

# JUICING CLASS – Jan 15, 2009

Linda Leech (Academic Advisor at Student Support Services and trained Health Minister with Hallelujah Acres)

## WHY – Benefits of juicing

- Stephen Blauer author of “The Juicing Book” states that: “Fresh juice is more than an excellent source of vitamins, minerals, enzymes, purified water, proteins, carbohydrates, and chlorophyll. Because it is in liquid form, fresh juice supplies nutrition that is not wasted to fuel its own digestion as it is with whole fruits, vegetables, and grasses. As a result, the body can quickly and easily make maximum use of all the nutrition that fresh juice offers.”
- Norman Walker, DC invented juicer. He recovered from illness w/raw food and juice diet. Lived well over 100, with vibrant health
- Max Gerson, MD (author of a Cancer therapy-result of 50 patients), founder of Oasis of Hope clinic 1940-50's. Foundation of juice every hour, restored 100's of terminally ill patients to health
- Live enzymes – evidenced by potato growing tubers. Trillion cells replaced with better fuel – live food is our best fuel!
- Process of digestion: salivary enzymes mix with the food as it is masticated. Ultimately, the food is liquefied so that the nutrients can pass from the small intestines into the blood stream and lymph fluid for distribution. The remaining fiber is passed into the colon for elimination after excess water and remaining minerals are absorbed.
- Garden of Eden, rich fertile vegetation, superior nutritional value. Food today – devitalized soil conditions, nutritionally empty.
- 1997-1979: broccoli = difference is 53% of the calcium and only 35% of the Thiamin (USDA Nutrient Handbook).
- It takes a larger volume of raw foods to supply the nutrients the body needs for optimal health today
- When our bodies break down the cellular structure of raw vegetables and assimilates the elements we only get about 35% of its nutrients (unhealthy digestion maybe 1%)
- Juicing gives you the ability to consume large amounts of nutrient rich food. Impossible to eat 8# carrots a day, drink it!
- Absorption of nutrients from juice is up to 90%

## BASICS of JUICING

- Buying organic carrots – St Peter Coop 25# \$19.99, Cub hilltop 50# \$30, HyVee hilltop 50# \$40
- Organic carrots have twice the amylase enzyme activity as non organic
- Wheat grass or Barley-grass (Barley Max option). Can order through the St Peter food coop.
- Storage ability: juice enzymes reduce with time, air, heat and bacteria. Can test if it is alive by adding a bit of hydrogen peroxide to juice, if it foams a lot it is alive, if not or not much, it is dead/dying.
- Plants die at 107 degrees – just like humans. Raw, fresh, ripe and organic is the best!
- Strain it to remove as much pulp as possible – digestive juices are eliminated
- 8-10 oz at a time on an empty stomach, 1 hour apart for maximum nutritional value
- How to store your juice: 10 oz jelly jars in the refrigerator
- Problems with blood glucose levels (diabetes), body handles raw carrot juice more efficiently with a much lower impact on the blood glucose than eating whole grain bread. But if you have these issues adding 1 tsp of flax seed oil or extra virgin olive oil to the juice can further lower the glucose response to carrot juice. Another option is to make juice 50% carrot and 50% green leafy lettuce or dark green vegetables.
- Good things to add to juice, apple (only fruit that's compatible), parsley, celery, beets, etc. See Juicing for Life book for combinations for different physical needs.
- How I healed from fibromyalgia (did this regimen for over 6 months), juiced and vegan diet for 9 total.
- Skin turning orange is temporary (not just your hands from making the juice), skin turns orange from toxin release (article). If anyone asks, tell them to look at the whites of your eyes, which would show that you are in distress or not.

## TYPES OF JUICERS

- IntaJuice – wheat grass and vegetable juices available
- Green cereal grass juicers
- Vegetable juicers – best place to buy is online, not available in Mankato. [www.trybest.com](http://www.trybest.com), eBay, etc. Search...
- Show scientific study findings on enzyme activity and carrot juice extracted
  - Vitamix, not a juicer – a super blender, doesn't remove the pulp
  - Cadillac: Norwalk-grinder & press – best, but big and cost thousands
  - Best for residential use: Green Life/Star \$450-500 – twin gear with magnets, masticates, low RPM 110 reduces oxidation, high level of enzymes in the juice, 72+ hrs storage
  - Next best: Champion - \$250 – masticating, 1750 RPM, med-high level of enzymes (heats up juice a bit), 72 hrs max
  - Centrifugal Juicer – (Omega, Juiceman Jr, Jack LaLane) \$40-150 – spinning basket, 3-6300 RPM, low level of enzymes in juice, no storage capacity as air is added/oxidizes

Books: Fresh Vegetable and Fruit by Dr. NW Walker, A Cancer Therapy-results of fifty cases by Max Gerson, MD, the Juiceman's Power of Juicing by Jay Kordich, Juicing for Life by Calbom & Keane, [www.hacres.com](http://www.hacres.com)

## ***For HEALING:***

*(this is an example of my typical schedule to fit in all the Carrot Juice and Barley Green, water, fresh fruits and vegetables.)*

- 7:00            Upon rising 8 oz. carrot juice and 1 Tblsp of Barley green in 4-6 oz. pure water or mixed with the carrot juice.
- 7:45            8 oz. carrot juice and 1 Tblsp Barley Green in 6 oz. water.
- Mid morning   8 oz. carrot juice and 1 Tblsp Barley Green in 6 oz. water, and fruit 1/2 hour later if hungry.
- 11:30          8 oz. carrot juice and 1 Tblsp Barley Green in 6 oz. water.
- 12:00          Several pieces of fruit or a large vegetable salad. Make certain to use a good salad dressing without sugar. I also make my own, using flax seed or extra virgin cold pressed olive oil, apple cider vinegar and spices.
- 12:30          6 oz. pure water.
- 2:00            8 oz. carrot juice.
- Mid afternoon 6 oz. water and fruit if hungry.
- 4:00            8 oz. carrot juice and 1 Tblsp Barley Green in 6 oz. water.
- 5:00            Large raw vegetable salad, use 1 tablespoon flax seed oil.
- 5:30            Cooked foods such as a potato, rice, squash, etc.  
Examples of meals: vegetable lasagna (with whole grain pasta and soy cheese), vegetarian chili, spaghetti (with whole grain pasta), pizza with whole wheat crust and soy cheese, stir fry with whole grain rice, whole grain veggie sandwich, falafel sandwiches, burrito with whole wheat tortilla.
- 8:00            8 oz. carrot juice and 1 Tblsp Barley Green in 6 oz. water, or snack of fruit, veggies, salsa and baked unsalted nacho chips, raw nuts, etc.
- 9:00            8 oz. carrot juice and 1 Tblsp Barley Green in 6 oz. water.

Note: For personal candida problems, I also include 1 tablespoon of Fiberblend at 5:30 (a colon cleansing product), and 1 tablespoon of acidophilus bifidus in the morning (for improving your colon's good bacteria levels).

More info: [www.hacres.com](http://www.hacres.com)