

## Why and How to Juice the Right Way

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**Juicing has been all the rage in the health industry in 2012. So what's all the commotion about? Find out what juicing does for you and how to do it from Naturopathic Dr. Suneil Jain of Rejuvenate Health and Aesthetics.**



Juicing is the art of turning your favorite vegetables into a nutritious drink. By turning raw vegetables into juice you are consuming more vitamins, minerals and enzymes that you ordinarily lose through cooking.

These new-found nutrients help improve your overall health including: your immune system, skin, joints, digestion and cancer prevention. Many cancer patients go on raw diets which include juicing.

Dr. Jain says many digestive diseases such as colitis, respond well to juicing because the stomach doesn't have to do any work. There is no fiber or pulp to digest.

Juicing is not new, but it has become a growing trend because people are becoming more aware of their health and possible health solutions. Also, hard core facts supporting juicing for your health have been presented in various documentaries. Dr. Jain attributes the increase in popularity to the digital age because it allows information to travel faster and farther.

So how do you juice?

Dr. Jain says juicing is ultimately fool-proof. Purchase a juicer, like the Hamilton Beach Big Mouth Pro Juice Extractor for \$59, and add as many vegetables as you like to it.

Dr. Jain recommends using less fruit and more vegetables because fruits should be eaten to gain the fiber you are losing from juicing vegetables. Instead, use carrots and beets or maybe an apple to sweeten the juice.

Although Dr. Jain does not have a favorite juicing recipe, he says a kale, cucumber, lemon and carrot juice is sure to impress. After a workout, coconut, kiwi and strawberry juice is great for an electrolyte replacement, instead of your usual sports drink.

Juice can be used as an additive to your diet or as a meal replacement depending if it is for overall health or to beat a disease. (Consult your physician for disease-based juicing.)

So ask yourself: Why buy expensive supplements when you can drink 32 ounces of juice and get most of the vitamins and minerals you need--the natural way?