

## 5. It helps lower high cholesterol

Lowering your cholesterol involves more than just juicing. You'll have to totally change your diet.

Juicing helps me consume more vegetables that help lower cholesterol like capsicum, dark greens, cucumber, celery, ginger, bitter melon and lemon to name a few at higher doses because I can't imagine myself eating a whole stack of those.

## 6. It helps detoxify our bodies

A few decades ago our lives were much simpler. The absence of the internet and mobile devices permitted us more time to cook our own meals.

A slower paced lifestyle means less stress and a home cooked meal often times is healthier than fast food. Today it's the opposite.

## 7. It helps lower blood sugar levels

Another sad reality in the era of commercialism would be the rise of people who have diabetes. And a lot of them are in their 20's and sometimes teenagers.

With the growing number of fast food chains, the allure of cheap food served within minutes is hard to resist. And our health is paying the price for that convenience.

Eating foods like ginger, broccoli, spinach, celery, and onion as well as acidic fruits like lemon, grapefruit, pomegranates and oranges will help lower bad cholesterol.

## 8. It helps us get better skin

You have probably heard the term “you are what we eat” at some point in your life. This also applies to our skin. If we eat nothing but greasy junk food, our skin will most likely be oily and have a lot of breakouts.

Juicing helps us getting better skin not only by allow our bodies to absorb more nutrients that our skin needs. It also helps suppress our appetite for not so healthy meals like chips and fried chicken.

## 9. Improves Athletic Performance

While green leafy vegetables can give your body a nutritional boost that other foods cannot, there is one particular vegetable (a root crop) that can improve athletic performance naturally without having to resort to performance enhancing drugs.



Juicing isn't a gimmick but a beneficial practice that will help you improve your health when done right. Drinking juice before a meal is a great way to suppress appetite so you'll eat less. When you eat less, it helps prevent weight gain. And drinking a cup of green juice is way healthier than drinking a can of soda.

*Try our Reboot from Pyour Pour designed & created by our onsite dietician & chef to help stop bad cravings & reboot your way to a better you.*