



JUICING MADE EASY

A Simple Guide to
Juicing + Recipes

Organix®

Contents

The Benefits of Juicing	1
Helpful Juicing Guidelines	5
How to Choose a Juicer	11
10 Tips for Juicing at Home.....	15
5 Common Juicing Mistakes	16
Juice Recipes	
Rainbow Carrot with Lemon.....	19
Celery Juice	20
Green Goddess.....	21
Watercress, Parsnip, and Basil.....	23
Glossary of Power Vegetables and Fruits for Juicing	25
Our Commitment to You.....	28
Sources	29



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The Benefits of Juicing

With juice bars and freshly prepared juice stands springing up on every corner and in many health food stores (not to mention all the juicers available for sale these days), it's easier than ever to get your hands on a glass of fresh juice. The downside is that these freshly made juices can come with a hefty price tag.

Considering the cost involved – and effort if you're making juice at home – juicing should be approached with the goal of receiving the maximum enjoyment and nutritional benefit possible.

When you drink a freshly made juice, know that you are strengthening your body against illness and cleansing toxins from your body. The phytochemicals in fruits and vegetables help prevent many modern diseases including heart disease and cancer, as well as debilitating conditions such as asthma, arthritis, osteoporosis, and inflammation.¹



How Many Fruits & Veggies Should You Be Eating?

Consistent research shows that people who consume the greatest quantity of fruits and vegetables are much less likely to develop cancer or other life-challenging diseases than those who eat little to none. Further, many fruits and vegetables are strong antiviral agents, which helps combat viral infections such as the flu, Epstein-Barr, and other viruses.

Unfortunately, according to the Centers for Disease Control and Prevention (CDC), just 1 in 10 adults meets the federal fruit and vegetable consumption recommendation. The scary part is that recommendation calls for a mere 1.5 cups of fruit and 2-3 cups of vegetables per day, which is far too low for optimal health.² You should actually strive to have closer to 10-15 cups per day of combined vegetables and fruits. For many people, this can be challenging.

Juicing makes it easier to consume larger quantities of fresh produce. By juicing, you are taking in far more fruits and vegetables than you could ever eat in one day. It takes, on average, about one pound of raw vegetables to make one 8-ounce glass of juice. Most of us would have a difficult time trying to chew a whole pound of several raw vegetables. By drinking just one 8-oz glass of juice, you are consuming the nutrients in that pound of vegetables (about 4 cups), and those nutrients will quickly be absorbed into your bloodstream.



For maximum health benefit, it is also wise to consume a wide variety of fruits and vegetables daily. Aim for at least 25 different fruits and vegetables per week instead of picking just a few and having those same ones every day.

In this report you will learn how common fruits and vegetables support immune function, improve bone health, and so much more. If you're ready to power up your immune system and give your body the building blocks it needs to regenerate and heal your body, then give juicing a try... your body and mind will thank you!

Food as Medicine: Discover the Healing Power of Juicing

Perhaps you've heard that juicing does not heal the body. Well, that's true. However, juicing does give your body the proper building materials it needs in order to regenerate and heal itself. Juice is nutrient dense, so with each sip you are getting a powerhouse of nutrients that sustain the body. These nutrients provide a powerful boost to the immune system, increase energy, strengthen bones, and lower your risk of disease.

The unfortunate reality is that we live in a toxic world. Our food, air, water, furniture, mattresses, and technology all add to that daily "toxic soup." Juicing extracts bioactive compounds in plants that help your body fight the damaging effects of these harmful environmental toxins.

When you are dehydrated, your body cannot flush out debris properly, nor can your brain function on all cylinders. We all want to feel good and have lots of energy and a clear mind. But when your body is in a state of toxic overload, you feel sick and may suffer from brain fog.

Juicing, on the other hand, is cleansing, hydrating, and detoxifying.



But What About the Fiber?

There's no question that fiber is important for many bodily functions. However, it is merely a carrier of the nutrients and has no actual nutritional value. Given that it is next to impossible to eat pounds of raw vegetables every day (the stomach simply could not handle that much bulk), juicing provides the perfect solution.

By removing the fiber in juicing, we are putting only the part of the vegetable that contains the nutrients (the liquid part) into our body. Juicing breaks down the cellular structure of raw vegetables and assimilates the precious elements they contain. The body needs these elements to build and nourish itself.

It is a well-known fact that all foods must become liquid before they can be assimilated. The problem is that most of us do not chew our food to the point of liquidity. By juicing, we do much of the work of the digestive system before we consume the food.

We get all the benefit of the nutrients without having to go through the full digestive process. This means the nutrients can go almost directly to the cellular level in mere minutes – maximizing healing. That said, it is helpful to swish juice in your mouth (and even “chew” it a few times) before swallowing so your digestive enzymes can be released and enhance the digestive process. More on that later in this report.

Be sure to incorporate juices into a well-balanced, whole food diet. Juice should not completely replace whole fruits and vegetables, as fiber is important for eliminating toxins and good digestive health.



The Problem with Store-Bought Juices

When we speak of the health benefits of juice, it's important to understand that the juice you find in bottles and cartons on grocery store shelves really doesn't count. All of these products must be pasteurized by law to prevent spoilage. Pasteurization involves high heat that destroys the vital enzymes, good bacteria, and many nutrients that are found in fresh juices.

Helpful Juicing Guidelines

When deciding what to juice, an important rule of thumb is that flavor and nutrition go together. After all, better nutrition shouldn't be at the expense of taste. Even though all vegetables and many fruits can be considered for juicing, the best juicing ingredients for you are the ones you enjoy.

That being said, juicing is a good way to expand your taste buds and experiment with new fruits and veggies you've never tried before. You may want to tape a list onto your refrigerator of veggies that you have NOT yet tried and give yourself a check mark (or a gold star) every time you try something new.

If you randomly combine fruits and veggies together without thinking about their colors, you can end up with some odd shades of brown or gray juice. Some people find these shades unappealing, or will automatically assume the juice will taste terrible (even when it doesn't). If you keep the greens and the reds separate, you will avoid creating unappetizing brown-tone juices.

Experiment with different types of produce to see which ones you most enjoy. Find the combinations that suit your taste and you will be more likely to keep up with it. Juicing should be fun as well as healthy, and not be overwhelming. In the next section you'll find suggestions to help guide you.



Green Juices

Green juices are by far the healthiest juice, with almost no sugar and they contain a plethora of nutrients that support the body in optimal health. Leafy green vegetables support eye and heart health, are rich in folate, vitamin C, and offer numerous beneficial phytochemicals. These greens are rich in chlorophyll, which helps prevent cancer, improve liver detoxification, speed up wound healing, improve digestion, and promote healthy skin. Some of the best chlorophyll-rich dark greens you can include in your green juice are spinach, collard greens, parsley, and kale.

Quercetin, a powerful polyphenol, is plentiful in leafy greens. It lowers inflammation, supports heart health, and lowers the risk of invasive cancers. Quercetin also aids in the removal of excess estrogen from the body by stimulating liver function to detoxify estrogen and other carcinogenic agents. Kale and parsley are especially abundant in quercetin.

Leafy greens also help clear out toxins and strengthen the immune system. The zinc and vitamins A, C, B6, and folate are powerhouses when it comes to immune support. Greens also provide vital minerals, antioxidants, amino acids, and enzymes. Remember to rotate your leafy greens in order to reap the benefits from the varied nutrient content of each.

Cucumber or celery juiced with leafy greens such as kale and spinach makes an excellent base for most any green juice. This will hydrate the body, which is critical as water facilitates digestion, nutrient absorption, and transport.



Cucumbers, in particular, help keep you hydrated, flush out toxins, and provide many health-boosting vitamins and minerals. Cucumbers also help protect the body against constipation and kidney stones, and help control blood pressure.

Celery contains vital nutrients in its fibers that are released when the vegetable is juiced. The natural sodium in celery will help your body absorb nutrients, including iodine, from your food. The enzymes in celery work to raise the hydrochloric acid in the stomach so that food digests easily. Celery leaves have high vitamin A content. The stems are an excellent source of vitamins B1, B2, B6, and C, with rich supplies of potassium, folate, calcium, magnesium, iron, phosphorus, sodium, and plenty of essential amino acids. Celery has antibacterial, antiviral, anti-inflammatory, and immune-boosting effects.³

From here you can tailor your green juices to your specific needs and taste. For example, if you require additional detoxification from heavy metals, add cilantro and parsley to your green juices. Cilantro binds to heavy metals such as mercury and escorts them out of the body. Parsley is a powerful detoxifier that removes high levels of copper and aluminum.



Beyond Green Juice

Don't be afraid of juicing carrots, parsnips, and even beets. Carrots are one of the most widely used and enjoyed vegetables in the world, partly because they are easy to grow and source, but also because the taste appeals to most. Carrots have been found to reduce cholesterol levels, improve heart health, reduce cancer risk, and improve skin. They also boost immune function and digestion, and detoxify the body – they are loaded with antioxidants that bind up toxins and carry them out of the body.

Carrots are one of the richest sources of beta-carotene. The body converts beta-carotene into vitamin A, which is essential for eye health, immune function, and much more. Conventional carrots contain high levels of pesticides, so choose organic whenever possible.

Vegetables such as celery, carrots, fennel, parsley, and parsnips contain health-promoting polyacetylenes, natural compounds that have antibacterial, antiviral, anti-inflammatory, and immune-boosting effects.⁴ Polyacetylenes help reduce toxicity in the body and inhibit cancer tumor formation. They improve glucose uptake, support brain health, and reduce the risk of fatal blood clots and cardiovascular events.⁵ If you have organic produce, scrub instead of peeling carrots and parsnips, as there is a higher distribution of polyacetylenes in the vegetable skin.



Juicing for Liver Health, Inflammation, Digestive Support and More

If you have a sluggish liver, add beets to your carrot juice, and juice leafy green vegetables with lemon. Inflammation is at the root of most disease, and juices are powerfully anti-inflammatory. One study evaluated the effects of fruit and vegetable juice concentrate on inflammation. The results showed that 60 days of consuming high levels of plant concentrates led to significant reductions of different inflammatory biomarkers.⁸ For an extra boost, add ginger to your juice. Ginger is a powerful anti-inflammatory and supports digestive health.

Lemons and limes are excellent in juices. Lemons are loaded with vitamin C, a vitamin used by the body to make the antioxidant glutathione, the master detoxifier. Lemon juice also helps balance blood sugar and has an alkaline effect on the body.⁹ Enzymes in fresh lemon juice accelerate the digestive process. Lemons and limes also contain hesperidin, which helps reduce bone loss post-menopause.

The lemon oil that is extracted from the rind boosts immune function and supports lymphatic drainage, which is critical to the body's ability to drain fluids, filter out toxins, and regenerate tissues. Lemon oil is also a powerful antimicrobial agent that targets various bacterial species. It is also known for its ability to improve mood, rejuvenate energy, and boost metabolism.

Lemon rind also contains naringenin, an antioxidant that can stimulate the liver to burn excess fat and reduce blood sugar, triglycerides, and cholesterol. Naringenin also helps protect the body against radiation-induced damage. The white, papery membrane of citrus fruits, known as the pith, is a concentrated source of many beneficial nutrients (just like the skins of apples, sweet potatoes, and other plants).



TIP

Try to consume at least one green juice plus at least one other daily, such as carrot juice, but limit your daily intake of carrot juice to 8 oz.

How to Choose a Juicer

The first step in purchasing a juicer is to realize that there is no “one size fits all” juicer. The best juicer for you is the one that works best for your lifestyle. Keep in mind that if the juice machine is easy to use, and is in plain sight, it will be used more often. Hence, the best juicer is the one that you actually use!

Here are few factors to consider when shopping for a juicer:

Cost: Juicers vary in price. Are you looking to keep the cost down or can you afford something a bit pricier? Starting with a budget may help you to narrow down the options. No matter what you choose, know that high-quality juicers are available at various price points.

Counter Space: Some juicers take up a lot of room on the counter – which is where your juicer needs to be. These machines are heavy, and out of site is out of mind, so best not to store it in the pantry, on a high shelf, or tucked away in the basement. Choose one that fits the space you have available.

Noise Factor: A noisy juicer can be a nuisance, especially in the morning if some people are still sleeping. Read the reviews to make sure your juicer won’t become your family’s alarm clock.

Chute Size (feed tube): The size of the opening is important, as the larger the opening, the less prep time is required.

Yield: Juicers that extract the most juice will give you a greater yield.

Warranty: Look for a 5- to 10-year warranty on motor and parts, and stick with reputable companies that offer customer service and replacement parts.

Motor Power: The more motor power, the better your juicer can handle tough produce such as carrots and celery.



Types of Juicing Machines

The two main types of juicing machines are masticating (aka cold press or auger style) and centrifugal. There are pros and cons for both, but again, the best one for you is the one you use – not the one that uses up space and collects dust.

Masticating juicers squeeze the fruit and vegetables for the juice through a fine stainless-steel strainer. These devices have an auger that grinds the produce, breaking down cell walls and releasing the juice, which is then squeezed through a steel screen.

Masticating juicers typically extract more nutrients, and because they generate less heat and friction, retain more enzymes. These cold press juicers tend to be quieter than centrifugal juicers, but also require more time to produce the juice. However, they often yield more juice than centrifugal extractors.

While most cold press juicers are horizontal in design, some newer models are vertical. These machines work the same, but the auger is placed vertically. This allows it to take up less counter space, but because of the location and narrowness of the pulp outlet, more pre-cutting of the produce is needed. However, a horizontal auger machine will be much easier to clean than a vertical one because it has fewer parts.



The Citrus Press

A citrus press can be useful for extracting the juice from oranges, lemons, limes, and pomegranates. These juices can be served as is or added to recipes. However, citrus fruits can also be juiced either whole, which offers the health benefits of the zest, or peeled, which still contains the nutrients of the outer white pith.

Pros:

- ▶ Generally quieter than centrifugal extractors
- ▶ High yield of juice
- ▶ Does not oxidize juice

Cons:

- ▶ Small feed tube requires more prep work
- ▶ Expensive
- ▶ Time intensive
- ▶ Most units take up a lot of counter space

Centrifugal juicers (extractors) are the most common type of juicer as they deliver fast and efficiently. Extractors use a spinning basket that shreds the fruit and vegetables and forces the juice through a fine mesh stainless steel strainer by centrifugal forces. Spinning, shredding disks create a lot of noise and heat, and introduce oxygen to the juice, destroying some of the enzyme and nutrient content (damage is less severe if you consume the juice right away).

Extractors are noisier and offer a smaller yield, but they are very efficient. There is no need to cut produce into small pieces before juicing, which can be a huge time-saver. They also tend to be cheaper than masticating juicers.

A Few Excellent Brands and Models of Juicers

Breville Juice Fountain Plus or
Juice Fountain Compact

Hurom Slow Juicer

Juiceman Juice Extractor

Omega Masticating or Centrifugal
Juicers

Pros:

- ▶ Efficient for hard vegetables such as carrots and celery
- ▶ Often not necessary to chop vegetables before juicing
- ▶ Easy to use and clean
- ▶ Typically cheaper than masticating juicers

Cons:

- ▶ Won't extract a lot from leafy greens and broccoli florets
- ▶ Oxidizes juices quickly
- ▶ Noisy



Cleaning Your Juicer

One of the drawbacks of juicing is having to clean the equipment. Look for a machine that cleans easily. Some of them come with a stiff brush which helps to facilitate cleaning.

- ▶ Run the parts under warm, soapy water immediately after use to make the cleaning process easier.
- ▶ Thoroughly clean blades, basket, pitcher, and all other parts.
- ▶ Some models suggest you can put the parts into a dishwasher, which is a time saver. The downside is that this is risky because the plastic parts might get brittle and deformed over time, and in general it is best not to expose plastic to intense heat.



10 Tips for Juicing at Home

Once you have your juicer picked out (or retrieved from the cupboard if it hasn't been used in a while), here are some tips to help you enjoy the healthiest and tastiest juice possible.

1. Drink your juice right away, or at least within 24 hours, to get the most benefit.
2. If your juicer has two speeds, use the lower speed for soft fruit, such as berries, and the higher speed for greens and hard vegetables and fruits, such as carrots, celery, and apples.
3. For the best taste and appearance, limit your ingredients to just a few – or at least those in the same color family. If you mix red or orange and green produce, you may end up with a brown juice. If that happens, just close your eyes while you drink it!
4. Pulp is loaded with nutrients, so don't let it go to waste. Use it in smoothies or stews, or add it to your compost pile to boost the nutritional value of your garden.
5. Choose organic whenever possible, and wash all produce thoroughly before juicing, to remove bacteria, pesticides, and other potentially harmful organisms.
6. Don't try to make too much juice at one time. This will overflow the basket and the pitcher, leaving you with a big mess and wasted juice.
7. Wash or rinse your container immediately after drinking, to make cleanup easier.
8. Always use the freshest produce possible for maximum health benefits.
9. Include fresh herbs in your juices. They offer antioxidant, anti-inflammatory, antimicrobial, and anti-cancer benefits.
10. For those who are on the ketogenic diet or for other reasons must limit carbs, stick with leafy greens and other non-starchy vegetables. For fruits, limit these to lemons and limes.



5 Common Juicing Mistakes

Mistake #1 Juicing the Same 5 Plants Daily

Just like your general diet, diversity is key when it comes to juicing. Consuming a wide variety of fruits and vegetables ensures that you are getting the unique benefits of each and supplying your body with a balanced profile of vitamins and minerals.

While some foods might find their way into most of your juices, be sure to rotate the other ingredients. If, for example, you love celery, start with that and then add spinach and kale one day, and the next day switch to Swiss chard, bok choy, or cabbage.

Mistake #2 Drinking Juice at the Wrong Time

Drinking juice just before, with, or after a meal is not advisable. One of the reasons for this is it can lead to indigestion or heartburn. Importantly, drinking celery juice on an empty stomach strengthens hydrochloric acid (good acid) in the gut and helps the liver produce bile to break down food. This actually helps prevent indigestion, acid reflux, and heartburn. When hydrochloric acid levels in the stomach are low, unproductive acids tend to rise up the esophagus.¹⁰



The biggest reason to avoid drinking juices with or after a meal is that it handicaps the nutritional power of juicing. Fruit and vegetable juice consumption floods the liver with polyphenols and other phytonutrients. Once the functional capacity/blood saturation is reached, the excess will be removed by the aglycone clearance pathway, regardless of their nutritional value.

In other words, we have limits on the amount of these compounds that the liver can effectively deal with at any given time and the surplus will be shunted off to the urine.

What this means is that if you drink your juice after a meal, the nutrients could be sent off to the urine before they have a chance to do miraculous things to your body. If you drink your juice just before your meal, you may not benefit from the nutrients in that meal. While this is not harmful, it certainly is wasteful.

Drinking fresh juices on an empty stomach is best so that vital vitamins and minerals in the juice can quickly be absorbed into your bloodstream.

Mistake #3 Power Drinking Your Juice

Digestion begins in the mouth, so it's important to take a few moments to swish the juice in your mouth before swallowing instead of just gulping down the juice. It's true that the act of juicing breaks down the cell walls of the plants which makes them easier to digest. But the secretion of digestive enzymes into the saliva is an important part of the first steps of digestion. This will maximize nutrient absorption. While it may sound odd, "chewing" your juice is another powerful way to jumpstart good digestion.

Mistake #4 Letting Juice Sit

The sooner you drink your juice, the better. With prolonged exposure to air, the vital enzymes and nutrients begin to deteriorate and are mostly gone within 20 minutes. It is best to drink your juice right away after making it. However, in the real world that is not always possible. If you don't have time to juice in the morning, then the right time for you is to juice the night before and store it in the refrigerator. Pour the juice into a glass jar filled to the top to minimize exposure to air. Seal it tightly.

You can even freeze fresh juice if you want, but you will need to leave some room for expansion so the glass doesn't break. All in all, if you make it too hard, you won't juice. Even if some of the nutrients are compromised by storage, you will still benefit from drinking the juice at whatever point you can.

Mistake #5 Juicing Too Many Fruits

Fruit contains a lot of sugar. Normally this is not too problematic as fruit is also high in fiber which slows down the glucose reactions. This is important as fruits offer considerable nutritional value and should not always be avoided. However, as juicing removes the fiber, most experts say it is best to mostly eat your fruit and juice your vegetables. They believe that a small amount of fruit for flavor is fine, if desired.



That being said, freshly pressed fruit juice can be healing. Watermelon, for example, hydrates, detoxifies, and cleanses the body on a cellular level. Watermelon is rich in vitamins, beta-carotene, lycopene, and other powerful antioxidants. These compounds help protect the body from harmful substances, promote eye and brain health, reduce pain from neuropathy, lower inflammation, and help prevent several cancers. The compound lycopene, in particular, has been shown to reduce C-reactive protein (CRP), a marker of inflammation linked to chronic diseases such as cancer and heart disease.¹¹

But what about the sugar? Watermelon has a glycemic index (GI) of 80, which is certainly high, but it actually has a very low glycemic load (GL).¹²



Pear is another good example. Pear has a GI of 38, but a GL of only 5. Pears revitalize the liver, cleaning and purging it of pesticides and viral waste matter. Pears are also helpful in reducing insulin resistance, balancing blood sugar, and supporting the adrenals.¹³

Apples are one of the best fruit additions to green juices as they add just a touch of sweetness. They are anti-inflammatory and are loaded with health-promoting and detoxifying phytochemicals. Apples have a GI of 36, but a GL of only 5.¹⁴

All this is to say that, in moderation, even fruit can be juiced. That word “moderation,” however, is often misunderstood. If you need to limit your carbohydrate consumption, you will need to limit your fruits to lemons and limes and maybe a quarter of a green apple. You may wish to serve fruit juices as a special treat and serve over ice or with sparkling water as a refreshing summer cooler.

Juice Recipes

The following four recipes make good use of health-promoting vegetables:

Rainbow Carrot Juice with Lemon

Carrots don't just come in the familiar orange variety. Enjoy a rainbow of carrots for maximum benefit. Including the entire lemon and not just the lemon juice adds additional benefits as the rind holds essential oils that contain health-promoting compounds.

Key Benefits of Rainbow Carrots:

- ▶ Purple carrots contain beta- and alpha-carotene as well as anthocyanins (which give them their purple hue). Anthocyanins offer anti-inflammatory, antiviral, and anti-cancer benefits.¹⁵ These amazing polyphenols also support brain health and fight free radicals.
- ▶ Orange carrots offer beta-carotene, which promotes vitamin A production by the body, which is essential for eye health and healthy immune function.
- ▶ Red carrots offer lycopene and beta-carotene, which are linked to a lower risk of many cancers. Lycopene is a powerful antioxidant that can protect and repair cellular damage from free radicals. Excessive damage from free radicals has been implicated in the development of heart disease and many cancers.
- ▶ Yellow carrots offer xanthophyll and lutein, which are associated with cancer prevention and improved eye health.
- ▶ White carrots promote healthy digestion.



Ingredients:

1 pound organic carrots

(any combination of purple, red, orange, yellow, and white)

1 organic lemon, pits removed

(if you prefer a less tart juice, reduce to 1/2 lemon)

Directions:

Load carrots and lemon into juicer and enjoy juice at once. Serves one.

Celery Juice

Celery juice is a powerful healing food. Given its extensive list of attributes, you can see why you might want to add celery to most of your other juices.

Enjoy this juice first thing in the morning, at least 30 minutes before breakfast. You'll be amazed at how quickly this juice goes down!

Key Benefits of Celery:

- ▶ Supports liver and digestive health and facilitates comfortable bowel movements
- ▶ Excellent source of polyacetylenes
- ▶ Supports efficient digestion
- ▶ Good source of amino acids, such as alanine, arginine, aspartic acid, glutamic acid, glycine, histidine, hydroxyglutamic acid, iodogorgoic acid, lysine, serine, thyroxine, tryptophane, and valine that serve vital functions in the body
- ▶ Excellent source of antioxidants and beneficial enzymes
- ▶ Offers vitamins and minerals such as vitamin K, vitamin C, potassium, magnesium, folate, and various B vitamins
- ▶ Helps prevent urinary tract infections
- ▶ Helps prevent and treat high blood pressure
- ▶ Rich in apigenin, a bioflavonoid that reduces anxiety, increases antioxidant enzymes in the blood, and inhibits cancer tumor migration and metastasis
- ▶ Beneficial for weight loss
- ▶ Helps lower high cholesterol
- ▶ Contains the antioxidant luteolin, which helps protect the lungs, liver, and heart tissue from inflammation



Ingredients:

One bunch celery

5 sprigs cilantro and/or parsley
(optional)

Directions:

Juice the entire bunch of celery. Add five sprigs cilantro and/or parsley for enhanced detoxification. Serves one.



Green Goddess

Green juices are phenomenal for detoxification, hydration, and so much more. Dark green leafy vegetables such as kale and spinach are top choices for eye protection. This is because they are rich in folate, vitamin C, potassium, and a plethora of health-promoting phytochemicals, such as lutein, zeaxanthin, and beta-carotene. Just one cup of raw kale or spinach will give you 20+ milligrams of lutein and zeaxanthin. ¹⁶

Leafy greens such as kale and spinach offer omega-3 fatty acids, which help lubricate joints, support brain function, and neutralize free radicals.

Key Benefits of Kale:

- ▶ Powerful detoxifier, supports heart health, and is anti-inflammatory, antiviral, and antibacterial
- ▶ Good plant source of protein, with almost 3 grams per cup
- ▶ High in various health-boosting carotenoids
- ▶ Good source of vitamins A, C, K, and folate
- ▶ Good source of quercetin, which has strong anti-inflammatory compounds and aids in the removal of excess estrogen and other carcinogenic agents from the body

Key Benefits of Spinach:

- ▶ Packed with vitamins A, C, E, K, and various B vitamins
- ▶ Boasts trace minerals such as copper and magnesium
- ▶ Powerful antioxidant food that helps to keep cholesterol from oxidizing in blood vessels, helping to improve circulation while promoting a healthy heart
- ▶ High in chlorophyll, which improves liver detoxification and digestion
- ▶ The carotenes in spinach support good eye health and vision

Key Benefits of Cucumber:

- ▶ Adds a powerful punch of hydration to any juice
- ▶ Flushes out toxins, and provides many health-boosting vitamins and minerals, such as vitamins A and C, folate, potassium, manganese, and phosphorus
- ▶ Helps protect the body against constipation and kidney stones, and aids in controlling blood pressure
- ▶ The silica in cucumber promotes nail health and supports connective tissue such as muscles, bones, and skin

Key Benefits of Thyme:

- ▶ This popular garden herb is anti-cancer, antibacterial, and a strong antioxidant
- ▶ Has been found to lower blood pressure, boost immunity, and help treat diarrhea, sore throat, cough, and flatulence
- ▶ Improves the body's production of progesterone, which may help reduce PMS and menopausal symptoms

Celery is mostly made of water, and is loaded with electrolyte compounds that help keep the body hydrated. It boasts a plethora of antioxidants, phytonutrients, and other compounds that promote optimal health. *See more on the benefits of celery in the Celery Juice recipe above.*



Ingredients:

2 kale leaves
8 spinach leaves
2 sprigs thyme
1/2 a medium cucumber
4 stalks celery

Directions:

Bunch up kale, spinach, and thyme and push through the hopper with cucumber and celery. Enjoy at once, or store in a glass jar filled to the top and closed tightly. Drink within 24 hours. Serves one.



Watercress, Parsnip, and Basil Juice

This juice allows you to take in all the benefits of watercress without the spiciness of it. While many enjoy the “bite” of cress, others do not. The parsnips and basil complement the cress and offer a pleasant sweetness.

Key Benefits of Watercress:

- ▶ One of the most nutrient-dense foods known. Rich in beta-carotene and other carotenoids, including lutein
- ▶ Offers significant quercetin, EGCG (epigallocatechin gallate), flavanols such as kaempferol, lycopene, indole-3-carbinol (I3C), sulforaphane, as well as DIM (diindolylmethane)
- ▶ Good source of riboflavin, vitamins C, A, E, and K, calcium, magnesium, and iodine
- ▶ Antioxidant, antigenotoxic (which means it helps protect the body against a variety of compounds, including carcinogens) and anti-inflammatory properties
- ▶ Contains a high amount of PEITC (phenylethyl isothiocyanate), which inhibits many cancer processes

Key Benefits of Parsnip:

- ▶ Abundant in folate, vitamins C, E, and K, and loaded with potassium, of which most people are deficient*
- ▶ Contains folate which reduces homocysteine levels in the blood, which further reduces the risk of heart complications
- ▶ Carotenoids in parsnips are helpful for healing the respiratory system. Studies show that drinking parsnip juice helps ease asthma, sneezing, symptoms of emphysema, and respiratory infections¹⁷
- ▶ Parsnips are anti-inflammatory and anti-cancer and help control blood sugar levels
- ▶ Boost immune function and gut health
- ▶ Vitamin C in parsnips helps repair skin cells and prevent skin aging

Key Benefits of Basil:

- ▶ Powerful anti-inflammatory, antimicrobial, and antioxidant properties
- ▶ Contains flavonoids that help shield cell structures from radiation and oxidative damage

**Potassium is both a mineral and an electrolyte, which means that it helps balance the amount of fluid in your body and transmits electrical impulses produced by nerves, making it vital to muscle function. Potassium works closely with other electrolytes, including sodium and calcium. Staying healthy requires a balance between these minerals. Regularly consuming potassium-rich foods has been found to lower the risk of stroke, high blood pressure, and stress on the heart.*



Ingredients:

3 handfuls watercress
10 fresh basil leaves
2 stalks celery
1 parsnip

Directions:

Bunch together the watercress and basil and push through the hopper with the celery and parsnip. Drink at once or store in a glass jar filled to the top and closed tightly. Consume within 24 hours. Serves one.

Glossary of Power Vegetables and Fruits for Juicing

All vegetables provide valuable nutrients. Some plants are called superfoods as they offer particularly powerful healing benefits. Below is a list of some of the most beneficial vegetables to juice.



Basil

Basil has powerful anti-inflammatory, antimicrobial, and antioxidant properties. It contains flavonoids that help shield cell structures from radiation and oxidative damage.



Bok Choy

Bok Choy is loaded with vitamins C, A, and K, and offers calcium, magnesium, potassium, manganese, and iron.



Carrots

Carrots contain carotenes, which support eye health and immune function. They are rich in polyacetylenes, reported to improve glucose uptake, support brain health, reduce toxicity, and inhibit tumor formation. Polyacetylenes also have antibacterial, antimicrobial, anti-inflammatory, and immune-boosting effects, and have been found to reduce the risk of fatal blood clots and cardiovascular events.



Cabbage

Cabbage contains numerous anti-cancer and antioxidant compounds and helps the liver break down excess hormones. Cabbage also cleanses the digestive tract and neutralizes some of the damaging compounds found in cigarette smoke (and secondhand smoke) and other toxic substances. It also strengthens the liver's ability to detoxify. Cabbage is rich in vitamin K, necessary to maintain bone calcium, thus reducing the risk of osteoporosis.



Celery

Celery supports liver and digestive health, lowers inflammation, helps lower high blood pressure, and is an excellent source of antioxidants and beneficial enzymes. Celery is rich in apigenin, which has potent anti-cancer effects, and the antioxidant luteolin, which protects the lungs, liver, and heart. Celery contains natural compounds that have antibacterial, antiviral, anti-inflammatory, and immune-boosting effects.¹⁸ Celery is another powerful source of polyacetylenes.



Cilantro

Cilantro binds to heavy metals such as mercury and escorts them out of the body.



Collards

Collards are extremely rich in vitamins A, B2, B6, C, K, and are packed with magnesium and folate. Pound for pound, they are one of the least expensive cruciferous vegetables to be sourced.



Cucumbers

Cucumbers help keep you hydrated, flush out toxins, and provide many health-boosting vitamins and minerals. Cucumbers also help protect the body against constipation and kidney stones, and help control blood pressure.



Kale

Kale is a good plant source of protein, with almost 3 grams per cup. It is also high in various health-boosting carotenoids and folate. It is a good source of vitamins A, C and K. Kale contains the omega-3 fatty acid ALA (alpha-linolenic acid), which is a potent antioxidant that neutralizes free radicals. It also generates and increases levels of vitamins C and E as well as CoQ10 and glutathione. Glutathione has been labeled the “mother” or “master” of all antioxidants due to its incredible ability to disarm free radicals, detoxify the body, and boost the immune system. As a member of the cruciferous family, kale has numerous anti-cancer benefits, including impeding the growth of tumors, inhibiting cancer stem cells, and taming inflammation.



Lemons and Limes

Lemons and limes are two fruits that can easily be included in most any juice. They are potent detoxifiers, with antibiotic and antiviral effects. Juicing the zest as well as the fruit cleanses the body and enhances the immune-building properties of your already healthy glass of juice. Lemons and limes are plentiful in vitamins C and B6, potassium, folate, and flavonoids. They also possess the phytochemical limonene, which has numerous anti-cancer effects, and helps reduce stress, anxiety, and depression. These fruits contain citrus bioflavonoids, otherwise known as vitamin P. Citrus bioflavonoids support cell oxygenation and healthy blood pressure.



Parsley

Parsley is a powerful detoxifier that removes high levels of copper and aluminum. It is also a strong source of apigenin and other anti-cancer flavonoids and phenolic compounds such as apiin, myristicin, coumarins, luteolin, and quercetin.



Spinach

Spinach is an excellent source of lutein and offers zeaxanthin as well. Rich in chlorophyll and carotene, spinach is powerful when it comes to breast, kidney, lung, prostate, stomach, and many other cancer types.



Watercress

Watercress is one of the most nutrient-dense foods known. It is rich in beta-carotene and other carotenoids, including lutein. Watercress also offers significant quercetin, EGCG (epigallocatechin gallate), flavanols such as kaempferol, lycopene, indole-3-carbinol (I3C), sulforaphane, as well as DIM (diindolylmethane). It is a good source of riboflavin, vitamins C, A, E, and K, calcium, magnesium, and iodine.

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