

## Juicing For Health

# 35 Frequently Asked Questions Answered!

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# 35 Frequently Asked Juicing Questions Answered!

Welcome to the juicing world! I hope you enjoy this peek behind the scenes into 35 of the most frequently questions asked by the visitors to Best-Juicing.com. The answers will hopefully help you to make the most of that shiny new juicer.

## **1. I struggle to help my family to reach their recommended daily intake of fresh produce. What can I do?**

By juicing for health you can make sure that family members easily reach their healthy goal of consuming 5 to 9 servings of fresh produce per day. This is one of the main benefits of juicing fruits and vegetables. You will be way ahead of a substantial portion of the population if you choose to do this!

Just imagine how long it will take you to crunch through a pile of carrots, celery and beet! No wonder few of us get all the fresh goodies we need. By juicing a substantial portion of the daily requirement, you can drink it down in no time! Just remember to drink slowly, almost chewing the juice. This will ensure that you enjoy even more benefits from it.

## **2. Is it safe for anybody to begin a juicing program?**

If you are pregnant, planning to get pregnant, nursing or have any illness, you need to get medical advice before embarking on a juicing

program. The same rule applies when it comes to younger kids. Some juices are highly potent and may do more harm than good under certain circumstances.

If you have specific nutritional needs or allergies, speak to your dietician first. You should also do this if you have diabetes, as some juices can have a sugar content that is too high.

Also refrain from taking your medication with vegetable juice. Some veggies may affect the absorption of certain medications. Rather take your pills with water to be on the safe side, unless otherwise indicated.

### **3. Won't we lose too much fiber during juicing?**

It is true that juicing removes some of the fiber from the fruit and vegetables. However, fiber is easy to replace with foods such as cereals and whole grains.

What weighs much heavier, is the gift of a concentrated, easily assimilated form of all the enzymes, minerals and vitamins you will be giving your body through the benefit of juicing. To give you one example of the benefit: If you eat a raw carrot, your body can only take in about 1% of the beta carotene. The rest remains trapped in the fiber. If you juice a carrot, the beta carotene assimilated by your body, goes up to more than 90%! How's that for better value for money?

You will also still be eating whole fruits and veggies. Juicing serves only as a partial replacement.

#### **4. Is juicing good for older folks?**

Juicing for health is anti-ageing and helps seniors to retain that youthful spring in their step. As we get older, our digestive systems don't always function optimally, so food absorption may be affected. Juicing makes nutrients available without a heavy digestive process, so more will be absorbed with greater ease. This can help to prevent certain deficiencies that are likely to develop with ageing.

#### **5. Will juicing improve the appearance of my skin and hair?**

The beauty-building properties in green or brightly colored veggies, such as cucumber and carrots, will have a marked effect on the appearance of your skin, hair, and nails. If you increase your intake of fresh juice, you should be able to cut down on all those expensive beauty treatments. Your body will simply get a much more satisfactory injection of essential vitamins, minerals and enzymes.

#### **6. How can I get my kids to enjoy juicing?**

Kids enjoy the sweet taste of carrot juice. It is easy to slip in other (detested!) veggies, without them even noticing it. They love to dream up all sorts of wild combinations and have fun coming up with (often quite disgusting!) recipe names. Even unmentionables such as cabbage and broccoli can be included with relative ease.

Start fairly conservatively. Use a combination of carrots and apples. Add some celery, cucumber and perhaps a small quantity of beetroot. Don't use strongly flavored greens right at the beginning. Slowly introduce these over time. Some of the greens can be very potent and bitter, so be careful.

If your kids can choose their own combinations, such as with the [EZJuice Juice Suggester](#) program ([read my article explaining why I use this program](#)), they may be quite keen to experiment with new recipes.

Alternatively, you can introduce kids to the joys of juicing with some delectable smoothies. Experiment with a combination of apple, carrot and grapes or strawberry. Place some ice-cubes in a blender, and add your juice mixture. Frozen yogurt or sherbert gives it a good consistency and taste. Blend the mixture to the desired thickness. Kids love this healthy concoction!

## **7. My kids hate certain veggies. How can juicing help?**

Most of us detest one or two specific veggies. By juicing these together with some of your favorite fresh stuff, you will be ingesting the no-no's without even noticing. However, your body will definitely notice the additional nutritional boost! The same is true for your kids.

## **8. What can I do if my kids don't like greens?**

Body-building, leafy greens are accompanied by equally strong flavors. Use something like cucumber to disguise these. Cucumber adds vital nutrients and doesn't need to be peeled.

## **9. Will I still need nutritional supplements if I juice?**

You will find that you need far less of all the expensive food supplements in the form of vitamin and mineral tablets, if you are juicing on a regular basis. This will be especially true if you use one of the masticating juicers such as the Champion Juicer or the Norwalk Juicer with its cutting and grinding action. These juicers are claimed

to have the highest nutrient preserving rates.

### **10. Is it true that juicing will cure certain ailments?**

Many ailments will improve and may even disappear if juicing becomes part of your lifestyle. For instance, cabbage juice is known for its healing properties as far as the digestive system and ulcers are concerned. However, where there are specific health concerns, juicing should always be incorporated under medical supervision. It shouldn't be seen as a cure-all, and it should never replace medical care or medications. Always get your doctor's approval first, if you suffer from any ailment.

### **11. Can you suggest juices to relieve water retention?**

Juicing can be an excellent remedy if water retention is a problem. Juices such as celery, cucumber, cranberry, parsley, and watermelon are highly beneficial in this regard, and are most palatable as well.

### **12. How can juicing help me to lose weight?**

Vegetable juice is a low-calorie snack that contains no fat. If you use it as part of a sensible eating plan, you should see gratifying results. Fresh juices can be quite filling and will therefore act as a natural appetite-suppressant in a sense. Having a glass of rich, fresh juice between meals or just before a heavy meal, will act as a healthy hunger and craving curber.

### **13. What is the effect of juicing on blood sugar?**

With much less sugar than pure fruit juice, and roughly only about

50% of the calories, fresh vegetable juice will satisfy your sweet tooth every time. Experiment with carrot juice, or a combination of carrot and parsley juice when a craving creeps up on you. The powerful juice jolt gets you out of a craving conundrum every time. It has also been shown that the benefit of juicing extends to having a stabilizing effect on blood sugar levels, making you less likely to binge on all the unhealthy stuff.

However, you need to be careful not to have too heavy a hand on the fruit side. Concentrate on veggies, in order to keep the sugar content as low as possible. Remember that carrots are also quite sweet, so don't use too many. And if there is someone with diabetes in the family, consult a doctor or nutritionist before adding juice to the diet.

#### **14. Which is better: a water fast or a juice fast?**

There are two major differences between a water fast and a juice fast. A water fast may leave you feeling drained, irritable and troubled by hunger pangs. Juice fasting gives you an amazing energy surge, and is extremely filling and satisfying. Your body will still be getting loads of nutrients, without placing a burden on the digestive system. Fasting should however always be done under medical supervision.

#### **15. My body's acid level is too high. Can juicing help?**

Juicing for health helps your body to lower the level of acidity and to maintain the proper PH, which is vital in preventing diseases like cancer.

#### **16. Can juicing help me to prevent cancer?**

It is widely believed that all the health-building phytochemicals in

fresh juice enables your body to get rid of many of the harmful carcinogens.

### **17. Won't my skin turn yellow when I juice regularly?**

Your skin may develop a slightly yellow hue if you consume substantial quantities of carrot juice over a period of time. This is a harmless response, which will disappear once you cut down on your intake.

### **18. How do I judge quantities when buying fresh produce for juicing?**

As a general rule, one pound of produce renders in the region of a cup of juice. This should give you an idea of how much you will need for your family, depending on how often you juice.

### **19. Do I have to buy organic fruits and vegetables?**

If it is available and affordable, concentrate on using organic fruits and vegetables. Otherwise, just be sure to give all the produce a thorough scrubbing, before juicing. What is important is that you put your juicer to good use, even if it is with ordinary produce!

### **20. Should I peel the veggies?**

The greatest concentration of nutrients usually lie just beneath the rind or skin. Don't peel the produce, unless you have to.

## **21. Do I need to peel fruits?**

Citrus fruits such as oranges and grapefruit need to be peeled. Just try to retain as much of the white, pithy part just below the skin as possible, as this is the most valuable bioflavonoids storehouse. Mango and papaya must also be peeled. These peels may be harmful to you, as the skins contain toxic substances.

## **22. How do I prepare carrots for juicing?**

You don't need to peel carrots. Just give them a good scrub and remove their greens.

## **23. Do I need to remove Rhubarb greens?**

Rhubarb greens must always be removed, as these can be toxic.

## **24. How do I go about juicing greens?**

Roll leafy greens into tight little balls for a more effective juicing job. It is also most effective to add a carrot while feeding these into your juicer.

## **25. How does one handle the softer fruits?**

Soft textured fruits such as peaches, melons and strawberries produce quite a thick juice, and may stress the juicer's motor. Combine these soft fruits with harder textured fruit such as crisp apples, or crunchy carrots for a better result. Alternatively you can blend these and add them to your juice.

## **26. Can I juice the pits as well?**

Always remove hard pits from fruit such as peaches. You don't relish chewing on these, and neither does your vegetable juicer! Don't ruin your machine's precious blades! Most juicers can manage apple seeds. However, as these contain small amounts of cyanide, it is safer to remove the seeds before juicing.

## **27. Can I juice a banana?**

Banana and papaya don't juice successfully. Use a blender to make the most of these two. Alternatively, incorporate them into a delicious frozen dessert with the help of one of the masticating juicer accessories. It is good to enjoy something sweet on a regular basis. Juicing for health isn't suppose to be a punishment!

## **28. Do I need a special juicer for wheat grass?**

To get access to the acclaimed wonders of wheat-grass, you need a wheat grass juicer. This is one plant fibre the body cannot process without the help of a juicer. Some of the ordinary juicers can manage wheat grass. Ask your supplier about this.

## **29. Why is wheat grass juice so good for us?**

Claims about the benefits of wheat grass juice abound. These include labeling it a lymph system cleanser, a red blood cell builder, a detoxing agent making short shrift of metals in the body, a liver and kidney nourisher, and a vitality restorer. As is often the case, many of the claims are just that - they haven't been substantiated yet.

### **30. Is wheat grass recommended for children?**

Children (and even some adults!) will probably not enjoy wheat grass. Wheat-grass is one of the most nutrient-rich greens, and boasts a taste strong enough to equal its nutritional value! If your juicer is up to the wheat grass challenge, introduce tiny amounts and gradually increase the quantity over time.

### **31. I am on a gluten-free diet. Can I drink wheat grass juice?**

In spite of its name, wheat grass has been shown to be gluten-free, suggesting that it may be suitable as part of the diet of individuals with a gluten intolerance. Gluten is limited to the seed kernel, and is not present in the stem and grass leaves of the young plant. Check with your nutritionist to be on the safe side.

### **32. Can I sweeten the juice without adding sugar?**

Fresh of shredded coconut adds wonderful extra flavor and sweetness to juice.

### **33. What can I add to the juice for extra taste?**

Cranberries can be added for an extra tang. Their high antioxidant content makes them quite valuable. The main benefit of cranberry juice is its ability to help in the prevention of urinary tract infections.

### **34. I like a bit of bite in my juice. Is there anything I can add to improve the taste?**

Add some bite to a bland juice with a touch of ginger. Try it! Ginger root has powerful anti-inflammatory properties, and soothes stomach irritations, nausea and motion sickness.

### **35. Isn't sugar cane juice really bad for me?**

Studies have shown that sugar cane juice actually has properties that is important in the prevention of tooth decay. However, eating sugar cane is sure to result in frequent visits to the dentist! There is also growing evidence that there are wound healing and immune strengthening properties in sugar cane. The juice from a sugar cane juicer also seems to have a soothing, healing effect on the digestive system, especially in combination with fresh ginger.

**- Rika Susan**

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