

## 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 from a department store. Go for robustness and a good sized hole in the top. The 'Jack La Lane Power Juicer' and the Phillips' 'HR' and Breville ranges all have good reputations  
Juice organic produce only (0845 262 6262 deliver and have a good range)

If you run out of organic I think it best not to juice at all

To make juicing an automatic routine order a weekly delivery rather than depend on supermarket visits

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

Once made, drink the juice straight away, as it deteriorates fast

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

Have 1 litre or more daily, best done first thing in the morning. Even better, fill up a thermos with iced juice and sip this over the day

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