

## Fresh Juices

Fresh fruit and vegetable juices are nature's own thirst quenchers, cleansers, and tonics. Fresh means new, untainted, not stale or preserved by any means. Fresh juices are considered vital health enhancing liquid foods that contains a broad array of vitamins, minerals, proteins, carbohydrates, chlorophyll, enzymes, antioxidants and various cofactors all of which enhance and synergistically amplify the benefits of many essential nutrients. In liquid form your body can absorb a much greater percentage of the available micronutrients. Their digestion requires very little effort and therefore, frees up your digestive energy. Together with a whole, natural food diet, it is possible to sustain your body with the best possible nutrients to enhance your performance and well-being.

The word chemical comes from the Greek word 'chemia', meaning *the juice of the plant*. Live fresh juices nourish and replenish the body with phytochemicals during periods of stress and illness. Fresh fruit and vegetable juices alkalize your system and are high in alkaline minerals, such as potassium and magnesium. Remember the enzyme component, the *vital force*, that improves the absorption of many nutrients and, at all costs, try to avoid 'dead' concentrates and pasteurized juices sold in boxes and cans, especially if you want to stay 'forever lean'.

Fresh raw, living juice is the finest tonic known. Juices must be consumed immediately after being pressed or squeezed through a juicer, because live juices lose their micronutrient and enzymatic value immediately. Organic carrots are a great staple, as they are a wonderful source of beta-carotene and rich in minerals and trace elements. Carrot juice is extremely alkaline forming and useful for balancing an acid-dominant diet. It is healing to the intestines and contains atomically charged, naturally distilled water. Fresh carrot juice has a high glycemic index, and water dilution may be essential or necessary to modify the effect on insulin response.

Timing is everything.

Carrots juiced on their own are delicious, but don't forget how incredibly nutritious it would be to introduce other vegetables along with the carrots.