



LIFESTYLE MENTOR HANDOUTS

#5 Live Raw Juices – the Basics

- Juices are liquefied foods minus the fibrous pulp. They are not a source of fiber and represent the concentrated nutrients generally present in produce.
- Juices are concentrated medicinal fluids assimilated by the body within 15 minutes.
- Juices are liquid, live minerals, vitamins and fresh nutrients, immediately available to the body.
- Juices are one of the fastest ways to detoxify the system, recover after illness, prevent loss of vital fluids and generally gain a higher state of wellbeing.
- Juices are the best source to replenish your electrolytes – sodium, potassium, magnesium, and minerals in their natural composition.
- Juices are a great pick me up anytime, especially in between and before meals. Juices are also used as meal replacements during a juice fast.
- Chew your juices, as they are real food, and deserve salivary augmentation for optimum absorption.
- Juices, taken regularly, improve your wellbeing and stamina, supporting your immune system, by nourishing your blood. Educate yourself about juicing and its benefit by reading the many books available on this subject.
- Juices have medicinal properties. Begin by drinking 8 – 12 oz of fresh vegetable juice daily and increase to 16 – 20 oz if desired. Any irregular symptoms may be your body's response to cleansing. If they persist, please dilute juices with clean water or seek the advice of a health professional.
- Green juices like wheat grass, kale, cucumber, celery, alfalfa, chard, spinach, beet greens, alkalize over acid body systems to bring us greater energy, better concentration, improved digestive function, including elimination, better health for liver and kidney and great support for the immune system.
- Juices are an excellent way to longevity and vitality, keeping your body well and your brain and heart clear.
- Juices are to be taken medicinally and are not intended to replace all meals. Anytime you wish to engage in a fast, please consult the professional guidance of your choice.



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JUICE SELECTIONS

10 to 16 oz. daily for at least one week – 18 to 20 oz. after that till symptoms disappear. For health maintenance drink 12 – 16 oz. once or twice a day.

<u>Condition:</u>	<u>Juices in order of quantities</u>
Cold prevention	Carrot, Wheat grass, Kale, Garlic, Ginger, Cayenne
Fall seasonal	Carrot, Celery, Wheat grass, Kale, Ginger
For Smokers	Celery, Wheat grass, Cucumber, Ginger
Fungal infections	Celery, Garlic, Wheat grass, Carrot, Cayenne
Gastric stress	Carrot, Cucumber, Beet, Ginger
Kidney & Gall bladder stress	Carrot Cucumber, Beet – preceded by 12oz. of room temperature, distilled water with the juice of one lemon upon rising
Mucous conditions	Carrot, Radish, Beet, Ginger, Cayenne
Rheumatism, gout	Carrot, Cucumber, Beet, Wheat grass
Stomach upsets	Carrot, Celery, Cucumber, Ginger

I prefer not to mix fruits and vegetables, since they do not digest the same. If there are no specific health issues, adding an apple or pear juiced with the vegetables will give it a lively taste change, especially in the heat of the summer. And if there is sweet summer fruit to be juiced, adding a few sticks of celery will add the 'cooler', thirst quenching qualities and dilute some of the sweetness. For green juices, adding a half lemon with the peel will make the result even more appealing.

On a hot day:

Celery, cucumber, green apple (peeled), parsley, beet greens

Fresh berries, peaches, celery

Make up your own and have fun with it!