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Foreword

Juicing is becoming quite popular in society these days. There are many benefits that can be gained from beginning to juice. There are many people who will tell you that juicing makes them look and feel great. On the other hand, there are people who think that juicing is unhealthy and this is due to the fact that they have been misinformed about it.

Some of the benefits that you can get from juicing would include, weight loss, body cleanses, and there is even anti-aging benefits. There have been studies that have been conducted which prove that juicing is very healthy for you. Just like with everything else in life, you need to make sure you do not over-do it. While juicing is extremely healthy for you, if you juice too much it can have undesired results.

A lot of people think that juicing will be hard because they think that they will not like the taste of it. This is not the case at all. There are many different recipes for juicing and there is surely one that will satisfy your taste buds. Basically any type of fruit or vegetable can be put into a juicer.

After you begin juicing, it will not be long before you will notice positive changes happening in your body. You will notice that you have more energy and that your skin looks brighter and healthier. You will also notice that you are starting to rapidly lose unwanted fat.

With all of the benefits that can be taken advantage of by juicing I am sure that you are interested. The following chapters of this book will go over the basics of juicing and will provide you with some helpful juicing tips.

Juicing Jumpstart!

Using Juicing for Better Health

Chapter 1:

Healthy Juicing Basics

Synopsis

Many people think that juicing is just a fad and that it will not be long before it dies out. This is not the case, juicing has been around for a while now and it is becoming more and more popular as the years go by and more people learn about the benefits of juicing.

As stated before, there are many different benefits that can be gained from juicing. It is important that people are aware of the facts of juicing and do not listen to rumors that state that juicing is dangerous.

Many people do not really know a lot about juicing. If you are one of this people, you are reading the right book! The following chapter will go over the basics of juicing and will explain why it is healthy and the potential benefits that you can receive from juicing.

Just about everyone is aware of the healthy benefits that come from eating fruits and vegetables. It can be a bit difficult at time however to eat enough fruits and vegetables in a day to notice any results. This is where juicing can offer you a real advantage.

The Basics

You will no longer have to constantly have to keep a piece of fruit in your hand to eat. Juicing provides you with an opportunity to turn all of the nutrients found in fruits and vegetables into a liquid or juice form which can easily be drank in no time at all.

There is a lot of talk that goes around about how juicing tastes bad and how it does not really have any healthy benefits. Do not listen to any of these rumors. I am sure there is at least a few different types of fruits and vegetables that you enjoy to eat. If you enjoy the taste of it while eating you should surely enjoy the taste of it while drinking it, it will be the same taste! As far as the health benefits go, there have been studiers done that prove the positive effects of juicing, so the rumor starts can just be quiet.

One of the most beneficial things about juicing is the fact that it adds convenience to getting all of your necessary nutrients for the day and offers you the opportunity to be smart with your health while enjoying a tasty treat.

Juicers break down fruits and vegetables and break them down into liquid form. When these vegetables are broken down they release high amounts of nutrients. A lot of people will tell you that you actually receive more nutrients from juicing than just simply eating fruits or vegetables.

The possibilities are endless when it comes to juicing recipes. There are different types of recipes meant for different types of tastes and different types of health benefits. For example, some juice recipes may be designed

to have a sweet taste to satisfy a craving while others will be designed to help with weight loss.

Some people do not think that they need to juice because they are currently in good health. These people should be aware of the fact that juicing is believed to help people to have strong immune systems. Just because you are in good health now does not mean that you will be tomorrow. The best thing that you can do is do everything you can to prevent health problems in your future and the best way to do that is to take care of yourself today.

Those who like to work out and take great pride in their physical appearance will tell you about how much juicing has helped them. As stated before, juicing can give you large amounts of energy, especially when using certain fruits and vegetables while juicing.

There are people who think that a juicing diet also only consists of juice. This is not true. Many people will still eat while juicing but it will be in smaller amounts and healthier food. This is due to the fact that your appetite will be under control because your body has all of the nutrients it needs, therefore you will not feel hungry.

No matter what your reason is, whether it be to lose some weight, detoxify your body, or if you just want to start doing something healthier with your body, juicing is perfect for you.

The following chapters of this book will go more into detail about different reasons to take up juicing and will also go over some different juicing recipes in more detail.

Chapter 2:

Advantages of Juicing

Synopsis

Fruits and vegetables are packed with nutrition and that is why juicing is so healthy and good for you. When you place fruits and veggies into a juicer, they are pressed and all of their nutrients are turned into a liquid form.

This juice is easily digestible because when it is pressed the fiber is removed from it. The ability to almost immediate absorb the nutrients from the juice has enormous health benefits.

You can get the same level of nutrition from simply just eating fruits and vegetables but in order for the amount of nutrition absorbed to be the same, you would have to consume a very large quantity.

The following chapter will go over some of the advantages that you can get from juicing. You only have one life and you only get one body so you should take the best care of it as you can and a great way to do that is to start juicing today.

Why Should You Juice?

You may not already own a juicer and before you go out and purchase one you may be asking yourself, why should I start juicing? If this is the case you are definitely reading the right book.

There are many different advantages that you can get from juicing. As stated before, some of them may be medical related while others are just to maintain good health. Whatever your reason is, juicing will definitely be beneficial.

The following are some examples of the different types of advantages that come from juicing:

- **Increased Energy**

When you start juicing, you will notice that you suddenly have a lot more energy to help you get through your day than you used to. This is due to the fact that all of the nutrients of the fruits and vegetables that juicing provides is easily digestible. Many people do not know the fact that it takes energy to digest something. A perfect example of this would be eating a large dinner and then suddenly becoming tired.

This happens because all of your energy is being exhausted in order to digest the meal. Juice is easily digested and all of the nutrients provide energy themselves.

- **Digestion**

If you have problems with your digestive system, juicing can be of great help to you. Juicing does wonders for the digestive system. There are even certain recipes for juicing that are designed to help

you cleanse your digestive system. However, these types of recipes should not be used on a regular basis as this may have undesired results.

- **Detoxing**

Many people juice because they are aware of the fact that it is great for detoxifying the body. Juicing cleanses the body as a whole and is very beneficial towards body health and healing. It is also great for your blood which is a big positive because many undesired health problems originate in the blood.

- **Stronger Immune System**

In order for you to be able to ward off certain viruses, bacteria and parasites, you need to have a strong immune system. Juicing is a great way of boosting your immune system and making sure that your body is ready to fight at any time. As stated before, you only get one life and one body so make sure that you take care of it.

- **Weight loss**

Trying to lose weight can be quite a challenge for some people. It can be difficult at times to not let your appetite take over and find yourself over eating. Juicing can make the whole process of trying to lose weight much easier. This is due to the fact that juicing will curb your appetite since you will be getting all of the nutrients that you need. This will allow you to eat less and limit the amount of unhealthy food that you consume.

- **Have A Clear Mind**

Another great benefit that juicing offers is the fact that it improves brain health. A healthier brain results in better concentration and higher levels of focus and problem solving skills.

- **Healthier Joints**

A lot of people with arthritis and other joint issues juice because of its anti-inflammatory advantages. Those who juice will tell you that their joints feel much healthier and that they can move much easier and with more freedom of motion.

- **Better Sleep**

Studies show that those who juice have better sleeping patterns. It is easier for them to fall asleep and they go into a much deeper sleep allowing them to feel refreshed in the morning.

- **Connect With Earth**

Juicing is also a great way for you to be able to connect with nature and this is very important for our spirituality and our lives as a whole.

Chapter 3:

Juice Recipes

Synopsis

A lot of people are not aware of the fact that there are countless different juicing recipes. Each one is designed to taste a certain way and have its own set of benefits. For example, some types of people may prefer recipes that are designed for treating conditions such as arthritis while other may want to stick to recipes that help them bulk up their muscle mass.

No matter what you are interested in starting to juice for, there will surely be a recipe that meets your exact needs. The following chapter will go over some different juicing recipes and will provide you with some examples that you may want to consider trying yourself.

Recipes for Health

Using different ingredients in your juice will give you different types of results. Some may help you with weight loss while others may detoxify and cleanse the body. There are even juicing recipes that can help people clean up their acne, this recipe is especially useful for teens who are going through puberty.

It is important that you are aware of the fact that some items may be dangerous if ingested while juicing. For example, some stems and leaves can actually be beneficial while other like those on carrots can be toxic. The same goes with apples, they are very healthy for you but their seeds contain a small amount of toxins.

The key to being able to stick to juicing is to find juicing recipes that you enjoy to drink. This will not be hard for you to do because the options are limitless. There are even entire recipe books that feature nothing but juicing recipes.

The following are a few examples of some recipes that you may want to consider:

- **Recipe for Acne**

Anyone who has ever experienced acne before knows it can be very inconvenient for your life. If you are currently suffering from an acne outbreak you may want to consider this easy juicing recipe.

- **A small slice of ginger**

- **4 carrots, make sure to remove any greens as they are toxic**
- **1 apple, make sure to seed apple to get rid of toxins**

- **High Calcium Recipe**

Having low amounts of calcium can become a real serious issue for an individual if they do not do something to fix the problem. Our bones and our teeth need calcium in order to be strong and that is why you should always make sure you are getting enough calcium.

- **3 leaves of kale**
- **One small piece of parsley**
- **Four carrots, once again with no greens**

- **High Potassium Recipe**

This recipe is great for individuals who are very active, especially those who like to go for runs or jogs. A lack of potassium can lead to a person cramping up. Luckily, there is a recipe you can use that will replenish your potassium levels.

- **1 handful of parsley**
- **1 handful of spinach**
- **4 carrots, no greens as always**
- **2 stalks of celery, try to go with organic celery**

- **Soda Recipe**

There will be times that you are faced with a sweet craving and would enjoy nothing more than a nice glass of soda. There is a juicing recipe that can help you out with this problem.

- **1 apple that has been seeded**
- **1/4 of a lime**

- **Sparkling water, start by adding the sparkling water and then add the juiced apple and lime to it.**

As you can see, there is a juicing recipe for just about anything. This was just a few examples of the countless juicing recipes that exist. One benefit that comes from juicing is that you can experiment with different recipes and discover what your likes and dislikes are. You will also have the opportunity to create your own fun and tasty juicing recipes and show them off to all of your friends.

As stated before, the difference between sticking to a juicing plan or straying away from the path is finding recipes that work for you. We are all different as humans so therefore we all have different likes and dislikes. What one person thinks is tasty may not be for you. That is why you need to try as many recipes as you can. After all, how will you know if you like something or not if you never try it?

If you do not like the first juice recipe you try, do not give up on juicing. Simply try another recipe and repeat the process until you find one that you like.

Chapter 4:

Juicing for Weight Loss

Synopsis

A lot of people who are trying to lose weight, whether it be a few pounds or the start of a much larger weight loss plan, have begun turning to juicing for assistance. This is because of the power that juicing has when it comes to being healthy and losing weight in a healthy manner.

One very important thing to remember is to never try and lose weight too quickly as this can be dangerous and can actually do the opposite of what you are trying to achieve. Juicing offers people who need to lose weight a manner in which they can do so that is easy to do while being cost efficient and safe.

The following chapter will go over the basics of juicing for weight loss and will provide you with a few recipes that will get you off to a start in the right direction.

Healthy Weight Loss with Juicing

The secret to healthy weight loss is burning off more calories in a day than you take in. For some people this may be more true than for others, this is especially true for people who have a hard time being active.

The good news is the fact that juicing can offer a large amount of help when it comes to losing weight, especially when you want to do so in a healthy manner. Part of the reason it can be so difficult for people to lose weight is the fact that it can be hard to get all of the nutrients you need to function on a daily basis. Juicing helps with this problem by allowing you to consume large amounts of nutrients without having to consume large amount of food. As mentioned before, in order to get the nutrients you require to function by eating fruits and vegetables, it would feel as if you were eating all day. This is due to the fact that fruits and vegetables burn off and are absorbed by the body very quickly. Juicing vegetables however extracts all of the nutrients from fruits and vegetables and turns it into a liquid juice form that is much easier to digest than a solid form.

An added benefit of juicing while trying to lose weight is the fact that it will make you feel less hungry. This will help you to stay on the right track and continue your progress with your weight loss.

One very important thing to remember about juicing is the fact that it removes fiber from your food. Fiber is very important to the way your body functions, especially when it comes to your digestive system. For this reason, you will still have to eat some regular food on top of your juice. You

will likely have less of an appetite due to the fact that you are well nourished so temptations to eat unhealthy food will be kept at bay.

Many people have experienced first-hand how powerful the tool of juicing can be when it is applied to long weight in a healthy manner. One thing they all have in common is a strong sense of determination and the real want for a life style change.

There is however some important tips that you need to keep in mind while you are juicing to lose weight and they are as follows:

- **Keep it Raw and Organic**

It is very important that you keep all of your vegetables and fruits that you are juicing with raw and organic. It is true that they may be a bit more expensive but it is worth the extra cost. Non-organic fruits and vegetables can contain pesticides and other toxic substances so they should be avoided when juicing. As well, cooked vegetables and fruits will not provide as much nutrients when juiced as raw ones.

- **Remain Active**

It is important that you are aware of the fact that simply juicing alone will not provide you with the weight loss results that you expect. It is important that you remain active while your body is flushing away fat and toxins because after all, you want to shed the fat not your muscles.

- **Buy Smart**

As mentioned before, organic fruits and vegetables can be a bit more expensive than regular fruits and vegetables. For this reason

it is important that you find a way in which you can get the best quality produce while not breaking your budget. You can do this by visiting farmer's markets and other local produce stands. Here you will find top notch organic produce at a reasonable and affordable price.

- **Do Research on Recipes'**

It is crucial that you conduct research on the weight loss recipes that you plan on using. Do not take the word of one person telling you a recipe is safe or effective as reliable. Some weight loss juicing recipes can be dangerous and there are recipes out there that claim to help lose weight but actually cause people to gain more weight. For these reasons it is very important that you make sure you are well informed on the recipes you use.

Chapter 5:

Juicing for Youngsters

Synopsis

If you are a parent, or know someone who is, you are probably more than aware of the fact that it can be nearly impossible to get children to consume the amount of fruits and vegetables they need to in order to be properly nourished. The good news is that it is possible and it is likely a lot less difficult than you may think.

Juicing has many benefits, one benefit that many parents enjoy is the fact that it offers them a way to provide their children with something healthy that they will actually enjoy. Some of the recipes you can use for kids will taste so delicious the kids will have no idea that they are consuming something healthy.

The following chapter will go over the basics of juicing for youngsters and will provide you with a few recipes you may want to consider trying.

Healthy Recipes for Kids

A lot of parents have a problem in common and that is the fact that it can be very difficult to get a child to eat food that is healthy and nutritious for them. Placing a salad or some sliced carrots on a plate in front of a child will likely get you the same glare as if you broke their favorite toys.

One thing that will make it a lot easier for you to get your child to consume something healthy is to try some of the fun and kid friendly juicing recipes that are available. You may not be familiar with any of these recipes so a few of them have been provided for you below.

- **Orange and Apple Juice**

For this recipe you will need two apples and two oranges. You will need to take the seeds out of the apples to remove any toxins and then you will place the oranges in a fruit squeezer. Juicers can be used on oranges but only if the juicer is equipped to handle citrus fruits. If you do use a juicer for the oranges you need to first remove the peels. Simply combine the apple and orange juice and there you have it, orange and apple juice.

- **Carrot Orange Pear**

This is another kid friendly recipe that your youngster will be sure to love. To make this juice recipe all you will need is two carrots, one pear, and two oranges. It is advised to juice the orange with an older traditional squeezer. Place the carrots and the pear in the juicer and then blend it all together.

- **Mango Pineapple Kale**

This is a delicious juice recipe and your child will surely think so to. All you need for this recipe is 1-2 cups of fresh kale and one cup of freshly chopped pineapple. Place these in a juicer and then add juice from a squeezed orange.



Chapter 6:

What to be Aware of When Juice Cleansing

Synopsis

Juice cleansing is becoming very popular, especially in areas such as Hollywood. Juice cleansing is usually a diet that consists of nothing but juice made from raw and organic fruits and vegetables. While these types of food may be healthy for you, there are also other forms of food that you need to eat as well. Everything has to be done in moderation and this includes juicing.

Juice cleansing does offer many benefits but at the same time there are some things that you should be aware of before deciding to give it a try. The following chapter will go over the basics of juice cleansing so that you know what it is and will also explain to you some things that you should be cautious of when cleansing.

Juice Cleansing, Pros and Cons

Juice cleansing does have its benefits that make it worth doing for some people. However, before you decide to try juice cleansing you should know that there are quite a few things that come along with it that a lot of people would consider to be inconveniences.

The following are six major things that you should keep in mind before trying to conduct a juicing cleanse:

- Juicing Provides Limited Protein**

There is a very limited amount of protein that can be extracted from fruit and vegetables by a juicer and this is due to the fact that they are low in protein in the first place. Protein is as important in your diet as any other nutrient and not getting enough of it can cause some seriously undesired results.

- Low Calorie Intake**

Just as with protein, juicing offers limited amounts of calories. Calories are very important in our diet because they are what gives up our energy and allows us to function through our day. Calories need to be limited as they can break down into fat but cutting them out completely is not good for your health either.

- Not Feeling Your Best**

Many people are able to do a juice cleansing without it making them feel poorly. On the other hand, some people feel very negative effects while doing a juice cleanse and some of them may

even feel very sick. If you start to feel sick while doing a juice cleanse it is important that you stop right away.

- **Danger to Your Bowels**

Some juice cleanses, such as the master cleanse, contain food items such as Cheyenne pepper. Although this will help to flush your system it can also greatly irritate your bowels and this will surely have results that you do not appreciate.

- **Is the Challenge More Effective than the Cleanse?**

One important question you need to ask yourself is if the challenge will be worth the pay off. Some people would strongly argue that the benefit does not actually come from the cleanse itself but rather from the challenge and psychological pay off that it provides.

- **Do not Punish Yourself**

There are a large amount of people who decide to take part in these juicing cleanses because they may have some unhealthy habits in their lifestyle. While it is always a good idea to try and be healthy, there is no need to punish yourself by consuming only liquid juices for days at a time.

- **No Scientific Proof of Effectiveness**

One of the biggest and most important things that you should be aware of when it comes to juicing cleanses is the fact that there is no scientific evidence that backs up any claims of effectiveness. In fact, from a scientific point of view it is actually more harmful than good to do a cleanse. On top of that it can be quite costly to consume nothing but raw and organic fruits and vegetables.

Your best option is likely to juice in moderation. Develop a diet that still consists of regular food on top of the juice, but food that is healthy. Remember, even the healthiest things in life can become unhealthy if they are done on a basis that is too frequent. Do not go overboard with your juicing.

Another thing to be aware of is the fact that if your body is not able to expel the toxins that the juicing cleanse strips, you can become sick. It is important while you do one of these cleanses that you always make sure that you have the ability to sweat and that you are going to the bathroom on a frequent basis. If you begin to feel sick or notice you are not getting rid of the toxins, stop the cleanse right away and consult a doctor.

Cleanses have their benefits but they also have their risks. Ultimately you will have to weigh the pros and cons and decide what the best option is. It is highly advised however that you stick to normal juicing and not take it to the extreme.

Wrapping Up

I am sure that all of the information that you have learned in this book has gotten you seriously interested in the benefits that juicing offers. Whether you are a body builder, a parent trying to get their children to develop healthy habits, or someone with health issues, juicing is sure to offer you many benefits.

The only person who can make the decision for you to start living a healthier more nourished life is you. It will not be long before you start to notice the positive effects that juicing will have on your health. You will be full of energy and your mood will be improved. As well, you will notice that you appear to age much slower and that your skin has a youthful glow to it.

If you use all of the information and tips that have been provided for you in this book, juicing will be a snap for you. You should have no problem finding a recipe that works for you and that everyone in your family will find delicious.

I hope that this book has been helpful for you and that you have learned a lot about the beneficial powers of juicing.

I thank you for your time and I wish you the best of luck!