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Opening Extract from...

Juice

**The Ultimate Guide to Juicing
for Health, Beauty and Wellbeing**

Written by Liz Earle

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Introduction

p.6

– 1 –

Why juice?

p.8

– 2 –

Getting started

p.34

– 3 –

Juice therapy &
& juice cures

p.82

– 4 –

Juicing for
weight loss

p.96

– 5 –

Juicing for
better skin

p.112

– 6 –

Juicing
for energy

p.132

– 7 –

Juicing
for life

p.148

– 8 –

Juicy foods

p.166

Useful addresses

p.188

Index

p.190

Acknowledgements

p.192

Introduction

Juicing has never been more fashionable, with almost every Hollywood superstar and natural health guru pouring praise on the potency of freshly pressed plant juices. My first book on the subject, *Liz Earle's Quick Guide to Juicing* (on which this book is based), published back in 1995, helped pioneer the subject and – far from being dismissed as yet another food fad – the popularity of juicing has soared, along with the raft of evidence to support its many health benefits. Every celebrity interview we read seems to include a new juicing regime; a host of companies now deliver fresh juice diets direct to our doors and even the local sandwich shop is likely to offer an array of fresh juices instead of the long-life, devitalised juice cartons that were on sale just a few years ago.

I've been singing the praises of juicing for over 30 years and am excited to share with you here in this beautifully photographed book their many varied health, beauty and wellbeing benefits. Juicing is both quick and easy – it's just about the fastest, cheapest and most effective health habit I know. In the next few chapters you'll discover that almost every fruit and vegetable can be used for juicing – and once you start to see (and feel) the benefits, including renewed energy, weightloss, clearer skin and increased vitality, you'll never look back! Juicing is one of the few modern health and beauty techniques that really has stood the test of time.

In *Juice*, you'll find all you need for the most novice beginner to get started as well as more advanced nutritional knowledge and new super-food recipes for the seasoned juicing fan. I'm sharing my favourite, most delicious, tried-and-trusted juicing recipes, split into sections so you can easily find them according to your need.

For the beginner, we'll start with the how-to's and why's of basic juicing techniques, including how to choose your juicer and some comprehensive advice on which fruits and veggies are best for first-time juicing. I've added a complete listing of all the produce you're most likely to want to juice, together with their juice rating, as well as information on many of the newer and more unusual juicing ingredients, from acai seeds to wheat grass.

For the experienced devotee, you'll also find my all-time, best-ever, inner-cleansing juice diets, including one-day and three-day fasting and detoxing programmes. These are some of the most powerful 'juice cures' and you'll find these together with recommended juice recipes for everyday ailments. There's a specific section on juicing for weight loss, with recommended recipes and a suggested healthy eating plan.

Natural fresh juices are also the perfect internal tonic for smoother, clearer skin and I've included special youthful-skin recipes as well as skin cleansing combinations for the most radiant-looking skin.

Juicing is just brilliant for boosting vitality and is an excellent way to increase natural energy levels, especially useful for those of us with hectic, over-stressed lifestyles.

Juicing is something that works for all ages and stages of life, from the first few sips of a baby's juice to nutritious, easy to digest formulas for the elderly or those convalescing after illness. There's no surer way to get back on your feet or to absorb vitality-boosting nutrients in such an easily assimilated form – from the very young to the very old.

Last, but not least, juices are incredibly versatile and useful for any cook, so I've included a selection of my favourite recipes for 'juicy foods', from soups to sauces, muffins and more.

Welcome to the wonderful world of juicing – enjoy the sheer fun and great taste of fresh vitality on its way to you. Sip Sip Hooray!

Liz Earle, MBE, LL.D

January 2015





- 1 -

Why juice?

Fresh juices have the power to nourish, cleanse, protect, soothe and heal. Unprocessed and often unpeeled, you get all the nutritional benefit of fruit and veg in one delicious glass. Once you start to include juices in your daily diet I defy you not to develop a healthy addiction to drinking some form of fresh juice every day.

There has always been much debate about the relationship between healthy eating and freedom from disease. While some people think there is little or no relationship between the two, various naturopaths and dietary experts believe our entire nutritional wellbeing is the pivot on which health and disease balance. We know that many of the chronic, and increasingly prevalent, diseases commonly associated with the typical 'Western' diet, such as colon cancer, high blood pressure and diabetes, are almost unheard of among other cultures with different eating habits. More recently, a diet high in refined sugars and starches (carbohydrates) has been specifically identified as the likely cause of these diseases.

Modern food is becoming less and less healthy as we demand greater economic returns from crops and more refined and processed 'convenience foods'. We're losing sight of the natural product itself. Commercial farming is intensive, competitive and relies on chemical fertilisers and pesticides to sustain high yields. This drive for quantity over quality not only robs the soil of nutrients but also leaves harmful chemical residues in the growing plants. Food processing further depletes and destroys vital nutrients, so



by the time food gets to our table there is far less of the original goodness left. Juicing fresh ingredients can return us to a more natural diet – making the critical difference between being poorly nourished or well-nourished.

While research is continually ongoing in the fields of nutrition and health, many health experts and practitioners believe that nutritional deficiencies are one of the most common contributors to disease and yet they are one of the most easily preventable factors in the modern age. So few of us in the so-called 'developed world' follow a healthy life plan of wholesome, balanced eating and regular exercise that it is scarcely surprising that we suffer from a long list of chronic complaints, ranging from arthritis and diabetes to coronary heart disease and cancer, which affects the quality of our lives and, ultimately, can result in early death.

Health isn't something that can be turned on or off overnight. It is not what we eat or drink occasionally that determines our wellbeing, but what we consume out of habit, every day. That's why it is so important to eat natural, well-balanced foods, directly from nature's garden, not via a processing plant. Drinking fresh fruit and vegetable juices forms a valuable part of the dietary journey back to health and happiness and their greatest benefit is derived when they are combined with a healthy diet, positive thinking, correct breathing and regular exercise.

The fact that juices are so easily digested and assimilated helps to explain why they have such a health-building impact on the body. We can make maximum use of the nutrients, essential vitamins, minerals, amino acids, enzymes and antioxidants they contain at minimum cost to the digestive system. Juices have the power to help protect us from illness by providing high levels of easily absorbed nutrients that are specifically needed to strengthen the immune system. They are a quick and easy way to maximise our nutritional intake to benefit every cell in the body, stimulating our metabolism, while the non-soluble fibre content ensures our gut functions optimally. All these things help to maintain a healthy, vibrant body. So drinking fresh juices is a wonderfully healthy habit to acquire – and it's very simple.

Ten Good Reasons to Juice

1

Juices are rich in active enzymes to aid digestion

2

Juices are packed with essential vitamins and minerals

3

Juices help eliminate toxins and boost our vitality

4

Juices help clear the complexion and give skin a radiant healthy glow

5

Juices contain essential amino acids

6

Juices are rich in the superfood chlorophyll

7

Juices help balance the body's acid/alkaline levels

8

Juices are rich in antioxidants that protect us from disease and premature ageing

9

Juices help with weight reduction

10

Fresh juice tastes great!





- 2 -

Getting
started

Equipment

The first thing you need, if you don't already have one, is a juicer, ideally one of the high-speed electric juicers. These not only work for citrus fruits but can also extract juice from hard fruit and vegetables such as carrots, beetroot, apples and potatoes. It is definitely worth checking whether the juicer can be washed in a dishwasher (they can be fiddly to clean) since high dishwasher temperatures could warp some plastic parts.

The juicer market has exploded in recent years and there are very many different types and models of electric juicing machines to choose from. Juicers generally fall into three categories:

- **Citrus presses**, which, as their name suggests, essentially only press oranges, grapefruits, lemons etc. They are not suitable for juicing the whole fruit.
- **Centrifugal juicers**, which work by means of a rapidly spinning blade and centrifugal force whizzing around a central cavity, forcing pulp one way and juice the other. Most kitchen appliance brands have their own versions (some brands make several different varieties). The main differences tend to be the power of the motor. The more powerful the machine, the faster it will juice. The more powerful machines may also be slightly better built, as they need a sturdier housing for the motor. They can be a good investment if you're intending to juice on a daily basis, as being more robust, they tend to have a longer working

Now that we know why fresh juices are so enriching for health, beauty and added vitality, it's time to get started. A well-thought-out juicing programme can be the first step towards a fresh, revitalising health regime and a Brand New You!

life. Much has been written about the benefits of 'slow juicers' which – as their name suggests – crush fruit and veg in a slower way, more akin to a cold-pressing action. The theory is that this preserves nutritional values by avoiding excess heat in the rotor blades, but research has shown that high-speed juicers are more efficient at extracting the juice (and therefore higher levels of nutrients) so may be a better option. My personal favourite juicing machine is one with a high-powered motor and wide 'feeding tube' to accommodate whole apples and larger pieces of veg – which also saves time chopping!

- **Masticating juicers**, these have more of a grinding action, are slower but can also be more efficient (they extract about a third more juice than some centrifugal juicers). Masticating juicers can juice a wider variety of produce, including herbs and plants (such as wheat grass), nuts and seeds. It's claimed that they crush juices using far less heat, thereby reducing oxidation (so your juice will last longer) but are also highly efficient, so retain more nutritional value. However they are much more expensive and not an essential piece of everyday kitchen kit.

Sourcing your fruit and vegetables

Having bought your juicer, the next essential step is to establish a good, plentiful and inexpensive source of fresh fruit and vegetables. It's worth scouting around your local area to see what's available – you may have a farmers' market nearby, or be able to organise a weekly veg box delivery. Local greengrocers are a good option and may offer bulk discounts for regular customers, or reduced prices just before closing time (supermarkets do this too). You may even be lucky enough to pick up bags of free farm produce that is too misshapen to be sold in the shops – search online or see pages 188–189.

To be sure of the quality of the fruit and veg they should be organic or grown without the use of toxic fertilisers or pesticides. This is especially important when juicing produce in their skins (such as apples, carrots, etc). If juicing skins-and-all, scrub first with a brush in warm, soapy water, then rinse well and pat dry before juicing. This will remove most of the sprayed-on chemical residues, such as post-harvest fungicides. I also wash the skins of fruits that are to be peeled, such as oranges, as traces can linger on knives and chopping boards. When in doubt – wash! Organically grown crops are free from harmful chemicals and benefit from higher levels of nutrients, such as antioxidants. Intensively farmed crops are grown in soils depleted by aggressive farming methods. Artificial fertilisers can cause minerals such as calcium, magnesium and selenium to be so diluted in the soil that they are not taken

up by the plants. Pesticides can accumulate in our bodies, affecting our digestion and interfering with nutrient absorption. Although all pesticides are thoroughly tested, many were originally approved when standards were comparatively lax. In addition, pesticides are tested individually and no one knows what the long-term effects are of ingesting a daily cocktail of these chemicals. It may come as a surprise to learn that, despite the health warnings, the use of pesticides has steadily increased over the years. Alarmingly, pesticide residues in fruit and vegetables almost doubled in the UK between 2003 and 2013. Almost half of our food contains toxic pesticide residues and some residues found in fruit and veg exceed the permitted limits. The highest levels are found in soft citrus fruits, such as tangerines and satsumas. The most recent study published in the UK (2011), at the time of writing, showed that all samples tested contained pesticide residues, with 96 per cent containing residues of more than one pesticide. That study revealed soft citrus, oranges, pineapple and grapes all had pesticides at levels exceeding the UK government's permitted MRLs (Maximum Residue Levels). So at the very least it is worth ensuring that these fruits are sourced organically.



The inner-cleansing juice diet

Just as it sounds, inner cleansing means a focus on removing unwanted waste matter from the body. One of the very best ways to cleanse is by fasting, either on water alone or on juices. Juices are nature's cleansers and either on their own or combined with solid food they make a huge difference to how we look and feel. This chapter provides recipe ideas for juice-fasting and a healthy eating plan for an all-round cleansing (detox) diet.

Inner cleansing through detoxification has been practised for thousands of years, which definitely rules it out as being the latest health fad. Toxins are nothing new either; they have been around for as long as fasting and are formed as natural by-products of the digestive processes, such as uric acid, lactic acid and adrenalin. The theory is that if the body is overburdened with waste products it cannot efficiently eliminate these natural toxins – let alone deal with all the artificial toxins and pollutants we accumulate from chemicals and other environmental hazards. The excess wastes and impurities of today's world build up in our bodies, resulting in slow metabolism, fatigue, tired or blemished skin, dull hair and eyes and general malaise. All these signs tell us that we need to inner cleanse. A healthy system can cope with a certain amount of toxic material, but bombard it with an overload of salt, sugar, alcohol, cigarette smoke, stress, worry, allergens, frustration, anger or chemicals, coupled with a lack of exercise and bad diet – it is scarcely surprising if our bodies start to complain and crumble.

Summer Slimmer

Strawberries help to increase the body's production of a hormone that stimulates our metabolism and may act to curb our appetite. Anthocyanins, a chemical constituent of strawberries and other red berries, including grapes, stimulate the hormone adiponectin, which is produced by fat cells – and, usefully, this hormone stimulates fat burning. The addition of cabbage in this juice adds important sulphur for liver support, but does not detract from the summery strawberry flavour. Extremely refreshing and a natural appetite-quencher.

12 – 14 strawberries

1/5 small Savoy cabbage, roughly chopped

1 small handful fresh mint leaves

Juice all the ingredients, mix well and serve immediately.



Juicing is so much more than a health kick or a means to shed pounds or encourage radiant skin – it's also the perfect culinary strategy for improving the nutrition of children or elderly members of the family. In fact anyone who is picky about their food, who has a smaller appetite or finds it more difficult to chew or swallow, or whose digestive system is not working optimally can benefit from the goodness of drinking nutrient-rich fresh juices.

Children are notorious for not eating their greens (or any vegetables in some cases!) so making them colourful juices can help to ensure they get the nutrients they need. And as always with trying to feed children, it's about making it fun and interesting, so juices in crazy shades could be a great way of getting their nutrients in. The key to a healthy child is a strong immune system, to fight disease-producing organisms such as viruses, bacteria and parasites. Very often nutritional deficiencies are the reason for children having chronic immune problems and this is because it is easier for bacteria or viruses to invade and thrive when vital nutrients are missing. Important nutrients needed for a strong immune system include vitamins A, C, D, E and the minerals manganese, selenium, zinc, iron, calcium and magnesium.

Regardless of age, we all need to have a good digestive system and for this to function optimally our gut needs to be colonised by beneficial bacteria that help fight infection. Not only do these bacteria defend our bodies, they also nourish us by producing vitamins B1, B2, B5, B6, K and essential fatty acids, antioxidants and amino acids. Many strains of bacteria also produce enzymes that help break down food. Nutrients in foods that have been fermented with bacteria cultures, such as yogurt, miso or sauerkraut, are more likely to be readily absorbed than nutrients in non-fermented versions of the same ingredients – for example, milk, soy or cabbage.

Incorporating probiotics or prebiotics in our diet may offer some health benefits as they can change the bacterial balance in the body by increasing and supporting the kind of helpful bacteria that can destroy or reduce infection. The first, probiotics, are available in powder or capsule form and in products such as yogurt, dairy drinks and infant formulas to which specific probiotic cultures have been added. What is important is the number of beneficial organisms – and the strain – as certain strains appear to be helpful only for certain conditions. The table overleaf lists examples of a few beneficial bacteria-boosting strains. Unlike probiotics, prebiotics are not digested, they simply pass through the body, acting as 'food' for healthy bacteria in the gut. As well as improving calcium absorption, they also support both digestive and immune health. High concentrations of the prebiotic fructo-oligosaccharides (FOS) can be found in chicory root, asparagus, leeks, onion, Jerusalem artichokes, peas and lentils. Both probiotics and prebiotics can be purchased in capsule form. These are fragile organisms and need to be kept cool to be effective and survive, so make sure you buy capsules that are stored in a refrigerated cabinet. Most good health stores will stock them.