

Nutritional Benefits

Why Fresh Juice?

Health benefits of juicing

1) Why fresh juice? It has a very high nutritional and vitamin content. The juicer breaks up the cells of the produce, separating it from the fibrous pulp. Liquids go into our bloodstream and body systems instantaneously. Our bodies also absorb and assimilate food source vitamins very easily. Fresh juice nourishes our body with life-giving, vitamin rich, and easy to digest nutrition. Any type of store bought bottled juices can't compare to this.

2) Fresh juiced juice made by you is not pasteurized. The FDA requires all drinks to be pasteurized nowadays, and that means it's heated. Heated to a temperature where it kills mostly all of the nutritional value. Fresh juice is far superior mainly because of this fact.



3) Juicing is fun! You can be so creative with the juices you create. You can make so many different concoctions, many for even specific health issues. For those that enjoy cooking, it's a great outlet. For those that don't, it's so quick and easy that it usually doesn't bother them much.

4) Our cells need this concentrated nutrition. It's a fact that most people don't eat like they should and don't get enough fruits and veggies in a day. But juicing fills that gap and makes it possible for those not eating a good diet to get much needed nutrition. Our bodies were made to be fed pure, raw foods that contain these naturally occurring vitamins.



Ginger has been used as a natural remedy for many ailments for centuries. Now, science is catching up and researchers around the world are finding that ginger works wonders in the treatment of everything from cancer to migraines. Here are TEN health benefits of this powerful herb:

1. OVARIAN CANCER TREATMENT

Ginger may be powerful weapon in the treatment of ovarian cancer. A study conducted at the University of Michigan Comprehensive Cancer Center found that ginger powder induces cell death in all ovarian cancer cells to which it was applied.

2. Colon Cancer Prevention

A Study at the University of Minnesota found that ginger may slow the growth of colorectal cancer cells.

3. Morning Sickness

A review of several studies has concluded that ginger is just as effective as vitamin B6 in the treatment of morning sickness.

4. Motion Sickness Remedy

Ginger has been shown to be an effective remedy for the nausea associated with motion sickness.

5. Reduces Pain and Inflammation

One study showed that ginger has anti-inflammatory properties and is a powerful natural painkiller.

6. Heartburn Relief

Ginger has long been used as a natural heartburn remedy. It is most often taken in the form of tea for this purpose.

7. Cold and Flu Prevention and Treatment

Ginger has long been used as a natural treatment for colds and the flu. Many people also find ginger to be helpful in the case of stomach flus or food poisoning, this is not surprising given the positive effects ginger has upon the digestive tract.

8. Migraine Relief

Research has shown that ginger may provide migraine relief due to its ability to stop prostaglandins from causing pain and inflammation in blood vessels.

9. Menstrual Cramp Relief

In Chinese medicine, ginger tea with brown sugar is used in the treatment of menstrual cramps.

10. Prevention of Diabetic Nephropathy

A study done on diabetic rats found that those rats given ginger had a reduced incidence of diabetic nephropathy (kidney damage)



Pomegranates

1. Antioxidants – These help to wrangle the hordes of free radicals in your system. Free radicals have an uneven number of electrons and like to balance themselves out by stealing from other molecules and cells in your body. These cells are oftentimes very important ones dealing with your DNA, and when they are destroyed, disease steps in. Pomegranate juice is an excellent source of antioxidants that work to help you stay disease-free.
2. Blood Thinner – Pomegranate juice helps your blood circulation, making it easier for blood to travel to your heart, brain, and the rest of your body.
3. Cancer Fighter – Pomegranate has been known to reduce and prohibit the growth of cancer cells and tumors in your body.
4. Digestion Aide – Pomegranate juice is a natural remedy for diarrhea, dysentery, and great number of other digestive problems.
5. Anemia Relief – With a high content of iron, pomegranate juice is a great home cure for anemia because it promotes higher levels of hemoglobin.
6. Anti-Inflammatory – Pomegranate juice has properties that help treat sufferers of arthritis. It can also help cure a cough or sore throat.
7. Neonatal Care – It has been proven that pomegranate juice ingested by pregnant women can help protect the neonatal brain.
8. Artery Protection – It helps keep plaque from building up in your arteries.
9. Cartilage Protection – It works to prevent the deterioration of cartilage in your body.
10. Cholesterol Reducer – Pomegranate juice is capable of lowering blood pressure by as much as 6%.



PEARS

Pears may not be a popular choice for juicing, but consider adding it to your cart the next time you go marketing (if they're available where you are).

One pear provides a quarter of your daily fiber requirement.... Like apple, it contains high amount of pectin (a water-soluble fiber) that helps to effectively lower cholesterol.

HEALTH BENEFITS (best obtained by drinking its juice):

- Helps prevent high blood pressure and stroke
- Helps move bowels
- Provides quick and natural energy
- An immune booster
- Improves bone strength and density
- In the event of fever, drink a glass of pure pear juice to bring down fever

Whenever possible, choose the Chinese/Asian pear variety as they have the highest medicinal properties.

Wheatgrass Benefits



Wheatgrass benefits are huge. It's one of the most widely used supplemental foods. It has a large amount of natural vitamins, minerals, chlorophyll and enzymes that feed your cells. By feeding your cells these complete nutrients, it helps your body to detoxify toxins. Wheatgrass benefits make it perfect for athletes,

health conscious, mommies, kids, pets, dieters or anyone that suffers from ill health or wants to prevent ailments.

Why should you include these little green wheatgrass shots in your diet and what are the benefits?

We'll review the specific reasons below, but the bottom line is, it's a nutritionally complete food which will repair your blood (the life of your body) and give your body what it needs to function properly.

Disease and ailments occur for one of two reasons. 1) Malnutrition 2) Toxicity. Wheatgrass addresses these two issues. It will feed your body some very important nutrition (including the benefits of chlorophyll), and by doing this, it will clean your blood and also remove toxins from your cells. People that take it long enough, even without changes in their regular diet have seen positive changes.

Here is a list of wheatgrass benefits:

- **Nutritionally complete food.** Contains a full spectrum of vitamins, (thirteen essential minerals) dozens of trace elements and enzymes. In fact, literally hundreds of enzymes have been discovered in cereal grasses. Further studies will probably discover more because grass is loaded with them. Our bodies need a wide range of vitamins, minerals and elements to function properly. Wheatgrass is a quick and easy way to ensure you get them, as well as repair damaged cells and heal and prevent disease.
- Studies by scientists have shown it to **never be toxic in animals or humans.**
- **More energy.** Low energy is a result of a poor diet that cannot be replenished. Cereal grasses provide immediate energy and alertness. It will feed you nutritionally and rid of the toxins that are clogging your cells and blocking your natural energy flow.
- **Longer days.** The first thing that people notice when using wheatgrass is that it allows them the endurance they always wanted. It gives you stamina to keep going.
- **Reverses illness.** Anytime you are feeding your cells and detoxifying them, miraculous things may happen! It's one of the most powerful and safest healing aids there is. It has the ability to strengthen the whole body by encouraging its immune system. And when your immune system is empowered, your body will know what to do with the baddies lurking inside. It seeks out and destroys. The combination of nutritional, chemical and energetic qualities in cereal grasses enables your body to overcome any objection. Many people and studies have reported reversing of major health problems through the supplementation of wheatgrass.
- **Protection of toxins- including aging and combats free radicals.** We have so much pollution in our air and water these days. It gets into our systems and bogs it down. It causes us to age quicker and blocks the flow in our bodies. One way to combat this is to strengthen our internal defenses with wheatgrass. If our elimination systems are working efficiently, then poisons won't stay in our bloodstream as long, and toxins will pass through our lungs quicker. This reduces the chance of damage and free radicals.
- **Rejuvenates blood.** Young blood = healthy blood = a healthy body. When your blood is clean and not junked up with filth, it's clean and healthy. Blood runs the entire length of our body, carrying nutrients to our organs and is the river of life inside of us. When it's dirty and old, it's not good. Keeping your blood in tip top shape will ensure you live a healthy and disease free life. Wheatgrass benefits blood by keeping it clean. It feeds it nutritionally so that it rejuvenates the cells to operate properly.
- **Helps some shed pounds by detoxifying the body.** Helps speed up blood circulation and metabolism and enhancing digestion, which can reduce excess fat in the body. Enzymes in wheatgrass and raw food contribute to weight loss in many people.

- **DNA repair.** There have been a number of doctors that have done experiments and studies on DNA. Wheatgrass has shown to have the ability of repairing DNA. Cereal grasses have regenerative and productivity increasing effect by assisting the cells in their normal repair processes. This alone means so much. By fixing damaged DNA in our bodies, would this ward off diseases, even cancer? Many people think so.
- **Blood cleansing** and building abilities of chlorophyll. Dr. Bernard Jensen is known for building clean blood through greens (chlorophyll). He used green juices and wheatgrass benefits as a basis for his healing programs. He was able to double red blood cells by merely having his patients soak in wheatgrass baths or drinking wheatgrass/green juices. The hemoglobin is very close to the makeup of chlorophyll.
- **Wheatgrass enzymes are special** It is said that enzymes are one of the most important factors of wheatgrass benefits. When you include these enzymes in your diet, it supports your body to manufacture other enzymes. Some of the most important are: cytochrome oxidase (required for cell respiration), lipase (fat splitting enzyme), protease (protein digestant), amylase (starch digestion), catalase (helps breakdown of hydrogen peroxide into water and oxygen in body tissues), peroxidase (similar to catalase), transhydrogenase (aids in keeping muscle tissue of heart toned), superoxide dismutase. When enzymes decrease as we get older, the body's ability to handle fats, proteins, and excess calories weakens, which could be part of the reason behind premature aging and overweight problems that we are plagued with today. It's also interesting that in studies of cancer patients, three of these enzymes (cytochrome oxidase, peroxidase, catalase) have very low concentrations in their cells. In a healthy body with healthy blood cells, they are found in high concentrations.
- **Builds blood and stimulates circulation.** It is the quality of our blood determines the strength of our bones and muscle firmness. Blood rich in iron brings more oxygen to the cells which promotes youth and prevents senility. If we don't have healthy rich blood to carry nutrients to every cell in our body, we suffer from poor health.
- **Stimulates and regenerates the liver.** The liver is the main organ of detoxification in the body. It performs more than 500 different functions. One of wheatgrass benefits is that it has shown to improve liver functioning.
- **Deodorizes body** Many studies have been done on the effect chlorophyll has in reducing body odors and fecal odor. Dr. H Westcott did a study in 1950 found that 100 milligrams of chlorophyll is as good as any deodorant. It successfully neutralizes offensive odors in foods, tobacco and alcohol in a test tube. In his patients and volunteers, it showed to reduce menstrual odors, bad breath, sweat odor, and bad smelling urine and stools. Two Japanese scientists (Morshita and Hotta) did a study that is quite interesting. They gave volunteers garlic to eat, followed by 12 grams of chlorophyll. In twenty minutes, the garlic was not detected in 8 of the 10 volunteers

So why is juicing good for you.

- Raw food contains all the vitamins, minerals and nutrients in the proper ratios to be maximally utilized by the body.
- Raw foods contain not only vitamins and minerals but **phytonutrients which are major in the prevention and destruction of disease. They also reverse the aging process.**
- Juicing extracts nearly **100%** of the nutrients from foods in a non-destructive way and provides them to the body in the most assailable form--**JUICE.**
- Juicing provides a much higher concentration of nutrients than simply eating raw food. Remember though raw foods provide high quality fiber and are still essential to consume.
- Science has not yet discovered all the phytonutrients in raw foods. Why not receive the full benefits even though they have not been discovered.
- If you are sick, juicing will definitely improve your health. Many people recover as a result of juicing.
- Juicing provides you with the opportunity to consume lots of veggies and fruits in an 8oz glass. For example, I could never consume 7 carrots, a softball size compressed bunch of spinach, 2 celery sticks and an apple daily. Yet by juicing you can receive more than the full benefit than by eating them individually.
- Nutrients are synergistic when combined. If I combine for instance carrots, spinach and an apple in a juicing combination, the nutrients provided by each item have a combined multiplied health affect for my body. *Besides the juice tastes better when you use combinations.*
- You can select foods for your juicing regimen to **optimize your own health needs.** So if I have heart problems I can select those foods that optimize heart health.
- If you don't like leafy greens here is the ultimate way to ingest them.

Apples:



Apples are a good source of pectin, a soluble Fiber. It aids in appetite control and improves digestion. Pectin reduces cholesterol and helps maintain steady blood sugar levels. Apples are rich in Vitamins A, B1, B2, B6, biotin, folic acid and pantothenic acid. They have a very high mineral content, which is beneficial for the health of your skin, hair and fingernails. Apple skin is a source of quercetin, an antioxidant that keeps the heart and lungs healthy. Apples also contain a huge number of protective compounds Flavanoids, which are absorbed by the body and make lung tissues

healthier and more resistant to disease. So the old saying one apple a day keeps the doctor away, it still holds true to this day. It helps reduce the risk of lung cancer while helping to boost resistance to respiratory illnesses.

BUY ORGANIC. WHY? Apples are at the top of the list of produce most contaminated with pesticides. 92% of apples contained two or more pesticides. More pesticides and fungicides are being applied after the harvest so the fruit can have a longer shelf life

Beets:



Beet greens contain an abundance of chlorophyll, vitamin A and C. It also has a high mineral content, being especially rich in calcium and potassium. Beets contain fiber, vitamins C and K. Also, rich in foliate, which we all know as Folic Acid, a natural substance which aids in preventing certain birth defects and heart disease.

The Betaine e in beet juice stimulates the function of the liver cells and protects the liver and bile ducts. Beets are an excellent way to detoxify the blood and renew it with minerals and natural sugars. It helps reconstitute the blood, bringing important sustenance to the brain, heart, lungs, liver and kidneys. For all the women out there did you know that Beet Juice helps alleviate menstrual disturbances and menopausal symptoms? And there is more, it's a powerful kidney and blood cleanser. So stop worrying about its sugar content, its natural sugars.

Broccoli:



Broccoli is a potent anti-oxidant which has been proven to protect against cancer. It is loaded with more Vitamin C than oranges and we should all be consuming as much as possible, especially if healing from cancer. A chemical called Sulforaphane is in Broccoli, it has been shown to kill peptic ulcers and gastritis.

A scientific Fact for you to ponder on as you drink one of our broccoli Raw Juice Combinations is that

Broccoli resonates energetically at 300MHz!! Compare this to our bodies that start to become diseased if its cells are resonating below 50MHz and a cancer cell resonates between 0 and 30MHz.

Carrots:



The three most important elements of carrots are beta-carotene, vitamin A and phytochemicals. There are powerful health benefits including beautiful skin, cancer prevention, and anti-aging. With that said they also improve muscle, soft tissue and skin health. While also reducing the risk of heart disease and high blood pressure, while boosting immunity and protecting the skin against sun damage.

Studies have shown carrots reduce the risk of lung cancer, breast cancer and colon cancer. Because of falcarinol and falcarindiol which they feel cause the anticancer properties. The high levels beta-carotene also act as an antioxidant to cell damage done to the body through regular metabolism. It help slows down the aging of cells. Beta Carotene is also converted into Vitamin A in the liver, which helps our retina.

Carrots are good for the eyes. Vitamin A and antioxidants protects the skin from sun damage.

Deficiencies of vitamin A cause dryness to the skin, hair and nails. This vitamin helps prevent premature wrinkling, acne, dry skin, pigmentation, blemishes, uneven skin tone. Vitamin A assists the liver in flushing out the toxins from the body. It reduces the bile and fat in the liver. The fiber in carrots helps clean out the colon and waste movement. Carrots have not only beta-carotene but also alpha-carotene and lutein. The regular consumption of carrots also reduces cholesterol levels because the soluble fibers in carrots binding with bile acids.

Celery:



Celery leaves have a high content of vitamin A. while the stems are an excellent source of vitamins B1, B2, B6 and C with rich supplies of potassium, folic acid, calcium, magnesium,

iron, phosphorus, sodium and plenty essential amino acids. Including 4 stalks of celery in your morning Raw Juice can lower high blood pressure by 12 to 14%. The Chinese have been using celery for its blood pressure reducing action for centuries and now you know why.

Celery contains 8 families of anticancer compounds. One of the active compounds called Phthalates, which are known to relax the muscles of the arteries that regulate blood pressure, allowing them to dilate. It also helps reduce stress hormones. Celery also contains a compound called Coumarins that helps prevent free radicals from damaging cells. Decreasing the mutations that increase the potential for cells to become cancerous. How you ask? It magnifies the activity of certain white blood cells, immune defenders that target and eliminate potentially harmful cells, including cancers cells. A third compound in celery known as Acetylenics has been shown to stop the growth of tumor cells. Phenolic acids which block the action of prostaglandins that encourages the growth of tumor cells.

What Celery is most famously known for is its high content of organic sodium. The important minerals celery raw juice balances the body's blood pH, neutralizing acidity. And Celery juice acts as the perfect post-workout tonic as it replaces lost electrolytes and rehydrates the body with its rich minerals. The natural organic sodium (salt) in celery is very safe for consumption; in fact it is essential for the body. People with high blood pressure can safely take the sodium in celery, unlike table salt (iodized sodium) which is harmful.

Nutrients in the fiber are released during juicing that helps aid bowel movements; it has a natural laxative in the juice that helps relieve constipation. It is also a diuretic cause of the potassium and sodium in the juice that regulates blood fluid and stimulates urine production, getting rid of the body's excess fluid. It helps aid those who suffer from urinary and gall bladder stones. It promotes healthy and normal kidney function by aiding elimination of toxins from the body. While eliminating toxins, it also prevents formation of kidney stones.

The polyacetylene in celery is an amazing relief for all inflammation like rheumatoid arthritis, osteoarthritis, gout, asthma and bronchitis. The Juice also helps lower cholesterol and LDL (bad) cholesterol. Celery is a constant ingredient in a lot of our raw juices and after reading the above it becomes clear why.

Cucumber:



Cucumber Juice is a good source of vitamin A, C, and K. Also a good source of

phosphorus, pantothenic acid, manganese, magnesium and potassium. Cucumber contains two useful compounds called ascorbic acid and caffeic acid; both help prevent water retention and lowers cholesterol level.

Cucumbers are an excellent source of silicon that the body uses as one of the building blocks for connective tissue, which includes intracellular cement, tendons, cartilage, muscles, bone and ligaments. But is known as “the beauty mineral”, why? It has an ability to improve skin, nails and hair; giving you, youthful glow and complexion. Its source of silicon and high nutrient water content makes it naturally hydrating for the health of your skin. “It adds luster to the hair, sparkle to the eye, color to the lips, and tone to the skin and spring to the step.” Paul Bragg

Kale:



Kale is rich source of vitamin K, beta-carotene, vitamin C, 11 more time lutein than broccoli, and zeaxanthin also an excellent source of calcium Kale is also a good source of iron, foliate, thiamin, riboflavin, magnesium, phosphorus, potassium, copper and manganese. It's a multivitamin in green leaves just waiting in your glass bottle of juice. Kale juice helps serum lipid profiles and antioxidant systems, and contributes to reducing the risks of coronary artery disease. Kale is filled with fiber and sulfur, both great for detoxifying your body and keeping your liver healthy.

Orange:



we all love orange juice, but nothing like a fresh raw Orange Juice. It's no secret Oranges are rich in vitamin C, but what you might not know is that on glass of orange a day will help balance high blood pressure, shocked? Don't be, Oranges have a high level of magnesium and potassium. They have an inflammatory property that helps relieve joint pain and contain enough nutrients and mineral to boost your immune system. Yes Oranges even Contain Calcium, so excellent for your bones and teeth, placing calcium where it is needed, instead of robbing it from your bones like dairy does.

Oranges contain foliate increasing growth of skin and blood cells; they are also rich in antioxidants and the carotenoids that fight free radicals to reduce damage to cells. Oranges Niacine Content enables a good DNA in your body.

Spinach:



Spinach is high in vitamin A and C, and is one of only four vegetables that are also high in vitamin E. It's also a good source of choline, calcium, iron, potassium and folic acid. Spinach is high in protein per calorie and has 14 times the iron per calorie than red meat.

Spinach is one of the highest sources of eye-protecting, cancer-fighting lutein. Lutein has been shown to play a crucial role in protecting against age-related macular degeneration.

Spinach has two powerful antioxidants, glutathione and alpha lipoic acid, are also found in spinach. It is called "nature's master antioxidant," and is the primary antioxidant in the cells. It protects DNA from oxidation, detoxifies pollutants and carcinogens, boosts the immune system, aids healthy cell replication, and reduces chronic inflammation. The body is able to produce glutathione, but often we don't make enough, and as we age, we produce even less. Glutathione can be found in spinach, asparagus, avocados and strawberries. Cooking will destroy all the glutathione in food.

Swiss Chard:



Swiss chard is very high in Vitamin E, K, B6, riboflavin, calcium, magnesium, phosphorus, potassium, copper, manganese and fiber when eaten. It's a good source of zinc, foliate and thiamin. Has key phytochemical anthocyanin's that makes it effective in preventing cancers of the digestive tract. It's known to be a rich source of vitamin K, which is vital for maintaining bone density. It's great for diabetics in that it protects damage to the Kidneys. Chard contains 13 different polyphenol

antioxidants which help you fight disease and biotin Vitamin that you need for hair growth and strength. It's also an excellent source of iron which is needed for red blood cell formation and anemia prevention.

Watercress:



watercress contains more vitamin C than oranges, is higher in calcium than milk, has more iron than spinach, and contains the same protein per calorie as chicken breasts. It's a good source of vitamin A, E, K, B6, thiamin, riboflavin, magnesium, phosphorus, potassium and manganese; and a good source of folate, pantothenic acid and copper. A daily serving of watercress reduces DNA damage to blood cells and enhances the ability of the cells to fight further damage to DNA caused by free radicals. Juicing watercress adds lots of nutrient rich greens to some of our juices and injects an additional bonus of clean-burning protein.

Zucchini:



Zucchini is an excellent source of potassium and magnesium which are beneficial to those people on diuretics for high blood pressure, because the side effect of that medication is that it leaches these minerals from the body.

Zucchini Juice helps strengthen bones and prevents brittleness because the chelated calcium content is so high that it is retained by the body longer than calcium from dairy or food supplements. The amounts of Calcium, magnesium and phosphorus in Zucchini are equally balanced, combined with the high potassium count, this combination helps bones mend faster. Zucchini is an amazing healer after surgeries.

Its antioxidant properties are great. It contains the carotenoids lutein and zeaxanthin which help protect our eyes. It contains nutrients that help stabilize blood sugar, are anti-inflammatory, and fight cancer.

Grapefruits:



Eating more fruits and vegetables comes with serious health benefits, and grapefruit is one of the most beautiful of the bunch. Suitable to eat by itself as a fresh, cool breakfast in the summertime or as a snack whenever it's in season, the fruit also has a stellar nutritional profile that brings the potential to reduce chronic health risks.

Low in Calories

According to the U.S. Department of Agriculture, a medium grapefruit has only about 80 calories. That low calorie count, coupled with the fruit's high water and fiber content, make it an ideal food for weight loss and healthy weight maintenance.

Vitamin C

Each grapefruit has close to 90 mg of vitamin C, an essential nutrient that helps the body absorb iron and create healthy collagen in muscle, cartilage, bones and blood vessels. Vitamin C may also play a role in preventing colds and other common illnesses.

Cancer Prevention

MyPyramid.gov reports that eating more fruits such as grapefruit can reduce the risks of serious diseases such as cancer, especially cancer of the stomach, mouth or colon.

Low in Fat

A large grapefruit contains less than 0.5 g fat, and no saturated fat or cholesterol. That makes it a far healthier choice than fast foods or convenience foods, which are more likely to lead to obesity and diseases such as diabetes.

Heart Disease Prevention

According to FruitsandVeggiesMoreMatters.org, grapefruit and other citrus fruits have the potential to reduce risks of coronary heart disease and related health issues, such as stroke and cardiovascular disease.

Antioxidants

Pink and red grapefruits are especially rich in antioxidants known as phytochemicals, which have numerous disease-fighting properties and the potential to boost your immune system's daily operations.

Convenience

Fresh grapefruits are a true convenience food and come in their own package. All you need to do in the morning is slice one in half and dig in with a spoon.

High in Fiber

Each medium grapefruit contains close to 3 g of dietary fiber, which can reduce the risk of constipation and digestive problems and lower blood cholesterol levels.

Easy to Store

According to the Centers for Disease Control and Prevention, you can store fresh grapefruit for up to a week at room temperature or for up to two months in the refrigerator before eating it.

High in Potassium

One medium grapefruit boasts more than 350 mg of potassium. The Food and Agriculture Organization of the United Nations notes that in addition to maintaining the body's balance of acid and water, potassium acts as an electrolyte, helps to successfully transmit nerve impulses and enables the body to maintain healthy blood pressure levels.

Grapes:



The health benefits of grapes include its ability to treat constipation, indigestion, fatigue, kidney disorders, macular degeneration and prevention of cataract. Grapes, one of the most delicious fruits, are rich sources of vitamins A, C, B6 and foliate in addition to essential minerals like potassium, calcium, iron, phosphorus, magnesium and selenium.

Grapes contain flavonoids that are very powerful antioxidants, which can reduce the damage caused by free radicals and slacken ageing. Grapes, owing to their high nutrient content, play an important role in ensuring a healthy and robust life.

Some of the health benefits of grapes include the following:

Asthma: Due to its eminent therapeutic value, grapes can be used for cure of asthma. In addition to it, the assimilatory power of grapes is also higher. It increases the moisture present in lungs.

Heart diseases: Grapes increase the nitric oxide levels in the blood, which prevents blood clots thereby reducing the chances of heart attacks. In addition the antioxidant present in grapes prevents the oxidation of LDL cholesterol, which blocks the blood vessels.

Migraine: Ripe grape juice is an important home remedy for curing migraine. It should be taken early in the morning, without mixing additional water.

Constipation: Grapes are very effective in overcoming constipation. They are considered as a laxative food, as they contain organic acid, sugar and cellulose. They also relieve chronic constipation by toning up intestine and stomach.

Indigestion: Grapes play an important role in dyspepsia. They relieve heat and cure indigestion and irritation of the stomach. They are also preferred as they constitute a light food.

Fatigue: Light and white grape juice replenishes the iron content present in the body and prevents fatigue. Though, the dark grape juice might not give an iron boost and on the other hand, decrease the iron levels. Drinking grape juice also provides you with instant energy. The anti-oxidants present in grapes also provide the needed boost to your immune system.

Kidney disorders: Grapes can substantially reduce the acidity of the uric acid and helps in the elimination of the acid from the system, thereby reducing the work pressure of kidneys.

Breast cancer: Through a latest study, it has been discovered that purple colored Concord grape juice helps in preventing breast cancer. Significant reduction in mammary tumor mass of laboratory rats was seen after they were fed the grape juice on the experimental basis.

Alzheimer's disease: Resveratrol, a beneficial polyphenol present in grapes reduces the levels of amyloid-beta peptides in patients with Alzheimer's disease. Studies suggest that grapes can enhance brain health and stall the onset of neurodegenerative diseases.

Macular degeneration: Grapes can prevent the age related loss of vision or macular degeneration. Three servings of grapes a day can reduce the risks of macular degeneration by over 36 %.

Antibacterial activity: Red grapes have strong antibacterial and antiviral properties and can protect you from infections. They have a strong antiviral property against poliovirus and herpes simplex virus.

Strawberries:



Strawberries are delicious and provide a variety of health benefits, including helping to lower blood cholesterol and glucose levels, boosting your immune system, keeping your digestive tract regular and possibly even helping prevent certain diseases such as diverticulitis.

Strawberries are a rich source of vitamin C and zinc. Vitamin C helps boost your immune system [\[1\]](#) through its antioxidant properties, maintain the integrity of cells and helps modulate your resistance to infections. Vitamin C also helps reduce the duration of infections such as colds or flu, if you happen to get one. Vitamin C and zinc combined help fight infectious diseases such as malaria, pneumonia and diarrhea, preventing or improving the outcome of the disease, according to E.S. Wintergest in an article published in the 2006 issue of the "Annals of Nutrition and Metabolism." One cup of whole strawberries has 89 mg of vitamin C, which is 14 mg over the recommended daily allowance for vitamin C.

Blueberries, Blackberries & Raspberries:



Blackberry Health Benefits:

- Antioxidant: being rich in antioxidants, blackberries help the body in fighting free radicals and thus, avoid various types of cancer and provide longevity.
- Antiseptic activity: the high tannin content, and the resultant antiseptic properties, of blackberries makes them good for tightening tissues as well as treating minor bleeding, their anti-bacterial properties and can even help cleanse blood.

- Diarrhea: consumption of blackberry has been found to be beneficial for those suffering from diarrhea and intestinal inflammation.
- Infections: mild infections, like sore throats and mouth irritations, can be treated with the help of blackberries.
- Hemorrhoid: blackberries have been used to alleviate hemorrhoids also.

Blueberry Health Benefits:

From research labs all across the country and the world, there is growing evidence that blueberries are an important part of a healthy diet.

Antioxidants are thought to help protect the body against the damaging effects of free radicals and the chronic diseases associated with the aging process. Fresh fruits, including blueberries, and vegetables contain many of these naturally occurring antioxidants such as Vitamins C and E.

Blueberries contain 14 mg of Vitamin C and 0.8 mg Vitamin E per 1 cup of blueberries. In addition, blueberries contain and that can also act as antioxidants. Blueberries are among the fruits with the highest antioxidant activity. Using a test called ORAC (Oxygen Radical Absorbance Capacity), researchers have shown that a serving of fresh blueberries provides more antioxidant activity than many other fresh fruits and vegetables.

Laboratory in the USDA, Human Nutrition Research Center (HNRC), fed blueberry extractions—the equivalent of a human eating one cup of blueberries a day—to mice and then ran them through a series of motor skills tests.

They found out that the blueberry-fed mice performed better than their control group counterparts in motor behavioral learning and memory, and he noticed an increase in exploratory behavior. When the scientists examined their brains, they found a marked decrease in oxidative stress in two regions of the brain and better retention of signal-transmitting neurons compared with the control mice.

The compound that appears responsible for this neuron protection, anthocyanin, also gives blueberries their color and might be the key component of the blueberry's antioxidant and anti-inflammatory properties. Blueberries, along with other colorful fruits and vegetables, test high in their ability to subdue free radicals. These free radicals, which can damage cell membranes and DNA through a process known as oxidative stress, are blamed for many of the dysfunctions and diseases associated with aging.

These findings could become increasingly important as the U.S. population ages. It is projected that by 2050, more than 30% of Americans will be over 65 and will have the decreased cognitive and motor function that accompanies advanced age. Joseph is currently testing the effects of blueberries on humans. Preliminary results show that people who ate a cup of blueberries a day have performed 5–6% better on motor skills tests than the control group.

Though blueberries themselves are not a cure-all, they contain a number of substances that are thought to have health benefits. These substances include, but are not limited to fructose, fiber, vitamins and antioxidants. Antioxidants thus far, seem to have the most conclusive role in the prevention/ delaying of

such diseases as cancer, heart disease and the aging process however, a limited number of studies, especially long term and on human beings, are not available at this time.

One cup of blueberries contains 14% DV of fiber 2.41 g per 100g.

Blueberries are a source of vitamins, minerals, dietary fiber, phenolic, and flavonoids. They are very low in fat and sodium

Raspberry Health Benefits:

Research findings by nutritionists from laboratories all round the world agree that there a lot of health benefits can be derived by eating raspberries. Don't go for raspberries which show signs of mold or mushy spots, but those which are ripe, firm, and colorful raspberries. They can be fresh, canned or frozen. But take note. When frozen raspberries thaw, they may not be as firm as the fresh ones. They however remain sweet and delicious. To get the freshest raspberries, visit markets where farmers have stocked the berry, which has just been harvested. This offers the best berries to boost your health. Here are some of the health benefits to be enjoyed by anyone who eat raspberries in its many forms.

Minerals such as Vitamin C are thought to help the body to develop strong connective tissues and an immune system able to ward off the attack of microorganisms. Raspberries like other berries such as blueberries, cranberries, and strawberries contain a lot of Vitamin C in its structure. Nutritionists have said that one cup of raspberries offer humans beings Vitamin C as well as potassium for 64 calories.

Though raspberries themselves are not a cure-all berry, they contain a number of other substances that are thought to prevent many diseases. These substances include, but are not limited to, flavonoids and phytochemicals. Raspberries, along with berries such as blueberries, cranberries, and strawberries, also contain a substance thought to prevent bladder infections. The substance does this by preventing bacteria from adhering to the cells, which line the walls of the urinary tract.

Raspberries are also thought to contain compounds that are important towards having a healthy vision. The substance that appears to be responsible for this is called lutein.

Researchers have identified a lot of compounds in berries such as raspberries, blueberries, cranberries, blackberries, and strawberries, which may help in the reduction of the risk of being affected by several types of cancers and heart diseases. Though a definitive study hasn't been conducted on this, researchers counsel that a diet rich in berries can help to reduce or delay several types of cancers.

Raspberries have a pigment, which is thought to be responsible for their blue and red hue. The pigments are also believed to contain compounds which are the key components of the ability of raspberries to prevent the development of many types of diseases in humans.

Raspberry leaves have a healing action to sore mouths, sore throats (soothing), nausea, aphtha, stomatitis, diabetes, diarrhea and dysentery.

Lemons:



Raw lemon juice is well known for its antioxidants and anti-cancer properties and has been used for centuries in order to cure many ailments. Being rich in Vitamin C, it is also essential for maintaining a fully functional immune system, aiding digestion, fighting cancer, helping wounds to heal faster and can even help to prevent heart failure.

Blood Purifier – Lemons are a blood purifier and help the body to remove toxins.

Blood Sugar Balance – The acidity of raw lemon juice lowers the impact of any meal on your blood sugar.

Detoxification – Raw lemon juice cleanses the kidneys and the digestive system. It helps the body in the removal of toxins and provides you with a great overall detox.

Weight Loss - The pectin in lemon peel is a great source of fiber that is thought to help overweight people lose weight.

Osteoporosis – Lemon juice is rich in Vitamin C and helps the body to absorb calcium and fight osteoporosis. Two tablespoons of raw lemon juice diluted in a glass of warm water is good for pregnant women, as it helps build the bones in the unborn child.

Insomnia – in case of insomnia, raw lemon juice helps to improve sleep.

Brain and Nerve Food – The potassium found in raw lemon juice helps the brain and nerve cells, improves concentration, memory and calms the mind.

Immune System – Raw lemon juice strengthens the immune system which in turn helps fight many illnesses including cancer.

Infection – When sickness has developed raw lemon juice is an excellent fighter of infection, as it is rich in citric acid.

Cough and Cold – Lemon added to a little hot water with some honey is one of the most effective remedies known for a cough and cold.

Asthma – Having half-teaspoonful of fresh lemon juice, washing it down with luke-warm water before each meal provides quick relief to Asthma. Repeating it as the last dose of the day and starting the day with it also gives very positive results.

Corns – Apply lemon juice a few times a day and see the miraculous results. Bind the corn and leave it overnight and get rid of the trouble soon.

Nausea, Vomiting and Travel Sickness – Take a glass of lemon juice diluted with some water to help with travel sickness and nausea.

Rheumatic and Bone-Related Diseases – A few glasses of diluted lemon juice is the surest remedy for rheumatic fever, painful joints, lumbago and sciatica.

Acne, Spots and Pimples – Applying raw lemon juice to the face is a popular remedy for acne and pimples.

Hair – The external use of raw lemon juice makes hair shinier and stronger.

Low Vitality – People suffering from low vitality should have lemon and honey mixed water for an immediate cure.

Radiation – As lemon juice is excellent at cleansing the blood and removing toxins, it is a great way of removing radiation from the body. If you have had Chemotherapy, regular lemon juice drinks can help to rid the body of any remaining radiation.

Watermelon:



Juicing watermelon is especially nutritious because you can juice the entire melon...fruit, rind and seeds, all of which offer incredible benefits. In fact, studies show that the most nutrient dense part of the melon is the rind, and the seeds contain beneficial fat. When only the red part is eaten, we throw away the goodness that makes this such a spectacular food. The whole fruit is also far lower in sugar than the red fruit juiced on its own.

Watermelon juice is wonderful for athletes and active people because it is deeply hydrating. Gatorade and other re-hydrating drinks cannot possibly compare with the rebalancing power of this yummy juice. Watermelon not only moistens the body and the cells, it also flushes out the kidneys, gall bladder and bladder.

Bursting with Antioxidants

This sweet and juicy fruit is full with some of nature's most potent antioxidants. It is a dense source of vitamin C and beta-carotene (which turns into vitamin A in the body). These powerful antioxidants are the natural antidote to aging and disease causing free radicals. They are at the root of most illnesses. Vitamin C and beta-carotene neutralize these damaging molecules so that we can defy age naturally. A diet high in these two vitamins is known to reduce the risk of heart disease, asthma, arthritis, and even cancer. They also boost the immune system and improve eyesight.

Loaded with Lycopene

Tomatoes are renowned for their high level of the potent antioxidant lycopene, but watermelon juice is a very concentrated source as well. Scientific studies show that people who eat a diet high in lycopene are much less likely to suffer with these problems than people who don't.

The cancer preventing properties of Lycopene have been extensively studied. It has been shown to protect against a growing list of cancers including prostate cancer, breast cancer, endometrial cancer, lung cancer and colorectal cancers. The American Journal of Clinical Nutrition published a study which found that people who had colorectal polyps, which is an early warning sign for colorectal cancers, had 35% lower levels of lycopene than those with no polyps.

Studies have also revealed that people are less likely to get sunburnt after increasing their levels of lycopene. It protects cells and other structures in the body from oxygen damage and even DNA damage.

Watermelon Juice is High in B6

Vitamin B6 is vital for balancing the brain and reducing the symptoms of anxiety and depression. It is also a very good hormone regulator and helps women through their menstrual cycle.

So if you don't already indulge in watermelon juice, you might consider making it part of your regular juicing menu. You can mix it with other vegetables for even more amazing health benefits. Watermelon, celery, cucumber and ginger are a delicious combination that will enhance beauty, health and overall wellbeing.

Tumeric:



Health benefits of Turmeric

- The root has been in use since antiquity for its anti-inflammatory (painkiller), carminative, anti-flatulent and anti-microbial properties.
- The herb contains health benefiting essential oils such as *termerone*, *curlone*, *curumene*, *cineole*, and *p-cymene*.
- **Curcumin**, a poly-phenolic compound, is the principal pigment that imparts deep orange color to the turmeric. In vitro and animal studies have suggested the *curcumin* may have anti-tumor, antioxidant, anti-arthritis, anti-amyloid, anti-ischemic, and anti-inflammatory properties.
- This popular herb contains no cholesterol; however, it is rich in anti-oxidants and dietary fiber, which helps to control blood LDL or "bad cholesterol" levels.
- It is very rich source of many essential vitamins such as pyridoxine (vitamin B6), choline, niacin, and riboflavin, etc. 100 g herb provides 1.80 mg or 138% of daily-recommended levels of pyridoxine. Pyridoxine is used in the treatment of homocystinuria, sideroblastic anemia and radiation sickness. Niacin helps prevent "pellagra" or dermatitis.
- Fresh root contains very good levels of vitamin-C. 100 of root compose of 23.9 mg of this vitamin. Vitamin C is a water-soluble vitamin and a powerful natural anti-oxidant, which helps the body develop immunity against infectious agents, and remove harmful free oxygen radicals.
- Turmeric contains very good amounts of minerals like calcium, iron, potassium, manganese, copper, zinc, and magnesium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Iron is an important co-factor for cytochrome oxidase enzymes at cellular level metabolisms and required for red blood cell (RBC's) productions.

Turmeric is one of the readily available, cheap herbs that contain notable phyto-nutrients profile. At 159277 $\mu\text{mol TE}/100\text{ g}$, its total-ORAC value or anti-oxidant strength is one of the highest among known herb and spice species.

100 g of turmeric provides : 53% of dietary fiber, (% of Recommended Daily Allowance, RDA per 100 g)
138 % of vitamin B-6 (pyridoxine),
32% of niacin,
43 % of vitamin C,
21 % of vitamin E,
54 % of potassium,
517 % of iron,
340 % of manganese and
40 % of zinc.
but 0% cholesterol.

Just a few grams of turmeric per day either in the form of powder, crushed root or fresh root can provide enough nutrients to help you keep away from anemia, neuritis, memory disorders and offer protection against cancers, infectious diseases, high blood pressure and strokes.

Maca Powder:



Maca is a powerful food loaded with antioxidants, phytochemicals and vitamins.

Maca powder is a powerhouse of nutrients. It has a variety of vitamins, many of which are found in energy drinks: B1, B2, B6, B12 and C. In addition to these vitamins, maca powder has calcium, iron and magnesium. It also has a variety of fatty acids, fiber and 18 amino acids, which are the building blocks of cells. In short, maca powder has many nutrients that people often get through nutritional supplements.

The Effects of Maca Powder

Many people are turning to maca powder, as it becomes better known, because it has many positive effects on the body. To begin with, this root contains B12, which is the same vitamin found in drinks like 5 Hour Energy. Because of the B vitamins in maca powder, it provides people with a boost of energy. Furthermore, maca powder can help women control hormones.

Younger ladies are turning to this substance, to help them manage that special time of the month. Older ladies are using it to control their hormone levels during menopause. Finally, this boost of energy and effect on hormones can have a significant impact on one's libido. As you can see, there are several reasons why someone would want to try Maca powder.

If you want to boost energy -- increase libido -- fight stress and reduce the risk for conditions such as diabetes or arthritis, then *maca* is for you.

In Peru, maca is a root vegetable that's roasted or used in baking. Here in the US, this super food is available in supplement form and as a powder that you can blend into beverages or sprinkle on foods.

BOOST SEX DRIVE

Legend holds that in the era of the Incan empire, battle leaders provided maca to warriors to enhance their strength—then cut off the supply after the fighting ended to protect women from the warriors' maca-heightened libidos.

Modern research has suggested that maca does indeed increase sex drive in men. One double-blind, randomized study published in the journal *Andrologia* examined the effect of maca on sexual desire in 57 men, ages 21 to 56. Participants took either placebos or 1,500 mg or 3,000 mg of maca daily. After four, eight and 12 weeks, they reported on their sex drive levels. Placebo users experienced no change in libido, while the men taking either quantity of maca reported heightened sexual desire starting at eight weeks and continuing throughout the study.

How it works: Maca's libido-enhancing powers are attributed primarily to its amino acids and sterols, among other properties. Blood tests indicated that maca did not affect the men's levels of the hormones testosterone or estradiol (a form of estrogen present in women and men). This is just one of maca's virtues—it does not change hormone regulation in men.

A small study published in the *Asian Journal of Andrology* yielded some interesting results, indicating that maca also improves male fertility. Nine men, ages 24 to 44, received either 1,500 mg or 3,000 mg of maca per day. Compared with tests done at the outset of the study, semen analysis performed at the end of the four-month research period demonstrated that maca increased semen volume, sperm count and sperm motility at both dosage levels. Again, maca achieved these results by unknown mechanisms that were not related to increases in testosterone or other hormones.

SOOTHE MENOPAUSAL SYMPTOMS

For women, maca has a long-standing reputation for soothing menopausal symptoms. A study published in the *International Journal of Biomedical Science* details research at five sites in Poland, focusing on 124 women, ages 49 to 58, in the early stages of menopause. During the study, the women took varied combinations of either a placebo or 2,000 mg of maca every day.

Results: Compared with placebo users, those taking maca experienced significant reductions—84% on average—in the frequency and severity of menopausal symptoms, particularly hot flashes and night sweats.

Bonus: In a substudy of the trial, researchers found that the women taking maca had a notable increase in bone density.

How it works: Blood tests showed that maca reduced follicle-stimulating hormone, which normally increases during menopause and is thought to be one cause of troublesome symptoms, such as hot flashes and night sweats. Study authors speculate that maca stimulates the regulatory mechanism responsible for optimizing ovarian function and estrogen secretion, significantly increasing the level of estradiol in a woman's body.

It appears, then, that maca offers a safe and effective way to reduce menopausal symptoms—and it is unlikely to increase a woman's risk for breast cancer, heart disease and stroke, as can non-bioidentical hormone replacement therapy.

We don't know this for certain, but the fact that breast cancer is not among the leading causes of death in Peruvian women, despite a diet rich in maca, supports the assumption. In addition, increases in estradiol as a result of taking maca supplements may be safer than adding a hormone to a woman's system because maca appears to stimulate the body's natural estrogen production.

FIGHT STRESS AND DISEASE

Any kind of stress—from work, personal problems, illness, injury, toxins, hormonal imbalances or any other source—can negatively affect how our bodies function. Maca is what holistic doctors call an *adaptogen*, a plant or herb that boosts the body's ability to resist, deal with and recover from emotional and physical stress.

Practitioners of traditional medicine from China and India have known about and made use of adaptogens for centuries, though the term itself was not coined until the middle of the 20th century. Well-known adaptogens include the herbs ashwagandha, ginseng, rhodiola and licorice root, all of which I have prescribed to my patients with much success over the years.

How it works: To be classified as an adaptogen, a natural substance must meet specific criteria. It must be nontoxic... normalize levels of chemicals raised during periods of stress... and produce physical, chemical and/or biological responses that increase the body's resistance to stress. Although all adaptogenic plants contain antioxidants, researchers do not believe that antioxidants alone account for adaptogens' normalizing powers. Rather, it is thought that a variety of phytochemicals helps balance the dozens of endocrine, digestive and neural hormones that operate throughout the body—including insulin (which regulates blood sugar levels) and dopamine (which enhances and stabilizes mood). Many adaptogens also stimulate immune system components, leading to better immune function.

Cinnamon:



Cinnamon has extremely high anti-oxidant activity, and the oil of cinnamon has strong anti-bacterial and anti-fungal properties. Cinnamon is also a great source of manganese, fiber, iron, and calcium. As a result, it has been used as an effective home remedy for:

- Reducing blood sugar levels and treating Type 2 Diabetes.
- Lowering cholesterol.
- Aiding digestion.
- Treating diarrhea.
- Curing the common cold.
- Reducing arthritis pain.
- Boosting memory and cognitive function.
- Treating toothaches.
- Eliminating bad breath.
- Curing headaches and migraine pain.

Pineapples:



Health Benefits Of Pineapple Juice

Intestinal Disorders:

The raw pineapple juice is found to help in the stimulation of one's kidneys and also in relieving one's intestinal disorders. Some of the other main pineapple juice health benefits include its diuretic properties. The raw extracted pineapple juice is also beneficial as a remedy for those

suffering from intestinal worms. This Bromelain has also been found useful in treating those suffering from hemorrhoids, as well as colitis.

Weight Gain:

Drinking raw pineapple juice helps the human body to maintain a healthy and natural water balance in their body. Thus in this way pineapple juice benefits for men and women, especially those suffering from problems of weight gain are numerous. Since pineapple juice is a rich source of the vitamin C, people suffering from viral infections and bacterial infections are advised to drink it as the pineapple juice works as a very good antioxidant and additionally helps the body to absorb iron very fast. Pineapple juice benefits for skin are also varied.

Heart And Blood Sugar:

This helps in playing a vital role in the conversion of the one's blood sugars in to energy. Some other pineapple juice nutritional benefits include the benefits for the human heart. But people suffering from hemophilia and even those suffering from kidney problems or liver problems should not drink too much of this juice. The main reason for this is because pineapple juice appears to lower the time it would take for the blood to coagulate in the human system. This ability however makes it a useful and beneficial drink for most heart patients.

Women:

The pineapple juice benefits for women are also high. Pineapple juice is found to contain Bromelain which are very effective in helping women with menstrual disorders. For women suffering from uncomfortable or painful periods, it is believed that drinking pineapple juice can provide some relief. Some of the other pineapple juice benefits for females include the reduction of excessive water build up in the body especially during pregnancy or menstruation.

Inflammation:

Some of the main benefits of pineapple juice include aiding in reducing internal inflammations. This happens primarily because of the Bromelain that is found in the fruit which works as a natural anti-inflammatory agent. Bromelain also works as an anti-inflammatory agent which helps athletes, swimmers and those in vigorous sports who are prone to suffer from injuries. It is also used by those who suffer from arthritis and post-operative swelling. This Bromelain which is a protein digesting enzyme is also found in papaya.

Sore Throat

The use of pineapple juice for colds as well as pineapple juice for asthma is also well known. Pineapple juice for sinusitis treatment is also common since the juice is rich in Bromelain that is an important component when it comes to treating the condition. The presence of bromelain makes the use of pineapple juice for cough also possible. Pineapple juice for sore throat is another very useful remedy. The juice also helps in the digestion of proteins. For those who are trying to improve and increase their immunity levels, then drinking pineapple juice is

recommended because of the high levels of vitamin C it contains. Vitamin C is also very good as an antioxidant.

Skin Care:

Pineapple juice for skin care as well as pineapple juice for acne treatment is just some of the other benefits of this drink. Pineapple juice is a rich source of Vitamin C. This vitamin C found in pineapple juice is also beneficial in repairing damaged tissues and in aiding to keep the lymphatic system working healthily. The enzymes that are found in pineapple juice also help in promoting the quick healing of hurts and wounds. One of the other benefits of drinking pineapple juice is that it helps in the synthesis of collagen and also amino acids both of which are needed to help in the repairing of tissues and cells. Collagen is that important component which helps in providing skin with the elasticity it needs. If this collagen was not there, the human skin would start to wrinkle and shrivel up fast causing it to age much faster than it would in the presence of collagen. Thus for all those who wish to keep their skin looking young and beautiful, it is recommended that they drink pineapple juice on a regular basis.

Mangos:



Mango juice contains a number of valuable nutrients. The naturally fulfilling fruit beverage also acts as a beneficial dietary food item that aids in normal bodily functions and the prevention of health risks and disease.

Like many other natural fruit drinks, mango juice, sometimes referred to as mango nectar, packs a variety of both vitamins and minerals. Each cup of mango juice adds a more than feasible source of both vitamins A and C to any diet. Without added sugars, pure mango nectar contains about 30 grams of sugary carbohydrates per cup.

Although mangos contain moderate to high levels of carbohydrates, they cause little fluctuation in blood-sugar levels. This process lets the body maintain appetite and metabolic processes much easier. Plus, none of the calories found in mangos comes from fat, making the juice an easily digestible, energy providing drink.

One cup of mango juice contains over 60% of the daily recommended intake of vitamin C, which helps the body regulate enzymes and metabolic processes. Mangos also have high levels of vitamin A, with one cup providing nearly 40% of the daily required valued. This important nutrient helps maintain healthy eye function and growth, gene transcribing and the maintenance of healthy skin tissue.

Mango juice also provides a good source of calcium and iron. Iron helps the body eliminate free radicals, while calcium assists with the formation of healthy teeth and bones.

Papaya:



There are several benefits to adding papaya juice to your diet. Papayas are known to be loaded with many beneficial vitamins, minerals, and antioxidants that encourage a healthy and properly functioning body. By using the process of juicing the papaya first, it allows your body to assimilate all the papaya's nutrients easily and quickly. Papayas are an excellent source of vitamin A, B, C, foliate, iron, phosphorus, silicon, sodium, potassium, and calcium.

Papaya juice is known to be helpful for digestive issues. Papaya juice has proven to stimulate digestive enzymes and help with problems such as bleeding piles, diarrhea, and constipation. Papayas are also rich in a powerful enzyme known as papain which has shown to aid digestion and help the body absorb the maximum nutritional content from eaten food. Papayas are also helpful in treating other intestinal disorders such as dyspepsia, intestinal irritation, and excess mucus in the stomach.

Papaya juice has proven to have anti-cancer properties. Drinking papaya juice regularly may significantly reduce the risk of contracting colon cancer. The high fiber content in papayas attaches to toxins in the colon and are expelled during bowel movements. Papayas also contain a powerful antioxidant known as lycopene, which is known to inhibit the growth of cancerous cells throughout the body.

Papayas also act as a potent anti-inflammatory. The enzyme known as papain helps to relieve symptoms of inflammatory diseases such as gout, asthma, arthritis, and osteoarthritis. Drinking papaya juice daily may also prove to be beneficial for regular smokers. Consuming papaya juice will help reduce lung inflammation and help neutralize roaming free radicals.

Papaya juice also assists in maintaining a healthy heart. Drinking papaya juice frequently may help protect against heart disease and other cardiovascular complications. Thanks to its high

content of antioxidants, papaya juice helps prevent the oxidation of cholesterol. Oxidized cholesterol becomes hardened plaque in the arteries and can lead to stroke, heart attack, or other cardiovascular problems.

Drinking papaya juice may also protect you from eye diseases. Due to its high content of carotenoids, zeaxanthin, and lutein, papaya juice may help prevent the development of eye conditions such as macular degeneration and cataracts. Papaya juice has also proven to be beneficial for healthy skin. Drinking papaya juice promotes younger looking skin and has shown to be effective in treating skin problems such as psoriasis and acne.

Tomatoes:



Tomatoes have massive health benefits when juiced. Tomatoes, often mistaken to be a vegetable, are a great source of nutrients that can easily be added to your diet. This fruit can be consumed in a variety of ways, but the best and easiest approach to get the highest quantity of tomatoes, and therefore the highest amount of nutrients, into your diet is to juice them. Not only does fresh tomato juice taste delicious, it is loaded with beneficial vitamins, minerals, and antioxidants. Some minerals and vitamins tomato juice contains are vitamin A, B, C, K, iron, copper, manganese, potassium, niacin, and zinc.

Studies have confirmed that tomatoes lower the odds of getting certain types of cancer, including prostate, colon, stomach, mouth, esophageal, cervical and pancreatic cancer. Tomatoes are rich in an antioxidant named lycopene, which destroy free radicals in your system. The presence of free radicals can cause damage to the cells in the body, causing and leading to conditions such as cancer, heart disease, and macular degeneration. Lycopene also aids in preventing damage to the skin, preventing wrinkles and effectively slowing down the aging process. In addition, lycopene has also been shown to protect DNA in white blood cells. Lycopene is not a compound the human body naturally creates and must be added to the body from an outside source, such as tomato juice.

Tomato juice has been proven to be beneficial to heart health. The antioxidants in tomatoes assist in the prevention of heart attacks and reduce the risk of heart disease. Vitamins found in tomatoes help the body break down a compound known as homocystene, which has been found to cause heart disease and other cardiovascular complications.

Drinking tomato juice as part of a daily regimen will also aid in managing your weight and boost your entire immune system. Tomato juice stimulates your metabolism and suppresses hunger, which may lead to weight loss. Furthermore, tomato juice will significantly increase the amount of energy you have during the day, allowing you to perform tasks with added vigor.

Cilantro:



Cilantro contains high amounts of vitamin A and vitamin K. It also has beta-carotene, riboflavin, niacin, folic acid, and vitamin C.

Perhaps most importantly, cilantro is a natural and inexpensive way to detoxify the body. There is ample information that credits cilantro as being one of nature's best chelators. A Japanese medical doctor named Dr. Yoshiaki Omura discovered that organisms flourish and hide in parts of the body where heavy metals, such as lead, aluminum and mercury collect. He found that these organisms protect themselves with the toxic metals and this is what causes infections to recur. He recognized that using cilantro helps to advance the excretion of lead, aluminum and mercury from the body and this technique increased the body's ability to heal from both viral and bacterial infection. The compounds in cilantro will help to loosen heavy metals from blood, tissue and organs and then assists in the transportation of these metals out of the body.

The benefits of cilantro include lowering blood pressure, guards against bacterial infection from Salmonella, reduces swelling, helps in the prevention of urinary tract infections, relieves arthritis, helps reduce nausea, reduces cholesterol, reduces cellulite, improves digestion, relief for stomach aches, eases mood swings associated with premenstrual syndrome, reduces cramping, promotes liver function, disinfects and detoxifies the body, lowers blood sugar, helps with insulin secretion, works as a natural anti-fungal and antiseptic for skin, works as a lung expectorant and helps conjunctivitis and other stresses on the eyes. Cilantro is an amazing cure-all, green herb!

Parsley:



Parsley is packed with antioxidants like luteolin. Luteolin prevents the oxidations of cells that can be damaging. Parsley has beta-carotene and vitamin C. Beta-carotene is an antioxidant which helps prevent diabetes, colon cancer, heart disease and stroke.

Vitamin C is a water soluble vitamin which has anti-inflammatory properties which is beneficial for people who have arthritis. Consumption of foods with vitamin C increase immunity and helps fight against infections. Vitamin C is also a key player in helping reduce atherosclerosis, which is the thickening of plaques in arteries. When your arteries become thickened with plaque, chances of heart disease and stroke increase.

Parsley juice is also beneficial for your adrenal glands. Often when we become stressed out and aren't taking in the right foods, our adrenal glands also get "fatigued." Symptoms of adrenal fatigue include feeling sluggish, lack of energy, and lack of sleep. Parsley helps "rejuvenate" your adrenal glands.

Sweet Potatoes:



One of the key health benefits of sweet potatoes is the dietary fiber that has been proven to help regulate blood sugar level in diabetics. Sweet potatoes, especially the deeper-colored ones, are extremely rich in carotenes (precursor of vitamin A). They are also an excellent source of vitamins C, B2, B6, E and biotin (B7).

Sweet potatoes are excellent sources of plant proteins with very low calories. Unlike other starchy root vegetables, it is very low in sugar, and in fact is a good blood sugar regulator.

Anti-oxidant: Sweet potatoes have been found to contain a high amount of anti-oxidant, making it suitable in combating inflammatory problems like asthma, arthritis, gout, etc.

Diabetes: This fibrous root is suitable for diabetics' consumption as it is a very good blood sugar regulator, helps to stabilize and lower insulin resistance.

Digestive tract, healthy: The significant amount of dietary fiber, especially when eaten with the skin, helps to promote a healthy digestive tract, relieving constipation and also helps prevent colon cancer.

Emphysema: Smokers and people who inhale second-hand smoke should regularly consume foods high in vitamin A as smoke has been found to induce vitamin A deficiency, causing a host of other health problems to the lungs.

Fetal development: The high foliate content is important and necessary for healthy fetal cell and tissue development.

Immune system: Regular consumption of sweet potatoes strengthens the body's immune system and develops resistance to infection.

Heart diseases: Consumption of this high potassium root helps to prevent heart attack and stroke. It helps maintain fluid and electrolyte balance in the body cells, as well as normal heart function and blood pressure.

Muscle cramps: A deficiency in potassium can cause muscular cramps and greater susceptibility to injury. Make sweet potatoes a regular part of your diet if you exercise a lot, both for an energy boost and to prevent cramps and injuries.

Stress: When we are stressed, our metabolic rate rises, causing the body potassium levels to be reduced. By snacking on the potassium-packed sweet potato, it helps to rebalance the vital mineral, and helps normalize the heartbeat. This in turn sends oxygen to the brain and regulates the body's water balance.

Romaine Lettuce:



Crisp romaine lettuce is a highly nutritious leafy green to use in a green smoothie. It has a mild flavor that is easily masked by fruit so it's perfect if you're new to green smoothies or making it for picky eaters.

You can add an entire head of lettuce to a fruit smoothie and not impact the taste at all. I typically toss in an entire head of romaine in my morning smoothie. It provides 106 calories and gives me a super jolt of nutrition first thing in the morning.

Here are some surprising nutrition facts about this wonderful smoothie (and salad) green:

1 – Protein. Believe it or not, romaine lettuce is 17% protein with 7.7 grams per head. It is also a complete protein! That means that it has all 8 essential amino acids, 9% RDA of some and up to 26% RDA of others.

2 – Calcium. One head of romaine has 206mg of calcium (about 21% RDA). Blend it with calcium rich fruits like papaya and oranges and you'll get more calcium than a glass of milk!

3 – Omega-3s. One head of romaine lettuce contains 44% RDA of Omega-3 essential fats. Forget the tainted fish oils, reach for some leafy greens instead!

4 – More Vitamin C Than An Orange. One head of romaine contains 167% RDA of vitamin C while an average sized orange contains only 92%.

5 – Iron. One head of romaine contains 6mg of iron, which adds a significant source of iron to the diets of vegetarians and vegans.

6 – Romaine Lettuce is Rich in B-vitamins: Thiamine (B1) – 38% RDA, Riboflavin (B2) – 32% RDA, Niacin (B3) – 12% RDA, Pantothenic Acid (B5) – 18%, Pyridoxine (B6) – 36 %, ***Folate (B9) – 213%!***

7 – Water. One head of romaine provides 16% of your daily water needs with about 20 ounces of water per head!

8 – Rich Source of vitamin A (as beta-carotene) and K. As with most leafy greens, romaine is super rich in beta-carotene with 1817% RDA per head and has 535% RDA of vitamin K.

9 – Low Levels of Oxalic Acid. If you have problems with calcium oxalate kidney stones, romaine lettuce might be a good choice for leafy greens since it is very low in this [anti-nutrient](#).

10 – Mineral-Rich. Don't let the lighter color of romaine lettuce fool you. This not-so-dark leafy green is rich in minerals. One head contains copper (33% RDA), magnesium (22% RDA), manganese (42% RDA), phosphorus (27% RDA), potassium (33%), selenium (5% RDA) and zinc (13% RDA)

