

Jj

Juiced Vegetables:

- Allow the body to absorb the nutrients and vitamins, found in the fruits and vegetables, faster and easier.
- "Let your food be your medicine and your medicine be your food." Hippocrates
- Eating 6 large carrots is equivalent to drinking 8 ounces of carrot juice
- Green juices are rich in chlorophyll, which helps the body detoxify and circulate oxygen. It also balances the body's pH by reducing acidity
- The skins of fruits such as kiwi and papaya should be removed prior to juicing, but the skins (peels) of lemons and limes may be left on. Take out apple seeds before juicing.
- The white part (pith) of citrus fruits is very nutritious.
- Beet greens, parsley, spinach, and watercress are very strong flavored and taste best when combined with carrot juice to produce a sweeter vegetable flavor.
- Drink immediately and on an empty stomach. Wait 15 minutes before eating.

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