



A 'juicing' a day keeps the doctor away

Thursday, January 09, 2014 by: Michelle Goldstein

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(NaturalNews) One of the best things to do for health is daily juicing of organic vegetables and fruits. The

initial investment in a juicer will pay off in daily detoxification and supplying the body with healthy antioxidants and nutrients. Several health experts recommend juicing as an important part of a healthy lifestyle, along with its curative powers to heal various diseases. Juicing provides a safe way to help remove dangerous heavy metals from the body, which are hard to completely avoid in today's toxic world. Health advocates have their favorite juicing recipes, but a practical, easy key is to use vegetable and fruit combinations that taste good enough to enjoy daily.

Health advocates agree on juicing benefits

While holistic dietary approaches vary, between raw primal, nutrient-dense Weston Price, Paleo, vegetarian and others, nearly every dietary philosophy agrees on the health benefits of vegetable juicing. Some experts advise limiting the use of fruits due to the sugar content, but vegetable juicing is almost universally recommended.

Which expert recommends juicing?

Physician Max Gerson developed his "Gerson therapy" in the 1930s originally to cure himself from debilitating migraines. He later found that his treatment also cured skin tuberculosis, diabetes and cancer. His famous therapy was focused on the consumption of organic vegetable and fruit juices. The current Gerson therapy includes the consumption of up to 13 daily glasses of raw juices using carrots, apples and greens, along with three cooked vegetarian meals.

Dr. Natasha Campbell, author of *Gut and Psychology Syndrome*, recommends [juicing](#) as part of her dietary protocol to heal and detoxify those suffering from a range of illnesses including autism, ADD, depression and schizophrenia.

Authors Jordan Rubin, creator of Garden of Life raw food supplements, and Joseph Brasco, an integrative gastroenterologist, recommend juicing as part of their healing regimen for intestinal diseases. Because the vegetables are broken down, digestion and absorption of the nutrients occur more easily, something critical for someone suffering from digestive [health](#) issues.

Renowned neurosurgeon Russell Blaylock recommends consuming vegetable juice but prefers juicing with a blender to optimize the amounts of phytochemicals preserved in the fresh juice. Phytochemicals are nutrients that have disease-preventive properties. There are hundreds of these nutrients in fresh food, primarily fruits and vegetables.

The health benefits

Juicing provides antioxidants, enzymes, vitamins and nutrients. Antioxidants protect the body from cellular damage caused by free radicals. Fresh juicing provides healthy, intact enzymes essential for digestion, plus a powerhouse of vitamins and nutrients.

Tips for juicing

Although large quantities would need to be ingested to cause serious harm, it is advised to avoid apple seeds and rhubarb leaves. Apple seeds contain the poison cyanide, and the leaves of rhubarb are also

considered toxic. Both are best avoided. Onions may be juiced and are considered healthy, but small quantities are suggested due to its strong flavor.

For optimal benefits, one should consume [juice](#) immediately. If that is not possible, juice should be refrigerated and consumed within 24 hours, as nutrients are lost with time.

Favorite vegetables and fruits used

Carrots are a cornerstone for most juicing recipes. Other vegetables commonly used are greens, including kale and spinach, beets, celery and broccoli. Fruits popular for juicing include oranges and apples, with orange skins removed. Beet leaves and other vegetable leaves can be included.

Many other combinations can be tried, depending on taste preference and goals desired. The most important thing to do is get in the habit of daily, delicious juicing. While an apple a day is still a useful adage, a "juicing a day" can provide an even more powerful punch of daily nutrient density.

Sources for this article include:

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About the author:

Michelle Goldstein is a mental health therapist who incorporates holistic approaches into her counseling practice. She became passionate about holistic health, healing and politics, after immersing herself into the world of alternative medicine looking for answers to a family member's health crisis. Michelle learned that many standard health care recommendations, which she had long trusted, actually contribute to causing disease. She can be found at the following sites:

<http://www.michellegoldsteinmsw.com/>

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<https://www.facebook.com/goldsteinhealth>

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Ailish Longmore • 25 days ago

It is better to eat the whole fruit you can still get the antioxidant.

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natural_born_healer → Ailish Longmore • 25 days ago

Add juices on top of the regular vegetable and fruit intake provides a lot more nutrients than fruit alone. I prescribe juices a lot to autoimmune patients who are deficient in many vitamins and minerals. By removing the fiber you remove bulk, hence you get the nutrients of a lot more fruits and vegetables than you could ever eat. Also, they are very easy to digest, especially if you add ginger, so it doesn't overwhelm the body in terms of digestion.

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Juicernet • 25 days ago

Great article about the health benefits of juicing. Since adding a juice a day my energy level has increased tremendously. Love Juicing and all of it's health benefits for my family.

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ode2B17 • a month ago

Jason Winters has shown how B17 from apple seeds / apricot / bitter almond seeds shrunk his tumor in the book "Killing Cancer". His special teas are still available thru the net... based on Chapparel and Red Clover.

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propcontrol • a month ago

Apple seeds contain cyanide? In any case I have been juicing first thing in the morning apple seeds and all after oil pulling and feel just great, much improvement from before, 25 less pounds too.

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Jeff → propcontrol • a month ago

...Apple seeds contain cyanide.....Seems to be somewhat true, they actually contain amygdalin. See this natural news article:
<http://www.naturalnews.com/038...>

Which states "Apple seeds are also loaded with an anti-cancer compound known as amygdalin, which is also found in almonds, peach pits, and other fruit seeds, that basically trick cancer cells into dying by releasing deadly toxins from their glucose component.

Which then references this:

<http://www.naturalnews.com/035...>

Which states "The amygdalin compound has four molecules. Two are glucose molecules. The other two are cyanide and benzaldehyde. The last two are scarycompounds, except for a couple of unusual metabolic activities: they are released by and into cancer cells only. Otherwise, they remain in the amygdalin compound and are passed through. It's a very clever arrangement. The cancer cells depend on fermenting sugar (glucose) for their energy instead of oxygen. So the cancer cells attract the amygdalin compounds for their glucose, but are whacked when they metabolize those compounds that free the benzaldehyde and cyanide. The glucose is the sugar bait. Cancer cells contain an enzyme that is not found in healthy cells, beta-glucosidase.

The beta-glucosidase enzyme "unlocks" the amygdalin compound, releasing the deadly toxins within the cancer cell. Only cancer cells metabolize amygdalin. Healthy normal cells don't. Most non-cancerous cells contain another enzyme, rhodanese. Free cyanide molecules are bound to sulfur molecules by rhodanese, creating harmless cyanates that are eliminated in the urine."

Sure gotta go through a lot of digging to find the full story on some of this stuff!!!

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propcontrol → Jeff • 25 days ago

Thanks for the research, the seeds stay!

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J Gohde • a month ago

Juicing offers health benefits that are not intuitively obvious. You have to try it for yourself to find out.

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cat • a month ago

With all the controversy about organic not being organic now what do u suggest we look for when buying foods. I read that the stickers they put on the fruit having chemicals on them as well. Also, what superfoods are full of lead and mecury. I've odered superfoods from your website and no idk if I should keep taking them. Please give advise and I information on what u sugfest we as consumers do. Thank u. Sincerely cat

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