



## Commonly Asked Questions for Raw Vegetable & Fruit Juicing

### 1. Can I use a vitamix or blender, is it the same thing?

Well yes and no. When you use a vegetable juicer (as opposed to a vitamix) the juicer pulls all the fiber out. **Juicing without the pulp** allows the vitamins and minerals to be assimilated quickly without burdening the digestive system (within 10-15 minutes). Pulp takes hours to digest.

With that said, juicing with the pulp, as with a vitamix or a blender is plenty good for you. But there is more digestion involved, so it's not quite as cleansing. Don't stop eating raw and cooked vegs and fruit just because you're juicing. Juicing is in addition to eating your fruit and veges. You need the fiber in those foods.

Helpful Hint: Use the pulp to make veggie burgers or mix in with beans, tofu or turkey burger for a garden burger. Or compost your pulp.

### 2. Should I juice vegetables or fruit or both?

I emphasize juicing vegetables over fruits because most people are getting enough fruit in their diet, but not enough vegetables. Vegetables, especially leafy greens, are the food most missing from the American diet. So if you are going to juice once a day, I encourage you to juice vegetables.

You may want to juice a vegetable juice in the morning and a fruit juice for a late afternoon snack, if you have time.

You should not combine your fruits and vegetables. With the exception of apples. You can add some apple to your vegetable juice to make it taste better.

### 3. What if I don't like it? How will I get it down?

Most people I have juiced for really like it and are surprised by how delicious it is. But if you do not like the taste, add apple, lemon or lime. That should help considerably. Also, avoid stronger tasting produce such as beets, which can taste earthy, or chard, kale, collard greens, mustard greens and dandelion which can be bitter.

Helpful Hint: bitter tasting vegetables such as those I just mentioned, are great liver cleansers. So you can add them for a liver cleanse.

### 4. How do I know what to juice, when to juice and how much to juice?

There is no right or wrong way. If you juice a glass of vegetables you have just increased the amount of veggies you have gotten in a day. All good. I have recipes for you to follow that are specific for different health issues, such as constipation, headache, etc. You can also just juice whatever veggies are in your fridge. What ever approach works for you is fine.

You can drink as much as you want. You just don't want to feel bloated or overly full from the juice. I find a 16-20 oz. glass sits right for me, but if you're just starting, that may be too much. Start with 6 oz. and work your way up. As far as when to do it, first thing in the morning is best if you can. Otherwise, whenever you have the time, is the best time.

## 5. What if I don't have time in my busy schedule?

Don't let clean-up deter you. This is my time saving tip if you're rushing around in the morning. Wash, cut and prepare your vegetables or fruit the night before. Get your juicer all set up. So when you wake up, juice, then disassemble and soak the juicer parts (except the motor) in a sink of hot water. When you get home, either wash it then, or load it in the dishwasher.

Time-Saving Tip: Weekend prep: You can also prepare your veggies on weekends buy washing, peeling (if not organic), and cutting. Then store them in a zip-lock and use them all week.

## 6. What will happen after I start juicing? Will I feel different?

Most people experience some sort of what is know as a "healing crisis" or "healing event" when they start juicing. Because the toxins are being flushed out of the body, you may feel a little worse before you start feeling better: There is an old saying, "toxins sting twice, once going in, and once coming out."

Some Symptoms of a Healing Event:

Rash	Headache
Eczema	Faintness
Acne	Diarrhea
Nausea	Muscle aches
Weakness	Bad Breath
Dizziness	Stuffed nose
Hot Flashes	Runny nose
Fatigue	Irregular heartbeat
Bronchitis	Irregular menstruation
Asthma	Emotional issues (see # 3 above)

The best thing to do, if you are feeling any of these things is to rest and relax. Your body is working hard to cleanse itself of toxins. If you exert yourself with heavy exercise, stress or not getting enough sleep, you will be impede the detoxification process. Let the body release and cleanse itself.

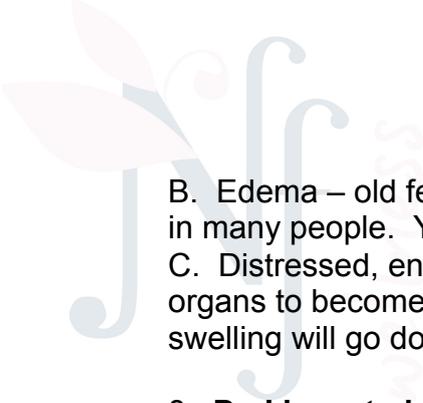
If you do experience these symptoms as too uncomfortable, reduce the intensity of your detox program until symptoms subside. So if you are juicing twice a day, you may go back to one time a day or every other day.

You can resume your program at a reduced pace and/or slowly work your way back up again.

## 7. Will juicing help me lose weight?

It definitely can. Most people do experience some sort of weight loss for the reasons I mentioned above. It also prompts us to start eating better. But it also helps lose weight in other ways:

A. Weight of old fecal matter – the juices soak into the old fecal matter that is sitting in the colon and begins to flush it out. You can lose weight and bloat just from this alone.



B. Edema – old fecal matter, inflammation, and toxicity causes bloating and edema in many people. You may notice bloating going down as well.

C. Distressed, enlarged organs – toxicity, inflammation and disease can cause organs to become enlarged. As your toxicity lessens, organs may rejuvenate and swelling will go down.

#### **8. Do I have to buy organic produce?**

No. If you are not used to buying organic produce, you can shop as usual. But, you do need to wash the produce thoroughly and peel the carrots and cucumbers.

I encourage you, as time goes on and you really get into the juicing, to upgrade to organic produce to avoid synthetic pesticides, bioengineered genes (GMOs), and petroleum-based fertilizers.

#### **9. Can I juice in the morning and bring my juice to work?**

Its best to drink your juice within 4 minutes of making it to get all the live enzymes. With that being said, you can bring it to work. Just chill a thermos in the fridge the night before. Then pour your juice in it and put back in the fridge until you leave for work. Once at work, put it in the fridge if you can. Now you can sip on it all day.

#### **10. How do I get started?**

Either go out and buy a juicer (see the resource section) or order one on the internet. Stop at the grocery store and buy your vegetables (bring your recipe sheet with you to the store) and come home and wash and cut your veges. Then juice them! And drink! That's it. Its that easy.

Other tips:

- if you have Diabetes, hypoglycemia, blood sugar issues, Candida or parasites, stick to greens only. No fruit juices.
- Use smaller amounts of beet and parsley, they are very strong cleansers. Use just ¼ - ½ beet and a small handful of parsley.
- use garlic to fight infections or if you feel a cold coming on
- peel or cut the peel off your lemons and limes.

#### **Recommended Reading and Videos:**

Fresh Vegetable and Fruit Juices by Dr. Norman Walker (this book has specific recipes for different ailments)

Foods That Heal by Dr. Bernard Jensen (this book tells the healing properties of each fruit and vegetable)

Juice Fasting and Detoxification: Use the Healing Power of Fresh Juice to Feel Young and Look Great by Steve Meyerowitz

Video:

Fat, Sick and Nearly Dead by Joe Cross (about a man that cured himself of a rare auto-immune disease by juice fasting).