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The  
**EVERYTHING**  
**Juicing**  
**BOOK**

All you need to  
create delicious  
juices for  
optimum health!

**Carole Jacobs**, former nutrition editor, *Shape* magazine  
and **Chef Patrice Johnson**  
with **Nicole Cormier, RD**



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# THE EVERYTHING<sup>®</sup> JUICING BOOK

Dear Reader,

More and more research supports the theory that juicing boosts health, increases longevity, and prevents and treats hundreds of conditions and diseases ranging from acne and arthritis to allergies and cancer. Unfortunately, despite the best of intentions, most of us find it difficult to consume enough fruits and vegetables every day for overall good health.

Juicing is an easy, convenient, delicious, and nutritious way to consume a high level of essential vitamins, minerals, and disease-fighting antioxidants and phytochemicals, delivering nutrients to the body in a form that is immediately absorbed and assimilated. Cooking and processing destroys natural nutrients in foods, but juicing helps preserve those nutrients.

Whether you're already an avid juicer or are just trying it for the first time, *The Everything<sup>®</sup> Juicing Book* offers a step-by-step guide to making nutritious juices, whether you want to increase your energy or treat a serious condition. The 150 delectable juice recipes in this book were created by coauthor Patrice Johnson, a Cordon Bleu-trained chef. Each one is guaranteed to delight even the most discriminating taste buds.

*Carole Jacobs & Chef Patrice Johnson*

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# THE EVERYTHING<sup>®</sup> JUICING BOOK

All you need to create delicious juices  
for optimum health!

Carole Jacobs, former nutrition editor, *Shape* magazine  
and Chef Patrice Johnson with Nicole Cormier, RD

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## Top Ten Reasons to Juice

- 1.** Juicing can help you get your nine recommended daily servings of fruits and vegetables.
- 2.** Juicing is good for digestive health. It aids digestion and can ease conditions such as acid reflux and ulcers.
- 3.** Juicing can help alleviate allergies and respiratory disorders.
- 4.** Juicing can boost your immune system and help your body resist and fight infections.
- 5.** Juicing can help reduce high blood pressure and high levels of bad cholesterol.
- 6.** The fruits and vegetables you use in juicing are very high in antioxidants, which are revered for their anti-aging properties. But antioxidants also improve circulation, contribute to cardiovascular health, enhance brain function, and reduce the negative effects of stress.
- 7.** Juice is high in beneficial vitamins and minerals. It can also help you get enough fiber, protein, and unsaturated fats.
- 8.** Commercial juices often contain added sugars and preservatives. By juicing your own fruits and vegetables, you can tailor your juices to your tastes and needs.
- 9.** Juicing is a low-calorie way to boost your energy level so you can enjoy life more.
- 10.** Juice is simple to make and it tastes delicious!

## Introduction

“EAT YOUR VEGETABLES!” IS a familiar battle cry around dinner tables—but Mom hasn’t been the only one insisting we eat our peas (carrots, turnips). Since 1990, the U.S. Department of Agriculture has recommended we consume at least two servings of fruits and three servings of vegetables daily, while the United States Cancer Institute suggests we eat five servings of fresh vegetables and three servings of fruit every day—which they have dubbed “the daily eight.” Despite those repeated urgings, studies show that most Americans still fall short of the mark, increasing their risk of developing a variety of chronic conditions and serious diseases.

Although most people understand the importance of eating more fruits and vegetables, they often lack the time, energy, or motivation to make it happen. For such people, juicing can be the difference between great health and chronic illness.

Juicing is also an easy and convenient way to consume your daily quota of fruits and vegetables, assimilate vital nutrients more rapidly, hydrate your body, and enjoy a steady stream of energy—all without growing your own organic farm or taking fistfuls of supplements every day. During the juicing process, the cell walls of the fruits and vegetables are sliced open to release a cornucopia of nutrients—including amino acids, chlorophyll, enzymes, minerals, and vitamins—all of which are quickly absorbed by the body once the juice is consumed.

Juicing for health and well-being is not a new trend. It has a rich and illustrious history that dates back to biblical times, when fruits and vegetables were eaten raw and fruits were made into beverages by island peoples.

Today, thanks to the advent of high-tech juicers that make juicing easier, faster, and more fun, juicing has never been more popular. Millions of people have turned to juicing to ward off everyday disorders like colds and migraines, promote longevity, shed excess pounds, enhance memory, reduce

stress, treat skin diseases, develop more beautiful and lustrous hair, build stronger nails, and prevent and treat a host of conditions and diseases.

Naturally low in calories and high in fiber, fruits and vegetables facilitate weight loss and are packed with antioxidants and phytochemicals that help prevent serious diseases. Research shows that people who consume generous amounts of fruits and vegetables have a reduced risk of stroke, Type 2 diabetes, some types of cancer, cardiovascular disease, and hypertension.

This combination health guide and cookbook provides all the information you need to become a juicing genie. You'll learn about the best fruits and vegetables ideal for juicing, important tips on the care, handling and storage of fruits and vegetables, and the nutritional and health benefits of specific fruits and vegetables. You'll also get a crash course in juicers as well as 150 recipes that demonstrate how to spin fruits and vegetables into delectable and nutritious juices. Those of you who thought you hated fruits and vegetables are in for a delightful taste sensation!

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## CHAPTER 1

# The Juicing Revolution

More than two-thirds of all deaths in the United States are directly related to nutritional deficiencies, so it's no surprise that many people are turning to juicing to ensure optimum nutrition and health. The juices from fresh fruits and vegetables provide every nutrient needed for health and longevity, condensing the nutrients from several pounds of produce into a quart of beverage. Ninety percent of the antioxidant action in produce is in the fruit, not the fiber. Juicing removes the fiber from produce, allowing the body to more quickly absorb and assimilate nutrients.

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## The History of Juicing

Juicing is a delicious and nutritious way to replenish the body's stores of minerals and vitamins. Juicing is hardly a new trend. The first written words on juicing are found in the Dead Sea Scrolls, which date from before 150 B.C. to about 70 A.D.

### Since the Dawn of Time

History shows that succulent fruits that were especially easy to find, including lemons, oranges, and pomegranates, have been made into beverages by many different cultures since the dawn of time. Island cultures created nutritious drinks from tropical fruits. In Peru, passionfruit was smashed and combined with water to produce a refreshing drink. The Dead Sea Scrolls describe how the Essenes, a desert tribe in ancient Israel, pounded figs and pomegranates into a mash that provided "profound strength and subtle form."

### The Need for Juicing in the Twentieth Century

The biggest advocate of juicing in the twentieth century was Dr. Norman W. Walker, an English researcher and author. His book, *Raw Vegetable Juices*, published in 1936, introduced juicing to the modern age.

Today, the benefits of fresh juice are more important than ever. The modern diet has strayed dramatically from the natural diet that our ancestors followed. Commercial farming methods have robbed the soil of important mineral contents, resulting in fruits and vegetables that are severely lacking in vitamins and minerals.

The late Dr. Linus Pauling, winner of two Nobel Prizes, attributed most disease, illness, and ailments to mineral deficiencies in the diet and soil. He claimed that the increasing incidence of disease could be blamed in part on the adoption of commercial farming procedures in the United States, which rob the soil and produce of mineral content.

Pauling charged that crops are raised in toxic soil laced with commercial crop fertilizers that contain petroleum and other unhealthy chemicals, genetically altered foods are grown and harvested in unnatural settings, and farm animals are raised in unsanitary conditions and fed steroids to pump up their market weight. In addition, some scientists believe the

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world's seafood supply, once a reliable source of minerals, has become so contaminated by environmental poisons that some health experts advise against eating such popular seafood as tuna, shrimp, and scallops.



Convenience and fast foods, which are seriously lacking in nutrients, have become a wobbly source of fuel for many time-crunched Americans. Many commercial products are made with refined white flour, which loses 90 percent of its vitamin and mineral content during the refinement process.

Over the past sixty years, there's been a sharp decline in the variety of foods that are being grown. Modern day agriculture emphasizes growing a handful of reliable and profitable crops over the smorgasbord of varieties grown by farmers in centuries past, which provided a fuller spectrum of vitamins and minerals. Today, the typical American eats fewer than twenty different kinds of food. In addition, modern food processing relies on overcooking, packaging and storage, and shipping procedures that transport food states, countries, and even continents away from where it was grown, thus robbing it of its nutritional value.

Juicing can help put nutrition back in your life. It condenses the nutrients of many different types of produce into one glass.

## **The Culinary Joys of Juicing**

If you love fresh fruits and vegetables, you probably don't need anyone to tell you that drinking them in juice form is equally delicious. But you may not realize that becoming a juicer will open you up to an endless array of new tastes, flavors, and textures.

Instead of crunching into a boring old apple, orange, or banana—you already know what they taste like—you can combine them in a juicer and create an exciting new drink. Toss in a handful of pitted cherries, a splash of lemon or lime juice, or a pinch of your favorite herbs, and voila! You have a totally new and different juice (and new added nutrients) with very little effort.



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## **A Family Affair**

Juicing is also an easy and delicious way to encourage your family to eat their veggies without having a showdown at the dinner table. In fact, once you set up a juicer in the kitchen, good luck getting your kids to stay away. They'll be so fascinated by the chance to create their own personal drink that reminding them to eat their veggies may become a thing of the past.

## **The Juice Pharmacy**

Juicing is an easy way to replenish necessary vitamins and minerals without growing your own organic farm or taking fistfuls of supplements every day.

During the juicing process, the cell walls of fruits and vegetables are sliced open to release nutrients, including amino acids, chlorophyll, enzymes, minerals, and vitamins, all of which are quickly absorbed by the body once the juice is consumed.

## **A-to-Z Nutrients**

If you're looking for something nutritious to consume, it doesn't get much better than fresh squeezed juice, an easy, delicious, and convenient way to get your fruits and vegetables. Here are just a few of the many nutrients you can get in a single glass of juice.

### **Amino Acids**

The building blocks of protein, amino acids comprise more than half of your body's non-water weight. If you don't have enough, your body can't provide the many functions necessary for health.

### **Antioxidants**

The latest and trendiest heroes of the nutrition world, antioxidants are substances that protect your cells against the effects of free radicals. Free radicals are molecules that are produced when your body breaks down food or when you are exposed to environmental toxins like tobacco smoke, radiation, and pollution. Free radicals can damage cells and may play a role in heart disease, cancer, and multiple other diseases.

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## Carbohydrates

Fruits are high in both simple and complex carbohydrates, quickly absorbed molecules that provide you with a ready source of energy. Complex carbohydrates, found in root vegetables and potatoes, are broken down more slowly than the simple carbohydrates found in sweeter fruits like apples, oranges, and cherries. By releasing a more gradual supply of sugar, complex carbs help maintain steady glucose levels, which is especially important for diabetics.



Medical science is only beginning to identify the hundreds of thousands of different antioxidants found in fruits and vegetables. A few of the more common antioxidants include beta-carotene, lutein, and lycopene, although many vitamins, including vitamins A, C, and E, also contain antioxidants. New research indicates that antioxidants help promote endurance, slow aging, and improve mental functions.

## Chlorophyll

Chlorophyll helps your body's organs (especially your liver) eliminate toxins by improving cellular and organ detoxification. Chlorophyll also has anti-cancer properties and can prevent carcinogens from binding to the DNA in your body's cells. It also protects against the formation of calcium stones in the kidneys and helps break them down and eliminate them.



Chlorophyll helps the body maintain a proper acid-alkaline balance. This is especially important today because most Americans eat a diet that is extremely high in acids and low in alkaline foods. Studies show that a high-acid environment in the body may predispose it to cancer.

Juicing dark, leafy green vegetables is one of the best ways to consume an adequate amount of chlorophyll, especially chard, collard greens, romaine lettuce, kale, parsley, and wheatgrass. Cabbage, celery, cucumbers, green pepper, spinach, turnip greens, and watercress are also high in

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chlorophyll, and can be mixed and matched to create delicious and energizing juices.

### **Essential Amino Acids**

These essential eight acids are not manufactured by the body and can only be supplied from the food you eat. Amino acids are responsible for thousands of bodily functions, including repairing and building muscle, blood, and organs; manufacturing hormones; and maintaining a healthy immune system, mental functions, circulation, sleep, memory, and physical and mental energy.



A deficiency in just one amino acid can cause accelerated aging, hormonal imbalances, sleep problems, impaired brain function, allergies, and gastrointestinal problems, and lessen your body's ability to repair and regenerate itself. Juices, especially those made with dark, leafy greens and sprouts, provide the body with a wide range of amino acids that are easily digested and absorbed.

### **Enzymes**

These biochemicals act as catalysts to trigger a wide variety of functions in your body, including regenerating and maintaining fluids, cells, tissues, and organs. Researchers have identified about 1,000 enzymes, many of which are found in fresh fruits and vegetables. Enzymes are destroyed by heat—another reason why raw fruits, vegetables, and juices are so healthy. Without enzymes, your body can't carry out necessary functions or make the most of nutrients found in other foods.

### **Fats**

While fat is often vilified, you actually couldn't live without a little bit of the good type of fat. Unsaturated fat is found in vegetables like avocados, olives, nuts and seeds, and heart-healthy oils and butters derived from olives, almonds, walnuts, safflowers, sunflowers, and others.

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### **Fiber**

Fiber is a type of carbohydrate found in fruits and vegetables that resists your body's efforts to digest it via enzymes and acids. Soluble fiber forms a gel-like substance in your digestive track that binds cholesterol so it can't be reabsorbed. Insoluble fiber, often called nature's broom, decreases the time food spends in your intestines before it is eliminated as waste. All fruits and vegetables are loaded with fiber.

### **Minerals**

Minerals are found in abundance in fresh fruits and vegetables, especially organically grown produce. Minerals like calcium and magnesium are important for building and repairing bones, teeth, hair, and nails. Potassium, sodium, chloride, and calcium are essential for regulating the body's balance of electrolytes. Trace minerals, or those the body needs in minuscule amounts, including chromium, copper, fluoride, boron, and selenium, play an important role in many bodily functions, including metabolism and hair and nail growth.

### **Omega-3 Fatty Acids**

Omega-3 fatty acids are the real heroes of the fat world. They are found in fruits and vegetables and in higher concentrates in oily fish such as salmon, tuna, and mackerel. Omega-3 fatty acids decrease the risk of heart attacks by causing blood platelets to become less sticky and reducing the inflammation found in autoimmune diseases such as arthritis and colitis.

### **Phytochemicals**

Phytochemicals are non-nutritive plant chemicals that have protective or disease preventive properties. There are more than 1,000 known phytochemicals, although scientists believe there are thousands more yet to be discovered. Fruits and vegetables produce phytochemicals to protect themselves from illness and attack, and recent research has demonstrated that phytochemicals can also protect humans from diseases. Some of the most well-known phytochemicals found in produce include lycopene in tomatoes, isoflavones in soy, and flavonoids in fruits.



Most phytochemicals have antioxidant activity and protect cells against oxidative damage and reduce the risk of developing certain types of cancer. Phytochemicals with antioxidant activity include allyl sulfides (found in onions, leeks, and garlic); carotenoids (found in fruits and carrots); flavonoids (found in fruits and vegetables); and polyphenols (found in tea and grapes).

Isoflavones, found in soy, imitate human estrogens and help reduce menopausal symptoms and osteoporosis. Phytochemicals such as indoles, found in cabbage, stimulate enzymes that make estrogen less effective, and may also reduce the risk of breast cancer. Other phytochemicals that interfere with enzymes include protease inhibitors (found in soy and beans) and terpenes (found in citrus fruits and cherries). Saponins, a phytochemical found in beans, interferes with the replication of cell DNA, thereby preventing the multiplication of cancer cells. Capsaicin, which is found in hot peppers, protects DNA from carcinogens. The phytochemical allicin, found in garlic, has antibacterial properties.



The phytochemicals in cranberries bind to cell walls to prevent the adhesion of pathogens to human cell walls. This explains why cranberries not only prevent urinary tract infections but also improve dental health—plaque can't stick to the teeth.

### **Protein**

Protein is found in virtually every cell in your body, from your skin and hair to your nails, as well as your bones, muscles, and cartilage. It's necessary for the manufacturing of hormones, enzymes, and other chemicals in your body. Protein is classified as a macronutrient because your body needs large amounts of it. Vitamins and minerals, on the other hand, are called micronutrients because you only need them in small amounts for health. Because your body can't store protein, you need to consume a sufficient amount in your daily diet to replenish supplies, which means you must consume it on a regular basis. Scientists believe that vegetable sources of

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protein, such as beans, nuts, and whole grains, are the best choices. They offer healthy fiber, vitamins, and minerals without the unhealthy saturated fat found in animal protein sources. Tofu and other soy foods are an excellent red meat alternative, provided you don't overdo it. Two to four servings a week is considered a healthy amount.

### **Vitamins**

Vitamins are substances necessary to sustain life. Fruits and vegetables provide a wide array of essential vitamins, including most of the following vitamins recognized in the United States: biotin, carotenes, folate (folic acid), vitamin A, vitamin B complex, vitamin B1 (thiamin), vitamin B12 (cobalamin), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B5 (pantothenic acid), vitamin B6 (pyridoxine), vitamin C, vitamin D, vitamin E, and vitamin K.



Needed only in small amounts, the body must get vitamins from food because they are either not made in the body or made in quantities that are too small for growth, vitality and well-being. A deficiency of a particular vitamin causes disease symptoms that can only be cured by that vitamin.

### **Water**

Our cells are primarily composed of water, which is necessary for their proper function. Raw juice, unlike coffee, soft drinks, or alcoholic beverages, supplies the water you need to replenish lost fluids. It also provides necessary vitamins, minerals, enzymes, and phytochemicals. Juice helps the body maintain proper alkaline balance, which is necessary for immune and metabolic function.

## **Nutritional Benefits of Juicing**

Freshly squeezed fruits and vegetables are the kings of the food kingdom, for several reasons. Fruits and vegetables provide a wealth of nutritional benefits that could never be squeezed into a vitamin supplement. Also, no other health food on earth can be so quickly digested and absorbed by the body.

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## Why Not Just Eat or Cook with Produce?

There's absolutely nothing wrong with eating fruits and vegetables, or cooking them and enjoying them with meals. But there are several reasons why juicing is a more effective way of ensuring you get the most bang from your buck when you're dealing with fresh produce.

- ✓ Juicing filters out the fiber contained in fruits and vegetables and leaves you with a concentrated array of nutrients, making it an easier and convenient way to consume a greater volume of produce than you could ever comfortably consume in raw or cooked form.
- ✓ Unlike most forms of cooking, juicing does not destroy any of the nutrients in fruits and vegetables.
- ✓ Fresh produce doesn't contain any of the unhealthy fillers or ingredients that prepared produce may contain. You don't have to read any labels or do any guesswork to know your juice is 100 percent natural.
- ✓ Because juicing removes the fiber from produce, the result is juice that is almost completely self-digesting. The nutrients are absorbed almost immediately by your body.
- ✓ Juicing makes it easy to achieve what's sometimes called rainbow nutrition, or consuming the widest possible variety of fruits and vegetables every day. The color of each fruit or vegetable signals its unique vitamins, minerals, trace minerals, antioxidants, anti-carcinogens, detoxifying agents, digestive aids, natural blood purifiers, blood thinners, immune stimulants, and memory enhancers.
- ✓ Juicing makes it easy to get the recommended five daily servings of fruits and vegetables for health and disease prevention.



According to the National Institutes of Health, most people get less than 75 percent of the recommended daily allowance (RDA) of essential nutrients. Because nearly all the necessary vitamins and minerals for health are found in fruits and vegetables, juicing is a fast, easy, delicious, and guaranteed way to cover your nutritional bases.

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## The Synergy Connection

Many nutrients need to work with other nutrients to enjoy maximum performance and really strut their nutritional stuff. For instance, vitamin E is most effective when it's combined with vitamin C and the mineral selenium, while beta-carotene boosts the benefits of zinc and many other nutrients.



Looking for fast energy? Fruits and vegetables have the highest rate of bioavailability of all foods. That means your body can make full use of the nutrients in juice within forty-five minutes to two hours after you drink it. As a side bonus, juicing also helps reverse digestive problems caused by food additives, preservatives, overcooking, and processed foods.

## Juicing for Enzyme Action

Fresh juice contains tons of enzymes—chemicals in fruits and vegetables that are catalysts for the biochemical reactions behind every function the body performs. Fruits and vegetables have digestive enzymes that help the body digest carbohydrates, fats, fiber, and proteins, and convert large food chemicals into smaller ones that are more easily absorbed and used by the body.

## Health and Disease Prevention Benefits of Juicing

One of the most healthful properties of juicing is that it allows your body to easily assimilate key enzymes, vitamins, minerals, phytochemicals, antioxidants, and minerals like iron, copper, boron, potassium, sodium, iodine, and magnesium. In whole fruits and vegetables, these nutrients are trapped in indigestible fiber, which prevents them from being immediately assimilated by the body.



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sample content of The Everything Juicing Book: All You Need to Create Delicious Juices for Optimum Health!

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