

JUICING

This is one of the most effective things you can do - concentrated nature!

It takes about 20 minutes to make a batch of juice. This investment is repaid manyfold by the vitality you gain.

Buy a juicer, not a smoothie maker (which are good too but less so). Go for robustness and a good sized hole in the top.

Juice organic as much as possible.

Make juicing an automatic routine as then you will carry on doing it. Ordering a weekly delivery rather than depending on supermarket visits is one trick to make this happen

Wash but don't peel your veg and fruit (except citrus).

Everything should be be juiced raw, including things you would normally cook

Vegetables are much more health-giving than fruit as a rule.

Aim at 1 litre daily. Find a regular time of day to make it, store in a thermos in the fridge and drink in increments over 24 hours.

'Chew' each mouthful to mix in the salivary enzymes and start digestion.

You can juice just about anything edible, do experiment.

This is a good mix:

Item	Proportion
Celery	++
Cucumber	++
Carrot	+
Beetroot	+
Green veg	+

...and you can add lemon, ginger, watercress, garlic, chilli etc to taste

SMOOTHIES

This is less powerful though easier to do than juicemaking. Being easier it is more likely to happen. It really pays off in my experience and I fondly imagine that I am helping secure my future wellbeing by doing it. Having juiced daily for over 25 years I have switched largely to smoothies now, for their convenience.

Get a dedicated smoothie maker, not a blender.

The principles are as above however:

Smoothie makers can't break down the cells as much as juicers. That's why they're not as nutritious (although they contain more roughage, which is good for most people). It means too that they can't take solid items like beetroot or carrots. Therefore stick to things that yield liquid and replace the beetroot etc with lettuce, pak choi and so on.

Get your family addicted too as a way of getting juicing/smoothie making off the ground as a first step to a weller-than-the-next person future!