

# Juicing Questions



## ◆ What are the benefits of juicing?

Juicing is an excellent way to increase your overall vitamin and mineral intake. Juicing at home means you can enjoy the nutritional advantages of seasonal fresh fruits and vegetables. It can serve as a weight loss tool, increase energy and enhance your overall health. Focus on your health as the weight and any health issues will take care of themselves as you give your body the proper nutrition

## ◆ Why can't I just eat the fruits and vegetables as opposed to juicing?

Freshly squeezed juices are loaded with valuable vitamins, minerals, enzymes, fatty acids and amino acids among other nutrients. Our bodies simply cannot consume and properly digest the amount of vitamins that it needs as it's not easy to eat 5 pounds of produce, but you can drink it! Juicing requires little energy to digest yet it is concentrated nutrition in its purest form.

## ◆ How long does it take to juice?

People are surprised at how easy juicing really is. Personally, I prep, chop and store my vegetables and fruits and keep in the refrigerator so that everything is ready to go when I am ready. I juice batch, which means I make my juice for 3 to 4 days at a time. Always store in mason glass jars or in glass jars. Fill the jars to the top and the ones that will be frozen fill to just below the shoulder as they do expand when frozen. Doing juice batching saves time and you are ready for a few days.

## ◆ How much juice do I drink daily?

64-96 ounces of juice daily.

## ◆ What do I do if I get hungry?

Drink another juice. No problem.

## ◆ Can I use my Vitamix, Blender or NutriBullet?

No. This is a time to give your digestive system a rest and to detox.

## ◆ What about protein?

You will get protein from the vegetables you eat. Note: When juicing over 15 days, add a scoop of a plant based protein to the juice.

## ◆ Can I juice bananas or avocados?

Bananas and avocados are unjuiceable.

## ◆ Do I need to drink coconut water?

It is not necessary to drink coconut water yet it is a nice treat. Coconut water is loaded with electrolytes, which is good for you.