

The Juice on Juicing

Most of us recognize the benefits of juicing. There's a lot to be said for the taste of a tall, ice cold glass of carrot, apple, ginger juice. Not only does it taste amazing, it provides a plethora of enzymes, vitamins, and minerals. Juicing is one of the good things we can do for our bodies. Did you know that 95% of the vitamins and enzymes that we need are found in the juice of raw fruits and vegetables? There are some who say, "But you don't get the fiber when you just drink the juice!", but what they may not realize is that when we drink fresh, raw juice, those vitamins, minerals and enzymes are concentrated and are able to enter the bloodstream quickly. Juicing also gives our digestive organs a break! Additionally, research shows that fresh, raw juice can help with weight loss, increase our energy levels, and strengthen our immune system. Juicing helps create strong bones, beautiful skin and may reduce the chance of some of the major causes of death, like stroke, cancer and heart disease.¹

For many years, I have been in this cycle of juicing "on" and juicing "off". One of the main reasons I didn't juice regularly, was because it took so much time and effort. Many of you can relate! My "juicing on" days looked like this: after washing a boatload of veggies and fruits, peeling if necessary, cutting into pieces that would fit into my juicer, and then juicing the whole thing, I then had the daunting task of cleaning out and washing my juicer. After trying to fit in juicing each day, working full time, taking

care of my home, garden, animals and a husband, I was plain tuckered out at the end of the week! After so many days of this, my good intentions went by the wayside and I slipped into "juicing off" mode.!

I was talking with my daughter one day and I told her my dilemma. I wanted to juice every day, but just didn't have the time or energy to do it as my daily routine. I told her that I wished I could just do it all in one day and freeze it! I was making a joke. "Well, mom," she said, "you CAN freeze your fresh juice!" "But, the nutrients will be lost if I freeze the juice!", I said. Her reply was so enlightening, "Mom, there are hardly any nutrients lost by freezing your fresh juice! If you do all your juicing for the week in one day, you can freeze the juice in glass freezer containers, like Mason Jars. Each evening, just take a container from the freezer and put it in your refrigerator. The next day, it will be ice cold and ready to drink. Now, you can enjoy fresh juice every day and enjoy the fringe benefits!"

Research shows that blanching is the main reason that nutrients are lost with frozen foods. With fresh juice, no blanching occurs, so you only lose a fraction of the nutrients by freezing.² Use your frozen juice within a couple weeks, as nutrients and flavor can be lost more quickly after this period of time. If you have to make a choice between juicing once a week and freezing your juice, vs. not juicing at all, the choice is pretty clear! At any given time,

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you will now find quart jars of fresh frozen vegetable and fruit juice in my garage freezer. We have a great routine now. We make green smoothies in the morning, with fresh greens from our garden and fresh or frozen fruit. Then later in the day, we enjoy our fresh frozen juice; it's the best pick-me-up in the world when we feel our energy lagging in the afternoon. Between the two, we are easily getting 5-6 fresh fruits and vegetables a day. My husband and I are happy campers and we feel great!

¹www.livinggreensjuice.com

²www.whfoods.com/genpage.php?tname=george&dbid=215

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