

HEALING JUICES!

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(that also flush out fat!)



ACNE — Parsley & Spinach

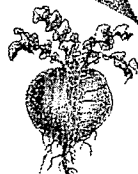


ARTHRITIS — Apple & Cherry



ASTHMA — Watercress & Turnip

CANCER — Apricot & Carrot



FATIGUE — Berries & Banana

NAUSEA — Pear & Watermelon

PMS — Beet & Tomato

And much, much more!

Healing Juices

Sari Mercedes, an artist who suffered a thyroid tumor, turned to the wonders of juicing after visiting the Hippocrates Health Institute in West Palm Beach, Florida.

"I started juicing four years ago and the tumor began to shrink," she says. "The energy I experienced was simply awesome. I had more energy than I knew what to do with, so I started working out. Before long, I felt better than ever before."

Juices that heal? It sounds too good to be true.

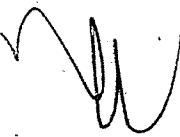
But it's not. Drinking fresh juice can cure what ails you. Because nutrients from raw fruits and vegetables do not need a long digestive process, they quickly go to work in the body, releasing their healing properties immediately.

The number one cause of most ailments is the lack of certain vitamins and minerals that are abundant in fresh fruits and vegetables.

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by
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This book is intended as a reference volume only, not as a medical manual. It is not intended to take the place of medical advice from your physician or health practitioner.

Most of us simply don't eat as well as we should. If your diet doesn't include five to seven servings of vegetables and at least two servings of fruit, you're just looking for trouble. Some experts say that as much as 50 percent of your diet should be made up of raw fruits and vegetables.

"You get far more nutrients per ounce by drinking fruits and vegetables than by eating them," says Dr. Charles Klein, a New York nutritionist. "In this way, you improve your health and put a lid on bad cholesterol and high blood pressure."

Why not eat produce whole? Why not enjoy the sweet crunch of an apple or the soft, smooth texture of a banana?

The answer is because it takes much longer to digest whole fruits and vegetables. Juices are quickly and efficiently absorbed by the body - sometimes within minutes of consumption.

How can juices help flush out fat? Certain foods create an internal action that helps dislodge unsightly, unhealthy fat and wash it right out of your body. And what we call "hunger" is usually

a desire to eat simply for the sake of eating - not because our bodies are in need of nutrition. The trick is to nip the cravings in the bud. Juices can do that. By letting the liquid run over the tongue, the taste buds are satisfied without the need for sugary or salty high-fat foods.

In the following pages, you'll discover an exciting, all-natural guide to treating some common ailments using the healing power of natural juices. We'll tell you why you should consider this wonderful way to wellness and healthy weight loss. And we'll offer helpful information on how to select a juicer and how to use one.

So, let's find out what juicing can do for YOU!

Why Should You Juice?

For many of us, our diet consists of burgers, pizza, processed meats, chips, fried food, eggs, cheese and soda.

All this is tough for our bodies to digest. Junk foods are loaded with "empty" calories and have no nutritional value. The dyes and chemicals that make this kind of food attractive and tasty are stored in our liver, bones, fat and other tissues. Eventually, they can wreak havoc on our health.

Experts say unless 50 to 75 percent of your diet comes from raw foods, you're not getting enough vitamins, minerals and enzymes for maximum health.

What can be done? Fresh produce is the richest source of vitamins, minerals and enzymes in the world. But there's almost no way for us to eat as many fruits and veggies as we need. Who has the time – or the stomach – to munch through a whole bunch of carrots or bag of spinach?

Why Should You Juice? – 9

Scientists are rediscovering the benefits of natural food therapies. Norman Walker, author of *Fresh Vegetable and Fruit Juices*, lived more than 100 years by practicing what he preached.

"The lack of certain elements, such as organic vitamins, from our diet is the primary cause of nearly every sickness and disease," he wrote.

All cells in your body depend on proper nourishment. Without it, they cannot function. To maintain these cells, the food you eat must be properly digested. Even food that ISN'T good for you still needs processing.

Enzymes enable your body to metabolize the food you eat. Simply put, an enzyme is a protein secreted by cells that induces chemical changes in the body.

When you eat raw fruits, vegetables, seeds and nuts, the enzymes go straight to work. But enzymes are sensitive to temperature. When you cook vegetables, these precious enzymes become sluggish. At high temperatures, they actually die. The result is that you may be eating plenty of vegeta-

bles but getting very little real nourishment from them.

To get the most from foods, eat them raw. These "live" foods enable the enzymes to go to work at full strength, giving you an immediate boost.

Why juice? When you lay out money for a juicer, you want your money's worth. Juicing is work, but the benefits are well worth the effort.

The scientific community hasn't pinned down how many vitamins and minerals we need to be healthy. But experts all agree there are micro-nutrients whose function is still a mystery. These substances are found in small amounts in all fresh foods.

For instance, research has confirmed the benefits of carrots, which contain high doses of beta-carotene and vitamin A. Scientists have bottled these "magic" potions into pills they say we can pop to keep our hearts healthy and prevent cancer - instead of eating raw carrots.

But there's more to a carrot than beta-carotene and vitamin A. There are substances, called carotenoids, that you

won't find in mass-produced, man-made vitamins. You only find these in fresh, raw carrots.

The benefits: As you'll see in the section on ailments, different fruits and vegetables have their own healing properties. The vitamins, minerals, proteins, lipids and carbohydrates that are found in different concentrations, work on certain organs and diseases.

For instance, apple juice with the pulp helps reduce the acid crystal deposits that form around body joints - thus relieving the pain of arthritis. Fennel takes the burn out of heartburn and watermelon juice can make colicky babies feel better.

There are remedies for bad breath, constipation, PMS and more.

As a side benefit, juicing helps you lose weight and keep it off. Later in this book, you'll find out how tomato juice fights the craving for junk food. And how sweet fruit juices eliminate the need for cakes, cookies and candy.

The need for fiber: In nutrition terms it's called "roughage." Its most important function in the digestive tract

is to push digested material through the body by stimulating the colon.

Fiber is only found in fruits, vegetables, whole grains and legumes.

Soluble fiber binds cholesterol in the digestive tract so it can't be reabsorbed. Insoluble fiber sweeps the intestines clean.

Since juicers filter out most of the fiber, leaving only liquid, some experts say drinking juice doesn't deliver the full benefits of the fruits and vegetables. Experts also argue that too much fiber decreases the absorption of vital nutrients from juices. This appears to be true. When you increase your fiber intake, your body assimilates fewer minerals from food.

While the health benefits of fiber are terrific, it does make juice hard to drink and many machines filter it out. So take some of the fiber that collects in the machine and add it back to your drink. Or use it for baking and cooking. Pumpkin fiber can be used for pumpkin bread. The same goes for apples, carrots and zucchini, all of which make excellent fiber-rich loaves.

How To Juice

Before you run out and invest any money in a juicer, make sure you're willing to set aside the time and effort that the juicing process takes.

Although they can be refrigerated, juices are best consumed fresh. That means a daily squeeze.

Chances are, you already have a blender. Haul it out and start making "smoothies." These are fresh fruit concoctions made in a blender from any combination of fresh or frozen strawberries, blueberries, cherries, bananas, honey, yogurt or milk with the addition of protein powder or peanut butter.

These delicious, refreshing drinks have become so popular that many juice bars now specialize in them.

Always follow the directions for operating the blender. Stop the machine every now and then and stir any heavy sediment in the mixture. Putting the liquid in first and then adding solids helps the blending process.

The primary disadvantage of a

blender is that it doesn't filter out the pulp. The fiber in the pulp does act as a laxative and can lower your risk of heart disease and cancer, but it can make a juice drink very thick, and some people find that unpalatable. If you want to stick to a blender, strain out some of the pulp with a sieve.

However, if you like what you taste and want to move on to a more nutritious and varied wellness program, here are some tips on buying a juicer.

What to look for in a juicer: Since you can't squeeze carrots or beets into juice, investing in a juicer is logical. Generally speaking, the more you pay, the better the machine. Most are electric and will run between \$150 to \$250 for a decent one with enough power for your needs.

Here are some things to bear in mind:

- ☐ Make sure it's user friendly.
- ☐ Make sure it cleans easily and quickly. Nooks, crannies and crevices make cleanup harder.
- ☐ Find out if filters are necessary. They will add to the overall cost over time.

- ☐ It should have a built-in strainer.
- ☐ It should come with at least a one-year warranty.
- ☐ Narrow entrances for fruit and vegetables may seem inconvenient, but they keep curious fingers from sharp blades.

When using your new juicer to make these healthy and delicious drinks, make sure to follow the manufacturer's directions carefully.

Here are a few tips that will help you get your money's worth and the best nutritional value for your dollar:

- ☐ Use organically-grown produce whenever possible. These haven't been treated with any chemicals. In some cases, you won't even need to peel the skin, thus leaving that fiber-rich portion intact.
- ☐ Peel waxed fruit and vegetables, or those that contain chemical residue. These include tomatoes, sweet potatoes, turnips, apples, peppers, cucumbers, eggplant, peaches and squash. Other varieties that should be peeled are grapefruit, oranges, lemons, limes,

pineapples, bananas, pumpkins and avocados.

- ☐ All seeds should be removed, especially apple and peach seeds, because they contain poisonous substances. Many seeds leave a bitter taste, so remove them also.
- ☐ If the skin is left on, use a brush and scrub under running water.
- ☐ For leafy veggies like spinach, parsley, greens and lettuce, discard the outer leaves. Run under water and rinse thoroughly or set into a bowl of cold water and swish around so that any sand or sediment falls to the bottom.
- ☐ Keep produce in a cool place until you're ready to use it.
- ☐ Vegetables and fruits use different enzymes for digestion. When mineral-rich vegetables and sweet fruit juices are mixed together, they may produce intestinal discomfort or gas. It's best to start with all-fruit or all-vegetable drinks. As you become accustomed to the juices, you can experiment with different combinations.

- ☐ Straight juices can be too strong. Beet juice is especially potent and should not be used without diluting it with at least one other juice.

Making a good thing better: Once you get the hang of juicing, there are a number of ways to spice things up.

Get extra flavor by adding cayenne pepper, garlic powder or Tabasco to veggie drinks. Sprinkle cinnamon, nutmeg or honey in fruit drinks.

There are many products on the market that will make juice drinks more palatable and more potent. Here are a few we recommend:

Lecithin - This is a powdered food supplement extracted from soybeans. It helps dissolve cholesterol deposits on the arterial walls, thus aiding in preventing heart disease.

Gomasio - This is a condiment made from toasted sesame seeds and sea salt. It's rich in protein and calcium and can be used to top any vegetable shake.

Soy amino bouillon - Made from soybeans, molasses, vitamin C, papain enzyme and lemon and orange juice solids, it's rich in amino acids, the

building blocks of protein. Try it with carrot, tomato or avocado shakes.

Miso - This is a food paste rich in vitamin B12, which helps combat anemia. It absorbs and helps deactivate toxins in the intestinal tract. Try it with tomato and celery juices.

Beet juice powder - It's bright fuchsia in color and has an earthy flavor. It's less potent than fresh beet juice but makes a good substitute.

Nutritional yeast flakes - This is an edible yeast grown on blackstrap molasses. It has a nutty-cheesy taste and supplies a bundle of B vitamins and minerals.

Carob - Available everywhere, this sweet, chocolate-like powder is made from the pod of an evergreen tree. It satisfies the craving for chocolate and contains protein, natural sugar, calcium, minerals and B vitamins.

Slippery elm powder - An old favorite of natural healers, slippery elm comes from the inside bark of the North American elm tree. It has enzymes that aid the body's digestive process and help soothe coughs and stomach troubles.

Barley green and wheatgrass powder - These are powerful substances, so be careful when you use them. They are packed with chlorophyll, minerals and enzymes. But they can cause gas and bloating until the body adjusts to them. They have a loamy taste that can take a bit of getting used to. But persevere - it's worth it.

How to convert solids to liquid:

The following list is a guide to how much produce you need for $\frac{1}{2}$ cup of liquid. Remember, it's a guideline. If the produce has a thick pulp, dilute the juice with water or ice cubes.

To make $\frac{1}{2}$ cup of juice, use medium-sized fruits or vegetables in the following amounts. Unless otherwise indicated, all fruits and vegetables should be peeled, cored and/or seeded.

- ☐ 2 peaches
- ☐ 2 beets
- ☐ 2 pears
- ☐ $\frac{1}{2}$ cabbage
- ☐ 2 large carrots
- ☐ 6 peppers, green or red
- ☐ $\frac{1}{2}$ pineapple
- ☐ $\frac{1}{2}$ cauliflower

- ☐ 2 nectarines
- ☐ 3 plums
- ☐ 2 large stalks of celery
- ☐ 1 potato
- ☐ 1 cup pitted cherries
- ☐ 2 yellow squash
- ☐ 2 cups cranberries
- ☐ 4 cups strawberries
- ☐ 1 whole cucumber
- ☐ 1½ cups honeydew melon
- ☐ 2 tangerines
- ☐ 1 whole tomato
- ☐ 2 leeks
- ☐ 1½ cups watermelon
- ☐ 2 zucchini
- ☐ 4 lemons
- ☐ 2 oranges

Warning: Juices will help cure what ails you. But don't try drinking it by the gallon thinking it will work faster. When drunk in excess, fruit and vegetable juices can overload the pancreas, kidneys, liver and digestive tract.

That's why we've provided recipes. Start slowly, and let your body adjust to the way juices work. Then sit back and enjoy the benefits - if you can sit still with all that extra energy!

Ailment Guide

Acne

Acne is a chronic, inflammation, characterized by black- and whiteheads and pimples. A diet high in grease and sugar can contribute to the problem, building up acid in the blood. Acne is often treated with creams and ointments, some of which actually burn the skin.

Eliminate fried foods, foods high in fatty acids (milk, margarine, vegetable oils) and sugar. Eat a high-fiber diet, including grains, fruits and vegetables.

Asparagus, spinach and carrots, high in vitamin E and calcium, help clear up the skin when a low-toxin menu is followed.

Clear Complexion Shake

Makes 1½ cup juice

- ¼ cup spinach juice
 - 4 carrots
 - 1 apple
 - Handful of parsley
- Blend.

Anemia

People with anemia don't produce enough red blood cells. Their blood doesn't carry as much oxygen as it should. This results in pale skin, dizziness, loss of appetite, lack of energy, irritability, depression and decreased resistance to infection. Women need more iron than men - especially during childbearing years.

A natural treatment alternative is to supply the body with more nutrients. Parsley, beet greens, kale, parsley, asparagus and green peppers are good sources of iron, vitamin C and folic acid.

Raw parsley juice is potent by itself, but mixed with carrot, celery or spinach, it's an excellent blood oxygenator.

Energy Enhancer

½ cup per serving

- 1 bunch parsley
- 1 cup bottled water
- 1 stalk celery
- ½ cup spinach juice

Blend and drink ½ cup at a time.
Refrigerate the rest.

Arteriosclerosis

Commonly known as hardening of the arteries, this common ailment is the result of a buildup of calcium and fatty deposits inside the artery walls. This causes a thickening and hardening that restricts blood flow. Chest pains, labored breathing, irregular heartbeat and heart attack can all result.

Along with the usual remedies of not smoking, increased exercise and cutting fats, sugar and caffeine out of the diet, certain juices can also be helpful.

Cayenne pepper and ginger root are two spices that increase the blood circulation by reducing the stickiness of artery-clogging platelets. When pinches of these spices are added to juices made from celery and parsley, you have powerful heart helpers.

Try blending these ingredients for a health-giving daily drink.

Artery De-Clogger

1 serving

- 1 raw clove garlic
- 3 Tbs raw onion
- ½ bunch parsley

½ cup celery with leaves
 1 cup tomato juice
 Pinches of powdered cayenne pepper
 and ginger root
 Ice cubes or water, as needed

Juice garlic, onion, parsley and celery. Add tomato juice and spices. If you prefer it thinner, add ice cubes or water.

* * *

Arthritis

Nearly 60 million Americans suffer from this disease. In its mild form, symptoms include stiff joints, tenderness and swelling. The painful, inflamed, swollen joints of rheumatoid arthritis make normal functioning difficult. In its extreme form, it leads to crippling by twisting fingers and toes.

Foods that fall in the nightshade family can aggravate this condition. Try eliminating or cutting back on tomatoes, peppers, eggplant, as well as citrus fruits. Avoid refined flour and white sugar. Instead, maintain a low-fat, high-fiber diet that includes a wide variety of fruits and grains.

Apples, cherries and watermelon are extremely helpful in combating the long-term effects of arthritis.

Fermented apple juice works best to reduce the crystal deposits which form around arthritic joints. Cherry juice works the same way. Watermelon juice taken morning and night (without the seeds) helps flush out uric acid, which settles in the joints. Here's a delicious, healthy way to combat this disease.

Go-Away Arthritis Shake

Makes 3 cups

5 apples
 3 plums
 ¼ cup fresh or frozen pitted cherries
 2 Tbs lemon juice
 1 cup ice or bottled water

Juice each fruit separately. Combine with lemon and ice. Blend until smooth. Refrigerate leftovers.

* * *

Asthma

Experts believe asthma is triggered by allergies. But anything can provoke this dangerous ailment that clogs

air passages, making breathing difficult or impossible. In extreme cases, the victim suffocates by not being able to get air in or out of the lungs.

To alleviate symptoms, limit the consumption of fatty acids found in meat and dairy products. Eliminate caffeine, chocolate, sugar and salt. Avoid aspirin.

While citrus can help, the juice of raw turnips and fresh watercress have better results. These two foods are rich in sulphur, choline and potassium – and they're a good source of magnesium. They're beneficial for a variety of lung diseases, including TB, bronchitis, emphysema and pneumonia. So try this blend of nourishing veggies.

Breathe Easy Shake

Makes about 2 cups

4 carrots
1 turnip
Handful of watercress
2 stalks celery
1 clove garlic
1 cup tomato juice

Blend vegetables, add tomato juice.
Blend until smooth.

Bladder Infection

There are numerous causes for the ailment known medically as cystitis. But one thing is certain – it's painful and debilitating. The symptoms include burning when urinating, difficulty going or frequent urges to urinate, and lower abdominal pain.

While antibiotics are usually prescribed, there are non-drug remedies. Berries help the body fight infections of the bladder by inhibiting bacterial growth. The most common berries used to treat this condition are cranberries, strawberries, raspberries and blackberries. Drink as three glasses of juice a day.

Bladder Berry Brew

1 serving

½ cup each strawberries and raspberries (frozen is OK)
½ cup cranberry juice
1 cup watermelon juice
2 tsp honey
½ cup plain or vanilla yogurt

Blend and drink two to three times a day during infection.

Bronchitis

Some people call this a chest cold but it's actually an inflammation of the mucus membranes that lead to the lungs. The symptoms include a bad cough, phlegm, congestion, fever, and pains in the torso and back from muscle spasms caused by coughing.

Bed rest and large amounts of liquid are the best remedy. Antibiotics are usually prescribed. If you're prone to this ailment, try reducing sugar consumption and limit dairy products.

The benefits of watercress and turnip juices should not be overlooked. Turnips are high in calcium and potassium, and watercress is rich in sulphur and phosphorus. When combined, these elements increase oxygen transmission in the bloodstream.

But beware, this also acts as an intestinal cleaner. So if you also suffer from hemorrhoids, you're in luck.

Any of the high vitamin C sources like kale, parsley, green pepper and broccoli are also helpful. Try this liquid garden salad for best results.

Breathe Easier Blend

3 servings

- 3 broccoli florets
- 4 carrots
- 2 stalks celery
- ½ green pepper
- 1 clove garlic, minced
- 1 cup tomato juice

Juice the vegetables. Add tomato juice and garlic. Serve cool but not cold. Refrigerate leftovers.

Cancer

Cancer occurs when cells stop growing normally and begin reproducing without any pattern. Science has made tremendous breakthroughs. One of them is to acknowledge that diet is a major contributing factor.

Cancers are so varied that no single fruit or vegetable is a cure-all. There are whole books devoted to this. However, there are some steps you can take to help rid the body of carcinogens.

Eat daily servings of Brussels sprouts, cabbage, broccoli, cauliflower, kale or turnips. Include generous portions of

onion and garlic, both of which have cancer-fighting agents. Their high sulfur content helps prevent chemical carcinogens from turning into tumors, especially tumors of the lower intestine.

Apricots and carrots are also useful cancer fighters because of their high beta-carotene content. Research has shown that people with diets that are low in beta-carotene have a higher rate of lung, stomach, colon, prostate and cervical cancer.

Garden Salad Special

2 servings

3 broccoli florets
1 clove garlic
4 to 5 carrots or 2 tomatoes
2 stalks celery
½ green pepper

Juice ingredients in order. Add ½ cup ice if no tomatoes are used

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Cholesterol

High cholesterol is something you definitely don't want. But not all cholesterol is created equal. There are

three types - high density lipoprotein (HDL), low density lipoprotein (LDL) and very low density lipoprotein (VLDL). Medical experts call these good and bad cholesterol. The bad ones - LDL and VLDL - circulate through the blood and clog the arteries.

HDL is good because it carries fatty deposits away from the heart, through the bloodstream to the liver where it can be processed and excreted.

While exercise is good for increasing HDL, high-fiber foods also help rid the body of bad cholesterol.

In addition to not smoking and exercising regularly, you should eat more whole grains and reduce your intake of eggs, meat, butter and other fatty foods.

Avoid margarine and nondairy coffee creamers that are high in coconut oil, and reduce your salt intake.

The pectin in apple juice pulp helps reduce cholesterol and triglycerides - also called fatty acids - because it's high in fiber and extremely soluble. For apple juice to be effective, the pulp must be included. So instead of buying the store

brands, you must juice your own.

In addition, raw cabbage, which is rich in sulphur and high in fiber, can help lower elevated plasma cholesterol and free the fatty acids so they can be metabolized by the liver.

This cocktail was provided by Cherie Calbom and Maureen Keane, authors of *Juicing for Life*.

Anti-Cholesterol Cocktail

1 serving

Handful of parsley
Handful of spinach
4 to 5 carrots
1 clove garlic
Dash of Tabasco sauce
Ice (optional)

Add parsley and spinach. Put through the juicer with carrots and garlic.
Add Tabasco and ice, if necessary.

Common Cold

None of us needs any introduction to this viral nuisance. Some over-the-counter remedies help relieve the symptoms by drying up mucus and suppressing coughs. But what about that

"let-down" feeling? That may be the result of too many toxins running rampant in the body. A runny nose is one way the body cleanses itself.

It's important to get plenty of rest and drink lots of fluids. To speed the healing process, raw fruits can be juiced to make you feel better.

Red and black raspberries are a good source of potassium and iron, as well as vitamins A and C - both of which support strong immune defenses.

It should come as no surprise that orange juice really does work wonders - but not the store-bought, pasteurized kind. When a cold strikes, you need freshly squeezed juice, pulp and all. Drink it at room temperature for the best results.

Orange Ginger Spritzer

2 servings

6 oranges
1 small piece ginger
or 1 tsp ginger juice
1/2 cup fresh or frozen raspberries
or strawberries
1 cup ice

Blend until smooth.

Constipation

The cause is usually a faulty diet and lack of exercise. But constipation can also be the result of a hectic schedule, especially one filled with travel. Constipation can lead to hernias, hemorrhoids, diverticulitis, chronic fatigue - and even colon cancer.

Over-the-counter laxatives offer temporary relief, but they can also have unpleasant side effects. If laxatives are over-used, the colon becomes lazy and stops working properly.

High-fiber foods can prevent and treat constipation. Sufferers should avoid cheese, fried foods, junk food, beef and pasteurized milk.

Apples, juiced with the pulp but not the pits, contain high doses of pectin, which triggers contractions of the colon. Try juicing apples together with raw spinach. Good old spinach is nature's finest organic material for cleansing the intestinal tract. Boysenberry juice makes a fine, gentle laxative for older people who are only occasionally constipated.

Date-fig juice works by stimulating

the blocked colon. (It also acts as an antidote to insomnia.)

Prunes stimulate intestinal contractions. Prune juice with the pulp also helps to counteract the acid stomach often caused by spicy foods, coffee and alcohol.

Cleansing Cocktail

Makes 1 cup

- 2 apples
- 1 pear
- 1 Tbs lemon juice
- 1 small piece ginger

Blend together. Drink daily or every other day to stay regular.

Coughing

A wracking cough can make you feel miserable. The rib cage, back and throat ache. For anyone who makes a living speaking, singing or playing a wind or reed instrument, it can also mean being out of work. While drugs like morphine and codeine stop the cough and pain, they're only available

through prescription - and they're very addictive.

It goes without saying that all tobacco products are out. Increase your liquid intake and cut out dairy products altogether.

Honey and molasses have long been used as a folk remedy. Date-fig juice also acts in the same way, stopping the spasms.

Lettuce has a compound called lactucarium that suppresses coughs the same way codeine does. Lettuce is also high in magnesium, which vitalizes the nerve system and tissues of the lungs. Its juice acts as a sedative. Although not as effective as opium-based drugs, juices are all natural and create no unpleasant side effects.

Lettuce Shake

1 serving

- ¼ head lettuce
- 2 stalks celery
- 3 carrots
- 1 tomato or ½ cup tomato juice

Blend lettuce, celery and carrots.
Add tomato or juice. Drink at room temperature.

Diabetes

Diabetes is a severe disease involving the metabolism of carbohydrates, fats and protein. This chronic disorder comes in two varieties.

Type I is known as insulin-dependent or juvenile diabetes. Its symptoms include unusual thirst, fatigue, nausea, vomiting and frequent urination. The body fails to produce insulin. Type I diabetes is treated with regular insulin injections, exercise and diet.

Type II, or non-insulin dependent diabetes, typically strikes adults. Symptoms include blurred vision, itching, thirst, sleepiness, obesity, fatigue, and tingling or numbness of the feet.

Anyone with diabetes should have constant monitoring by a doctor. Dietary changes - including the elimination of sugar and starches - are part of the wellness program.

Cabbage, lettuce and celery contain sulfur compounds that both increase and decrease blood sugar levels. Cabbage, in particular, seems to delay dextrose absorption.

Oddly, string bean juice, which is rich in calcium, phosphorous, iron, potassium, magnesium and vitamin A, seems to help restore the liver, spleen and pancreas, which secretes digestive enzymes and the hormone insulin.

Green Bean Tonic

1 serving

Handful of parsley
2 stalks celery
2 carrots
2 cloves garlic
12 string beans
1 cup ice
Dash of Tabasco (optional)
Blend all ingredients.

Fatigue

Life is no fun when you're struggling against sluggishness. Fatigue can be brought on by stress, depression and the Epstein-Barr virus, which is the cause of chronic fatigue syndrome.

It can be due to a condition related to blood sugar levels in the blood. Check with a doctor to determine the source

of your tiredness if it lasts a long time. In the meantime, get plenty of rest and don't overdo things.

First try eliminating white flour, sugar, junk food, hot dogs and hamburgers. Add herbal teas and juices to jump-start your motor.

Popeye knew it - spinach, especially mixed with carrot or tomato juice, significantly boosts energy levels.

Grape-raisin juice is high in sugar and iron. It goes right to the liver, the source of the body's energy.

Red and black raspberries are wonderful for a variety of ailments, including fatigue.

Energy Boosting

Apple-Strawberry Smoothie

Makes 1 1/4 cups

2 apples
1 banana
1/2 cup fresh or frozen strawberries
1/2 cup vanilla yogurt
1 tsp lemon juice
1/2 cup ice
Dash of cinnamon

Blend first 6 ingredients. Sprinkle with cinnamon. Drink slowly.

Gallstones

The gallbladder is a small, pear-shaped organ located below the liver. It stores bile and, during digestion, secretes it into the small intestine, just below the stomach.

Gallstones are the most common problem for this organ. They occur when cholesterol builds up and clumps together within the bile.

Some gallstones are small and will not cause any problems. But when a larger one gets stuck in the bile duct, it produces misery and pain. Before resorting to surgery, you might want to try these remedies.

Avoid all nuts. Keep dairy products to a minimum. Avoid fatty, fried and highly seasoned foods, including greasy chips and fast food. Add whole grains and drink plenty of liquids.

Chervil is a parsley-like herb that is generally used for salads and flavoring. Its juice is loaded with nutrients like calcium, iron, potassium and vitamin B6.

Try blending it with raw potato in

combination with carrots or celery for relief from gastric disorders and gout. Plain raw potato juice can taste nasty, so blending it is a good idea.

Tangy Chervil Drink

Makes about 1 cup

Handful of chervil
3 carrots
2 cloves garlic
2 stalks celery
¼ raw potato
½ cup ice

Blend together.

Glaucoma

In a healthy eye, the clear fluid inside the eyeball, called the aqueous humor, provides nutrients to the eye and carries away waste products. Under ideal conditions, the production of this fluid equals the amount that is drained. When more is produced than escapes, pressure builds up and glaucoma results.

Within the past 10 years, huckleberries have been found to have a

positive effect on a number of problems affecting the eyes.

The way the juice interacts with the collagen structure in the eye helps prevent and treat glaucoma.

Huckleberry Delight

1 serving

1½ cups huckleberries

1 banana

½ Tbs honey

½ cup vanilla yogurt

Ice cubes or bottled water

Dash of cinnamon

Combine in blender.

Drink immediately.

Heartburn & Indigestion

The most common symptom of heartburn is a burning feeling that moves from the middle of the chest up to the throat. Swallowing is difficult and irritating stomach juices and acids play havoc with the esophagus as they flow upward.

Almost anything can cause indigestion - from rushing through meals to

stress to eating greasy or highly spiced foods. Overeating is another common cause. So is drinking a lot of fluids while eating because it dilutes the saliva and natural acids that are necessary for normal digestion. The result is an upset stomach.

For both these conditions, certain foods should be avoided, especially coffee, alcohol and chocolate.

To avoid heartburn, eat smaller meals in a relaxed atmosphere - and slow down the rate at which you eat!

While it's hard to think of eating or drinking at all during an episode of heartburn or indigestion, certain foods will help you feel better quickly.

Peppermint is one, ginger root is another. Bananas in liquid form can help put out the fire in your tummy by coating the irritated lining with an oily substance - much like an antacid.

The high potassium content strengthens the muscles that are needed for the digestion process. Pineapple juice contains bromelain, a protein-digesting enzyme, and papaya contains papain, which works the same way. This sooth-

ing smoothie should help relieve any discomfort.

Indigestion Smoothie

1 serving

2 cups fresh pineapple, cut into small chunks

1 banana

½ cup plain yogurt

Blend on high speed until smooth.

Strain out pineapple pulp. Sip to coat stomach and put out the fire.

Or you can try this peach-pear juice mix. Peaches are high in phosphorus, potassium and vitamin A; pears are high in magnesium. Use together or alone.

Peachy Keen

1 serving

1 pear (canned is OK, but drain syrup)

1 peach (see above)

Small piece ginger

½ cup ice

Dash of cinnamon or nutmeg

Blend. Sip cold.

Kidney Stones

The kidneys, located on either side of the lower back, are responsible for filtering waste from the blood into the urine. From the kidney, urine passes to the bladder, carrying toxins and cleansing the body. But sometimes deposits build up in the renal area of the kidney. These rock-hard accumulations of organic matter range in size from a grain of sand to a golf ball!

Dietary changes are essential, including cutting down on alcohol, coffee and soda. But there's good news on the natural medicine front.

Parsnip seems to be the best bet for breaking up kidney stones - if they're small. The low calcium, low sodium content helps prevent further accumulations on the existing stones.

Beneficial side effects of the high silicon-sulfur content are silky hair and strong nails. Parsnip juice tastes best if mixed with carrot, celery, zucchini or beet juice.

If parsnip is not available, try this natural fruit juice blend.

Kidney Soother*1 serving*

1 cup frozen raspberries, thawed
 ½ small watermelon
 Piece of ginger
 Ice cubes

Blend together. Drink cold.

* * *

Liver Problems

Of course you'd seek medical help for serious ailments such as cirrhosis, jaundice and hepatitis. Less critical liver complaints include dark circles under eyes, pale complexion, fatigue, lack of appetite and spots on the backs of hands.

The problem can usually be traced to an excess of concentrated starches, sugars, fats, meat, as well as beer, wine and hard liquor. Avoid those items.

Add generous amounts of garlic and onion, which lower blood sugar. Add dandelion leaves, which are an excellent source of vitamin A, with 14,000 I.U. (International Units) per quarter pound! Dandelion leaves are also high in magnesium, which is essential in the

formation of healthy blood. If you can't find dandelion greens, try endive, which is similar in terms of the nutrients that it contains.

For a zinger of a liver cure, try blending dandelion greens or endive with tomatoes. Use fresh, not canned, tomatoes to get the maximum benefit. In fact, tomatoes by themselves act as a jump-start for a sluggish liver. When tomatoes are made part of a daily diet, with carrot, beet, cucumber or dandelion and endive, the liver thrives.

Liver Lifter*1 serving*

1 cup tomato juice or 4 tomatoes
 Handful of endive or dandelion greens
 3 cloves garlic
 ½ bell pepper
 1 beet or beet powder substitute
 ½ cup ice
 Salt and pepper to taste
 Cayenne pepper to taste

Blend first 6 ingredients.
 Add spices.

* * *

Lung Problems

Respiratory ailments come in many forms - from a cough caused by the common cold or allergies to pneumonia.

Limit dairy intake because it thickens mucus. Increase your fluids, including herbal teas with lemon and honey.

Citrus fruits are the best remedy since they're high in vitamin C. It stimulates the immune system into producing "scavenger" cells that literally devour invading bacteria.

Since the citrus juices available at the store are pasteurized, most of the essential vitamins and minerals have been destroyed. For better results, try this tonic.

Citrus Tonic

Makes 2½ cups

- 4 oranges
- ½ grapefruit
- 1 lemon
- ½ cup club soda
- 1 cup ice or bottled water
- Honey or sugar to taste

Blend for two minutes.

Add honey or sugar if it's too tart.

Lupus

This form of arthritis afflicts women more than men. It's an inflammatory disease that damages the connective tissue in the joints, muscles, kidneys, heart, lungs and nervous system. Vitamin A is the best lupus fighter.

Since it's the richest natural source of vitamin A, carrot juice is an effective lupus fighter. But because of its high beta-carotene content, large quantities will give the skin an orange hue. Carrot juice also has an ample supply of other minerals and vitamins that promote the appetite and aid digestion. Talk to your doctor about this.

This shake combines vegetables and fruits, which may cause gas, but the yogurt should counteract it.

Feel Good Smoothie

Makes 3 cups

- 3 carrots
- 2 apples
- 1 cup fresh or frozen strawberries
- ½ cup cranberries
- ½ cup plain or vanilla yogurt
- 1 tsp cinnamon
- 1 cup ice

Blend each item separately and set aside. Combine with yogurt, cinnamon and ice. Refrigerate leftovers.

Nausea

Stomach upsets or queasiness can be due to a variety of factors - from morning sickness to motion sickness. Symptoms include severe headache, nausea and vomiting. Over-the-counter medications may put you to sleep or make you feel sluggish.

Avoid stuffy rooms, smoke and obnoxious cooking odors. If at sea, stay on deck and focus on the horizon. Eat lightly and avoid high-fat, high-sugar foods. Alcohol will only make things worse.

Nibbling on crackers - saltines or whole-grain - will help. So will drinking ginger ale.

For a great stomach-settling drink, sip small amounts of pear juice slowly through a straw. If you're traveling and can't bring your juicer, store-bought pear juice is a very good substitute.

As you've already learned, watermelon has medicinal qualities for col-

icky babies. For seasickness, try sucking on the inner portion of the rind. It will help calm that woozy stomach.

Pear Smoothie

1 serving

1 pear (canned is OK)
1 cup watermelon
1 piece ginger
1 Tbs lemon juice
1 tsp honey

Place all in blender on high until smooth. Take with you on your trip.

Osteoporosis

As we age our bones become more fragile. This is due to the loss of bone mass and decreased density. They become more porous and subject to breakage. It causes increased fractures, loss of height, curvature of the spine and pain in the hip and back.

Calcium deficiency is only part of the problem. A proper diet cannot be overlooked.

Mild exercise, like walking, works wonders. Avoid salt and caffeinated

drinks such as coffee and tea because they may increase calcium loss. Reduce your consumption of red meat, and avoid alcohol.

Collard greens, kale, broccoli, zucchini or any leafy green vegetable can be tossed into the juicer for a great way to get more calcium.

For a better tasting drink, add tomatoes (or tomato juice), a carrot or two, a stalk of celery and some parsley. Blend with a few ice cubes and drink daily.

Calcium Cooler

1 serving

¼ head broccoli
1 zucchini, peeled
Handful of parsley, collard greens,
chicory or kale
3 endive leaves
2 carrots
2 stalks celery
½ cup tomato juice
Dash of Tabasco or pepper

Blend first 6 ingredients.
Add tomato juice and spices.

PMS (Premenstrual Syndrome)

Mood swings, depression, irritability, bloating, headaches and breast tenderness. Call it anything you want, but it's PMS - the condition that precedes a woman's monthly period. More than 150 individual symptoms have been recorded!

In many cases, exercise eases the pain of cramps and helps keep depression under control. Eliminate coffee, tea, chocolate, sugar, salt, alcohol, white flour and soda.

Instead, turn to fruit juices or a nourishing blend of tomato, cucumber and radish that can help regulate those mood swings. Add beets to nourish the blood.

This PMS cocktail can calm frayed nerves and take away any craving for chocolate and chips.

PMS Stress Buster

Makes about 2 cups

4 ripe tomatoes or 1 cup tomato juice
½ cucumber
1 large radish

1 medium beet
½ cup bottled water

Blend all for 2 minutes. Serve immediately. Store the leftovers in the refrigerator.

Sore Throat

When bacteria or viruses invade the throat, the result is an inflammation that causes pain. Dust, pollen, allergens and smoking can also irritate the tender mucous lining.

The best defense is a good offense. So you'll need to build up your immune system. To combat this problem, stop smoking or hanging around those who do. Keep dust to a minimum.

There are other ways to treat this condition, especially if it's chronic. Increase your consumption of garlic, which is an effective bacteria fighter. Try pineapple and blueberries, both of which also fight bacteria. And ginger root acts as a natural anti-inflammatory agent.

This cool, refreshing drink should

soothe your throat and cure what ails you.

Throat-Soothing Smoothie

1 serving

1 cup pineapple chunks
Small piece ginger root
1 cup plain or vanilla yogurt
½ cup ice

Blend together.

Sip slowly several times a day until throat is better.

Stress

Everyone operates under some form of stress. It's the wear and tear of everyday life. When the body experiences long periods of the flight-or-fight syndrome, it causes a host of unpleasant ailments.

Headaches, intestinal problems, high blood pressure, rashes, loss of appetite or excessive eating, decreased energy and lack of resistance to disease.

Meditation and yoga are great stress busters, as is exercise. Decrease consumption of coffee and sugar and in-

crease the amount of ginger, garlic and lettuce in your diet.

Lettuce, which is high in potassium, phosphorus and vitamin A, seems to have a sedative effect. It's easy to see why it would work as a stress reliever. But if juicing it straight leaves something to be desired, try this:

Nerve Untangler

Makes 2½-3 cups

- ¼ head lettuce, outer leaves removed
- 2 cloves garlic
- 2 carrots
- 1 cup tomato juice
- 2 stalks celery
- ½ cup ice or bottled water

Blend all and drink cool, warm or at room temperature.

Ulcers

Normally, the stomach protects itself from its own secretions. But if a part of the lining is injured, the acids and enzymes start to eat a hole in the stomach wall. It can result from any number of sources, such as excessive

alcohol consumption and some anti-inflammatory drugs, like aspirin and ibuprofen. Stress aggravates the problem. Determine the cause and eliminate it.

Changes in diet should include ginger drinks and bananas that go down "smoothly." Cabbage juice works as well, if not better. Amino acids may be the reason. Since cabbage juice by itself doesn't taste particularly pleasant (it may take some getting used to), try combining it with celery, endive, watercress or parsley.

Stomach Smoother

Makes 1½-2 cups

- ½ head green cabbage
- 1 stalk celery
- Handful of watercress or parsley
- Piece of ginger
- ½ cup ice

Blend and drink in small amounts several times a day.

Papaya Pleaser

Makes 2 cups

- 1 banana
- ½ papaya
- ½ cup orange juice

1 cup vanilla or plain yogurt
1 tsp honey
Dash of cinnamon
½ cup ice

Mix all ingredients.
Drink immediately.

Wounds

Proper nourishment is especially important to help a wound heal. After surgery, recovery time can be cut down if the body is prepared to fight off infection. Rebuilding injured tissue places stress on the body, so maintaining a proper diet is important if surgery is planned (and even if it's not).

High doses of protein will help your cells rebuild themselves. Dark, leafy greens support the immune system and help the blood clot properly. Garlic is a wonderful natural antibiotic.

Melons, strawberries and pineapple will also give you a boost because they're so high in vitamin C and potassium. With protein powder or yogurt blended in, this smoothie should have you up and about in a jiffy.

Get-Well Smoothie

Makes 4 cups

½ cup fresh or frozen strawberries
1 cup pineapple chunks
1 tsp honey
1 cup yogurt
2 Tbs protein powder
¼ cup orange juice
½ cup ice or water

Blend together.
Drink two to three times daily until better.

Yeast Infections

Known in medical terms as *Candidiasis*, this disease mimics chronic fatigue syndrome and has symptoms such as low energy, bloating, depression, irritability and vaginal and bladder infections.

The cause can stem from excessive sugar intake, oral contraceptives or antibiotics that kill both harmful and friendly bacteria.

Whole books have been written on the subject. But, in a nutshell, major dietary changes need to be considered.

Avoid refined sugar, milk products, beer and wine (both made with yeast).

Avoid citrus fruits, since the acid can provoke a reaction. So can peanuts, peanut butter and smoked foods. Try to find yeast-free breads and salad dressings. Read labels.

Use plenty of garlic, which has anti-fungal properties, and eat kale, spinach and turnip greens, good sources of the iron that's needed for a healthy immune system. Try the following recipe that provides an excellent juice for optimum good health.

Veggie-Vitamin Juice

1 serving

Handful of parsley and
dandelion greens

2 cloves garlic

2 carrots

1 beet

2 stalks celery

Handful of spinach or turnip greens

½ cup tomato juice or ice

Dash of cayenne or Tabasco

Juice or blend vegetables. Add tomato juice or ice and spice.

Fruits & Vegetables

Here are the juicy facts about the fruits and vegetables used in this book:

Apples: The pectin in apples fights fat and lowers cholesterol; its fiber stimulates digestion. The pulp helps dissolve acid crystal deposits in joints. Good for: arthritis, constipation, high cholesterol, sluggish liver, obesity.

Asparagus: It contains asparagine, an amino acid that stimulates the kidneys to get rid of waste. It also improves circulation and helps "unglue" fatty deposits so they can be washed away. Good for: acne, eczema, kidney problems, prostate and weight loss.

Avocados: They offer healthy fatty acids, vitamins and minerals such as potassium. They reduce cholesterol while increasing carbohydrates. Good for: malnutrition and dry skin.

Bananas: Bananas contain high doses of potassium and trace amounts of chromium, which is necessary for enzyme production. Good for: diverticuli-

tis, ulcers, colitis, heartburn and fatigue.

Beets: Their high iron content cleanses the blood and flushes away fatty deposits. They're rich in vitamin A. Good for: alcoholism, drug addiction, liver disease, PMS and cancer.

Raw beet juice is very potent. Do not drink it by itself. Mix it with carrot juice or another vegetable.

Berries: They're high in vitamins A and C. Berries act as a blood cleanser and an anti-inflammatory. Good for: bladder infections, stiff joints, sore throats, skin problems, high blood pressure, bleeding gums, bad breath, swollen lymph nodes, bruising, colds and flu.

Cabbage: Cabbage is high in fiber, but more important is its sulfur content. Sulfur is important for neutralizing the toxic effects of excess cobalt, nickel and copper. Cabbage flushes out carcinogens and fat. Good for: cancer, high cholesterol, diabetes, ulcers and weight loss.

Carrots: Carrot juice contains every mineral your body needs, including calcium, iron and magnesium, which are blood builders. They're a great source

of beta-carotene, a proven cancer fighter, and vitamin A. Good for: liver disease, night blindness, cancer, reducing cholesterol, cleansing the blood, skin problems, flushing fat and lupus.

Celery: The sodium in celery acts as a solvent to break down calcium deposits that lodge in the kidneys and joints. It contains magnesium which acts as a stress reducer. Good for: allergies, attention deficit disorder, eczema, psoriasis and hyperactivity.

Cherries: Rich in iron and magnesium, cherries cleanse the urinary system. They're low in calories and high in potassium and vitamin C. Good for: arthritis, rheumatism, skin problems, gout, anemia, kidney and liver problems.

Chicory/endive: These two foods have a high magnesium content that "glues" calcium and phosphorus to the bones. They're good for adding mass to bone as well as lubricating the joints. Good for: fractures, osteoporosis, tendonitis of the wrist, elbow, thumb, hip and knee, herniated discs, flushing fat and constipation.

Citrus fruits: Oranges, grapefruit, tangerines, lemons and limes are powerful, fat-melting fruits that are high in vitamin C. Good for: colds, congestion, staph infection, diluting fat and regulating cholesterol.

Cucumbers: Cucumbers are low in calories and rich in silicon and fluorine. The potassium helps stimulate the kidneys to flush out waste and fatty deposits. Good for: dry skin, sunburn, eczema, liver problems, healthy hair and nails. Use as a paste for insect stings, poison ivy and sunburn.

Grapes: Whether purple or green, grapes are great for quick energy. They make a potent cleanser for the kidneys and liver and are rich in cancer-blocking compounds. Good for: heart attacks, muscle spasms, fatigue, viral infections and preventing tooth decay.

Lettuce: Lettuce provides a tasty, effective way to lose weight. Iron and magnesium are processed into a cleanser that promotes diuretic action. The minerals stimulate blood vessels, improving metabolism. Good for: cough-

ing, insomnia, obesity, cleansing the blood and washing out fatty deposits.

Melons: All melons are high in vitamins C and A; orange melons are high in beta-carotene. When combined with lemon juice, they help eliminate excess uric acid. Good for: lung cancer, obesity, Crohn's disease, upset stomach.

Parsley: The high mineral salt content helps restore the body's overall health by neutralizing acidic conditions. Good for: allergies, cellulitis, skin problems and getting rid of excess mercury in the body.

Peaches & pears: Peaches are high in vitamin A, and both peaches and pears are high in potassium. They are good for aiding digestion, especially after eating greasy foods. They correct overly acidic conditions in the blood and give a healthy glow to the skin. Good for: acid indigestion, morning sickness, nausea, complexion and fever.

Spinach, kale & watercress: This health-promoting trio offers a wide variety of vitamins and minerals, including calcium, iron, potassium, vitamins

A and C. Together or alone, they're good for a variety of problems and a good source of quick energy. Good for: asthma, bronchitis, pneumonia, colic, anemia, fatigue, constipation, calcium absorption, digestion and osteoporosis.

Tomatoes: Tomatoes are high in vitamin C and beta-carotene. They contain lycopene, a cancer-fighting agent. They're low in sodium and calories and high in citric acid and potassium. Good for: poor appetite, liver problems, fatigue, PMS, hypoglycemia, yeast infection, prostate problems and obesity.

Watermelon: The high water content (92 percent) makes watermelon a great body flusher. Although it's mostly liquid, it's rich in both potassium and calcium, making it great for colicky infants. The rind contains chlorophyll, which is good for the glands and blood. Sucking on the rind can help prevent motion sickness. Good for: arthritis, uremic poisoning, skin problems, gout, anemia, kidney stones, nausea and colic.

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