JUICING FOR HEALTH & VITALITY

With the Compact Multipurpose Juicer

Now that you have purchased your wonderful new juicer the Compact will be forever your health buddy and give you the keys to health and vitality. Juices can be combined in so many different ways to make them not only palatable but even delicious! Their diverse tastes and colours enable enormous variety so that you will never get bored. For those who feel they need an extra boost, there is nothing better than a raw juice every day. It will brighten up the day by providing extra energy and endurance. Follow the ideas inside this e-booklet for great tasting juices to get you started. Happy Juicing!

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Juicing for Health & Vitality

Make Juicing Your New Daily Habit:
We recommend that you really get into the habit of juicing on a daily basis. Just like brushing your teeth you will soon find that if you create this habit, you will be rewarded by many shifts and benefits in your health. The enzyme content of a fresh juice, particularly that made with more vegetables than fruit will alkalize your body and give you a start to the day that cannot be beaten.

Dis-ease in the body has its roots in acidity. An acidic diet - comprised of a high intake of carbohydrates, meat products, coffee, soft drinks, alcohol and refined and processed foods combined with a stressful lifestyle will create an acid condition in your body. A daily juice can go a long way to reducing this acidity and therefore keep you healthy.

Raw juices are easily digested and absorbed by the body and are superb for those with digestive problems, poor appetite, nausea, or any inflammatory conditions of the digestive tract. It is so much easier to drink a juice than chew your way through large amounts of fibrous raw vegetables, especially if you are feeling fatigued and disinterested in food. With the Compact - to save time, (a valuable commodity for us all) you can keep the juice you make for 24 hours without deterioration - so you can make enough for two days in one go.

This is not advisable if a centrifugal juicer is used as the juice is very quickly oxidized and nutrients are soon lost. Please do not be put off by the idea of juicing vegetables as they are full of essential nutrients. Many of the juice recipes we are going to share with you are highly palatable and we guarantee you will enjoy them. Sweetness can be provided by the addition of carrots and a little apple, and ginger, lemon, lime and mint are excellent for enhancing flavours.
The Importance of Enzymes:
At birth we are born with a limited supply of enzymes and as we go about our daily life these enzyme stores are depleted. The only way we can provide the body with a fresh supply of enzymes is by consuming raw, uncooked and unheated foods - such as juices. Cooked foods further deplete our enzyme supply as the body requires them to digest food. When we are young and healthy there is usually an adequate supply of enzymes to digest our food however as we age, this supply is depleted and needs to be restored by wise consumption of raw foods or supplemental digestive enzymes.

Buying & Preparing Fresh Produce:

- Choose fruit and vegetables that are fresh, unblemished and in season.
- Wash well and remove any blemished, bruised or mouldy parts of the produce.
- When juicing citrus fruit also use the white inner skin/pith of the fruit as it is an excellent source of bioflavonoids.
- If using organic produce, the peel and seeds of fruit such as watermelon, rock melon and grapes can also be juiced along with the fruit. So too can all citrus.
- Fruit stones should be discarded as they can damage the juicer.
- When juicing vegetables the leaves and stems can also be juiced as they are high in vitamins and minerals.
- Buy organic produce whenever possible. Organically grown food is of superior quality (up to 15 times more nutritional than commercial produce). Fortunately, the more you look around, the more you’ll find it.
- Peel non-organic produce to reduce the consumption of toxic chemicals.
- Whatever you do, wash your produce well to remove all traces of pesticides and other chemicals. Apple Cider Vinegar is very useful this purpose - just add approximately 2 capfuls per litre of (cold) water. Let the produce soak for a short time only and then simply rinse. Don’t soak for too long as it will decrease the bioavailability of beneficial minerals.
- Frozen fruits and vegetables are not appropriate for juicing. (However with your Compact you can make delicious fruit sorbet using frozen fruits)
• Juices made in the morning can be stored for later in the day, or the next morning if they are made at night. However, it is important to store them correctly to retain both the taste and nutritional content of the juice. The best way to store is in a jar with an airtight lid in the refrigerator.

• There are certain juices that should be diluted with pure water (or herbal tea). These include very sweet fruit juices, dark green, beet, or bitter tasting juices.

• People with sensitive stomachs or conditions like irritable bowel syndrome may not be able to tolerate juices which contain both fruits and vegetables. In these cases only add apple or pear to vegetable juices – no other fruits.

• If you are trying to lose weight, use mainly vegetable juices as they contain fewer calories than fruit juices.

• People with medical conditions such as diabetes type 1 and type 2, fungal infections, and hypoglycaemia should consume only vegetable juices (not fruit) as a high consumption of simple sugars may aggravate the condition.
The Healing Properties of Various Juices:

Here are some nutritional facts about different fruits and vegetables that are good to juice - your only job now is to be creative and imaginative when making up your juice recipes. However we have included a few to get you started.

Spinach is an excellent source of iron, calcium, chlorophyll, beta carotene (needed for the production of vitamin A), vitamin C, riboflavin, sodium and potassium. At least 13 different flavonoid compounds in spinach that function as anti-cancer agents have been identified. You can juice the stalks and all.

Beetroot is good for the health of the heart as it contains soluble fibre with can help to reduce high blood cholesterol levels. It contains the phytochemicals, carotenoids and flavonoids which help prevent LDL ‘bad’ cholesterol from being oxidised and deposited in the arteries. Beetroot is virtually fat free and low in calories. It has an extremely low Glycemic Index which means it’s converted into sugar very slowly and therefore keeps blood sugar levels stable. Beetroot contains specific anti-carcinogen compounds which are said to prevent the spread of cancer cells through the body. Beetroot also increases the uptake of oxygen by as much as 300 percent helping you to exercise for longer. Beetroot is also rich in silicon - an essential mineral found in the connective tissue giving them strength and stability. Both the root and the green tops can be used. They are best mixed with other vegetables and fruits as alone they are too strong. They may make your stool or urine red in colour so don’t be alarmed!

Carrots are a very good source of dietary fiber, vitamin C, vitamin K, folate and manganese, and a good source of vitamin B6, pantothenic acid, iron, potassium and copper. The
orange-colored taproot of the carrot contains a high concentration of beta-carotene. Beta-carotene is a substance that is converted to vitamin A in the human body. Their naturally sweet flavor will enhance the flavor of any juice.

Celery is an excellent source of Vitamin C with all its health benefits. Vitamin C can help to reduce both the incidence and severity of cold symptoms. This important Vitamin helps to support the immune system and is a cold fighter! Celery has negative calories! It takes more calories to eat and digest. Celery may also help with joint pain and with balancing blood pressure.

Cabbage: Much research has focused on the beneficial phytochemicals in cabbage, particularly its indole-3-carbinole (I3C), sulforaphane, and indoles. These two compounds help activate and stabilize the body’s antioxidant and detoxification mechanisms that dismantle and eliminate cancer-producing substances. I3C has been shown to improve estrogen detoxification and to reduce the incidence of breast cancer. It is also great for digestive disturbances, healing ulcers, and an anti-inflammatory. Cabbage has many healing properties. You may need to disguise the taste with other yummier vegetables as the juice can be somewhat unpalatable.

Broccoli sprouts have been found to have remarkable anti-cancer properties. According to a recent research, it has been estimated that you would have to eat 1kg of broccoli each week to reduce the risk of colon cancer by 50% but broccoli sprouts have such a concentrated level of anti-cancer components that you need only have around 35g per week to get the same result. Fresh Broccoli Sprouts stimulate the production of an anti-cancer enzyme in your body and studies show that they may reduce breast tumours.
Parsley contains more vitamin C than any other vegetable, approximately three times as much as oranges. The iron content is exceptional (twice as much as spinach) and the plant is a good source of manganese, calcium and potassium. It also contains flavonoids that act as antioxidants and is a valuable blood cleanser. It’s also easy to grow in your herb garden so you can have it on hand fresh picked daily!

Lemons, although considered acidic, are very alkalizing to the body once ingested and thereby create greater health in both your body tissues and fluids. Lemons are a rich-source of vitamin C and are often used to prevent and treat many infections, hasten wound healing, and improve allergies. The juice found in one lemon also delivers important minerals to the body such as calcium, magnesium and potassium. Lemons are known to be valuable in the treatment of many digestion problems such as nausea, indigestion, heartburn, constipation and parasites. Lemons also act as a liver tonic. Simply put half a lemon (skin and all) into the juicer - it creates a delicious flavor.

Kale is extremely rich in calcium, lutein, iron, and Vitamins A, C, and K. Kale has seven times the beta-carotene of broccoli and ten times more lutein. Kale is rich in Vitamin C not to mention the much needed fiber so lacking in the average person’s daily diet. Kale also contains the powerful phytochemical sulforaphane which helps boost the body's detoxification enzymes, thus helping to clear potentially carcinogenic substances more quickly and protecting against cancer.

Ginger is said to improve digestion, relieve nausea, promote saliva production, combat dyspepsia, and relieve flatulent colic. It is slightly diuretic and helps to cleanse the body by strengthening kidney function and increasing kidney filtration. Ginger is also a natural blood thinner and promising research results show Ginger’s effectiveness in preventing clotting and protecting nerve cells in the brain. Ginger contains anti viral, anti toxic, and anti fungal properties, and is often used for the prevention of and
treatment against the common cold. A small lump of ginger in your juice adds a slight bite to it which you will enjoy. To keep ginger you can put it in the freezer and simply cut off the amount you need as you need it.

Fennel contains vitamin C, many B vitamins, and important minerals, including potassium, magnesium, and calcium. Fennel has traditionally been used for a host of conditions such as anemia, indigestion, flatulence, constipation, colic, diarrhea, respiratory disorders, menstrual disorders, and eye care. If you like the taste of aniseed, you will love fennel.

Mint contains many vitamin and minerals that are vital to maintain a healthy body and is a powerful antioxidant. This fresh herb is rich in vitamin A, C, B12, thiamine, folic acid, manganese, copper, potassium, iron, calcium, zinc, phosphorus, fluoride and selenium. Mint imparts a delicious taste to almost any juice.

Wheat Grass is abundant in vitamins, minerals, enzymes, protein and chlorophyll. Wheatgrass is so nutrient-rich, in fact, that only 30mls of freshly squeezed wheatgrass juice is equivalent in nutritional value to 1kg of leafy green vegetables. It is also one of the best alkaline foods. It is best to grow your own. Use only organic sprouting wheat. The Compact Juicer is one of the only juicers on the market which will juice wheatgrass. Only a small amount is needed in your daily juice as it is very powerful. Tip: Dampen the wheatgrass before juicing so it grinds well.

Coriander, also known as cilantro, is an excellent source of vitamin A, C, thiamin, riboflavin, vitamin K, folic acid, calcium, iron, magnesium and potassium. In smaller quantities it also contains niacin, vitamin B6, phosphorus and zinc. Due to its nutritional content it is said to be a heavy metal chelator - that is it can pull heavy metals such as mercury from the cellular level.
Dandelion - most people consider this a weed but it is fantastic for use in juice and salads. Pick them out of your back yard - but make sure they are not from an area which has been sprayed. Dandelion leaves are an excellent source of beta-carotene, vitamin A, and vitamin C, nutrients that act as antioxidants in the body. It is also great for your liver.

Garlic: Contain vitamin B & C, selenium, phosphorus, iron, chromium, calcium, magnesium and potassium. Helps to fight infection, and is a natural anti-biotic. Beneficial for the cardiovascular system, cholesterol levels, and is anti-parasitic. (and keeps those nasty vampires away! 😄)
Fruits - use with discretion - remember they are very high in sugars.

**Apples:** Contain vitamins B & C, potassium, calcium, and phosphorus. They are high in soluble fibre and useful for digestion, constipation and removing toxins from the intestines.

**Apricots:** Contain vitamins B & C, beta carotene, sodium, calcium, potassium, magnesium and phosphorus. Beneficial for skin problems and acts as a blood tonic.

**Bananas:** Contain vitamins B, & C, calcium, sodium, magnesium and potassium.
Useful for poor appetite, digestive problems and diarrhoea.

**Berries:** Contain vitamin C, beta carotene, potassium, calcium and iron. Useful as a general tonic, blood and skin cleanser, mild laxative and diuretic.

**Citrus Fruits:** Contain vitamin C, bioflavonoids, potassium, magnesium, sodium, calcium and phosphorus. Anti-oxidant, strengthens immune system, natural anti-biotic, and helps to soothe inflamed mucous membranes.
**Pears:** Contain vitamins B & C, calcium, iron, phosphorus, potassium, sodium, and magnesium. Useful for digestive problems, constipation, irritable bowel, reduces acidity and beneficial for those with food allergies or salicylate sensitivities.

**Pineapple:** Contain vitamins B, C & E, calcium, sodium, phosphorus, potassium and magnesium. Assists in the digestion of proteins, reduces mucous congestion, has anti-inflammatory properties and is a mild laxative and diuretic.

**Tomatoes:** Contain vitamins B, C & K, lycopene, potassium, calcium, iron, phosphorus, and iodine. Liver and bile cleanser, anti-septic properties, often used for kidney and bladder problems.

**Watermelon:** Contain vitamins B & C, beta carotene, calcium, iron, and potassium. Supports kidney and bladder and function. (delicious as frozen sorbet with your Compact)
JUICING RECIPES FOR LIFE

Our Yummy Breakfast!!
2 carrots
1 beetroot
1 whole lemon (peel and all)
2 slices of ginger
handful of mint
1 apple
2 celery sticks

Liver Lover:
2 dandelion leaves
1 cup broccoli florets
1 carrot
1 clove of garlic
½ cup chopped parsley

Spinach Zing:
1 bunch spinach
½ lemon
2 apples

Bowel Normalizer:
1 apple
1 pear
2 spinach leaves
100g dried pitted prunes
50g fresh rhubarb
Sugar Stabilizer:
1 carrot
2 dandelion leaves
1 spring onion
¼ bitter lemon
¼ hot water
½ tsp fenugreek seed powder

Morning Mix:
3 carrots
1 apple
½ lemon
1 stick of celery
½ inch of ginger root

Blood Cleanser:
3 carrots
½ apple
½ lemon
2 kale leaves
1 stick of celery
¼ beet

Veggie Cocktail:
3 tomatoes
3 celery sticks
2 carrots
½ lemon
**Revitalize:**
3 carrots  
2 celery stalks  
2 cloves of garlic  
Handful of parsley  

**Fruity Fantasia:**
2 apples  
4-6 strawberries  

**Vital Shake:**
Handful of parsley  
6 carrots  

**Potassium Broth:**
1 handful of spinach  
1 handful of parsley  
2 stalks of celery  
4-6 carrots  

**Super Energy Booster:**
1 beetroot  
1 cup chopped parsley  
1 carrot  
2 spinach leaves  
1 apple  
2 slices of ginger  
1/3 cup wheatgrass (tip - dampen the wheatgrass before juicing - it makes it easier.)  

**Alkalizer:**
¼ head cabbage  
3 stalks of celery  
1 pear
Vital Greens:  
- 5 carrots  
- 2 stalks of celery  
- 1 apple  
- ½ beet  
- ½ handful of wheatgrass  
- ½ handful of parsley

Skin Cleanser:  
- 1 beetroot  
- 1 celery stick  
- 1 carrot  
- 2 dandelion leaves  
- 1 slice of ginger  
- 1 clove of garlic  
- 1 slice of pineapple

Antioxidant Defence:  
- 2 spinach leaves  
- 1 apple  
- 1 carrot  
- 1 garlic clove  
- ½ beet  
- ½ papaya

Carrot Flush:  
- 4 carrots  
- 1 beet with greens  
- 5 - 6 leaves of Romaine lettuce  
- 3 - 4 leaves of spinach
Blood Pressure Tamer:
½ cucumber
½ cup chopped parsley
½ cup chopped fennel
1 clove of garlic
2 celery sticks
1 apple

V8 Juice:
3 cups chopped tomatoes
1 stalk celery
1 cucumber
1/2 teaspoon sea salt
Pinch of cayenne pepper

Cold Combat:
1 lemon (whole)
1 clove garlic
1 pear
2 slices of ginger
1 slice of horseradish
1 cup of hot water
1 tbsp honey

Weight Loss Wonder:
1 grapefruit
1 apple
1 carrot
½ cup parsley
2 dandelion leaves
1 cucumber
¼ tsp turmeric