

Juicing For



Health

On my road to recovery I have tried many diets, health regimes, etc. You name it, if it was out there, I'd give it a try. My goal: To put my body in an optimum state in order to recover from my spinal cord injury. Juicing is one that stuck. I have seen countless benefits not only for my health, but in mind clarity and my overall well being. I even did a 30 day juice fast. For 30 consecutive days I put nothing in my mouth except juice! I will blog about that experience soon, but for now here is some information about this simple addition to your diet that I will never remove from my health regime, it's THAT amazing.

The Biggest Advantage

If you're not big into [fruits and vegetables](#), it's a good way to get them in. However, you should still eat [fruits and vegetables](#), too. Aim to eat two whole fruits and three to four vegetables a day. Choose them in different colors, so you get a good mix of [vitamins](#) and minerals.

Fiber Factor

When you juice, you don't get the fiber that's in whole [fruits and vegetables](#). Juicing machines extract the juice and leave behind the pulp, which has fiber.

So that you don't miss out on the fiber, you can add some of the pulp back into the juice or use it in cooking. Another method, and the one I prefer most is to do a combo of Juicing and blending. What my wife does is juice the roots (tumeric, ginger, etc.) and then she blends the other vegetables. In the end she adds the juiced roots into the blended veggies, and ends up with a super healthy smoothie.

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Do You Need a Juicing Machine?

Juicers can be expensive, ranging from \$50 to \$400. There are two different types...

1. Centrifugal Juice Extractors

Traditionally, this is the most common type of juicer. These typically utilize a fast-spinning metal blade that spins against a mesh filter, separating juice from flesh via centrifugal force. The juice and pulp are then separated into different containers. The problem with centrifugal juicers is that the fast-spinning metal blade generates heat, which destroys some of the enzymes in the fruits and vegetables you're juicing. The heat also oxidizes those nutrients, rendering less nutritious juice than a cold-press juicer. Once your juice is ready, it's best to drink it the same day you make it, for [food safety](#). Wash your blender or juice machine thoroughly, so it's ready for your next batch.

2. Cold Press Juicers (a.k.a. Masticating Juicers)

These newer juicers extract juice by first crushing and then pressing fruit and vegetables for the highest juice yield. Because they don't produce

as much heat, they keep more of the fresh ingredients' nutrients intact.

Now my wife and I started with the Centrifugal Juicer. It was available to us at the time and it got us into it. Don't rule it out, but if you're going to get serious about juicing I recommend the cold pressed simply because of the purity of juice alone. There are many different types available, ranging in price. But we just wanted to juice, so we went on Amazon with our 80 dollar budget and looked at reviews and picked the highest rated. We definitely want to invest in a more professional one eventually but this one gets the job done.



https://www.amazon.com/gp/product/B01M9GDTPJ/ref=oh_aui_detailpage_o08_s01?ie=UTF8&psc=1

Watch the Calories

How many calories are in your juice? That depends on what's in it.

If you're adding a ton of fruit, you up your calories not to mention the amount of sugar. If you use vegetables to juice, the calories are a lot less. Calories are a concern if it's pure fruit juice. Add an apple or a kiwi for a little sweet.

You can make your juice more balanced by adding protein. Some good sources are almond milk, Greek yogurt, [flaxseed](#), and peanut butter. We also add Coconut water sometimes for it's amazing health benefits.

It is low in calories, naturally fat-and [cholesterol](#) free, more [potassium](#) than four bananas, and

super hydrating - these are just a few of the many benefits of coconut water.

Be careful though! Juicing might seem like a simple way to lose [weight](#), but it can backfire. On a juice-only diet, you may not get enough fiber or protein to make you full. You might rebel. I recommend working up to it as I did before my 30 day fast. Start with adding it not your diet, then try a two day fast, then a two week fast... and so on.

The bottom line: If it's too extreme, then the results aren't likely to last if you just go for it in an extreme way.

If You're Taking Prescription Drugs

Remember to always check with your doctor before starting anything new, especially if you are on any type of medication so you can avoid any potential problems.

For instance, large amounts of foods high in [vitamin K](#), such as kale and spinach, may change how a blood thinner works.

The benefits I experienced

1. Hair growth and overall hair health

I can't tell you how many compliments I received about my hair. The most notable were the amount of shine and growth. I also noticed this in my nails and I know it sounds weird, but my eyes. The whites of my eyes were much whiter...

2. Clarity

My mind was so much clearer. I was able to remember more, I had less frustration, and because of that my happiness level was much higher.

3. Energy

With the exception of the first week, my energy levels skyrocketed. I believe the first week my body was acclimating to it's new way of fueling, but after that it was energy abundance.

4. Weight Loss

I lost about 15 pounds. Mostly in my belly and this is notable because I've tried many diets and just could never fully get rid of that belly fat.

The last benefit but my most favorite...

5. Pain reduction

Many of us live with chronic pain for various reasons. Along with all the fun things that come with spinal cord injury, nerve pain is also a factor. I noticed a significant reduction in my pain levels and for this alone I was hooked!

Juicing made such a positive impact in my life that I continue to implement it into my daily routine. I start each day with a fresh pressed juiced made by my lovely wife.

Get on the net, order a juicer, search for great recipes and go for it!

Here is a link to one of my wife's favorite juice recipe sites, but you'll find that the internet is saturated with them.

<https://draxe.com/juicing-recipes/>

Good luck to you!

