

# Juice it up!



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## Juicy Best Practices:

- Rule of thumb: 3 veggies to 1 fruit ratio
- Cucumbers are great for juicing base; alkalizing and cleansing plus easy to try as a beginner.
- Drink juice on an empty stomach; green goodness in the morning is amazing!
- Wait to drink juice about 30 minutes after eating solid food.
- Juice feeds your blood chlorophyll immediately. You get a shot of phytonutrients, minerals, vitamins, enzymes, ...straight to your cells.
- There is no fiber in juicing; no worries, you will get it from all the fiber-filled foods like quinoa, nuts, salads... Juicing lightens the load on digestion. Your body doesn't have to work hard at it.

## Juicers:

Rule of thumb: Think of your lifestyle and your commitment to juicing.

### 4 Types of Juicers to Choose from:

1. Centrifugal (this is what I use daily): uses a fast-spinning grater to shred produce. Produce is ground to a pulp and juice pours into bowl while pulp is collected in a catch basket.

Pros: Easy to clean and use, super fast, takes up less counter space, no need to prep or peel veggies and fruits, less expensive.

Cons: Doesn't juice greens well, very noisy, juice has shorter shelf-life (15-30 minutes), and nutrients oxidize quicker.

\*You can store your juices in a mason jar with tight lid in order to keep fresh and extend shelf life but the juice will still lose nutritional value throughout the day, esp. if you open and close lid often.



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2. Masticating (slow juicer, singer gear, cold-pressed): uses one slowly turning gear that chews up the produce and squeezes the juice through a screen.

Pros: More juice with higher nutritional value, longer fridge life (up to 2 days), quiet, less pulp (it is dry which means less to throw away), can make nut butters, wheatgrass, etc... with most masticating juicers.

Cons: Takes longer to prep veggies and fruits and make juice (have to cut up produce into smaller pieces because of smaller chute), more difficult to put together and clean, heavy and big, more expensive.

Recommended Brands: Breville Fountain Crush Masticating Slow Juicer (\$265), Hurom (\$300-400, clean up is better for this one), Omega Nutrition Juicer, and Champion.



3. Twin Gear: works at lower speeds, slowly squishing the fruits and veggies between two gears until pulp is dry and all juice is squeezed out.

Pros: Juice stays fresher longer (up to 3 days), higher juice yield and nutritional value, quiet, can make nut butters, etc...

Cons: Long prep and juice time, plus longer clean up. Not optimal for juicing citrus, heavy and large machine plus more expensive.

Recommended Brands: Super Angel 5500 (\$1,500), Samson Green Power Twin Gear (\$500 - \$600), Green Star Jumbo Twin Gear Juice Extractor (\$600)



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4. Norwalk Hydraulic Press: This is the mac daddy juicer. You will not need this one UNLESS you plan to juice A LOT and can afford it (\$2,000-\$3,000). It presses the juice out of produce including tough grasses like wheat grass.

Pros: Super nutritional value ( almost 100% juice). Juice can stay for up to 7 days.

Cons: Huge and expensive. I have one for commercial uses.



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