

DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

August 8, 2012

Fresh Juices-Yvonne L. Salcido MH

With so much talk about green smoothies in the natural health community, many have forgotten or avoided the amazing power of fresh fruit and vegetable juices. One question I get all the time is "Don't green smoothies have fiber while fresh juice does not?" Most people think that the fiber of the plant is in the pulp. The fact is you do still get fiber in the juice! In one cup of carrot juice



for example, you have 1.9 grams of fiber while the same amount of grated carrots has 3.1 grams of fiber, not a substantial difference. The variance and great healing benefit is in how many carrots it takes to make one cup of juice. It actually takes about one pound. Now think about how long it would take you to eat one pound of carrots!

When cleansing with juices, less fiber gives our bodies the opportunity to heal and rest the digestive tract while still eliminating toxins. The super nutrition in the juice gives the body nutrients and vitamins in large doses to strengthen, rebuild and heal the body with healthy cells and do it faster than any other form. One glass of carrot juice is high in vitamin A and vitamin C. It is high in the B vitamins and antioxidants. It is high in the carotenoids beta carotene and alpha carotene. It is mineral rich with potassium, magnesium, manganese, calcium, copper, sodium, phosphorus, iron, sulfur, and chlorine. One cup of carrot juice is packed with vitamins and minerals not to mention 17 grams of protein. Even if you are following the Mucusless diet, fresh juices, should be a part of your daily nutrition.

"Fresh Vegetable and Fruit Juices" is a wonderful book by Dr. Norman W. Walker D. Sc. This book provides information on those juices specific for the nutrition needed in different health concerns. Many have used juice therapy to heal themselves from chronic and serious diseases. Dr. Christopher used this approach in his book called "Curing the Incurables". He also used fresh juice to begin the extended cleansing program in his book called the "Three Day Cleanse and Mucusless Diet"

Most of us have grown up on the Standard American Diet (SAD) and need to do some cleansing and nourishing. Juicing is an easy and excellent way to do this. A couple of things to remember when juicing are first, "Fresh Is Best"! Second, allow the juice to remain in your

mouth to mix with the saliva well. "Chewing" your juice begins the digestion process which aids in assimilation of nutrients and helps to keep blood sugar levels stable.

A good example of a juice that is in season right now is watermelon. Watermelon has anti-aging properties. It also helps in ridding the body of parasites. Remember to savor and enjoy the delicious "Fountain of Youth" that fresh juices offer from the abundance of phytonutrients, and antioxidants. Cheers!

Yvonne Lunt Salcido is a Student Advisor for and a Master Herbalist Graduate of the School of Natural Healing. She is a current student at Utah Valley University majoring in Health and Wellness Education.