



Wisdom for Healthy Living

JUICING and The JUICE of life!

RESET YOUR BODY!

BACKGROUND

Because of our fast-paced modern lifestyles, it has become nearly impossible to ingest enough raw vegetables (containing their antioxidants, Phyto-chemicals, living minerals, enzymes, vitamins and more) to be optimally nourished. On top of that reality, many people today are also exposed to unnatural and abnormal amounts of pollution, stress, time constraints, toxins, trick and cheat foods that cause the masses to experience malnourishment and toxicity. Sadly, many people are already victims as they are in a state of being advanced malnourished and drained with no vitality and may already experience advanced 'dis-ease' conditions like cancer, diabetes type two, obesity, no energy with a compromised immune system, etc.

Why juice?

1. Boost your IMMUNE SYSTEM!

Your immune system is key to protect you in densely populated areas against viruses' bacteria and cancer. The advantage of juicing raw vegetables lies in separating the juice from the fibre, thus retaining the bulk of the nutrients in the juice. Because the fibre has been removed, these fresh, living nutrients in the juice can enter the bloodstream and at a cellular level quickly, without the time-consuming and energy-depleting process of digestion.

Juicing vegetables provides one of the best sources of nutrients for building and regeneration of our bodies and cells.

Unfortunately, many times most of the vegetables we ingest are overcooked. It is essential that we eat more RAW food, this is important as we need the living enzymes (also called the sparks of life). I am not by any means against cooking, but I feel that we consume way too many cooked foods.

With a juicer, you make it quick and easy as you are drinking your raw vegetables or "salads".

2. MAKE your own MEDICINE

When you are sick, instead of chemical and possibly harmful medicines, you can add herbs like fresh ginger root and make your homebrew of NATURAL MEDICINE. For example, it has been proven repeatedly that ginger is 1 000 times more effective than chemotherapy.

3. DETOX with a daily VEGGIE JUICE

The profound number of antioxidants in vegetable juice helps to mop up toxins that are present in your body.



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4. Make your juicer your supplement factory.

Because you remove the nutrient-poor fibre, you are literally condensing nutrients and essentially you are making your fresh food supplements. A good juicer will empower you to make inexpensive, fresh, homemade, natural, organic and superfood supplements.

5. TIME SAVER

Instead of spending long and warm hours in front of a stove, you can have a nutrient-rich juice made and consumed in less than 30 minutes.

SUMMARY:

Juicing is the most natural, fast and cost-effective way to get nutrients to the cellular level. And it helps to:

- **Regain and boost your health and vitality**
- **Detox cells**
- **Boost your immune system with mega loads of antioxidants**
- **Purify the blood**
- **Accelerate healing with ample building blocks to replace damaged cells.**
- **Spike the energy levels**
- **Supply nutrients in synergy.**
- **Balance your pH**
- **Hydrate the body**

In short, juicing is the best and safest way to counteract the unnatural convenience lifestyle that renders our bodies overfed and malnourished. Bear in mind, juicing is not a passport to cheat and deviate from a healthy diet.

When sick:

I would suggest you drink one fresh juice at least once or preferably twice a day. Healing centres all over the globe use juicing therapy. If you cannot afford a juicer, improvise! How desperate are you to get well? Consider selling some of your non-essential luxuries, your microwave oven or TV! No price is too high where your health is concerned. We are quick to complain about the high cost of healthy living, yet we would happily invest in that supersized flat-screen TV, mobile phone, digital camera or latest state-of-the-art iPad! Our priorities are somewhat skewed. Remember, your health is your wealth and it is well worth investing in.

My favourite recovery juice recipe:

- 3 Carrots
- ½ Beetroot
- 1 Spinach leaf
- 2 Celery leaves
- 5mm thick Ginger root slice



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- 1 Parsley leave
- A Handful of Barley, Oat or Wheatgrass
- ½ Apple (optional for kids)
- ½ Lemon, skin inclusive

This recipe is a combination of green, yellow and red vegetables, plus powerful herbs and fruit (optional). Remember, this is a highly concentrated drink. Always dilute it with a 50/50 ratio of pure water. If you are a diabetic or suffer from cancer it is advisable to limit all fruits and some of the root vegetables as they contain high amounts of sugar. Replace the above-mentioned with cucumber and/or cabbage.

Juicer selection

Now, concerning your choice of juicer:

Not every juicer produces the same desired results. There are horses for courses. To make healthy juice, one needs a proper slow-speed juicer; preferably a gear juicer or a gear juicer combined with an auger juicer, which introduces you the ANGEL juicer technology. The Angel juicer is the most advanced juicer that gives the best juice yield of all the juicers on the market. These juicers not only give you the best juice yield but are also not limited in their functionality, they'll let you create beautiful sorbets, nut butters and so much more. Whereas the usual cheap centrifugal juicers (mostly for fruit) are definitely not recommended; for example, they cannot juice green leaves, yet green leaves are a vital ingredient for good health. I explain all the juicer options and technologies in detail in my book, *GO NATURAL Wisdom for Healthy Living*. You are welcome to contact us should you be interested.

But remember –the best JUICE comes from the best JUICER.

Remember: YOUR BODY is your RESPONSIBILITY not your doctors.

We are sadly living in a fallen world and our food chain has been made inferior and modern processed food is not good enough to sustain a healthy body. I urge you to live in wisdom and to adopt the GO NATURAL diet and lifestyle.

Know you not that you are the temple of GOD” *1 Cor 3:16, KJV*

My prayer for you: “Let us live in wisdom so that we can deviate from manmade ‘dis-eases’ and that we can complete our divine calling for the glory ... of our CREATOR”