



## FACT SHEET - JUICING

For many people they have a barrier to juicing simply because they fear the taste! All they can picture is a tall glass of green “slush” and think there is no possible way that they can enjoy this! Once you start juicing and make it part of your daily dietary intake, you will find that you will start to crave a juice! And you will find that there are so many combinations of wonderful and tasty produce to create beautiful delicious drinks, that you’ll never get bored.

Juicing has become very popular again, and I believe people are becoming more open to understanding and exploring using food as medicine! With some incredible documentaries such as “Fat, Sick & Nearly Dead” by Joe Cross as an example, the benefits of juicing are now being watched and tried by many! Thank you Joe! The power of juicing to heal, invigorate and provide your body with the vitamins and minerals that it needs and requires....the benefits are practically endless.

Health and wellbeing issues are becoming more of a concern for us as a society. Stress is at an all-time high as we work more, play less, provide for our families, keep our homes in order, raise and care for your children and try to get through each day. Think about how many “hats” you wear? As a consequence, quite often our eating habits may suffer and it is far easier to seek convenience and comfort food through choosing fast food, packaged food and ready-made food. Unfortunately, many people then pay the price for not providing their bodies with real food and then are visiting the doctors, paying for pills, vitamins, over the counter “cures”, medications and more. You can’t possibly expect your body to function at it’s best if you are not fuelling it correctly.

Very simply, green juices/vegetable juices are very alkalising, cleansing, healing and hydrating. When our bodies are the opposite of alkalised, they are acidic. Unfortunately when our bodies are acidic we are providing the perfect environment for disease, inflammation, pain, viruses, infections, sickness and other illnesses to thrive.

Juicing is a great way to help your body absorb the nutrients and all the goodness from raw vegetables and fruit – especially if you don’t eat many in your normal diet – and it’s the easiest way to ensure you are getting your recommended daily intake of fruit and vegetables.

Your body doesn’t require a lot of energy to digest juice, so all of the nutritional goodness is easily absorbed into your blood stream within minutes of consuming and subsequently allows your digestive system to “rest”. This provides your body with instant fuel to function at its optimum and to nourish your cells at a cellular level. By resting your digestive system, this then allows your body to allocate energy to other bodily functions, such as cleansing and healing.

When juicing, you use way more vegetables and fruits than you can actually eat at any one time, so you are taking in an extraordinary amount of vitamins, minerals, nutrients, antioxidants that would be otherwise impossible to consume.

Green juices, in particular, became popular many years ago from a number of persons who literally cured themselves from chronic diseases and illnesses. The most formable person who “revolutionised” this way of thinking was Ann Wigmore, who opened and owns the famous Hippocrates Health Institute.

Through juicing some of the benefits that you may enjoy are weight loss, mental and physical strength and clarity, improved sleep, emotional balance, increased energy levels, healthier skin hair and nails, detoxification and wellness.

***The top 4 benefits of juicing:***

1. Juicing is the most convenient and time efficient process to consume all the vegetables and fruits you need daily.
2. Juicing will allow your body to absorb all of the nutrients available from your vegetables and fruits within minutes of consuming.
3. Juicing allows you to tailor your juice to suit your own tastebuds, and also to meet your own individual health requirements.
4. Juicing allows you to be in control of what is going into your body.

***Further reading:***

Juicing for Health: [www.healthy-juicing.com](http://www.healthy-juicing.com)

Juicing: Your Key to Radiant Health: [www.mercola.com](http://www.mercola.com)

10 Amazing Benefits to Juicing: [www.healthysteps.com](http://www.healthysteps.com)

Joe Cross: [www.fatsickandnearlydead.com](http://www.fatsickandnearlydead.com)  
[www.rebootwithjoe.com](http://www.rebootwithjoe.com)

***Detox Destinations' 7 Day Juice Challenge:***

Please visit the Detox Destinations' website home page and register for your free **7 Day Juice Challenge** which includes a shopping list and 7 days of recipes to help you get you started on this wonderful journey!

[www.detoxdestinations.com.au](http://www.detoxdestinations.com.au)

*Happy Juicing!!!!*

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