm talking about fresh, raw, organic juice. If you're going to drink juice, this is the kind you want to drink.

Simply put, juice is the liquid and about 90% of the nutrients from a fruit or vegetable. When made fresh and kept raw those nutrients stay intact. And, more enzymes, which help you digest your food, are saved.

When you make juice you extract only the liquid nutrition from the vegetable or fruit and eliminate the fiber. Fiber or pulp is indigestible, so without it in the way, the vitamins and minerals go straight to feed your cells.

When you drink raw juice, you're getting one of the most easily absorbable forms of nourishment. Your cells get fed right away. And, you set the tone for attaining optimal health.

## You Need as Many *Enzymes* as You Can Get

**Enzymes** are alive in all raw organic fruits and vegetables. But they begin to die with time, heat and stress. Drinking juice is a great way to take advantage of viable enzymes. "Enzymes are not simply catalysts that make digestion and all other metabolic processes work; they are living proteins that direct the life force into our basic biochemical and metabolic processes. Enzymes even help repair our DNA and RNA" (Rainbow Green Live - Food Cuisine, 112)



# CHAPTER 2

## Why Juicing Is Awesome For You!

What If I gave you an easy way to get fit? Or a way to shed some weight and keep it off?

You'd jump at the chance to feel this great, wouldn't you? I would!



Most people would love to find some magic pill to make all this come true. And, for good reasons. So much of the American population is either severely overweight <sup>(1)</sup> or suffering from allergies, chronic illness, or irreversible diseases. As a whole, we are begging for better health.

And, when a solution can be whipped up in minutes, and prove quick results without breaking the bank – someone's got to speak up.

If you really want to take control of your health, and begin feeling better right away -- you only need to go as far as your local grocery store. Or better yet – your farmer's market.

All the colors that fill your produce department represent vitamins, minerals and nutrients for life. These are the components that build your body's systems and allow them to function optimally. What's more, these same nutrients, in raw form, have the power to push out the poisons that keep us sick and overweight. <sup>(2)</sup>

When we make juice from these fresh fruits and vegetables, some pretty amazing things happen.

Raw juices are an extremely easy way to begin tackling weight and illness problems. When we break a vegetable or fruit down to its pure liquid form and remove the fiber we get the plant's most easily absorbable nutrition and healing power.

Juicing requires no expensive equipment or training, and can literally save lives. Dr. Max Gerson knew this to be true decades ago when he began helping patients recover from advanced cancers by drinking specific combinations of juice throughout the day. <sup>(3)</sup> His methods are still being used. Dr. Ann Wigmore, known as the founder of the raw food movement, introduced us to the healing power of wheatgrass juice over 50 years ago.

## I'm talking about homemade juice here.

The juice you get from running your fresh fruit, vegetables and grasses through your home juicer or blender (yep, don't worry if you don't have a juicer. Juice can also be made in a blender and strained), is far superior to store-bought, pasteurized juices.

Homemade juice is alive with energy – living enzymes, phytonutrients, and an abundance of vitamins and minerals. Most importantly, raw juice has an alkaline pH. The more alkaline foods you eat and drink, the more alkaline your blood will become. <sup>(5)</sup>

Typical diets of predominantly processed, sugared foods and animal products create an acidic blood environment. Diseases thrive in acidic blood. People often remain overweight due to excess toxic build-up from this way of eating.

So, why should you juice today? What benefits does juicing have in our overly ill society, and how can we fit this into our lifestyles?

## Juicing for Weight Loss

I'm sure that you know several people who are overweight or even obese, don't you? Obesity is a growing issue that leads to further health problems and, it can definitely be stopped right in its tracks when we begin to include juice in our diets.

Juice fasting is beneficial for weight loss because your liver, your prime detoxification organ, is also your prime fat burning organ. So when you detoxify your body, you are freeing up your liver's resources to burn fat. However, when your body is overwhelmed with the need to detoxify itself, which is common these days, your liver will have a difficult time getting around to burning fat. <sup>(6)</sup>

Here's even better news... you don't even have to juice fast to get some of the great weight loss benefits. You just have to start with one juice a day and see where that takes you!

When we eat and drink empty calories and chemical-laden foods we can hold weight in the form of toxic byproducts from these foods. Soon, because of the toll this takes on us --our bodies will have a hard time assimilating nutrients from anything we eat. Juice offers a huge relief on the system. It allows us to slow down, enjoy a massive amount of predigested nutrition, and begin to flush out the poisons that literally "weigh" us down.

**As we release toxins, we begin fill our nutritional deficiencies and shed weight too.** <sup>(7)</sup>

Depending on your body type and desires you may benefit from a juice feast, (consuming an abundance of juice, and nothing else), juice fast (fasting on smaller amounts of juice), or simply by gradually adding juice to your daily routine. They have all proven to be very helpful in weight loss. <sup>(8)</sup>

## **Juicing for Detox**

If you've got stress and cravings for sweet and salty packaged snacks, chances are you have a toxicity problem and can really benefit from a dietary detox. In fact, anyone experiencing chronic pain, infections, low energy, mind fog, depression or severe illness will greatly benefit from juicing for detox.

That same stuff that sticks to our systems and causes weight gain will also contribute to painful conditions like arthritis, fibromyalgia, fatigue, diabetes and so much more.

According to Dr, Gary Null and Barbara Seaman, “ Juice fasting gives the digestive system a rest and speeds up the growth of new cells, which promotes healing.” <sup>(9)</sup>

Dr. Gabriel Cousens, one of the leading experts on detoxification with juicing has shared with me on this subject in several interviews. He points out that so much of our toxicity is caught up in our bowels, (due to overeating, poor digestion and the accumulation of pathogens in the gut), but a mere six days of juicing can reduce this so much so that people will begin to feel clear minded and energized. <sup>(10)</sup>

Dr Cousens goes on to note that: In 1917, medical researchers, Satterlee and Eldridge, presented 518 cases to the AMA which showed that by treating a patient's bowel toxicity, there was an alleviation of the following symptoms: mental sluggishness, dullness, stupidity, loss of concentration, memory, and mental coordination, irritability, lack of confidence, excessive worry, exaggerated introspection, hypochondriasis, phobias, depression, melancholy, obsessions, delusions, hallucinations, suicidal tendencies, delirium, stupor, and senility. <sup>(11)</sup>

He considers juicing, particularly fasting with juice to be the best way to remedy this.

So, what's an extra 10 minutes in the kitchen, when the benefits are so astounding? Sure, you may need to spend a few extra bucks on produce, but think of all the money and time that you won't be spending on medical bills and pills when you're older (or even now).

## Juicing For Recovery

The detox benefits of juicing have awarded tons of people second chances at life. Brenda Cobb undid her breast and cervical cancers with a diet that included daily wheatgrass juices. She now runs the Living Foods Institute in Atlanta, where others go to enjoy the same amazing results. <sup>(12)</sup>

Luckily, science has pinpointed some key factors in juices that give them their anti-cancer properties. Broccoli juice (and juices of other cruciferous vegetables like kale, cabbage and collards) has proven extremely beneficial in cancer recovery. <sup>(13)</sup>

# CHAPTER 3

## Now, What To Juice?

Want to know what you can juice to start feeling better? Here are some ideas:

### Carrot Juice:

High in the antioxidant beta-carotene and full of wonder enzymes. <sup>(9)</sup>



### Celery Juice:

High In Sodium -- not the artificial type poured from the salt shaker, which is bad for you, but the good, natural kind that promotes tissue flexibility. <sup>(9)</sup>



### Beet Juice:

Beets nourish the liver, one of the most important organs in the body, with hundreds of different functions. If your liver is functioning well, most likely everything else in your body will be too. <sup>(9)</sup>



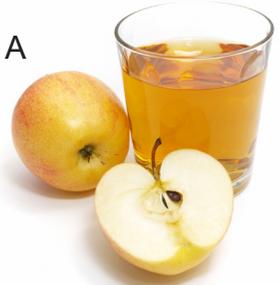
### Cabbage Juice:

Cabbage juice is high in vitamin C. <sup>(9)</sup>



### Apple Juice:

Apples are high in antioxidants, vitamins A and C, and potassium. Apple juice is great for aiding in a liver flush and has anti-carcinogenic properties. <sup>(16)</sup>



### Kale Juice:

Kale juice is one of the most powerful cancer fighting juices.



### Spinach Juice:

Spinach juice is loaded with iron, chlorophyll, and carotene, and is used to fight cancer.

(Murray, 174)



### Wheatgrass Juice:

Wheatgrass juice is abundant in chlorophyll and antioxidants. It's also very detoxing.

(Murray, 192)

You can combine these juices together and with other fruits and vegetables in order to get specific results. <sup>(9)</sup>



It's important to remember that there are likely as many healthy combos of raw juice as there are reasons to drink it. So, you've definitely got options for taste. And, I think its safe to say that the greener the juice, the more beneficial it is – especially when we're dealing with a toxic digestive system.

<sup>(14)</sup>

# CHAPTER 4

## Start Juicing Now!

What better time could there be than now to start feeling the immediate results of making your own juice? All you need to do is get a few basic supplies and stock up on the fruits and vegetables that you plan to add.

If you've never juiced before, and you don't eat a diet high in raw vegan foods, you will probably want to begin very slowly. As I've said, juicing is very detoxifying. Sure, this is a great thing. But there is also such a thing as detoxing too quickly – which will cause you discomfort.

The good news for beginners is that if you own a regular household blender and a strainer or nut milk bag, you can experience the awesomeness of juicing without buying another appliance!

### Get Your Equipment

You'll be surprised to know that there are plenty of juicers and blenders on the market to satisfy any budget. And yes, you CAN make juice in your blender. It's one of my favorite ways to juice because it makes less to clean up afterwards.

### Which Juicer is Right for You?



## Tribest Twin Gear Juicer

The Tribest Twin Gear juicer is our favorite machine. Not only can it juice all types of vegetables, but it also produces great juice that keeps many nutrients intact. The Twin Gear juicer also comes with attachments that will make nut butters, ice creams and pastas. It's an excellent machine.



**How does it work?** This machine presses the vegetables and fruits between two oppositely turning screws. This separates the juice from the fibers and releases them into a bowl or cup. This machine also has magnetically charged screws to help delay oxidation.

**Good For:** All juice-able fruits and vegetables.

**Not Good For:** Need to go slow with some of the harder vegetables.

**Overall:** Our favorite. An investment that will last.

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## Centrifugal Juicer

When we first started juicing, we purchased a Jack LaLanne juicer for just under \$100. We liked this juicer until it broke about six months later -- due to our daily use of the machine. I still recommend this juicer since it is relatively cheap and has a big intake so you don't have to chop everything into small bits.



**How does it work?** The centrifugal juicer works by spinning a blade that finely shreds the vegetable. The pulp and juice are spun out into a strainer sending the pulp out of the machine and the juice into your cup.

**Good For:** This type of juicer is great for hard vegetables and fruits like carrots, apples, cucumber, celery, beets and more.

**Not Good For:** It is not great for greens, but you can still juice them and get some benefit from them.

**Overall:** Great for beginners and not a big investment.

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## Screw Juicer

The screw juicer is like the twin gear except it only has one screw. It is a good machine and many of them come with different attachments that will make things like nut butters, ice creams and pastas. Some of these machines have two speeds, the slower of which can juice wheatgrass.



**How does it work?** This machine twists to take the vegetables and pushes them up against a smaller output causing pressure to extract the juice.

**Good For:** Greens, soft to medium hard vegetables, wheatgrass.

**Not Good For:** This machine tends to struggle when you put too many hard vegetables into it.

**Overall:** Good versatile machine, though if you have the money, the Twin Gear is a much better investment.

## Masticating Juicer

We've had a masticating type juicer before and did not like it much. We've found others work much better and are easier to use.



**How does it work?** It works by tearing the vegetables and fruits as you push them down the intake. Many masticating juicers come with more than one attachment, so you can make nut butters, ice creams and pastas. This makes them a bit more useful.

**Good For:** Ice creams.

**Not Good For:** Much else.

**Overall:** Don't get one.

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## Press Juicer

While I've never used a press juicer, I hear great things about them. The Norwalk Juicer is the gold standard of press juicers. These are very effective at keeping nutrients fresh that may be damaged while juicing with a centrifugal juicer or other machine.



**How does it work?** This juicer works by pressing the juice between steel plates. It's very powerful and very effective at getting the juice out of the vegetables.





# CHAPTER 5

## Get The Goods and The Greens

Now comes the fun part. You get to shop for and create your own juice combinations. Do you want to begin juicing for detox? Juicing for mental clarity? Or do you simply want to add more juices to your diet to achieve balance?

The produce you choose to juice will really depend on your personal needs as well as what's in season and available where you are.

**Here are some popular and ultra effective juicing ingredients:**

### Green Leaf Lettuces

Leafy green lettuces are an excellent addition to your juices. They are abundant in vitamins, minerals, and protein -- and are not offensive to the taste buds. The darker the green, the higher the mineral content, and the more intense the flavor of its juice.



If you want to reap the benefits of lettuce in your juice, but are skeptical of the taste, try juicing a combo of darker and lighter greens to balance out the flavor.

You can also use lettuce, like romaine to help balance out sharper tasting juices like ginger, fennel, garlic, and cilantro.

## Ginger

Ginger is a spicy root vegetable that can help add zest to your green juices. Sometimes adding ginger can flavor a juice well enough to eliminate temptations to add sweeter fruits. Of course, anything that you can do to reduce your sugar intake will help promote optimum health.



Ginger relaxes the intestinal tract so it is very good for reducing nausea, gas and bloating. Studies have even shown that ginger's anti-inflammatory and antioxidant properties have helped reduce symptoms in patients with rheumatoid arthritis. (Murray, 155-156)

## Garlic

Garlic is one of those tastes that you may have to work up to when it comes to adding it to your juice. But again, since juice is so readily available to your cells, you never really need to drink too much of it at once.



Garlic has been known to have antibacterial and anti-microbial effects, enhance your immune system, eliminate heavy metals, and help balance cholesterol levels, high blood pressure, heart disease, diabetes and candida.

Buy fresh plump garlic for juicing. To juice it, simply peel the white papery skin and run a clove or two through your favorite juicer.

(Murray 152)

## Fennel

Fennel, like ginger, adds a certain spicy quality to your juice and can be a good addition if you wish to keep your juices more vegetable-based. Fennel tastes like black licorice and has been known to have many medicinal properties.



Besides being a digestive aid and useful in the reduction of gas, just like ginger – fennel also contains phytoestrogens which is especially useful to women during menopause.

When juicing fennel, use both the stem and the bulb. It does have a very intense flavor. If you've never had fennel or fennel juice before, do a taste test to determine how much of it you want to drink or if you need to add it to other juices. (Murray, 150)

## Lemon and Limes

Lemons and Limes are a great way to sweeten your juice without raising blood sugar or feeding infections (yes, infections will feed on all of the sugars in your foods, even natural sugars).



Lemons and limes are very high in vitamin C and are great for assisting circulation and enhancing the skin. (Crocker, 100)

You can juice the entire lemon or lime including the rind for the most nutritional benefit. Of course, this will create a more bitter flavor. If adding these citrus fruits to your juice, you can balance out the bitterness by adding something mellow like cucumber.

## Cilantro

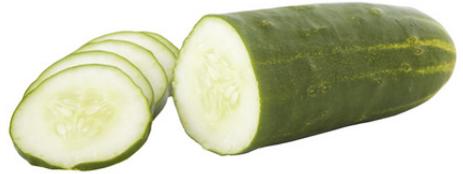
Cilantro has a fresh taste and also has metal chelating properties. This means that it can help your body detoxify from metals that may be stored from old dental amalgams or simply everyday life.



To best juice cilantro, you should use a twin ger or screw juicer, or simply blend in your blender, and strain. Other juicers will do the job, but won't yield as much juice.

## Cucumber

Cucumber is very mellow tasting and makes a great addition to most juices because it helps balance the taste of the more pungent tasting vegetables. Cucumbers are composed mostly of water and minerals like silica. This makes them especially hydrating and beneficial for gaining great skin.



You will want to juice the entire cucumber – skin, seeds and all, because most of the cucumber’s nutrition is stored in its skin.

(Murray, 106)

## Mint

Mint is very cooling and refreshing. You can add it to your juice to enhance the flavor and make your greens more palatable.



Juicing mint is much like cilantro and grasses. You want to use a very high quality juicer like the Twin Gear to get the most out of your juice. But, you can also just blend it and add it directly to your juices, or blend and strain it before adding it to other juices.

### Juice it All!

Whenever possible, juice your entire fruit or vegetable including seeds, skins, stems and rinds. The seeds and skins of produce often hold most of their nutritional power. This also makes it more beneficial to buy organic produce.



## Other Foods, Superfoods and Supplements to Add to Your Juices

Earlier, I mentioned superfoods and algae. These are ancient, whole, raw foods that have more recently appeared on the commercial supplement market. Generally, we call them superfoods because their nutritional profile far exceeds that of common foods like vegetables, fruits, nuts, seeds and grains. They also tend to be more absorbable, which means that your body will be able to more effectively use all of the nutrition that they contain.

Adding superfoods to your juices can help you fill cravings and keep you satisfied. This might be particularly helpful if you are deficient in some nutrients.

Here are some easy-to-find superfoods that you may want to add to your juices.

### Spirulina

Spirulina is an algae. It is also the world's oldest source of complete food - containing a high amount of complete proteins, vitamins, minerals and essential fatty acids. It has been known to aid in the healing of many illnesses including developmental problems in children. <sup>(23)</sup>

You can add spirulina to your juice in powder form. Then, shake or stir well.

### Chlorella

Chlorella is another form of algae that has been around for thousands of years. Because it is less cooling than spirulina it can be easier for people who live in cooler climates to absorb. Chlorella naturally cleans the water systems of toxic waste, and the same benefits are shared within your body when you add chlorella to your diet. It's a great detoxifier. <sup>(24)</sup>

Chlorella can be added to your juice just like spirulina. Some green formulas even combine the two algae.







# CHAPTER 6

## How To Make Great Tasting Juices on Your Own

The best way to make good tasting juices is to keep it simple. Starting with just one fruit or vegetable first will help you get acquainted with how these vegetables taste and your own personal likes.

Carrots and apples are the most popular and most recognizable flavors, plus they're also the tastiest.

To start on your juicing journey, my recommendation is to start with a handful of apples and juice them.

Once you've done that, try juicing just carrots next, which I think you'll find to be super-delicious and also very nutritious!

After this, you can get a little bolder and try adding cucumber or celery juice. Or maybe even lemon or ginger.

The more you become familiar with these vegetable juices and how they taste, the more you'll be able to make your own juices and experiment with your own personal tastes.

If you're not an experimenter, don't worry, we have a bunch of great recipes in this book for you.



## What About Wheatgrass?

Wheatgrass, literally the grass that grows from sprouted whole wheat berries is a mega nutrient-dense green that became popular because of the work of Dr. Ann Wigmore. She used it successfully in her battle against cancer in the 1970's. Before we knew of the benefits of algae and exotic superfoods, we had wheatgrass. And, it remains one of the most effective detoxifying and healing foods that we know of.

In Dr Ann's words: *"Wheatgrass juice is an effective healer because it contains chlorophyll, and vitamins A, B-complex, C, E, and K. Wheatgrass is extremely rich in protein, and contains 17 amino acids, the building blocks of protein."* <sup>(20)</sup>

It is said that Dr. Ann Wigmore first became intrigued at the use of grasses for healing after observing sick animals eating grass to cure themselves. When she learned that she had colon cancer, she was determined to heal herself naturally and began experimenting with eating the grasses around her own home. After a year, she was cancer-free and began to share her findings with the world.

Wheatgrass is mostly chlorophyll - about 70%. Chlorophyll has a very similar molecular structure to hemoglobin, the molecule which

### You Would Not Believe How Many Uses There Are For This Stuff!

**Studies have shown that wheatgrass can be used to:**

- Alleviate acne, eczema, and psoriasis
- Stop growth of bacterial infections
- Rebuild the blood stream
- Restore fertility in farm animals
- Refine and restore your tissues
- Neutralize toxins in the body
- Purify the liver
- Improve blood sugar problems
- Deodorize the body
- Get rid of parasites
- Eliminate toothaches and pull poison from the gums <sup>(22)</sup>

carries the oxygen in the human blood stream. Chlorophyll has been shown to help boost hemoglobin production and thus help the body carry more oxygen in the blood. Chlorophyll also has been shown to provide some protection from carcinogens by strengthening the cells. "In a study reported in the Journal Mutation Research comparing the anticancer effect of chlorophyll to beta-carotene, and vitamins A, C and E, chlorophyll was proven to be a more effective antimutagen than any of them." Chlorophyll also has anti-bacterial properties and can help decrease the growth and development of unhealthy bacteria in the body. <sup>(21)</sup>

You can buy wheatgrass fresh, planted in small pots at most health food stores and natural grocers. You can also grow it pretty quickly and easily on your own counter-top. If you like the benefits of wheatgrass, growing your own will save you tons of money.

### How Do You Juice Wheatgrass?

To juice it successfully you really need a Twin Gear or Screw juicer. Prep your juicer first. Then, cut a handful of grass as close to the soil as possible. Rinse it as you would any fruit or vegetable and run it through your juicer. You will only get about a shot glass full of juice, and that is enough. It's so nutrient-rich that a little bit of it goes a very long way.

Make sure you drink your wheatgrass juice right away. It can start oxidizing as soon as you juice it, so drinking it immediately means that you get to take advantage of more vitamins, minerals, protein, phytonutrients, enzymes and all that great stuff.

### When Should You Drink Wheatgrass?

Morning is a great time to enjoy a shot of wheatgrass juice. This will immediately help hydrate you, alkalize your blood and feed your cells with living energy. What a great way to start your day!



## How Does It Taste?

This is a great question. And the answer really depends on your taste buds. Many of you may be coming off of a toxic diet that is full of sugar and preservatives. In those cases your taste buds are affected by an imbalance of bacteria and yeasts in your gut. Oftentimes greens can taste unpleasant when your system is burdened by this toxicity.

That said, wheatgrass is actually one of the sweeter grasses to drink. Yes, it's still very green and earthy tasting. You will probably feel like you are drinking grass. But again, just a shot glass of it goes a long way.

Once wheatgrass and other healing greens and juices enter your system, they begin clearing up all toxicity and building a foundation for better health. So, your taste buds will change and naturally begin to crave the foods that make you feel good.

## How Many Vegetables and Fruits Should I Add?

This is up to you and your taste. I prefer more greens than sweet fruits and vegetables when I make a juice.

Why? Because juicing sweet fruits can raise blood sugar since you remove the fiber from the fruit. Fiber helps slow the absorption of sugars into the blood stream.

But when it comes to trying juices for the first time, I recognize that many people won't continue drinking juices if I give them my favorite recipe first!

So starting with one sweet fruit or vegetable then adding one or two other ingredients is the best way to go.

So for example, if you like carrot juice, start with carrots, then add celery and lemon.

Or if you like apple juice, start with apples and spinach, or apples, spinach and cucumber.

We've included a bunch of recipes in this manual, so I guarantee you will have plenty of ideas!

## What Doesn't Juice Well?

While many fruits and vegetables taste amazing when juiced, some aren't as pleasant.

Also, some don't have enough liquid in them to juice very well.

Some of the vegetables I've listed here, you can juice, but you might be in for a surprise when you do.

I remember the first time I juiced an entire leek (onion family) and tasted it. I will never juice a leek again.

## Vegetables that Don't Taste So Hot When Juiced

- Rhubarb
- Onion
- Leeks
- White Potatoes

## Fruits that Won't Produce Much Juice

- Strawberries
- Avocados
- Blueberries
- Bananas
- Kiwi
- Cherries

Once, I got a friend really excited about juicing. So excited, in fact, that she went out and got a juicer that night. When I talked to her the next day and asked how her first juicing experience went, she responded, "not so good." She went on to tell me that she thought she bought a bad juicer since it wouldn't juice the bananas and strawberries that she put into it.



# CHAPTER 7

## Green and Vegetable Juice Recipes

### Kev's Favorite

1 cucumber  
3-4 kale leaves  
3-4 stalks of celery  
1 handful parsley  
1/2 lemon  
1/2 inch ginger

### Green Watermelon

*(Annmarie's Favorite)*

1 cucumber  
2 stalks celery  
3-4 leaves of kale  
Handful of cilantro  
1 cup watermelon  
Small piece of garlic, peeled

### Pale 'Green' Ale

2 cucumber  
Handful of spinach  
3-4 stalks of celery  
1/4 lemon  
1/2 inch of ginger

### Sweet Surprise

5 medium/large carrots  
2 green apples

### Warm Apple Cider

2 green apples  
1 red apple (like Fuji)  
Pinch cinnamon  
Pinch cardamom

### Sweet Sodium

5 medium/large carrots  
1 bunch celery

### Sweet Sodium Surprise

5 medium/large carrots  
1 green apple  
1/2 bunch celery

### Tummy Tamer

1 cucumber  
3 stalks celery  
1/2 Inch ginger

### **Beet Tang**

1 beet  
1 lemon  
4-5 handfuls spinach

### **Liver Lover**

1 handful dandelion greens  
5 medium/large carrots  
1 bunch celery

### **Sour Greens**

2 green apples  
1 head romaine  
1-2 bunches parsley

### **Licorice Twist**

2-3 inches fennel bulb  
4 medium/large carrots  
3 kale leaves  
2 small/medium limes

### **Jicama**

1 whole medium jicama  
4 medium/large carrots  
1 head romaine lettuce

### **Potata-Tomata**

1 sweet potato  
1 tomato  
2-3 handfuls spinach

### **Tomato Sauce**

3 red ripe tomatoes  
1 clove garlic  
1-2 handfuls basil  
1/8 tsp cayenne (unless you like it hotter)

### **Simple Cabbage**

1/2-1 head green cabbage

### **Powerful Pear**

1 pear  
1-3 handfuls spinach

### **V-10**

2 tomatoes  
1 bunch parsley  
2 medium carrots  
4 stalks celery  
1 beet  
3 handfuls spinach  
1 head romaine lettuce  
1 bunch watercress  
Pinch cayenne  
Pinch sea salt

### **Sweetgrass**

1 orange  
1 shot wheatgrass

### **Sprout + Carrot Zinger**

1 handful sprouts of choice  
1 handful greens of choice  
3-4 carrots  
1/2 lemon, peeled and seeds removed  
2 inch ginger

### **Cuc-ey Greens**

1 cucumber  
2 kale leaves  
1/2 bunch parsley  
1/4 bunch mint  
1/4 bunch melissa  
2 stalks celery  
1 peeled lemon

### **Sweet and Spicy Carrot Juice**

5 carrots  
1 green apples  
1/4 bulb fennel  
Handful of herbs of your choice  
Small bit of red chili  
1/4 lime, peeled  
1 inch fresh ginger

### **Veggie on the Rocks**

2 carrots  
2 tomatoes  
2 stalks celery  
Handful of spinach  
1 inch of fresh ginger  
2-3 ice cubs

### Refreshing Red Pepper

- 1 red pepper
- 1 green apple
- 1 head romaine lettuce
- 1 cucumber
- 1 handful basil or mint

### The Green Queen

- 1 head romaine lettuce
- 1-2 handfuls spinach
- 2 cucumbers
- 1-2 limes (rind and all)
- 1 bunch cilantro
- 2 inches ginger

### Beet It

- 1 yellow beet
- 1-2 green apples
- 1 head romaine lettuce

### Root Juice

- 1-2 turnips with greens
- 4 medium/large carrots
- 1 head romaine lettuce

# CHAPTER 8

## Fruit Juice Recipes

If any of these are too sweet for your taste buds please feel free to dilute with pure clean water, or if you were to serve to a young child best if diluted.

### Pure Orange

1-2 oranges

### Fruit Twister

1 orange  
1 apple  
1 pear  
Handful of grapes

### Meyer Lemonade

1-2 Meyer lemons  
1/2 cup pure water  
Honey to taste

### Mojito

2-3 Meyer lemon juice  
1 cup peppermint tea  
Honey to taste  
Handful of ice cubs

Serve chilled

### Gingerade

2 Inch ginger  
1/2-1 lemon  
1 green apple

### Perfectly Pear

1 pear  
3 cups grapes

### Pure Grape

4-5 cups grapes

### Sweet and Sour

1-2 grapefruits  
Honey to taste

### Pure Cantaloupe

1 whole cantaloupe (rind and all)

### **Cool Cantaloupe**

1 whole cantaloupe (rind and all)  
1-2 handfuls mint

### **Pineapple Zinger**

1 whole pineapple  
1-2 bunches cilantro

### **Funky Watermelon**

1/2 watermelon (rind, seeds and all)  
1 serving chlorella

### **Lemogranate**

Pomegranate seeds of 1 pomegranate  
1 lemon  
1/2 cup pure water

### **Gorgeously Green**

1 pineapple  
1 bunch kale (stems, leaves and all)

### **Orange Spice**

2-3 oranges  
1/4 teaspoon allspice  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground cloves  
1 teaspoon vanilla

### **The Green Gina** - Recipe by Gina LaVerde

1/2 watermelon  
1 bunch arugula  
1 bunch celery

# CHAPTER 9

## Juice Infusion Recipes

Adding fresh raw juice to a smoothie makes juice Infusions. Here are some really great ones.

### Green Monster

#### *The juice:*

- 1 bunch celery
- 4 leaves kale

#### *The smoothie:*

- 1 banana
- 1 tbsp hemp seed
- Water to consistency

Blend together in your high-speed blender and enjoy!

Recipes by Gina LaVerde  
[www.ginalaverde.wordpress.com](http://www.ginalaverde.wordpress.com)

### Blueberry Bliss

#### *The juice:*

- 1 whole lime
- 1 inch ginger
- 2 cucumbers

#### *The smoothie:*

- 1-2 cups blueberries
- 1-2 handfuls mint
- 1 cup lavender tea

Blend together in your high-speed blender and enjoy!

### Cucumber Cooler

***The juice:***

3-4 cucumbers

***The smoothie:***

1 handful spinach

1 handful basil

1 cup raspberries

Blend together in your high-speed blender and enjoy!

### Lavender Lemonade

***The juice:***

2-3 lemons

***The smoothie:***

1 cup lavender tea

1 handful leafy greens

1 handful mint

Blend together in your high-speed blender and enjoy!

### Pumpkin Pie

***The juice:***

1 sweet potato

2 green apples

***The smoothie:***

Meat from 1 young coconut

Pinch pumpkin pie spices

Blend together in your high-speed blender and enjoy!

### For The Kids

#### ***The juice:***

- 2 cucumbers
- 1 head romaine lettuce
- 1-3 handfuls spinach
- 1 green apple

#### ***The smoothie:***

- 2 cups strawberries
- 2 cups coconut water

Blend together in your high-speed blender and enjoy!

### Smooth Sailing

#### ***The juice:***

- 2 red peppers
- 1 lime
- 2 handfuls leafy greens

#### ***The smoothie:***

- 1 avocado
- 1 bunch cilantro

Blend together in your high-speed blender and enjoy!





# CHAPTER 10

## Juicing Q and A

### *Don't I Need Fiber?*

**Yes! You Need Fiber!** Fiber is an essential part of a balanced diet because it helps you to eliminate waste by binding to toxins in your bowels, and sweeping them out. Juicing gives your body a rest from breaking down fiber. For the sake of balance it is good to add both raw juices as well as fiber-rich foods to your diet. The amount of juice you decide to add to your diet will depend on what you need to achieve your own balance.

**Q: Which is better for me, juicing or blending my fruits and vegetables?**

**A:** The truth is that this answer will most likely change for you as you move through different phases of your health. Fiber is definitely needed to help sweep the waste out of your system. Smoothies contain all of the fibers from the fruits and vegetables.

Because juice does not contain fiber it offers the benefit of feeding the nutrients directly to your cells without making your body do any extra work digesting. This can be very helpful with detox.

Most likely you will need to find a balance between how much you need to juice and how much you need to blend. They are both easily absorbable ways of eating, detoxing and healing your body.

If you've been drinking smoothies for a long while and feel like

you've hit a plateau with your health, maybe try juicing and see how you feel. Ultimately this experimenting will allow you to understand your body better and be able to adjust your diet as your needs change.

You also might want to seek the advice of an Aryurvedic or Chinese medical practitioner. Both traditions have ways of helping you determine which type of diet is best for your constitution.

**Q: How much fruit can I add to my juices?**

**A:** This is your juicing adventure. You will need to ease yourself into it with what tastes best to you, and all the while challenge yourself to add healthier ingredients.

While adding sweet fruits like oranges, red apples, and melons make your juice sweet and delicious, they also pose the problems of aggravating candida yeast, viral and bacterial infections and raising blood sugar. My advice is to keep your juices as green as you can, while still keeping in mind that this is an adventure. Be kind to yourself. If you need to add an orange to make your greens palatable, go ahead and do it, but just try to add less fruit next time.

The more sour the fruits, the better they will combine with your greens. Try to choose fruits like lemons, limes and green apples.

If you feel light headed or ill after drinking your juice, it is possible that you may have added too much natural sugar.

Think about this – if you wanted to make a glass of orange juice, it may take 2-3 oranges. So, you'd be getting 2-3 times the amount of sugar that you would normally get from simply eating an orange. When you eat a whole orange, the fiber will help you slowly break down the sugar. But, when you juice an orange, or any fruit, the fiber is gone so your blood sugar can spike.



## **Q: What kind of changes will I feel in my body?**

**A:** The more juice you add to your diet, the more your body will begin to detoxify. This usually results in more frequent stops to the bathroom. This is a good thing. You want to get rid of stored toxins. Everyone's bodies react differently to a detox.

Some people gain energy right away. Others become tired and require more rest before their energy levels improve.

Ultimately, you will be pushing out poison -- so the end result will be clearer skin, clearer mentality, and an overall lighter feeling. Some people begin to experience this right away, and others will show signs of those toxins escaping like acne, cold symptoms and tiredness.

You should not feel sick, dizzy, fatigued or emotionally unstable. If you are experiencing these things, consider slowing your detox and consulting with your medical practitioner for assistance.

### **Juice Fasting vs. Juice Feasting**

Cleansing diets are all the rage. People like us are beginning to understand the need to clear our systems of waste. And, we are taking action to improve our health. But, there are many ways to do this.

Juice Fasting, a kind of spin off from water fasting, allows the concentrated nutrients from the fruit or vegetable to go right to your cells without causing distress on your digestive system or your organs of elimination. (Crocker) Juice fasts are great for resting the body, and allowing all of your systems to balance out. Generally, a fast goes by pretty fast – you don't need to do it for a long time to feel great results.

Juice Feasting is all about abundance. You will consume enough raw organic juice to fulfill your nutritional as well as caloric needs for the day. Typical juice feasts can last 92 days. <sup>(19)</sup>

## Q: Should I feast or fast?

**A:** Well, if you've never done either, then perhaps your best bet is to ease your way into it by simply adding more juice to your everyday diet. Jumping into something like a fast or a feast can be counterproductive. People who do this without coaching often wind up yo-yo-ing back and forth from healthy eating to binging.

You might want to try starting by having a glass of juice in the morning and then more juices throughout the day. But, without limiting or depriving yourself.

Once you have adjusted to this, then seek out some support of other fasters or feasters to help you along the journey.

### Steer Clear of Juice **Fasting** if...

Remember that you own your health, and your needs are unique. There are plenty of good naturopaths and even MDs these days who support the use of diet for better health. So, please consult with one before you decide to start juicing. Especially if:

- You are pregnant or breast-feeding
- You suffer from hypothyroidism
- You are anemic
- You have a chronic degenerative disease (Crocler, 272)

## Q: What do I do with all this pulp?

**A:** Juicing creates tons of pulp, and we don't want you to waste it. Here's what you can do with it:

- Add it to raw cracker recipes
- Add it to raw soup recipes
- Add it to your compost bin

- Blend small amounts of it back in your juice to get some fiber
- Blend with avocado and rub on your face as a wonderful facial mask

### **Q: What if I am still not losing weight?**

**A:** There are many reasons why people hold on to excess weight - including emotional reasons. Chances are that you are dealing with a more complex problem such as candida, viruses, parasites or thyroid issues. There is no way to determine that until you have yourself tested.

Some other things you can do:

- Reduce the amount of sugar you are taking in (that means less fruit or no fruit in your juices).
- Check out the Body Ecology Diet, which has a great map for healing candida related problems, thyroid problems, parasites and the like. If this is your issue Body Ecology may help you.
- Try practicing EFT, (Emotional Freedom Technique). This is a method that uses mantras to help overcome the emotional connection to our physical problems.

### **Q: Organic produce is expensive. Are there any other ways to cut costs?**

**A: Yes!** Of course! Organic produce is definitely the best. You will feel the best results when using it. So, to keep your costs down, follow these simple guidelines:

- Buy only what's in season
- Shop at co-ops, farmer's markets
- Purchase local farm shares where you get produce boxes delivered
- Ask for discounts when buying in bulk and get one huge box one type of vegetable each week and smaller amounts of other vegetables.



# CHAPTER 11

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## Kevin & Annmarie

Anmarie Gianni and her husband Kevin are the co-founders of Renegade Health, a multi-media production company that strives to educate the public about true health and wellness. Together they host The Renegade Health Show and are recognized leaders in the natural health world. Their programs, books and products have helped tens of thousands of people in over 100 countries.

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