

# Absolute Health and Healing

*“Building a new YOU from the inside out and foundation up!”*

Dr. Mercola has a very good article on juicing. You can view and print it from his website at [www.mercola.com](http://www.mercola.com). Below are some basic principles for juicing, that I have come to learn.

Purchase a good juicer! At the very least do not spend money on a centrifuge type juicers such as the Juice Man or Jack LaLanne. Seriously consider purchasing an Omega 8300, Champion or the better twin gear Green Star.

1. Wash and prepare your all of your organic produce in advance to save time.
2. Please no straight fruit juice!! A lemon tonic in the morning is fine.
3. Limit beets to ¼ roots per 8 ounces of juice and use 2 beet green tops with the root.
4. 8 ounces of carrot juice per day is fine-*see some recipes below*.
5. I would suggest purchasing the best juicer you can afford. I have had excellent success with mine, which is a Green Star 2000 (GS-2000). As a slow oxidizer please drink your juice 15-20 minutes before eating a meal unless it is a complete meal replacement.
6. According to detoxification expert, Sharon Murnane, you should consider performing one coffee enema for every 24 ounces of fresh juices.
7. Ideally, try to make your juices fresh each meal. If you do not clean your juicer right away then add several cloves of garlic and 1/3 wedge of a lemon or lime as the last produce.
8. To store your juices properly purchase many 8 ounce (250ml) brown glass bottles. Fill up to the very top with juice then add a small layer of olive oil on top. Seal it up so less than 1T of air is trapped. Store it in a cooler or refrigerator. This will keep your juice fresh for about 24-48 hour. Vegetable juices made with any fruits must be consumed immediately because the sugars in the juice will ferment the veggie juice.
9. If you add ground flax seeds, a fiber blend, flax oil, cod liver/fish oil and/or eggs you must consume right away!!

## ***Juice Base produce makes up about 50-80% of juice***

Celery, cucumber, zucchini, tomato

## ***Secondary produce makes up about 10-20% of juice***

Rhubarb, carrot, beets and green apple, peppers, cabbage, boc choy, Chinese cabbage/celery, fennel, etc...

## ***Miscellaneous produce makes up to 10% of juice.***

Lemons, limes, pineapple, ginger, radishes, burdock root, all greens (chard, dandelion, beet greens, kale, mustard greens, cilantro, parsley, dill, some mint or other herbs of choice), garlic, onion, horseradish, celery root, beet greens, fresh herbs etc...

Note: If you desire to drink wheat grass then it is suggested by proponents of wheat grass to do so on an empty stomach. Consume no more than 1-2 ounces at a time depending on your overall body size.

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Basic recipe ideas: 12-16ounces of juice

<b>Green Juice #1</b>	<b>Green Juice #2</b>	<b>Green Juice #3</b>
1 granny smith apple	½ cucumber	½ cucumber
4 celery stalks	3 celery stalks	2 celery stalk
1” of ginger root	¼ beet with 1-2 green tops	1 zucchini
1/3 lemon	2-3 dark green leafs	½ green apple
2 cloves of garlic	1T lemon or lime juice	¼ lemon wedge OR
15 sprigs of cilantro or parsley	Pinch of kelp and cayenne	1T lime juice

<b>Tomato Juice</b>	<b>Carrot Juice</b>	<b>Morning Lemon Tonic</b>
1 tomato pureed mixed with	3-4 medium carrots	1 lemon hand squeezed
2 celery stalks	1 raw egg	12 ounces warm water
1/2 cucumber	2-4T raw cream	Cayenne pepper to taste
½ green pepper	Shake vigorously	1 “ of ginger juiced
1 carrot		2-5 drops of whole leaf Stevia
1/4 beet		
3 kale leaves or spinach		
1 clove of garlic		
1 inch of ginger		
Small amount of hot pepper		
1T of fresh lime juice		

To make your juice a meal replacement, consider the following:

1-2 raw eggs	1-2T Bee Pollen	1T of nutritional or brewer’s yeast
1-2 T Coconut oil, Olive Oil, Flax Oil, Fish Oil, coconut cream, or raw cream	½ tsp Spirulina and/or Chlorella	1-3tsp. of a Super Green- I like VitaMinerals, Super Food, and Ultra Greens
1T shredded coconut-unsweetened!		I don’t advocate protein powders in juices!

Place juice in a blender with any or all of the above and blend on low and for just a few seconds. Drink immediately.

Now the rest is up to you to be creative!