

LIVING A JUICY LIFE



A JUICING GUIDE

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WHY JUICE?

Why is this so important, this juicing thing? I will tell you! My intention for this information, is for every person who reads or uses this guide, they will experience optimum health as a result.

You have, right in your hands, the ability to drastically alter your health, your mind and your life. All that by drinking green juice? Yes, all that and more.

So you want weight loss, beautiful skin and to have more energy? What about recovering from a severe illness? My friends, juicing is the way!

Having seen this for myself, in my own life and as well as in the lives of others, I can confidently say this: No other food or drink on this planet will transform your life as radically as juicing! Fresh, local, organic, whole, plant based juice is the best!

All there is to do is start! Add 32 ounces of fresh made juice to every day. Early in the day is best. After getting up, drink an 8 ounce glass of tepid water. This will flush the nighttime cobwebs and flush the debris from the system.

Making and drinking your juice will set the tone of the day for energy and for the start of the rest of your healthy life! You will see how, by simply adding them in, fresh juices will get you and your family (even the kids) on the road to wellness!

When you get clear on the "why" of juicing, it will become a priority in your life. Can you afford NOT TO be healthy and well? What is this lack of energy, sickness, medicine, stress and pain, costing you every day? What is it taking away from your life?

You can get the "why" but once you **START**, you will actually begin to **feel** the power of green juices in your body, and this is where the transformation begins!

You will find here out about tips and tricks and even a few recipes, for your juicy plan!



WHY RAW JUICE?

Here are some of the benefits people have enjoyed after drinking fresh, raw juices:

- ~a more youthful appearance
- ~softer skin and clearer eyes
- ~improved clarity, mood and life outlook
- ~cleansing and detoxification of the colon
- ~changing your body on a cellular level
- ~fresh breath and smell good
- ~a better view of life
- ~see better, hear better, feel better
- ~lots of energy
- ~improved digestion
- ~glowing skin
- ~more self confidence
- ~coming alive!

Your body and life will never be the same, I promise!



As part of its natural cleansing process, our bodies are designed to detox our cells of toxins.

Juicing is a powerful way to assist and support this process by incorporating cleansing ingredients and concentrated nutrition to help your body work more efficiently.

Most people have over 10 pounds of accumulated toxins in their cells, tissues and organs. Most of these toxins are stored in the fat tissue. These include chemicals, pesticides, heavy metals, drug residues, food additives and a long list of toxins from our environment that are attacking us on a daily basis.



Fortunately, regular juicing can help improve your body's ability to detoxify and repair on the cellular level. Think of juice detox as motivation for dropping some unhealthy body burdens! If you are not providing a detox your body, it is accumulating toxins every day and will eventually lead to disease.

Fresh, raw juice therapy is a method of natural treatment. It can also be used for juice feasting. This, in our opinion, is the most effective way to restore optimum health by rejuvenating and refreshing the body.

Juicing gives the body systems a much needed rest from all the processes of digestion and assimilation of food. After a longer period of juicing, such as a juice feast, digestion is greatly improved.



Raw juices are being used in centers for the treatment of disease. The favorable effect of these raw juices is attributed to the following facts :

Raw juices of fruits and vegetables are extremely rich in vitamins, minerals, trace elements, enzymes and natural sugars with beneficial effects in normalizing all the body functions. They supply needed elements for the body's own healing activity and cell regeneration, thereby speeding the recovery.

The juices extracted from raw fruits and vegetables require no digestion, and almost all their vital nutrients are assimilated directly into the bloodstream.

Raw juices are extremely rich in alkaline elements. This is highly beneficial in normalizing the acid-alkaline balance in the blood and tissues as there is over-acidity in most conditions of ill health, such as cancer.

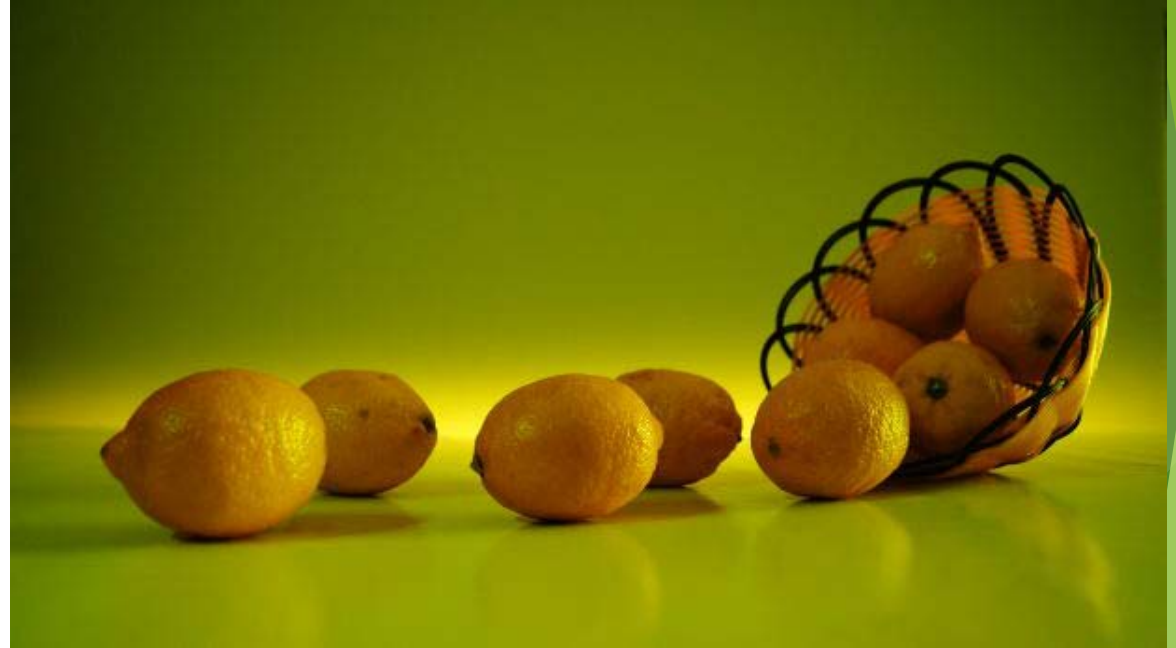


Generous amounts of easily assimilated organic minerals in raw juices, especially calcium, potassium and silicon, help in restoring biochemical and mineral balance in the tissues and cells, thereby preventing premature aging of cells and disease.

Fruit juices are known to stir up toxins and acids in the body, thereby stimulating elimination.

Vegetable juices, on the other hand, soothe the nerves and have a gentler way of detoxing and carrying away toxic matter.

Because of their differing actions, it is more desirable that fruit and vegetable juices not be used at the same time or mixed together. This is up to each individual depending on what your body needs and can process. In cases of sickness, the less sugar, of any sort, the better.





FAQ'S

How Much Fresh Juice Is Recommended Each Day?

Each person needs to drink at least a quart of juice daily. Even more is better.

Why can't I just get my greens in salad?

We can never chew as well or eat as much salad in a day as we need. Plus, we can never chew the greens as much as they need to be chewed for easy assimilation.

What kinds of things can I put together if I want to experiment and make my own?

Always choose your greens and the fruits of your choice. Most greens and fruits will be a good combination unless you have special dietary restrictions. Mustard greens and arugula usually don't play well with others. Have fun!

We have suggested ingredients for specific conditions. Try them out and see what you like together. Get funky!



Do I need to use organic ingredients?

I always advise people to use organic fruits and veggies whenever possible! The reason is that organic food has no pesticides, tastes better and is far better for you nutritionally, plus it is good for our earth!

Conventional produce is loaded with toxic chemicals that will add to the body burden. We are seeking to lighten our body's load, not add to it. Organic is simply better on so many levels.

It is even better is to grow your own organic produce and pick it just before using in a juice!

How can I get the kids to want fresh juices?

Take the kids with you to the store to pick out the fruits they want to use. Have them help you make the juices. With kids, the more they can help create something, the more they are likely to want to eat it.

I actually had the kids help with all the fruit parts and tried to not have them see the greens so much since this might alter their thoughts on drinking it.

The BIG question:

What Juicer do I purchase?

The answer is simple:

- Shop around
- Ask questions
- Choose according to your needs
- Always get one that leaves the pulp dry

Great options to consider:

- Greenstar
- Omega Vert
- Norwalk

Note: Many find it much easier to simply blend
And strain through a mesh bag. Quick to make a juice and easy
clean-up. The special juicers are designed for the best quality
juices, that blending will not provide. However, your juice made in
The blender is better than not having any, because it “is too much
work and takes too much time.”

The Juicy Life Recipes

Simple juices you will love!



Mr. McGregor's Harvest

Big bunch of Swiss chard

2 celery sticks

3 carrots

Juice and love this fresh greens!



Celery Love

5 celery sticks

2 apples

1 large lemon

Juice and love!



Apple Bliss

2 apples

8-10 strawberries

Juice. Drink. Bliss out!



Chasing Green

3 celery sticks
1 red apple
2 green apples
1 cucumber
1 grapefruit
1 lemon

Juice all together and enjoy!



Digestive Cocktail

2 oranges

½ grapefruit, peeled

1/4 lemon with peel

Small piece of ginger

Juice and feel the tummy love.



Summer's Love

1/2 red bell pepper

1/2 cucumber

1/2 zucchini

1 apple

1 carrot

1 celery

Juice all and love it!



Veggie Fusion Fission

3 tomatoes

2 carrots

1 celery stick

1 handful of parsley

1 garlic clove

1 piece of jalapeno

1 cup mixed greens/spinach

Juice. Love. Love!



Loving My Fruited Greens

2 handfuls of spinach

1 head of Romaine lettuce

1 cucumber

A few sprigs of cilantro

1 pear

A few sprigs of mint

2 kiwi

1/2 cantaloupe

1/2 lime, squeezed

Juice all together and be reFRESHed!



A note from your health coach:

Juicing will change your life, no doubt about it. With juicing comes a lot of releasing of old residue in the mind and body. It is important to have loving support to make your journey one of ease. I am here to support you to optimum health. Just ask!

Your health coach, Bing

Bing

Website <http://bing-deduro.healthcoach.integrativenutrition.com>



Happy Juicy Life to YOU!