

Juicing Tips

Buy a juicer that has a separate waste compartment if possible.

Buy one that is easy to clean otherwise you will get fed up and not use it.

Buy one that has a large enough entrance that you only need to chop an apple in half – you don't want to be spending time chopping fruit and veg into small sections.

Place a small plastic bag in the waste compartment which is then easy to lift out and dispose of emptying into the compost.

Clean the juicer immediately after use as its a nightmare if you leave it for a few hours.

The only rule - Always 80% vegetables, 20% fruit. This keeps sugar intake at a moderate level.

Use organic where possible as you are taking in a larger than normal proportion of fruit/vegetables therefore potentially a larger amount of pesticides. In particular never juice non organic carrots. They have over 50 different pesticides used on them because they attract the most bugs.

Almost anything can be juiced – but with leaves such as spinach – its important to place the leaves between two harder pieces of fruit/veg so that you get more juice out of the combined fruit/veg otherwise the spinach spins too quickly on its own.

To prevent oxidation – add a squeeze of lime or lemon to the finished juice. Even although it can go brown – it still tastes fantastic.

You can add any powders or oils to the juice to save you having to take multiple medicines.

Its always best to juice then consume immediately – however it can be stored in the fridge for 24 hours with added citrus juice with no massive loss of nutrients.

When juicing you are gaining the benefits of enzymes which are lost when cooking higher than 118 degrees. Without enzymes your body cannot use vitamins and minerals.

Don't overdo oranges as they are highly acidic and inflammatory – so moderation.

Watermelon is the most alkalizing of the fruits and the aim is always to bring the body into a more alkalised state as cancer is acid producing and hates an alkaline environment.

I've listed four of my favourite recipes below – but remember you can play about juicing almost anything. Remember that only a little fruit will change the taste into a really lovely sweet juice. Everything is RAW – including the beetroot. If you are juicing organic then carrots, apples, cucumber etc does not have to be peeled. You obviously need to peel beetroot, turnip etc . You can add herbs and spices into it – ginger is fabulous added into the green juice (lettuce and cucumber based) especially if you are experiencing nausea. Mint, thyme, borage flowers, chilli etc can all be added to taste at the end. If you prefer it sweeter, then honey can be used. Juices are lighter on the tummy when feeling sick and can easily be used as a replacement food for a few days. Spirulina powder can be added for protein to the juice in place of heavier animal or food protein.

Juice 1

2 beetroot
3 carrots
1 apple
Handful of strawberry (optional)

Juice 2

Half cucumber
Half lettuce
¼ melon

Juice 3

½ cucumber
Half lettuce
1 or 2 stalks of celery to taste
2 apples or pears.
(ginger to be added if experiencing nausea)

Juice 4

1 or 2 beetroot
2 carrots
1 sweet red pepper
Handful of berries (any in season)