



# JUICY TITBITS

by Melody Mackeown

When is a trip to the bar really good for you? When it's to your very own juice bar, says Melody, our regular contributor on health and nutrition.

*'I wish I'd been a Juicy Lucy years ago.'*

*'It's amazing what you can do, and how much better you can feel.'*

**F**irst of all, why juice? Because fresh juices provide your body with a marvellous source of nutrients such as vitamins, minerals, live enzymes, amino acids and essential fats. It's also a very convenient way of consuming plenty of fresh vegetables and fruit – for example, it's much easier to drink a glass of carrot juice than to munch your way through five carrots!

And that's not even to mention the great taste. If you're already a regular at the juice bar near the Uni, you'll know what I mean. But why pay for someone else to make the juice, when it's such a doddle to make it yourself?



The same thing goes for supermarket juices. Some of them are pretty good, but the better they are, the more they cost. And it's far more fun and rewarding to choose the flavours yourself.

## Tiredness beaters

There's another really good reason why juices are particularly good for students. The chances are you're burning the candle at both ends and constantly draining your energy...even more so if you're into sport. If you feel exhausted half the time, then juices could be terrific friends. In fact, they're a key part of many dietary programmes designed for health recovery and rejuvenation. A certain Doctor Norman Walker PhD is credited with highlighting the healing properties of fresh juices after discovering the benefits for himself. Living in London as a young man before the turn of the twentieth century, he became seriously ill – probably as a result of stress. Determined to cure himself, he embarked on a life-long healthy eating programme in which he ate only raw foods, which he called 'Living Foods'.

After recovering from his illness, the good doctor went on to become a leading nutritionist, writing numerous books, and eventually living way beyond 100. Living proof of what juice can do!

## Rapid absorption

Juices are the right side of the coin when it comes to fast foods. Not only are they quick to make, but the nutrients in juices will be absorbed rapidly and with little stress to the digestive system. This is particularly beneficial if you're feeling under par. But it's important to stress that juices should not replace whole vegetables and fruit in your diet, but be used in addition. Think of them in a similar way to vitamins and mineral pills. These should supplement but not replace the 'live' enzymes and 'live energy' that exist in all natural raw food.

## What to juice?

All of the following make terrific juices, and have beneficial health properties (particularly if you use the organic varieties).

### Apples

Rich in pectin, a substance that can help lower cholesterol levels. Apple juice is also a good source of a range of nutrients, and mixes well with other juices.

### Beetroot

A rich source of iron and other blood-building materials. Also a powerful liver cleanser (please note if you've overdone it at the Uni bar!). Although too much can cause nausea, so keep it to a small glass only.

### Broccoli

Another good liver detoxifier because it contains liver friendly compounds known as 'indoles'. Indoles also enhance the breakdown of oestrogens.



### Cabbage

Contains indole compounds like broccoli and ingredients that heal and soothe the digestive system.

### Carrot

Rich source of carotenoids that possess powerful antioxidant activity. A good cleansing juice that mixes well with other juices.

### Celery

A natural diuretic – helps to remove excess fluid from the body. Has a strong flavour and is best combined with other juices.

### Cranberry

Contains natural antibacterial compounds, useful for urinary tract infections. A rich source of powerful antioxidant phytonutrients.

### Cucumber

Is very cooling and thirst quenching. A mild diuretic.

### Ginger

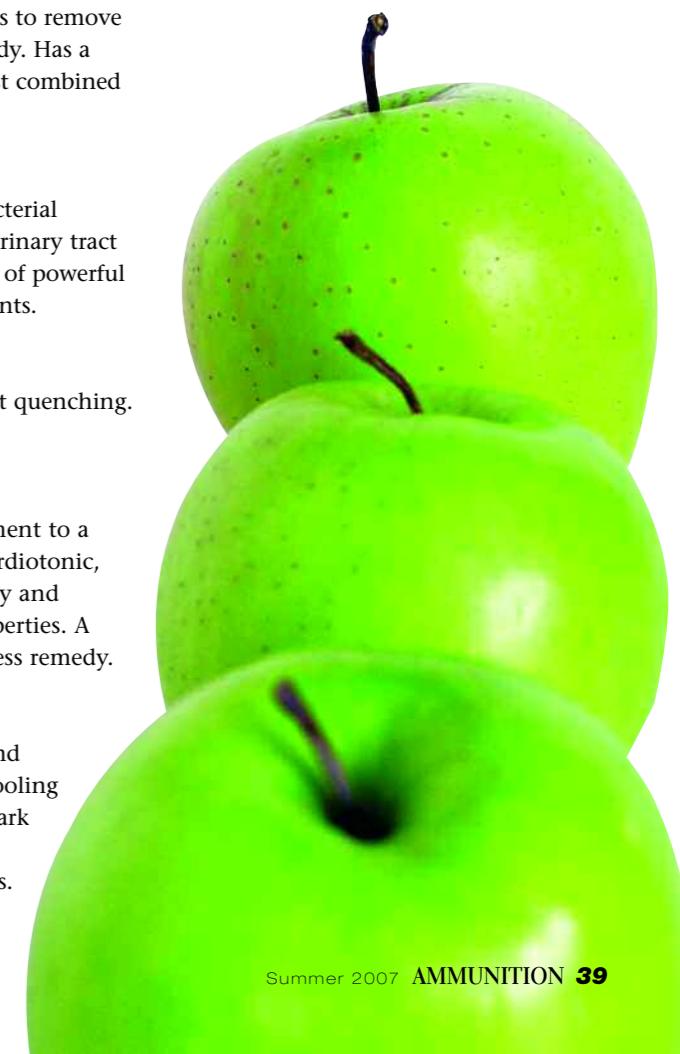
Adds a warming element to a juice. Possesses cardiotoxic, anti-inflammatory and antibacterial properties. A natural anti-sickness remedy.

### Lettuce

Has a natural calming and sedative effect. Is very cooling and thirst quenching. Dark lettuce leaves contain higher levels of nutrients.

### Orange

Rich source of vitamin C and bioflavonoids, both powerful antioxidants. Juice the nutrient-rich pith as well as the flesh if possible.



**Parsley**

Rich source of chlorophyll and other blood-building nutrients. Acts as a blood cleanser.

**Pear**

A good juice for promoting detoxification and elimination. But note that soft pears will clog the juicer, so hard ones should be used.

**Pepper**

Rich source of antioxidant compounds including vitamin C. Green peppers have a strong taste and work best mixed with other juices.

**Pineapple**

Contains powerful anti-inflammatory agents. Aids digestion.

**Radish**

Helps to clear mucus from the system and is good for respiratory problems. Acts as a blood cleanser.

**Tomato**

Rich in antioxidant, anti-tumour compounds such as beta carotene and lycopene.

**Watercress**

Rich source of chlorophyll and other blood-building nutrients. Also a good source of antioxidant compounds. Peppery taste can be strong, so mix with other juices.

**Choosing a juicer**

There are many different juicers on the market, but they all fall into a few categories that are outlined below.

**Centrifugal juicers**

These chop and separate ingredients by a spinning metal basket. They are



available on the high street and are relatively inexpensive (average price £50-£100). The downside is that the metal basket gets hot as it spins, and this can cause a deterioration of the juice. Also the pulp tends to be quite wet (meaning juice is wasted) and they can be quite difficult to clean. For people juicing on a daily basis these juicers are not ideal as many of them are not particularly sturdy.

**Masticator/Grinder-Strainer juicers**

These grind the ingredients and push them through a metal screen. There are no moving metal parts to heat up, and the juice quality is thought to be superior to that from the centrifugal juicers. Other plus points are that there is less wastage of juice and they cope better with stringy vegetables such as wheatgrass and cabbage. These juicers are sturdier than the centrifugal juicers and are easier to clean. The downside is that they are not so easily available, and usually have to be ordered through a mail-order company. They are also quite bulky and are rather expensive (average price £160-£300).

**Hydraulic press juicers**

These are the ultimate in juicers due to the very small amount of heat produced, allowing for a high quality juice, and the efficient extraction. Unfortunately they

are way, way out of the price league for students, costing almost £2000. However, if your surname is Beckham, you may be interested!

Overall, I recommend you use the masticator/grinder-strainer juicers, but if you're on a budget it's still certainly worth juicing using a centrifugal juicer.

**Juicing guidelines**

The following guidelines and tips will help you to get the most benefit from juicing:

- Juices should ideally be consumed on an empty stomach - just before a meal.
- Juices should be consumed as soon after preparation as possible. If you want to take them out or to work, place them into an airtight flask immediately after preparation.
- If at all possible, use organic produce for juicing.
- If using organic produce, peeling is not necessary - simply wash the vegetables and fruit and chop them to fit through the feeder.
- The pulp that remains after juicing need not go to waste as it can be added to soups and stews and can even be used in baking, for example in a fruit cake or fruit biscuits.

**Recipes**

There are endless varieties of vegetables and fruit that can combine to make delicious juices. Particularly recommended juice recipes are shown below, and some of these are taken from the books recommended in the final section of this article.

**Beetroot cleansing juice**

- 3 large carrots
- 1 medium beetroot
- 1 small apple (not too sweet)

This is a fantastic juice - protective and supportive for the liver.

**Carrot and apple zinger**

- 3 large carrots
- 1 medium apple (not too sweet)
- A half inch piece of ginger

The ginger in this juice means it can be particularly helpful if you're experiencing nausea.

**Green juice**

- Small bunch of watercress
- 2 sticks of celery
- Large floret or stalks of broccoli
- 3 inch piece of cucumber
- 2 medium apples

This juice is full of minerals to help support and strengthen the blood.

**Detox juice**

- Large floret or stalks of broccoli
- 2 large leaves of cabbage
- 2 medium carrots
- Half a green pepper
- 1 medium beetroot
- 1 small apple (not too sweet)
- Half a clove of garlic

This is a powerful detoxifying juice.

**Where to buy a juicer**

Many high street stores with kitchen departments sell centrifugal juicers, and the following mail order companies sell a range of centrifugal and masticator juicers:

**Wholistic Research Company**

Tel: (0)1438 833100, Quote: BS8 4PG  
Website: [www.wholisticresearch.com](http://www.wholisticresearch.com)

**Savant Distribution**

Tel: 08450 60 60 70 (Lo-Call)  
Website: [www.savant-health.com](http://www.savant-health.com)

**The Fresh Network**

Tel: 0870 800 70 70  
Website: [www.fresh-network.com](http://www.fresh-network.com)

**CanHelpNow Ltd**

This is Bristol Cancer Help Centre's trading company where you can purchase books, CDs and organic beauty products as well as masticator juicers. All proceeds go to supporting the work of the Centre.  
24 hour order line: 0117 980 9522  
Website: [www.canhelpnow.com](http://www.canhelpnow.com)

**Books**

**Juicing for Health**

*Caroline Wheeler (2001) Harper Collins*

**Healing Drinks, Juices, Soups and Smoothies**

*Anne McIntyre (2000) Gaia Books*



Melody at home with her first child, Saffron

