



THE FRESH LIFE ULTIMATE JUICING GUIDE -

EVERYTHING YOU NEED TO KNOW ABOUT JUICING





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This resource could be everything you need to know about juicing.

I hope this comes as close to a complete and detailed guide you'll ever find, including all the information and tools you could possibly need to get you started juicing, keep you inspired to continue juicing, or even just add to the juicing you are already doing.

This is based on all of my own experiences and research.

♥ *Please see references included at the end.*

*Hugs,
xx Sam*





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TOP 15 BENEFITS OF JUICING - DETAILED AND RESEARCHED

***Please Note:** If you are looking to really benefit from juicing, what is discussed below can only be achieved when juicing raw, organic produce. Only add just enough fruit to make the veggie juices enjoyable and tasty to drink. You should always aim to juice with more vegetables than fruit.

♥ Benefit 1

JUICING QUICKLY AND EASILY PUTS MORE RAW FRUIT AND VEGGIES INTO YOUR DAILY DIET.

Juicing is a faster, tastier (and more enjoyable) way of getting more raw fruits and vegetables into your daily diet. In addition, of course, to eating fresh, raw ingredients (salads, etc), and cooked food.

We ALL could use more raw, plant-based foods in our lives, and juicing is one of the quickest and best ways to do that!

♥ Benefit 2

JUICING GIVES YOU LARGE DOSES OF RAW, LIVING NUTRIENTS YOUR BODY'S BEEN MISSING.

Raw fruits and vegetables contain valuable and sensitive micronutrients which normally become damaged when they are heated or processed.

Cooking and processing food destroys many micronutrients by altering their shape and chemical composition, and therefore destroys most of their living, nutritional value.

Juicing makes sure your body never misses out on all that delicate good stuff.





♥ Benefit 3

JUICING GIVES YOUR BODY REAL HYDRATION.

Many of us don't drink enough water and most of the time the water we do drink is not great quality.

Vegetables have a very high water content (water which has been filtered through their roots), so not only is a fresh organic juice full of nutrients, but it is extremely hydrating, giving our bodies more of the quality hydration it needs.

♥ Benefit 4

JUICING GETS MORE VEGGIES IN YOU.

When juiced with enough apple or orange, consuming a large quantity of veggies ain't so bad! Personally, I couldn't sit and eat 2-3 kg /4.5 - 6.5 lbs of veggies a day, but I certainly could, and do, easily drink that much everyday in my freshly made juices.

Juicing allows us to get the nutrients, vitamins and minerals from a larger portion of fresh fruit and veggies, that we otherwise, may not be able to eat in a day.

♥ Benefit 5

JUICING GETS A GREATER VARIETY OF VEGETABLES INTO YOUR DAILY DIET.

Juicing allows you to easily consume a greater variety of vegetables than you normally would. And also makes all those veggies you hate eating, easier to swallow!





Throwing a rainbow of veggies in a juicer along with a bit of fruit, not only brings more diversity of nutrients into your diet, but ensures you get to ENJOY rather than dread consuming them.

When something is fast, easy and yummy, it has a real chance of becoming a maintainable, daily, health Fresh Life Habit.

♥ Benefit 6

JUICING CONTAINS LIVING ENZYMES WHICH REPAIRS YOUR BODY'S ENZYME SYSTEMS.

Be sure to always drink at least some of your juice right after you make it. Enzymes are living things, only found in fresh, raw fruits and vegetables, and they tend to oxidise and die shortly after you've made your fresh juice.

Enzymes are needed for a great number of bodily functions, including activating and producing energy within every single cell of your body, so they really are good stuff.

Even if I am making a 'batch' of fresh juice for Jay and I to enjoy over the course of a day, we always drink a glass immediately after making juice, in order to benefit from all those vital living enzymes.

♥ Benefit 7

JUICING REDUCES ACIDITY, BY HELPING RESTORE PH BALANCE BY ALKALISING YOUR BODY.

Green leafy vegetables are especially alkalising for the body, helping balance your pH level. The health of your entire body depends on this pH balance, and when you are more 'alkaline', your body functions optimally.





♥ Benefit 8

JUICING HAS A POWERFUL DETOXIFYING EFFECT ON THE BODY.

When you drink fresh organic juices, nutrients flood in, and this really helps kick the body's detoxification systems into high gear. Juice will actually absorb within a few minutes, straight into your blood stream!

When the body gets enough of the right kind of nutrients, it is able to start eliminating some of the excess toxins it couldn't eliminate on it's own before.

As you now know from previous Modules in the Program, we are exposed daily, to more toxins than ever before, and our bodies are just not equipped to deal with the sheer volume and variety of them.

And you also now know that one of the ways our bodies tries to protect itself, is to store excess toxins in our fat cells (which is of course why it's so hard to lose weight - remember, bioaccumulation and toxic chemical body burden?)

We need to constantly be assisting the body's detoxification processes in order to help it deal with the work load and help give it the tools to move those toxins that have been stored around the body.

When we don't give our bodies the nutrients it needs to function optimally, the body can't do it's job properly. Juicing gives the body more of what it needs, to help boost the processes of detoxification/toxin elimination as well as all other important bodily functions.

- * **Please Note: Be extra careful if you have never really juiced before and are thinking of starting to juice a substantial amount.**
- * If you have had a poor diet for a long time or have any kind of health concerns, a lot of juicing too quickly can be so effective at stimulating the release of toxins, you may feel extreme detoxing side effects, including nausea and even in some cases, purging (vomiting!). There can be even





more worrisome side effects if one is not cautious, especially if you have never detoxed before and or you have a lot of toxin build up in your body.

- * If you have never juiced before and then all of a sudden you start drinking, for example, 1 or 2 litres/quarts of fresh organic juice every day, your body may release toxins so quickly that this can actually put real strain on your liver, especially if your liver is not clean, detoxed/prepared and supported in conjunction with such an intense 'course' of juicing.
- * The Gerson Therapy really opened my eyes to the importance of detoxing and the significant role detoxing plays in creating positive healing results of chronically ill patients.
There is a section later called: **Juicing and the Gerson Therapy** which will cover some more detail. I found all of the best, most detailed information on The Gerson Therapy; the Therapy's principals; and how it is properly and safely administered, in the book: 'Healing The Gerson Way' written and compiled by Charlotte Gerson, daughter of Dr Max Gerson. This book is an incredible resource for anyone wanting to research and learn more about healing using The Gerson Therapy.
- * **As an overall precaution, always start, by adding just one 8 ounce/250ml glass of fresh juice per day to begin with, and then slowly increase.**
- * That way your body can slowly utilise the benefits of juicing and start detoxing slowly, without putting too much strain on your vital organs. Whether you are thinking of starting to juice regularly, for the first time, and most especially, if you have any health concerns or problems at all, **you should always consult with your doctor or health care professional first - please note my [disclaimer](#).**





♥ Benefit 9

JUICING PROMOTES AND ACCELERATES HEALTHY WEIGHT-LOSS.

Due to the detoxifying effects of juicing (as discussed above in Benefit 8), and because we now understand that much of our excess body fat is due to excess toxin build-up in the body, we can start to understand the intimate link between detoxing and effective, long-term healthy weight-loss as well as overall health and wellness.

When we start juicing, the body finally has the opportunity to start releasing old toxin build-up, and can start the long process of eliminating the toxins you have accumulated over the years of your life.

That's why juicing can be so incredibly effective at kick starting, and accelerating, healthy weight-loss and create dramatic health improvements in a very short space of time.

Our bodies also hold onto excess water along with those excess toxins. So, once you start ridding the body of toxins (as well as reduce your intake of toxins by sourcing more and more clean foods - also very important), your body will start to slowly but surely release the excess water and excess toxins from the areas, like the fatty tissues of the body, where it has been held for so long.

♥ Benefit 10

JUICING REGULARLY, HELPS PREVENT YOUR BODY FROM HOLDING ONTO UNHEALTHY FAT.

When you combine: getting rid of accumulated toxins (discussed above in Benefit 9); keeping your body clean with regular and varied forms of detoxing; as well as preventing more toxins from entering the body, your body will not need to hold onto fatty tissue (which is a protective mechanism) so easily in the future.





By continuing to juice everyday and eat more clean, unprocessed, nutritionally dense (mostly plant-based) whole-foods, it becomes easier and easier for your body to maintain balance, and therefore good health and a healthy weight.

♥ **Benefit 11**

JUICING HELPS YOUR BODY ABSORB NUTRIENTS MORE EFFICIENTLY.

Many of us have poor digestive systems due to years of abuse and neglect, eating too many over-processed foods and consuming other toxic foods, therefore preventing the total absorption of nutrients when we do eat good food.

Juicing 'pre-digests' the fruit & veg, therefore allowing our bodies to absorb most of the juices nutrients easily and effectively.

And once your body starts to detoxify, this helps improve the body's ability to assimilate and utilise those nutrients even more efficiently than was possible before.

♥ **Benefit 12**

FAST DELIVERY SYSTEM FOR ESSENTIAL NUTRIENTS.

Juicing delivers high doses of nutrients, vitamins and minerals: including chlorophyll, amino acids and phytonutrients, which are quickly and easily digested and absorbed by the body because of it's liquid form.

Without the pulp (fibre), you can absorb these large quantities of nutrients faster and more efficiently. The body's digestive system doesn't need to work to extract any of the goodness, it's already extracted and ready to be absorbed pretty much straight into the blood stream.





♥ Benefit 13

JUICING BOOSTS THE HEALING AND REJUVENATION OF EVERY CELL IN YOUR BODY, AND INCREASES YOUR BODY'S IMMUNE SYSTEM FUNCTION.

Juicing's rich amounts of nutrients, give each and every cell of the body the tools it needs to basically 'fix' itself.

Bones, muscle tissue, stomach lining, kidneys, you name it, every cell of every organ can repair and heal with high doses of clean, organic nutrients pumped into it daily.

When your body is richly fed the right nutrition, your immune system functions optimally.

♥ Benefit 14

JUICING REGULARLY WILL HELP IMPROVE AND REDUCE NUTRITIONAL STARVATION.

Plain and simply, we don't get enough nutrients in our daily diet. In fact, most of us are nutritionally starved! We're overfed (the wrong stuff) and undernourished (by what we really need to live with optimal health).

We're consuming over-processed, toxic, dead 'food' which our body doesn't recognise and battles to digest, never mind actually extracting any nutrients that are worthwhile, life-giving and healing.

Our bodies accumulate fat because it is starved of nutrients and full of toxins.

Our organs and body systems function poorly when we are not getting enough of the right stuff.





We have poor energy levels and vitality.

We get sick often.

We can't concentrate.

We feel mostly, unenthusiastic about life. The list goes on and on.

Nutritional starvation affects the vital functions of our bodies, and these deficiencies not only cause physical problems but start to affect us in many mental ways too. Our immune systems suffer and the long term consequences can lead to, and attribute to many types of illness, chronic diseases and mental health issues.

♥ **Benefit 15**

JUICING NOT ONLY MAKES YOU FEEL YOUNGER, IT HELPS IMPROVE YOUR SKIN, ELIMINATES SKIN PROBLEMS AND HELPS TO SLOW DOWN THE SIGNS OF AGEING.

Your skin is the largest organ of your body and it is the first organ to suffer when you're not consuming enough nutrients daily. After all, your essential organs get everything they need first, skin comes last.

When you start flooding your body with all the good stuff, there is 'enough to go around' so your skin can benefit too.

Skin concerns start improving, skin problems start healing and disappearing and the suppleness, vitality, colour and hydration return to your skin, making you look younger and healthier.

If there is someone you know who always looks fresh, young and full of energy, it's probably because the drink fresh, clean, life-giving, plant fuel every day!





2. WHY SHOULD WE BE JUICING?

Lets face it, most of us know that it is a good idea and it is beneficial to our health, to eat more fruits and vegetables, and more vegetables than fruit. The plain and simple truth of the matter is, we're not. Therefore, enter juicing.

As you have already read in the Top 15 juicing benefits list, juicing is a fast, simple and easier way for us to get more fruits and vegetables, that we may or may not enjoy eating, back on our daily menu.

Many people don't particularly like the taste of a lot of vegetables. I'm happy to admit I am one of them! A lot of us cook vegetables to death, trying to give them different tastes and flavours, just so we can stomach eating them in the first place. The problem is that much of the nutritional value in those veggies is destroyed by the heat.

What we need is more RAW. I don't know about you, but the thought of eating bowls and bowls of raw veg every day doesn't really fill me with excitement. I certainly am always learning more raw food recipes which help me to keep the enthusiasm for raw food alive and well, and giving new ways for them to be enjoyed, but for me, and a lot of others out there, juicing really is the key to getting large amounts of raw living nutrients into our bodies each and every single day (or a few days a week to start - totally, fine. Wherever you are on your Journey is perfect - but this Program will help you become a juicing weapon in no time :).





3. WHY CHOOSE ORGANIC FOR JUICING?

One of the main benefits of juicing is it's ability to help rid the body of toxins.

Why then keep putting contaminants and toxins like herbicides, pesticides and other synthetic chemicals which come with conventional farming, back into your body?

It kind of defeats the purpose of juicing in the first place. And because those juices are being absorbed so quickly and easily into the blood stream, you are therefore, also basically fast delivering toxins back into your blood stream (and into the fatty tissues of your body as well).





Another element to think about with regards to conventionally grown produce, is the fact that due to soil degradation and synthetic fertilizers and other soil conditioners, the seeds, the plants, and therefore the food they produce, have significantly lower nutritional value. They are missing the vital minerals, trace elements, live enzymes and vitamins needed for optimum health.

Deficient, hybrid, sick, over-sprayed plants, do not have enough, nor anywhere near, the full spectrum of nutrients we need to be nourished properly.

I know we already covered this in Module 2 - Access Your Empowerment Library, in which we covered all of this in detail, but this vital info bears repeating...

Besides the toxic chemical applications used in conventionally grown produce, there is again the issue of genetically modified organisms - the types of produce that have been genetically altered in a lab [modification including genetic modification, genetic engineering, chemical mutation and or radiation].

Again, for me, I prefer to stick to food that Mother Nature intended for me to eat, and not the scientifically altered versions of that food that man has deemed 'safe', which now has more and more mounting evidence strongly suggesting it's detrimental effects to our health and longevity.





4. QUICK GUIDE: START JUICING IN 5 EASY STEPS.

How To Get Juicing... Fast!

♥ STEP 1.

Get your hands on any kind of juicer you can - so you can just get started!

♥ STEP 2.

Find some organic produce, any organic produce. If you can't find a specific fruit or vegetable that's clean/organic/spray free, rather leave it out and use only the produce you can find that is clean/organic/spray free - can't stress





this enough if you are looking to get the most benefit from fresh juicing and indeed **Your Fresh Life Internal Makeover Journey**.

See below my tips on how to find organic produce near you: My Top Tips For Easy, Tasty, Yummy Juicing.

♥ **STEP 3.**

Start with at least ONE 8 ounce/250 ml juice per day and slowly increase.

Jay and I started this way. We then increased to one 8 ounce/250 ml **TWICE** per day. We now both drink over 1 quart/1 litre each. Everyday! I only make juice once a day to save time, either early morning or in the evening, and make a lot of juice all at one time.

We drink some juice straight away, in order to benefit from the live enzymes of course, and then store the rest of the juice in the fridge in large glass jars with sealable lids to keep the juice as fresh as possible.

♥ **STEP 4.**

Start with my 3 Easy Juicing Recipes (below).

♥ **STEP 5.**

Be sure to check out all my Top Tips for Easy, Tasty, Yummy Juicing (below).





5. 3 EASY JUICING RECIPES YOU CAN START WITH.

Start With These 3 Very Simple, Safe Juicing Recipes.

If you really need to, add more apple to make a juice taste better. Reduce how much apple you use as you get used to juicing. I always say, rather have a bit more apple and get more veggie juices in you, than feel reluctant to juice or worse, not juice/stop juicing because it doesn't taste nice!





♠ **ORANGE JUICE:**

Makes approximately 1 serve:
3-4 medium size oranges

- Juice everything except the skin.
- Best to have orange juice early in the day.
- Try only drink one orange juice per day, max - I encourage you to try and drink more veggie based juices over fruit-only juices, but again, any freshly made juice is better than no juice at all.
- 1 x 8 fl oz/250 ml orange juice per day.

♠ **CARROT AND GREEN APPLE JUICE:**

Makes approximately 1 serve:
2 lbs / 1/2 kg medium size carrots
1 apple

- Juice everything: skins and cores (can remove pips/seeds - optional).
- Preferably use the dark green/granny-smith apples. If there aren't any dark green apples available, choose the most 'tart' tasting apple you can find.
- Try use only 1/2 medium size apple per juice.
- Sometimes I just make plain carrot juice.
- As many 8 fl oz/250ml carrot and apple juices per day as you like!





♣ GREEN APPLE AND GREEN LEAFY VEG JUICE:

Makes approximately 1 serve:

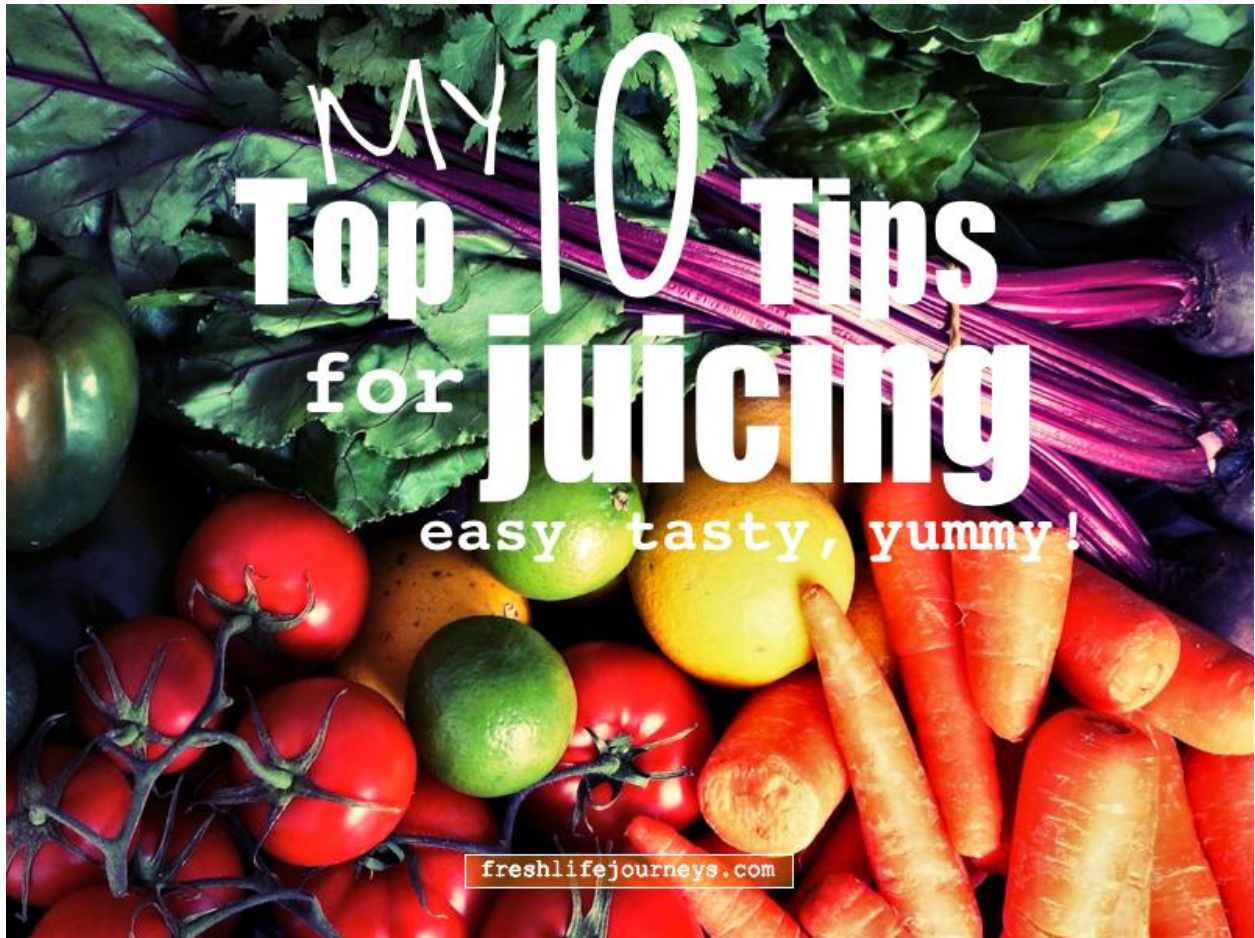
10-15 large green leaves

1-2 apples

- The less apple the better, but we all need to start with more, from a taste point of view, until we get used to the taste. Another great tip is to dilute with a little coconut water to take the edge off the greens.
- Juice everything: skin and cores.
- Any combo of the following leaves: Cos/Romaine lettuce; endive aka escarole; young inner beet/beetroot leaves; swiss chard aka silver-beet; watercress.
- Can also use red lettuce and red cabbage, but note that these will change the colour of the green juice, which can make it 'less appealing' to drink. I always prefer to keep colours together, to keep things looking bright and fresh and to avoid the brownish colour juices go when you start mixing fruit and veg colours - it makes it easier to get the family to enjoy juices when they look pretty!
- You can also add a quarter of a small green bell pepper/capsicum per glass of juice - this has a strong taste so experiment with small amounts first.
- Again, preferably use the granny smith/dark green apple varieties or any other tart apple variety.
- Make and drink as many 8 fl oz/250ml green juices per day as you like!

***Gerson Therapy stipulates:** Try avoid juicing with spinach, cucumber, celery - there are reasons for this: as an example, certain ingredients can reduce easy absorption and digestion of your juice, especially if your health is not optimal or you are juicing for the first time. I followed the Gerson therapy principles for juicing when I first started juicing, and only occasionally add cucumber to some of my juices now. See *Juicing and the Gerson Therapy* (below).





6. MY TOP 10 TIPS FOR EASY, TASTY, YUMMY JUICING.

These may seem like silly, little common-sense tips, but I tell ya, I wish someone had told me all these tips right up front when I first started juicing. They make the process of juicing regularly, so much easier.

♥ Tip 1 Get Prepped

Prepare for your morning juices by portioning the fruit and veg you'll need, the night before.

- There's nothing worse than rushing around unprepared in the mornings.





- I usually also wake up 20 minutes earlier to put the produce through the juicer so that I get my juicing done at the beginning of the day, and make enough so there's plenty for us to drink in the evening too.
- Sometimes, I even make the juice the night before, if I have a busy morning the following day, and just store the juice in glass jars with sealable lids (fill them to the top so there is less air/oxygen in the bottle which oxidises the juice).
- Again, any organic home-made juice, even if it was prepared the night before/isn't as fresh, is better than no juice at all.

♥ **Tip 2 Juice When You Can.**

Don't overwhelm yourself by trying to juice when you don't have the time, or should I say, are not used to making the time...

- Make sure you carve out the time it takes to make the juice.
- To be honest, when I first started juicing, I was only able to make the time for a few juices a week, which then became one glass of juice for us in the evenings, and so on.
- I usually like to set aside the following time for juicing approx. 2 litres/ quarts of fresh cold-pressed juice.

Please Note: I use a cold-press juicer, so juicing takes a little longer than when using a high speed juicer. If you are using a high speed juicer, the time is about half what is stated below.

* 20-30min for prep - deciding what I want to juice, rinsing anything that needs rinsing, and any chopping/cutting.

* 20-30min for juicing - putting the produce through the juicer





♥ Tip 3 Clean Your Juicer Right Away

Always clean your juicer straight after juicing.

- It is seriously NOT fun cleaning the juicer, and especially the juicer strainer (aargh!) once the veg and fruit pulp dries... I am speaking from experience here...

♥ Tip 4 Add Ice To Your Juice

Adding a couple blocks of ice to your juice to chill it just before drinking it, always makes any juice taste heaps better.

♥ Tip 5 Drink Your Juice With a Straw

We use thick stainless steel or bamboo straws which I feel really makes juices much more enjoyable to drink.

- If you can, get paper, glass or stainless steel straws - it's always better to reduce exposure to plastic nasties. When we started, we did use plastic straws and then it became much more economical (and healthier for us and the planet) to get our stainless steel and bamboo straws.
- You can easily source and buy these online. I just love the bamboo straws, they are so cute and earthy - just love drinking out of them.
- Even if you are using plastic straws, rather use plastic straws and drink lots of juice because you enjoy it, than avoid the silly straws and then not drink as much juice! The aim is to get you drinking and enjoying more juice, so use any straws you can get your hands on to start with.





♥ Tip 6 Do Research to Find What You Need at the Best Price

Possible.

Finding organic produce I agree can be challenging and pricey. Learning to come to terms with how much you pay for quality, nutritionally rich food, is kinda like coming to terms with buying a quality appliance over a cheaper model - you get what you pay for.

- Many people go through a lot of pain (physical, chronic, poor health pain!) before they realise that paying that little bit extra can make all the difference in the world to their health.
- You have to think of it like that little bit extra you pay, for organic or high quality super foods, is like paying for an invisible private health insurance that will help to ensure the best quality of life for you and your family, especially as you and your family get older.
- But even though you decide to prioritise your health, and are choosing to eat more organic, doesn't mean there aren't ways to reduce your costs or be smart about your spending. Doing research for different sources, shopping around, asking around, and doing some research online, will make you realise that we really do have the power to create more choices for ourselves.
- There are also now more than ever before, many more local farmer's markets, closer-by and easier to get to, which usually have great quality fruit and veg at better-than-store-bought prices.
- When we first started going organic, I could only justify buying organic fruit and veg for our juicing.
- As time went by and our eating habits changed, all the money that used to be spent on poor quality foods, excessive amounts of animal-based products, drinking, eating out, going out and buying just rubbish foods, is





now lovingly and preferably used to buy ourselves the best quality food ever.

- The value of feeling the difference in our health, mood and wellbeing far outweighs the cost of the food, but like we did, you need to slowly add the good stuff, so that you can feel and value the differences the food makes to your health and well-being, for yourself.

♥ **Tip 7 Buy your Organic Fruit and Veg as Fresh as Possible.**

I know this is a 'given' but it needs to be said. The fresher your fruit and veg, the more beneficial your juicing will be to your health.

- Green leafy veg I usually buy weekly.
- The rest of the fruit and veg listed in the simple recipes, such as apples and oranges, can usually be kept in the fridge for 2-3 weeks or longer - each different type of fruit or veg is different.
- When purchasing green leafy veg, or any other fruit or veg for that matter, find somewhere that sells the leaves still attached to the main stalk, or sells produce with the root still attached, skin still on, or still has its stem attached. This helps prevent the produce from spoiling sooner.
- Pre-cut, pre-washed and prepped, packaged fruit and vegetables, rapidly lose many of their valuable nutrients. Preparation of your produce should be made as close to the actual time of juicing as possible to gain the maximum benefits.

♥ **Tip 8 How To Store Your Valuable Fruit and Veg (Make it Last).**

When I store veggies in my fridge, I do use and re-use plastic zip-lock bags. I wish I didn't have to use plastic, but to keep veggies fresh, it's vital.





- I 'line' the bags with unbleached/recycled papertowel to prevent as much contact with the plastic as possible. * I also re-use these bags again and again in consideration for the environment.
- The best extra tip I can give you here, is the fact that I 'line' the bags with (unbleached) paper towel. I line as much of the bag as possible so that the paper towel sits between the fruit/veg and the plastic.

This does two things:

1. ***Reduces the fruit/veg exposure to the plastic***, therefore reducing absorption of plastics into the food, and
 2. The paper towel also ***absorbs a lot of the moisture that makes your produce spoil quickly***.
- I find for leafy veg, and soft fruits and veg I need to change the paper towel if I am keeping the produce for extended periods of time. If you are doing this more than once though, it probably means you are keeping your fresh produce too long!
 - This paper towel trick really does help keep everything fresher for longer and prevents a lot of stuff going off too quickly.
 - I also put tomatoes in brown paper bags, which I also 'line' with some paper towel to absorb excess moisture, and then put them into the zip lock bags before placing in the fridge - this combo also works really well for keeping delicate produce like tomatoes, mushrooms and all types of berries fresher for longer - the trick of the brown paper bag helps to keep light, off the produce or should I say, reduces their exposure to light. Light is what makes this delicate produce spoil faster than most!





♥ **Tip 9 Lemon and Lime Combine Well with Most Juices.**

These two citrus fruits are amazing at reducing bitter tasting veg like dark, deep green leafy vegetables, which are some of the most beneficial vegetables to use in any juice.

- A slice of juiced lime or lemon - I leave the skin on when I juice them, will usually do the trick. And you can add more according to your preferred taste.
- When you start getting adventurous, and start combining more variety of vegetables into your juices, this tip is gold!

♥ **Tip 10 If the Juice Don't Taste Nice... Just add More Apple.**

I've said this before and I'll say it again, I would rather have a bit more apple (or other fruit) in a veggie juice, which allows me to enjoy the juice, motivating me to drink lots and lots of veggie juices, rather than trying to worry about how much fruit I'm juicing with (and then not drink the veggies in the first place!).

- We've always been told not to drink fruit juices because of the high sugar content, and sure, this is true when we're talking about processed, artificially sweetened, store bought juices (which are an absolute no-no).
- But juicing organic fruit is a very different story. Yes, when you juice fruit you will get the fructose contained in the fruit, but you also get all the live enzymes, nutrients, vitamins and minerals of that fruit too.
- Apples in particular have a lot of potassium which is really very good for you, and the pectin it contains aids digestion.
- So my view point is, the fresher and more un-processed, and close-to-nature an organic whole-food is, the better it is for us - No need to feel guilty about eating or drinking it. Full stop!



7. COMPARING JUICERS.

How to Choose Your Juicer if you are Juicing for Optimal Health.

***Quick Note on juicer selection for The Gerson Therapy:** As recommended by The Gerson Therapy - see *Juicing and the Gerson Therapy* (below), the best quality juice extraction, packed with the most nutrients and live enzymes, comes from a two stage juicing process.

Please NOTE: 2 stage juicing is stipulated by The Gerson Therapy for patients suffering with chronic illness and disease, therefore if you are adding juicing to your life, for less serious health reasons, using this kind of juicer is not necessary (beneficial, yes, but not necessary).

Quick overview of the two-stage juicing process:

- * First Stage: the grinding of the produce happens (no juice extraction yet at this point); the ground up fruit/veg pulp is then mixed together which allows optimum release of certain nutrients.
- * Second Stage: the pulp is then put into a juicing cloth, and placed in a press, which extracts every last drop of juice from the finely ground produce, and filtered through the juicing cloth. You get the most yield and greatest nutrient extraction from your organic produce when using a two-stage juicing process.

The 3 Different Types of Juicers/Juicing Options Available.

♥ JUICER TYPE 1: CENTRIFUGAL / HIGH-SPEED JUICERS

These are the most widely sold and bought juicers available.

The unfortunate truth about these juicers is that you can lose a lot of good stuff when you juice with this kind of juicer.





The living enzymes that are a vital and valuable reason for juicing fresh organic fruit and veg in the first place, can be damaged during high speed juicing. Due to the centrifugal action, inductive electricity is generated and the heat produced causes oxidation which can damage and destroy many of the living enzymes due to the cell walls breaking open from the force of the centrifugal action.

These juicers mostly 'swing out' the vegetables and fruits' water, and only extracts a small percentage of the vitamins and minerals (proven in laboratory tests).

Much of the pulp (which you can feel is usually left wet, meaning good stuff has been left behind), along with the valuable nutrients, is left over.

These juicers are definitely not an option for anyone embarking on The Gerson Therapy for chronic health issues. The Gerson principals for juicing are very particular, as outlined in 'Healing The Gerson Way', which you'll find listed as one of my main references. The nutritional value of the juices produced by these machines is inadequate, for the kind of healing effect that is so effective when The Gerson Therapy principals are applied with strict adherence. You'll see more in the Juicing and the Gerson Therapy section (below).

*Note on inductive electricity: This also occurs with blenders. But it's negligible in the grand scheme of things (and if you are relatively healthy) - it's better to blend or juice rather than not to, for fear of the juice or smoothie you create not being 'perfect'!

♥ MY PERSONAL EXPERIENCE:

When I first started juicing, I did start with a high speed juicer...

So please, IF YOU ONLY HAVE ACCESS TO A HIGH SPEED JUICER, USE IT !

IT'S BETTER TO MAKE JUICE WITH A HIGH SPEED JUICER THAN TO NOT MAKE ANY JUICE AT ALL !!





Jay's dad gave us our first juicer, and we used that juicer until the blades went blunt!

I really got a lot of use out of it, and it was a great 'starter' juicer.

It did use a lot more produce to make juice, especially when juicing green leafy veg. The juice always had a little froth and pulp, but it was juice none-the-less! And it was again, a great way to start, to get into the habit of juicing.

Before using this we didn't drink any fresh juice at all so it was a good, cost effective way to start.

Once the blades blunted, I had already done some research and knew that the next juicer I wanted (which I had been saving up for), would be a cold-press/masticating juicer (detailed below). After making my first juice using my new cold-press juicer, it was clear that the difference was like night and day - see below my personal experience with a cold-press/masticating juicer.

PRO'S:

- These are a great option for people to get started with, when you are first trying to start getting into juicing.
- Centrifugal juicers are the cheapest juicer to purchase.
- Fastest juicing time.

CON'S:

- Produces poorest quality juice of the 3 juicer options.
- Produces least juice of all 3 juicer options.





- Produces very little juice from the important green leafy veg like kale and silverbeet/swiss chard.
- Poor nutrient extraction, plus living enzymes can frequently be destroyed/damaged.
- Blades can blunt quickly with frequent use.
- Juice doesn't taste as nice - separation of water in the juice occurs; tastes lumpy from the pulp left in the juice; plus it can taste 'frothy' from the 'foam' produced by this type of juicer.
- It is a noisy juicer.

♥ JUICER TYPE 2: COLD-PRESS / MASTICATING JUICERS

These juicers operate at low revs per minute, which prevent the inductive electricity, heat and therefore prevents damage to the delicate live enzymes.

Due to the grinding nature of the juicer, the action of extraction gently 'tears open' the cell membranes, without damaging them, which therefore releases more of the intact nutrients and enzymes that are so beneficial to our health.



This is noticeable by the rich colour of the juice it produces.

You can use a cold-press/masticating juicer in two ways.

1. **Using this juicer on it's own as your primary juicer:** Used for those who are already in relatively good health. **I use this juicer as our primary and only juicer.**
2. **Using this juicer as part of a two stage juicing process:** (For those looking for higher/more optimal nutrient extraction)





This juicer would be used in the first of the two stages of juicing. Using the grinding attachment (instead of the juicing strainer attachment), to grind the fresh produce first, before any juice extraction takes place.

This is usually then used in conjunction with a juice-press machine, which is used to 'press' the juice from the pulp.

You will see I have outlined more detailed of the Two-Stage Juicing/ Juicer in the next section (below).

A two stage juicing process produces the best quality juices and is suitable for use by individuals who want the best health benefits from juicing and of course those using are juicing for healing, such as those who are following The Gerson Therapy guidelines.

♥ MY PERSONAL EXPERIENCE:

This is the juicer I personally use. I love this juicer and have been using mine since the beginning of 2012 (yep, no break downs, still works perfectly).

♥ YOU CAN ALSO...USE A COLD-PRESS JUICER AND A HYDRAULIC JUICE PRESS TO CREATE A TWO-STAGE JUICING PROCESS.

(YES, THAT'S 2 DIFFERENT PIECES OF EQUIPMENT)

If you want the best quality juice extraction, as explained in the **Quick overview of the two-stage juicing process** which we covered at the very beginning of this 'Juicer type' section, you can use your cold-press juicer for the '1st stage' of this 2 stage juicing process.

As recommended by The Gerson Therapy (again, for those who need optimal nutrient extraction





from produce due to healing chronic illness), you first need to grind the produce - most cold-press juicer's come with a grinding attachment which you will use for this purpose.

Then you need to extract the juice from the ground pulp using what is called a Hydraulic Juice Press to perform this '2nd stage' of this juicing process.

Using a juicing/press cloth, the ground produce is wrapped in the cloth and then the hydraulic press, presses all possible liquid from the pulp.

Using the Cold-Press Juicer plus a Juice Press, is actually a more cost effective way of doing a two-stage juicing process than buying an all-in-one 2-Stage Juicer. The best all-in-one, two-stage, cold-press juicer available on the market is called the Norwalk Juicer. In fact, it may be the only one on the market, which is perhaps part reason why it's pretty pricey. However, I know the quality of the Norwalk Juicer is second to none, and for the many people who's lives it has helped extend and saved (using The Gerson Therapy guidelines), it is a small price to pay for ensuring they get the very best juice extraction from their organic produce for the purpose of healing. I believe it has a free limited (on all internal manufacturer parts) lifetime warranty which makes it the only juicer one would ever need to purchase.

I have outlined a guide of pricing in various different countries in my Juicer Price Comparison Chart (below).

♥ *MY PERSONAL EXPERIENCE: I USE A COLD-PRESS JUICER AS MY PRIMARY JUICER.*

Although I follow many of the principles of The Gerson Therapy, as mentioned before, I choose to use only my Cold-Press Juicer because I myself don't have any major health concerns and the quality of the juice extraction is fine for me.





These juicers are a one-stage, cold-press or masticating juicer. Using the juicing attachment, it grinds the produce while pushing the juice that is released, through a strainer, all at the same time.

You are definitely still getting more nutrients and juice in comparison to a centrifugal/high speed juicer, but the fact remains, you are not getting as much as you would get with a two-stage juicing process.

I have outlined all of this so that you have ALL the information so you can make your own informed decision as to which juice is right for you.

EXAMPLES OF COMPANIES THAT MAKE COLD-PRESS JUICERS ARE:

Champion, Oscar, Omega, Angel.

See my *Juicer Price Comparison Chart* (below) for approx. prices of juicers. Most juicers have removable parts, and are pretty easy to clean so I haven't compared this factor.

PRO'S:

- Produces better quality juice than a centrifugal/high speed juicer.
- Produces more juice from the same amount of produce as compared with a centrifugal/high speed juicer.
- More nutrients are extracted and more of the enzymes remain alive.
- Juice tastes better (my opinion) - not so 'frothy' like juices made in centrifugal/high speed juicers.
- It's a quieter juicer.
- Well-made - they usually come with extensive warranties (which means they last longer. I've had mine for 4+ years now).





- Multiple functionality - juicing/mincing/grinding - some models can do a variety of things.

CON'S:

- Takes longer.
- It costs more.
- Still not as many nutrients extracted as a two-stage juicing process.

♥ JUICER TYPE 3: TWO-STAGE JUICING (ALL-IN-ONE) JUICERS

This process allows you to get up to 60% of the minerals available in the produce you juice, compared to significantly less in both a centrifugal/high speed juicer (less than 10% in high speed juicers!), and the cold-press juicer (if used on its own as a juicer).



As mentioned in the masticating/Cold-Press Juicer section above, you can use the Cold-Press Juicer for its grinding ability, and use that in combination with a separate Hydraulic Juice Press to then extract the juice from the ground up fruit and veg pulp. While it is more cost effective to use these two machines together, there is the option of an all-in-one juicer.

The Norwalk juicer is the only two-stage juicer I know of. It has both stages of juicing built into one machine.

You still have to grind the produce into a pulp first, and then place the pulp in a cloth and put it back into the juicer, in the 'pressing' section to accomplish the second stage of the process. So although it is one machine, you still need to perform the two different stages of the process separately.





The Norwalk company has been around since the 1930's - over 78 years, and the Gerson family, The Gerson Institute and Gerson Patients and many who utilise the principles of The Gerson Therapy for good health, have been using this particular all-in-one, Two-Stage Juicer for decades.

PRO'S:

- Best quality juice extraction.
- Highest yield juice extraction.
- Quieter juicer.
- Good quality manufacture that lasts a long time. Norwalk juicers have one of the best guarantees on the Juicer market.

CON'S:

- Takes the longest.
- Large and heavy unit.
- Most costly of all Juicers.
- It is only available in the United States and you'll have to pay a lot to have it shipped internationally.





8. JUICER PRICE COMPARISON CHART FOR AUSTRALIA, SOUTH AFRICA, UNITED STATES, UNITED KINGDOM AND EUROPE

All price guidelines are shown in the listed country's currency. *These are price indicators only and obviously can change. I haven't factored in shipping, these are just prices for the different juicers that I have found online. Please also note that, as hard as I have looked, because of how search engines work, it is harder for me to find a wide variety of search results for a country I am not in. Always do your own research, ask around - that way you can always find the best availability and prices.

Indication of approximate pricing	Centrifugal/ High Speed Juicers	Cold-Press/ Masticating Juicer	Hydraulic Juice Press	All-In-One Two-Stage Cold-press Juicer
Australia	\$50 - \$300	\$350 - \$750+	Haven't found a supplier. Would have to import.	Norwalk is the only one I know of, and is manufactured in the USA. Would have to import.
South Africa	R200 - R2,500+	R3,400 - R9,500+	Haven't found a supplier. Would have to import.	Norwalk is the only one I know of, and is manufactured in the USA. Would have to import.
United States	\$50 - \$500+	\$250 - \$750+	\$330 - \$400	\$2500
United Kingdom	£30 - £600+	£200 - £500+	£350 - £400	Norwalk is the only one I know of, and is manufactured in the USA. Would have to import.
Europe	€50 - €500	€200 - €1,300	€470 - €500	Norwalk is the only one I know of, and is manufactured in the USA. Would have to import.

freshlifejourneys.com





9. JUICING AND THE GERSON THERAPY

I wanted to make specific mention of The Gerson Therapy because discovering, reading about, researching and applying many of the principles of this therapy into my own life, has significantly contributed to my own healing, weight loss and improved health journey.

It's a Therapy that focuses on supporting our body's own ability to heal itself. Before I personally make any changes to my health regime, I always place a big emphasis on resourcing only the best information from those doctors and experts who have studied, tested and proven, without a doubt, their theories, beliefs and practices and Dr Max Gerson's body of work, is one such great resource.

Please note my **disclaimer**, and remember before attempting any major health changes, to always consult with your health care professional first.

One of the main principles of The Gerson Therapy involves a lot of raw organic juicing. It's truly incredible what juicing can do for your health, wellness and ultimately your longevity. There are many extraordinary results experienced by people who have taken up regular raw organic juicing and/or The Gerson Therapy in it's entirety.

If you are inquisitive, and want to know more about the therapy, then read on, and do some more of your own research using the references I provide if you like. I'm pretty sure you'll like what you find...





My notes taken from listening to Charlotte Gerson talking about juicing...

Notes taken from, *The Gerson Therapy, Healing 'incurable' Illness - 3 Part DVD series.*

The Gerson Therapy restores the enzyme systems in the body. This allows proper oxygen development and proper use of that oxygen in the body.

The food that comes into the body is developed into oxygen in the cells systems which is then transformed into energy, and every cell needs energy.

In order to do this you need enzyme activity.

These necessary enzymes come from living, raw, organic food and you can dramatically increase your intake of live enzymes through juicing.

Fresh raw organic juice absorbs straight into the blood stream within 15 minutes.

Juicing also helps remove and reduce the amount of toxins present in the body.

Toxins are enzyme inhibitors and can therefore prevent adequate oxidation within the cells.

When we have too many toxins, we are sick (in varying degrees, depending on how toxic we are), because enzymes are inhibited and our cell systems don't perform the way they need to.

This oxidising action is needed in order for cells to stay alive.

There is of course a certain amount of toxins present due to biological processes within the body too. Live enzymes help with the removal of toxins caused by natural processes within the body, but also the external toxins (xeno-toxins) taken into the body, and when you don't get enough fresh live





enzymes into your body, and the enzyme systems are blocked because of the toxin build up, this creates a very bad situation for your immune system.

What is the immune system? It's made up of cells. These cells make up organs, and these organs make up our organ systems. At optimum health, our immune system recognises foreign, malignant cells and gets rid of them by attacking and destroying them.

When the cells that make up our immune system aren't nourished properly, not getting enough live active nutrients, and are blocked with excess proteins, excess fats, excess chemicals and excess salt, over-run with toxins, they don't function properly.

They are not able to rid the body of foreign malignant cells and this is the beginning of cancer.

Dr Gerson showed that the beginning of all chronic illness was a loss of potassium from the cell systems and the invasion of sodium (salt).

All good, un-processed, raw plant based foods are high in potassium and low in sodium.

Our bodies evolved to eat these clean, fresh, natural foods.

The processed food of the modern diet which is cooked, preserved, loaded with sodium, sugar and chemicals, is extremely low in potassium and high in salt.

Sodium (salt) is also an enzyme inhibitor. When salt penetrates the cell, cells can't work anymore.

Why do your cells absorb this bad salt? Because this bad food we're eating, which is so damaged, and so chemically changed, is something we're constantly flooding our bodies with. Therefore, it is inevitably going to enter every part of your system.





The body tries very hard to get rid of this excess salt. Through perspiration (which we then block with antiperspirants, which contain even more toxins), tears, mucus, and we excrete it when we go to the toilet!

But, when the body is constantly flooded, the body can't continue indefinitely, to handle the high volume of salt and other toxins along with very low amounts of potassium.

That's why chronic illness can seem to come so 'swiftly'. It's a collapse of the body's ability to fight the fight.

We basically spend years and years, literally creating the perfect environment to make ourselves sick.

Whatever system it is, whatever organs are battling the most, will eventually just give-in. And boom, we've given ourselves a chronic illness (affecting those organs).

If we abuse ourselves long enough, we'll succeed in creating the perfect breeding ground for malignant cells to take over, especially once our exhausted immune systems start to shut down.

We do need salt. It's needed in the water, the plasma in our bodies. Like with everything, our bodies need everything in moderation to function optimally. But it's the sheer amount that we are consuming in processed foods that is the problem.

Potassium is needed throughout the cells of the body to activate enzymes.

We're getting too much of some things (salt), lots of things our bodies don't even recognise (xeno-toxins), never mind being able to use, and we're getting far too little of what we need to be alive and healthy from a longevity stand point (potassium, live enzymes, phytonutrients, and much much more).

Even age onset diabetes (type-2 diabetes) is not actually a pancreatic problem, nor a blood sugar problem, it is a fat digestion problem! They've





tested, that in large numbers of age on-set diabetics (type 2). These subjects have tested with adequate levels of insulin in the blood stream, it's just that the insulin can't reach the insulin receptors within the cell systems because they are blocked with bad cholesterol (bad fat!).

Animal proteins are high in fat and are one of the biggest causes of this problem.

Eating a plant based diet, juicing and so on, gives the body a chance to rid itself of the excess fats/cholesterol and what happens is, insulin can then get to the receptors and everything works fine again, and you don't have diabetes.

So our problem is that our bodies have to deal with toxins which are natural byproducts of some of our biological processes, which are normally easily removed by our immune system and excretory systems, but we are now flooding our bodies with a plethora of external toxins our bodies don't usually have to deal with, in alarming amounts....*and* we are feeding ourselves dead, toxic, genetically modified foods, which are void of living enzymes, vitamins, minerals and other nutrients our bodies need to perform it's most basic functions, let alone trying to remove the ridiculous amount of both, recognisable, and thousands of other foreign toxins. PLUS it also has to fight foreign organisms, viruses and bacteria that are a part of everyday life, on daily basis...

...and we wonder why we get sick...





10. REFERENCES AND RESOURCES:

Documentaries:

Heal Yourself, Heal The World

The Beautiful Truth

Dying To Have Known

The Gerson Miracle

Food Matters

The Healing Effect

Books:

Charlotte Gerson with Beata Bishop - *Healing The Gerson Way*'

'The Gerson Therapy, Healing 'incurable' Illness' - 3 Part DVD series

Dr Sandra Cabot - *Raw Juices Can Save Your Life*

Andrew Saul, M.S., Ph.D - www.doctoryourself.com

Dr Joseph Mercola - www.mercola.com

'The Gabriel Method Recipe Book' - **Jon Gabriel**

