

GET JUICED UP WITH CHIROPRACTIC AND GOOD NUTRITION



Provided with the compliments of LIFE Chiropractic | 552 Durham Road | Low Fell | GATESHEAD
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Why Juice?

1. Its FUN making juices and smoothies and the whole family can get involved.
2. Its cheap (after the initial juicer outlay) and juices can be very tasty.
3. You can get your children 'eating' tons of veggies and fruit.
4. Freshly extracted veggie and fruit juices are nature's liquid super-fuels. They are highly nutritious and do not contain toxins which are introduced into processed foods (chemical preservatives, flavour enhancers, and colourings).
5. A balanced juice plan is a drug free method to help with chronic health challenges such as eczema, acne, hay fever, psoriasis, obesity, low energy levels, heart disease, stroke and even cancer.
6. Juicing retains 95% of the nutrients in fruit and vegetables and the enzymes (catalysts for many important bodily functions) do not get destroyed by processes such as pasteurisation/heat treatment. The macro and micro-nutrients which are present in fresh juice are readily absorbed by the body unlike many of the chemical vitamins and minerals which are added to processed foods.
7. A juice plan can flush the system of excess toxins, pollutants and FAT which accumulates as a result of our poor Western diet.

Equipment Required

1. A juicer
2. A blender (to make the smoothies with. NB A blender and a 'smoothie-maker' are exactly the same thing except one has been cleverly marketed and costs more).
3. A knife and cutting board
4. Fruit and vegetables

Juicy References and Information Sources

1. www.thehappyjuicer.com or call 0115 9142584
2. Various books by Jason Vale 'The Juice Master' . www.juicemaster.com or call 08451302829

Juicy Recipes

SMOOTHIE OF THE GODS

Serving: About 1½ pints

2 ripe mangos
4 pears
2 bananas
8 cubes of ice

1. Juice the pears
2. Dice the mango and put with the peeled bananas in blender
3. Add ice and pear juice and blend (alternatively try natural yoghurt instead of ice)
4. Drink it up, you juice God

LYMPHATIC LIFT (from www.thehappyjuicer.com)

Serving: About 6 ounces

1/2 Medium fresh beetroot
1 apple
1 pear
2 small carrots
2 sticks celery

This juicer recipe was contributed by Penny - a Happy Juicer reader who has used this recipe to successfully treat

her Lymphoedema. Lymph is a clear fluid found in the tissues that normally flows back into the blood circulation system through the lymphatic system. Lymph nodes help to filter and remove waste matter and bacteria from our tissues and so contribute to the successful functioning of the immune system.

Lymphoedema is a condition caused by the damage or incorrect functioning of the vessels in the lymphatic system and results in blockages and fluid build up in the affected tissues. This can result in swelling of the affected tissues (oedema means swelling).

Penny could not walk due to one of her feet being distorted by the amount of fluid build up in her foot and leg. Since researching the nutritional properties of fruits and vegetables and juicing, and then devising this juice recipe that she drinks every day Penny is now able to wear shoes and walk again. Many thanks to Penny for sharing her recipe with us.

Penny stresses the importance of using raw fresh beetroot as the pickled or cooked forms does not have the same healing affect.

BILT FOR TASTE

Serving: Serves 2 large glasses

2 Grapefruits
1 Pineapple
2 small apples

This juicer recipe mimics a famous soft drink with a completely tropical taste (but leaves out the vast amount of added sugar and additives). Pineapple and grapefruit really do make a most excellent combination that gets both your sweet and sour taste buds working overtime. This juice is ideal if you think your system will need a vitamin C boost as both Pineapple and Grapefruit are great sources of this antioxidant that is so effective at strengthening your immune system. Look for heavy pineapples as this indicates a high water (and therefore juice) content. The pineapple should yield slightly when squeezed. To prepare the pineapple firstly remove the top and base of the pineapple, this will give you a study flat base to sit the pineapple on your chopping board so that you can then remove the pineapple skin by slicing down the side of the pineapple. The more slices you make when removing the skin should mean the less you pineapple flesh you waste as you will cut off less 'corners'.

Peel the grapefruits (leaving some of the pith on as this contains bioflavonoid that help your body to absorb the vitamin C. Cut the pineapple, grapefruit and apple into pieces that will fit comfortably down your juicers feeding chute.

Serve with ice.

GINGAR/LEMIN ZINGER

Serving: About 1/2 pint

2 carrots
2 apples
1 inch slice of lemon
1/4 inch section of Root Ginger

Juice the lot and pour over ice! Easy

COOL APPLE VODKA

Serving: 2 1/2 pint glasses

2 shots vodka
4-6 apples (enough to create about a pint of juice)
Handful of mint leaves
Squeeze of lemon juice (optional)
Ever have parties and want to have something a little different to offer your guests

Fresh juice contains natural sugars rather than the many heaped teaspoons of processed sugar also pop contain. This juice recipe excels in helping keep a party a clear and happy memory in the morning. Apple juice aids liver detoxification and dilutes the vodka so that it is taken into the body in safe quantities.

Juice the apples and add the vodka. Wash and then tear up the mint leaves with your hands. Add the leaves to the drink and mix well. This juicer recipe is best served within a minute or two of adding the mint so that the mint flavours have been absorbed and the juice is at its freshest. The apple juice will oxidise over time and turn brown which your guests might not find too appetising. To slow down the process of oxidation you can add a few squeezes of lemon juice to the drink, not to many though or you will mask the wonderful combination of apple and mint. Serve in chilled glasses.

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