

Just Juice it!

Juicing to Heal and Prevent Cancer



by Andrea Lambert
Health Educator @ An Oasis of Healing

Copyright @ 2013 by An Oasis of Healing
All Rights Reserved.

No part of this book may be reproduced or redistributed in any form without permission in writing from the publisher.

Published:

An Oasis of Healing, 210 N. Center Street # 102, Mesa AZ 85201

www.anoasisofhealing.com

Disclaimer

The content found in this e-book is for informational purposes only, and is in no means intended as medical advice, substitute for medical counseling or as a treatment for any disease or health condition.

Always work with a qualified health professional before making any changes to your diet, prescription drug use, lifestyle or exercise activities.

This information is provided as-is, and the reader assumes all risks from the use, non-use or misuse of this information.

Table of Contents

Chapter 1

Why Juice? page 4

Chapter 2

Juicing vs Blending page 7

Chapter 3

Tools for Juicing page 9

Chapter 4

Understanding the 6 Tastes page 11

Chapter 5

Miracle of Greens page 12

Chapter 6

Storing the Juice page 16

Chapter 7

Recipes page 18

Chapter 8

Resources page 23

Chapter 9

About & Stay Connected page 24

Why Juice?

There are 3 main reasons to juice, and they are nutrification, detoxification and calming addictions (not the kinds you may be thinking about...) Lets discuss each in a bit more detail, so you can see the overall picture.

1. Nutrification

There are many positive health enhancing reasons to juice. By extracting and drinking the juices of low glycemic fruits, vegetables, herbs, and certain medicinal roots, we offer our body **the most nutrients with the least amount of energy expenditure on digestion**. The purpose of juicing is to focus all of your energy to heal.

By leaving the pulp (fiber) out of your diet there is no need for your digestive system to work hard processing new stuff. It can use all its enzymes to catch up on incompletely digested foods, mucoid plaque build up, hardened and stuck fecal matter and undigested particles that can get stuck in the diverticula of the large intestine that can lead to diverticulitis, which is commonly treated with emergency surgery. Lets avoid that scenario by juicing!



Juicing is an important tool **to increase raw materials** that the body uses to perform its myriad of functions and chemical reactions throughout our day so that we can smell, feel, heal, etc. Consuming juice while transitioning off an acidic diet, such as the Standard American Diet, is very useful to gently shift the alkalinity levels of your blood and other tissues that require an alkaline environment to function properly. With balanced alkalinity levels the body can receive and disperse nutrients properly so that it can **release toxins** leaving you feeling great!

2. **Detoxification**

When we put concentrated nutrients in our body we **activate genes that turn on the cleaning crew**. Layer by layer our body cleanses, detoxifies, releasing that which it can not use but has not been able to expend the extra time and energy to clean up yet.

When we consume more toxins than the body can release in a day and if we are not eliminating (releasing intestinal content) at least as many times as we eat per day, we must assume that we are very toxic.

The more time we can take to allow the cleansing processes to catch up and come into optimal functioning, the higher functioning our bodies and minds will be.

We will have more **clarity, better memory, an easier time connecting with our creative side**, our carefree side, feeling complete, whole, satisfied, at peace, and happy.

Taking the time to assist your body in releasing toxins the farther away from the disease state we will be. This is an ideal place to function from because this is our natural state, the way our bodies have adapted to nature over the millennia. We are nature and must follow the laws of nature to truly thrive!

3. **Addictions**

Let's face it. There is no one in America that is not addicted to something. In the realm of food, we are talking specifically processed, packaged, genetically modified, chemical filled, nutrient deficient, calorie dense "food-like-stuff".

The chemicals and feed-back loops created by the reverse nutrition offered in the fake (all chemicals) and 'franken' (genetically modified) foods are throwing our homeostatic "balancing" systems into such overdrive they can do nothing but wear out at half the life span we have the potential to live.

Many of us have overdone it so much and are so toxic we have the appearance of being obese but the truth is **our bodies are starving**. We feel continuously hungry on the deficient Standard American choices.

This makes our instinctual brain take over and act as if there is a famine. When our instincts are faced with this, once common dilemma, it **triggers chemicals that make us desire food so strongly we can't resist**. It's not that we are weak. It's that our instincts (nature) are SO much stronger!

Our instincts want us to live so we must consume as much nutrients and calories as possible because there may not be another opportunity for a long time. We have not lived in our current culture for long enough to adapt to the way we are treating ourselves in these modern times.

We have so much advanced technology but we have minimal understanding of how to coexist with nature and what our bodies truly need. We have been separated so much from nature we don't know our tendencies anymore, our instincts, the needs and specific desires of our unique physical and subtle bodies.

We must feed them all appropriately and in this eBook we will focus on the physical body.

So why Juice?

Juicing can offer the opportunity to regain balance with our eating habits. Drinking fresh juices will enable you to **heal imbalances and restore homeostasis** easing the stress on the body from pushing it to over perform.

Providing your body with all the nutrients it needs in a form that it recognizes (synthetic chemicals and additives are foreign) offers healing tools and sends proper signals throughout the body letting it know its had enough and can stop hounding you for more food to supply more nutrients.

Remember this is the **purpose of eating**, to provide fuel and building blocks for structure. Food is not intended purely for pleasure, however once you allow the power of plants to bring you back to your natural state of health, living foods will be nutrient dense and flavor rich!

When we live the way nature intended us to live our lives will be transformed!

We need to **change our beliefs about food** and **learn what its really for**. Juicing is a great place to start.

The power of living juiced fruits, vegetables, lettuces, and herbs are so diverse and deep, so full of variety and efficiency.

It's impossible to ever be bored!



Juicing vs Blending

The most important difference between blending and juicing **is your goal.** What is the outcome of drinking blended or juiced fruits, vegetables, lettuces, and herbs?

If you are going for a new lifestyle and want to be gently introduced to healthier options then I'd **start with blended smoothies.**

They are simple to make, taste great, and are very portable.

If you are trying to **detox your body quickly or reverse the disease process** that may be sending you signals that its time to heal then juicing would be more appropriate.

To support a lifestyle change, drinking blended live foods can be a great introduction that isn't too intense or complicated.

With blended foods you are not only getting the juice but the pulp (fiber) as well. The pulp is a great thing to support the cleansing process that your body will start doing as you put more and more foods it was designed to use into it.

The pulp acts like a sponge mopping up toxins and carrying them out of your body so you don't have to feel the side effects of excess toxins flowing around your bloodstream, lymphatics, and other sensitive tissues.

When you drink blended foods your body must digest them and extract the nutrients so your energy will be split between digesting and healing.

Juicing offers another set of tools to assist you in achieving balance and optimal health. When you drink juiced fruits, vegetables, lettuces, and herbs you are getting the most nutrients with the least amount of energy expenditure on digestion.

When you need to detoxify your body and reverse the disease process you'll want to direct ALL of your energy to heal.

There is no pulp (fiber) in juices. You can blend up a smoothie with the pulp then squeeze it through a nut milk bag to remove the pulp and voila you have juice.



In summary, if your goal is to increase nutrients and gently cleanse then **blending is for you.**

If you are looking to quickly detoxify your body and provide a massive amount of nutrients focusing all of your energy on healing then **juicing is for you.**

If you are a stressed out, overworked, 'pulling your hair out trying to get it all done' kind of person.....I recommend having at least 1 quart of smoothie and 1 quart of juice every day!

Take care of your body and it will take care of you!

Tools

1. Using the **Vitamix as a juicer**: put ingredients in the Vitamix, add about 1 cup of water. Blend for about 2 minutes and pour through nut milk bag, cotton flour sack, or muslin. Squeeze out the juice and make crackers with the pulp.

2. **Centrifugal Juicers**

A. **Non-ejecting**: Omega Juicer 9000; Acme Juicer 6001

The basic centrifugal juicer processes the fruits and vegetables by contact with the shredder disc at high speed. The spinning basket holds the pulp inside and the juice passes through holes in the stainless steel basket and exits through the spout at the front.

This juicer type can make about one quart of juice before the juicer must be stopped, the pulp removed, and re-assembled. **Ideal type of a juicer for one or two people.** Good yield. Longer cleanup time.
Will not juice wheatgrass.



B. **Auto-ejecting**: Omega 4000; Breville Elite and 95XL

This type of juicer is generally easier to operate and clean than the standard centrifugal juicer.

As the fruits and vegetables are fed into the chute, the pulp is separated from the juice and is deposited into a canister at the back of the juicer.

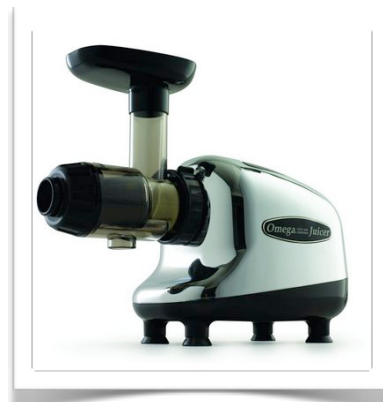
There is no need to stop and clean out the juicer until the juicing session is complete. **Ideal for a family or someone juicing larger quantities of fruits and vegetables.** Good yield, but slightly less than the standard centrifugal juicers. Easy to clean.
Will not juice wheatgrass.

3. **Masticating Juicers**

A. **Single auger:** Omega single augers

This type of juicer is newer to the juicing scene and provides some advantages over other juicers. It operates by using a single auger that rotates at a low revolutions per minute (rpm), typically about 80 rpm.

The fruit and vegetables are squeezed and pressed while moving forward as the juice flows into one receptacle, and the pulp into a separate receptacle. Low RPM juicers preserve nutrient value as there is less heat, friction, and oxidation.



This type of juicer is easy to clean and will juice wheatgrass and leafy greens with excellent efficiency. The single auger juicer is somewhat slower than centrifugal juicers, especially on carrots.

Great Versatility: makes nut butters, frozen fruit desserts, baby food and can make pasta shapes like spaghetti and linguine.

A new revolutionary design for the single auger juicer has been recently introduced into the juicer market: the Vertical Single Auger.

These operate like the standard single auger juicer but are designed to provide all the benefits of a low RPM juicer in less countertop space.

B. Double auger: Champion; Greenstar by Tribest; Green Power by Sampson

Double augers (twin gears) masticate or "chews" the fruits and veggies to extract the juice and **give a high juice yield leaving the pulp quite dry** (unlike centrifugal juicers). It does create a little foam when you juice grass. It uses augers with blades (teeth) to grind and squeeze the juice.



They have more versatility than the centrifugal juicers and there is less risk of overheating the juice.

Double augers can homogenize, make nut butters, grind grains, baby foods, ice creams and fruit desserts. This juicer is heavier than most juicers and generally considered to be less attractive than conventional juicers.

Understanding the 6 Tastes

In America we are familiar with the tongue and it's **5 taste buds**. Based on the types of food we are being fed it seems like we are being narrowed down to 2 flavors; **sweet and salt**.

Once you have been consuming raw living foods long enough to heal your palate you will have more depth in **ability to taste all the flavors**.

It's important to understand and feed the life of the senses. Doing this will bring enjoyment into our food and our lives.

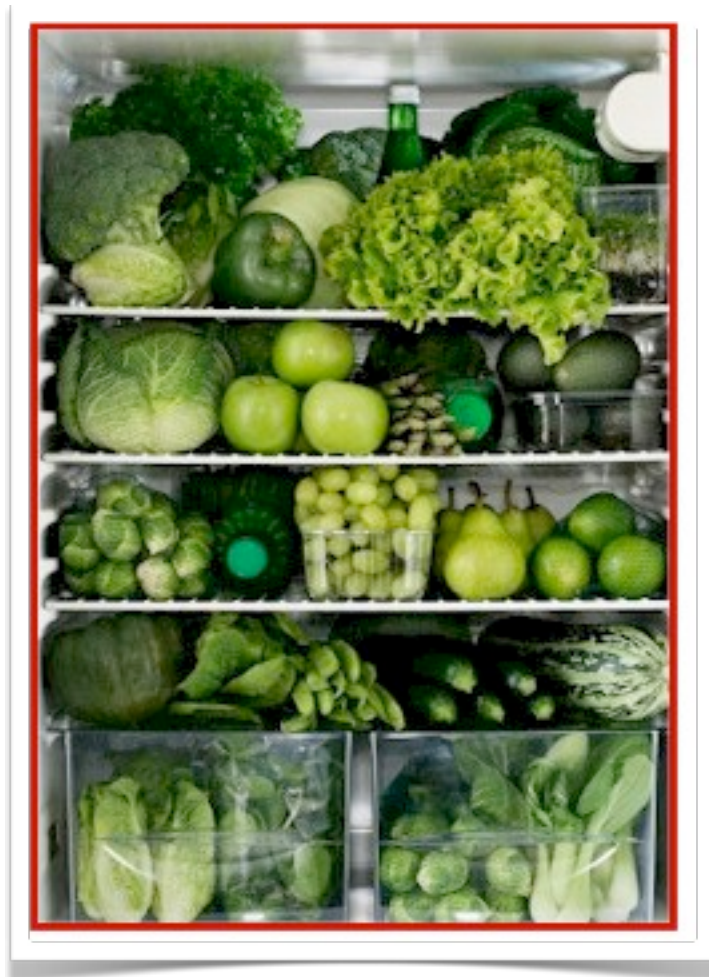
The 5 basic flavors: sweet, salty, sour, bitter, spicy AND astringent (once raw long enough to heal your palate, you will develop the 6th astringent).

Having at least a touch of all **6 tastes** helps the entire body function right.

1. **Pungent foods**, like spicy ginger and cayenne, affect the large intestines and lungs and induce perspiration.
2. **Sweet foods**, like peaches and melons, affect the stomach, pancreas, and spleen and neutralize toxins.
3. **Bitter foods**, like spinach and other leafy greens, affect the small intestines and heart as well as help to reduce fever and induce diarrhea.
4. **Sour foods**, like lemon and yogurts, affect the liver and gallbladder as well as assisting in reducing diarrhea and perspiration.
5. **Salty foods**, like miso and sea weeds, affect the kidneys and urinary bladder as well as affecting hard masses and tissues by softening them.
6. **Astringent foods**, like unripe persimmons, turmeric and okra, purify and reduce secretions, as well as dry out the body.

Miracle of Greens

Greens the new food group: making the body more alkaline. This group includes lettuce, herbs, grasses and protein in greens.



Greens are the main food group matching the human animals nutritional needs most completely.

Lettuces and weeds, like Chard and Dandelion, contain an amazing array and amount of minerals.

Because weed type greens have been allowed to grow wild their nutritional content is much greater than our hybridized, commercially grown, nutritionally deficient greens.

Minerals compose the most essential nutrient group because **we can not make minerals in our body** at all unlike cholesterol. There are 60 essential minerals we need to take in on a daily basis.

Our soils are so depleted because they have been cared for improperly. The soil needs 72 essential minerals and the agricultural industry has only been putting 3 back into our soils for over 100 years now.

Today, we would have to eat 50 apricots to get the same nutrition that 1 apricot would have given us 100 years ago.

The 60 required **mineral are vital for pretty much every chemical reaction that takes place in our bodies.** Without them we are unable to perform all of the vital processes that keep us thriving and alive. Instead we are getting sicker and sicker, as a nation, as we are continually depleted due to our cheap food model.

An example of this would be copper. When we are copper deficient we will get gray, white, or silver hair. If we continue to ignore this sign then we may get varicose veins and/or hemorrhoids. If we continue to ignore the signs then we can pretty much guarantee that our veins and artery walls are weakening setting us up for a potential aneurysm. Copper is a key mineral needed for the proper formation of healthy connective tissue. Additionally, copper is necessary for the normal functioning of muscles and the immune and nervous systems.



Rumor has it that there is not an **adequate amount or array of proteins in greens.** If you look at the actual data you'd clearly see this is in fact a rumor and no rumor is based on truth. Everything the human body could possibly ever need is given abundantly in plant food.

Quote from Dr. Thomas Lodi:

"Nutrition is divided into macronutrients and micronutrients. Protein, like all macronutrients, originates in plants.

*Plants synthesize amino acids, the building blocks of protein and thus **provide the "essential" amino acids to animals** who can then modify them to meet all their protein requirements.*

Humans, being primates, quite readily obtain all of their essential amino acids from plants which is much more efficient and preferable since it avoids the "middle man", whose price is our health."

There are **9 essential amino acids every human must ingest from food sources**. Essential means we can't manufacture them ourselves.

If we consume a variety of greens daily we get more than adequate amounts of every essential amino acid and more. Did you know that broccoli has more protein than animal flesh? Broccoli is 35% protein while beef is 23%.

The same absolutely **CAN NOT** be said about flesh food.

According to Professor **T. Colin Campbell**, "there is a mountain of compelling evidence showing that so called 'low-quality' plant protein, which allows for slow but steady synthesis of new proteins, is the healthiest type of protein."

Put simply, if greens are adequate to build the musculature of the cow you want to eat, why would it not be adequate for you?

Campbell also notes an important study showing **how much protein one needs**. If we think about the time in our lives when we needed protein the most how could we ever need more than that time?

When we were babies drinking mothers milk, that we were designed to consume, offers 5% protein. Campbell's study showed that 100% of rats that consumed a 20% protein diet got cancer while 100% of rats consuming a 5% protein diet did not get cancer.

We must listen to knowledge not beliefs if we want to thrive!

Life is not possible without **sunshine**. Life is also not possible without chlorophyll which is liquefied sun energy. We can bathe our organs in sunshine by drinking juices containing lots of chlorophyll.

Chlorophyll not only heals and cleanses our organs but even destroys pathogens, fungus and cancer cells. Just as cancer can not survive in a high oxygen environment neither can pathogens and fungus.

Chlorophyll provides significant amounts of oxygen to the body. It is difficult to find a better way to consume chlorophyll rich foods than drinking juices and smoothies.

Quote from Dr. Thomas Lodi:

“Also, of critical importance is to stay in the stream of light, which emanates from the sun by ingesting foods that are not altered by fire or radiation, or microwaves or chemicals so that they still contain the light from the sun, which enlivens us. Food is just a vehicle for light and it is light that sustains all physical phenomena.”

It's of vital importance to understand how our body functions and what it's needs are.

Understanding alkalinity is important because our body is constantly working to achieve homeostasis.

This means that our body has strict parameters in which all of the chemicals, hormones, enzymes, etc. can function so there's a feedback mechanism that keeps our blood pH between 7.35 and 7.45.

If this number starts to go out of range, the body will release minerals into the bloodstream to bring back balance. There are **several factors that affect our pH** like stress, inadequate nutrition and inadequate consumption of alkaline forming foods.

Foods that are cooked, any animal products, and processed foods bought in a package **cause the body to become more acidic**.

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

