

Introduction to Juicing and Smoothies.

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A Vital Journey, an internet course on health and nutrition, run by Belmont Park Retreat.

Juicing has been used from ancient times as a way of restoring health and vitality to the body. The formula we recommend is based on extensive research and provides all the nutrients and available energy required for our lifestyles.

If juicing is too difficult to manage, you will need to use a green food powder – e.g. Life Greens. (Although lacking voltage of live food these powders are dehydrated at low temps and the enzymes are preserved, making them a valuable alternative to fresh juices). The structured water in veg juice is perfectly adapted to our cells, and if you are low in energy/voltage, the juice requires little energy from you to absorb the nutrition because you are not trying to digest fibre as well. Also most toxins are removed with the fibre, so your liver gets a rest.

Bought bottles of vegetable juice are pasteurised so they do not have any enzymes.

The Machine

Juicing machines go back to the 1930s, when Walker designed the "Norwalk" juicing machine, still sold today (for \$3000!). With the severe loss of nutrients in food and our less-than-optimal lifestyles resulting in impaired digestion, our body's ability to absorb nutrients is compromised. Juicing nutrient-dense fresh vegetables or wheatgrass is one of the healthiest food things you can do in your life. Some valuable and sensitive micronutrients become damaged by altering their shape and chemical composition when you heat foods.

Machines such as the Greenstar, Oscar and Samson or any other machines containing grinding mill-like augers which extract almost all the nutrition and are essential if you grow or buy wheatgrass for juicing. (Refer to Week 2 for a reminder on how to grow wheat grass). Unlike the 'whizzy' (centrifugal) lower-cost juicing machines, the auger machines do not heat up the juice and destroy the enzymes which help digest our food. They also avoid mixing in a lot of oxygen which rapidly destroys the phytochemicals. Ideally you would juice fresh each time as the juice rapidly deteriorates, but busy time constraints mean most of us do one lot per day. The 'Greenstar' juicer has a magnetic system which preserves the juice for up to 24 hrs. It needs to be refrigerated with the light and air excluded (e.g. wrap jar in foil or a dark cloth. Try placing a piece of cabbage leaf (or plastic wrap if you have to) touching the juice and lid on to prevent oxidizing).!

Good Vegetables for Everyone to Juice. (Use in season):

For a day's juice, use about half a bucket of vegetables cut into thin pieces. Longer and thinner is usually easier to juice. This quantity will give you about 3 glasses of juice – the daily recommendation.

Main vegetables etc which can be used.

- Wheatgrass
- Celery, cauliflower including stalk, green beans, asparagus, spinach, fennel (pleasant aniseed flavour), cucumber, lettuce, endive, celeriac, choko, zucchini, watercress, rocket, snowpeas.



- Cabbage family e.g. pak choi, kale, kohlrabi (but good advice if there is a known thyroid problem is to be cautious with this family. Dr Chris Masterjohn advises that these veg, including broccoli are better eaten steamed and with adequate dietary iodine to reduce the effect of goitrogens, which may affect the thyroid.
- Tomatoes, capsicum, garlic (1 clove may be enough); a little fresh ginger gives some great zing. In small amounts: Parsley, parcel, or other herbs - highly beneficial. Cilantro/coriander is a strong flavour but is a good detoxifier.
- Wild foods like young dandelion leaves and flowers and roots (use a little – can be quite bitter for the novice!); chickweed has an earthy flavour.
- Carrots/parsnips/beetroot/potato/peas/corn/yacon – quite or very high in sugar so do not overdo. Avoid totally if known candida problem or very unwell.
- Granny Smith apples (or other green-colored or cooking apples) are lower in sugar. Avoid if known Candida problem, apple allergy, or very unwell.
- Start with the soft watery vegetables etc then push through some harder veg to help avoid the squishing everywhere. Generally juice with skin and seeds included – seeds often have many healthy properties e.g. anti-worms.

How to make a juice smoothie (which you can carry to work in a thermos and sup)

Ingredients per juice:

- $\frac{3}{4}$ c of any combination of the above vegetables already juiced or 1 tsp of Life Greens with $\frac{3}{4}$ c water or raw milk or $\frac{1}{4}$ - $\frac{1}{2}$ c wheatgrass juice (or any combination of these!)
- 1 raw organic egg*
- 1 tsp of Flaxseed Oil
- 1 tsp Daily C
- High anti-oxidant lowish-sugar fruits: e.g. any of the berries, black/red/white currants, make the juice delicious. In Indian medicine they are known to help with food digestion.

Optional:

- 2-4 tbsp yoghurt
- mashed avocado - ¼ per juice
- 1 tsp - 1 tbsp coconut oil (in summer it melts, or warm the oil or juice a little).
- 1 tsp - 1 tbsp freshly-ground flaxseed or chia seeds (coffee grinder is easy for this)
- Add your favourite spice(s) to vary the taste – ginger, cinnamon, clove, pinch of fresh ground nutmeg, cardamom, black pepper, turmeric, coriander.

You may find that adding some of the vegetable pulp (cellulose) into your juice helps to make drinking the juiced vegetables more satisfying. If adding pulp, ensure it is organic in origin.

*[Note: The risk of salmonella is almost non-existent in eggs from chooks raised on grass, eating worms and in sunshine. There has been recent debate about using the egg whites raw. This is because they contain avidin which inhibits biotin (a B vitamin). However the egg yolk is extremely rich in biotin so deficiency is highly unlikely. Cooking egg white does neutralise enzyme inhibitors and make the protein more digestible. If this is a concern, simply leave out the egg white. (P66 Wise Traditions, Summer 2010)]

**Method:**

Beat egg(s) using a hand beater or stick blender. Add ¾ c veg juice (or ¾ c water with lifegreens/barley grass etc), vitamin C, flaxseed oil, The Gift, spices, and mix well. Add the fruit and any of the optional list and whisk together until well mixed.

The juice can be drunk slightly warm as a “meal” (can be warmed in a saucepan – carefully), or allow to come to room temperature. It takes precious energy for your body to heat cold food. If you are new to raw juice smoothies, start with a small amount (e.g. ¼ c veg juice) and gradually increase. These juices are a meal in themselves. (Note: If you ever just drink plain veg juice, this should be on an empty stomach or at least half an hour before a meal.