

WHAT ARE THE BENEFITS OF JUICING?

by Dee Garrick

1. More nutrient absorption because the gut doesn't need to digest all that fiber

Don't get me wrong fiber is important because it also contains nutrients and helps digestion. But bear with me I'm talking in a practical sense here.

How many of you realistically can eat two to three pounds of vegetables each day?

Juicing makes this possible because this process involves extracting juice. And leaving off the pulp which takes digestion off the equation and introduces nutrients directly to the blood stream. Since you're drinking rather than eating, you're able to take in more vegetables thus absorbing more nutrients without stuffing yourself too much with a lot of fiber. In short juicing allows you to consume more vegetables efficiently.

2. It allows you to consume a wider range of vegetables which allows your body to get more nutrients

Juicing helps us here because we can add a lot more variety in every juice we make.

You have lots of options in terms of recipes and limited only by produce available in the grocery store.

If you juice before every meal, you can use 5 to 6 different vegetables per day that may include dark leafy greens or cruciferous vegetables. You see where I'm getting at? This allows you to add more variety and with that more nutrients.

Most of us don't know this but a third of our immune system is located in our digestive track and countless research shows that the key to a health body is a healthy gut. Hippocrates in fact said 2000 years ago that "All disease begins in the gut". Vegetables are one of the best sources of these prebiotics. To give you proof here's a list of foods rich in prebiotics.

Light green, dark green and yellow colored vegetables are rich in carotene, Vitamin C and E and folate that help fight colon cancer. Ginger is another ingredient that aids digestion and heals upset stomach plus it has numerous other benefits.

4. It helps fight cancer

By eating more fruits and vegetables will nourish and will help arm your body with anti-cancer nutrients that will help fight off cancer cells.

Like what I've said in point number 2, juicing helps you consume more because your digestive system will not have to work as hard as it needs to digest.

Since the vegetables we eat now are less nutritious than it was 50 years ago because of a number of factors like over farming that depletes nutrients from the soil, we simply have to eat more to compensate for this.

