
Juicing is Great for Weight Loss

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The health benefits of juicing are countless. Juicing is great for weight loss, better immune system function, increased energy, glossy hair and smooth, glowing skin.

Juicing aids in weight loss, as it combats the craving for sweets and helps you to feel full. After eating a small meal try drinking a glass of freshly-juiced vegetables and fruits to enjoy the health benefits of juicing, and to help fill you up.

Juicing nourishes the body with vital life-giving live enzymes, vitamins, minerals and phytonutrients that have not been destroyed by the pasteurization process of commercial juices. Juicing is a quick, easy way to get the nutrients your body needs, and best of all you have the peace of mind knowing that you are giving you and your family what the body needs to ensure good health and vitality for years to come.

In addition, fruit and vegetable juices are good sources of the traditional nutrients. Citrus fruits (grapefruit, oranges, etc.) provide healthy portions of vitamin C. Carrot juice contains large quantities of vitamin A, in the form of beta carotene. A number of green juices are a good source of vitamin E. Fruit juices are a good source of essential minerals like iron, copper, potassium, sodium, iodine, and magnesium, which are bound by the plant in a form that is most easily assimilated during digestion.

Plus, since juicing removes the indigestible fiber, these nutrients are available to the body in much larger quantities than if the piece of fruit or vegetable was eaten whole. For example, because many of the nutrients are trapped in the fiber, when you eat a raw carrot, you are only able to assimilate about 1% of the available beta carotene. When a carrot is juiced, removing the fiber, nearly 100% of the beta carotene can be assimilated.

Finally, fruits and vegetables provide one more substance that is absolutely essential for good health - water. More than 65% of most of the cells in the human body are made of water, and in some tissues, for example the brain, the cells can be made up of as much as 80% water. Water is absolutely essential for good health, yet most people don't consume enough water each day. Plus, many of the fluids we do drink, coffee, tea, soft drinks, alcoholic beverages and artificially flavored drinks each contain substances that require extra water for your body to eliminate. Fruit and vegetable juices are free of these unneeded substances and are full of pure, clean water.

Happy Juicing...

Cheers!

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