

The Benefits of Juicing

By Cherie Calbom, MS



TV hosts such as Dr. Oz have taken juicing and green smoothies to mainstream America, and the popularity of juicing has soared. It's catching on with all sorts of people – from soccer moms to busy executives, stars and athletes. That's because it's a quick, easy and economical way to get healthy and stay fit. Many stars eat raw food and juice to prepare for a role or an appearance. Some athletes power up their performance with the high-energy fuel of raw juice. But for most Americans, it's a way to energize their day and get healthier.

People who embark on a juicing-for-health program often get excited because they lose weight so easily. But after the initial thrill of the pounds melting away without a lot of effort, they usually say weight loss became secondary to all the other great health benefits they experienced.

It may seem too simplistic that what you eat or drink could have a profound impact on your health. But a recent study, which evaluated surveys of 500 people on a living foods diet, showed amazing health benefits from choosing raw foods. (Freshly made juice is the supreme raw food). The study showed that more than 80 percent of the people surveyed lost weight. But that was only the beginning of their transformation. These people reported marked improvements in immunity, digestion, allergies, women's issues, and chronic illness. They enjoyed better sleep and the need for less of it.

They also described improvement in many skin conditions such as eczema, skin eruptions, dryness, oiliness and susceptibility to sunburns. Their hair grew thicker, stronger and more lustrous, with decreased thinness, weakness, oiliness, dryness, dullness and dandruff. Nail strength improved. Body odor decreased sharply while eyesight and sense of smell improved. There was a marked increase in energy, and a significant decrease in addictions and use of medications. Results also showed a substantial decrease in allergies. And, the vast majority of respondents (87.5 percent) reported better mental, emotional, and spiritual health.¹

So what's really going on when people consume live juice that could offer such stellar benefits? When you consistently drink fresh raw juice, especially vegetable juice that includes plenty of dark leafy greens, along with eating lots of vegetables and fruit and a very healthy diet, your whole internal environment changes. Juice, which is rich in antioxidants, cleanses the body of stored wastes and toxins that interfere with the proper functioning of cells and organs. This garden-in-a-glass offers an abundance of vitamins, minerals, enzymes, phytonutrients and antioxidants – a cornucopia of nutrients that increase the micro-electric potential of the cells. This improves the body's use of oxygen so the muscles and both the muscles and brain are energized.

A healthy, vibrant internal environment is a key to optimum health. This means our cells, organs, and systems are able to do the jobs they are designed to do. A healthy bio-terrain also requires plenty of enzymes, which are abundant in raw juice. Further, vegetables and fruit are very alkaline, which helps to balance a diet that is often quite acidic for most Americans.

Raw juices are also replete with biophotons – those light rays of energy plants get from the sun. When we pasteurize juice (all commercial juices are pasteurized even the ones in store refrigerators) those beautiful rays of energy are destroyed. The latest research by Professor F.A. Popp and Dr. H. Niggli shows that, in addition to the chemical composition of our food, light energy (biophotons) is an important factor in food value.²

The more light a food is able to store, the more nutritious it is. Naturally grown, sun-ripened, fresh vegetables and fruit are rich in light energy. Therefore, the capacity to store biophotons is a measure of the quality of your food. Stored energy from the sun finds its way into your cells via food in the form of these minute particles of light. They energize cells by supplying fuel for the mitochondria (the energy furnaces of your cells that pump out adenosine diphosphate, the fuel that is used by cells). Practically speaking, this means you feel more energized and your metabolism revs up.

Often, people who can't lose weight because of toxins, find that fat just melts away on this diet, which includes two glasses of vegetable juice a day along with a low-carb diet that is rich in living foods. One reason juice facilitates weight loss is because it's concentrated with nutrients. Along comes the antioxidant-rich juice that binds up toxins and carries them out of the body. Then, the body can let go of fat cells that were storing toxins to protect delicate tissues and organs.

People often report that when they change their diet to include plenty of live juices, their body undergoes a transformation similar to a caterpillar becoming a butterfly. They start feeling better, lighter, and more energized as time goes on. Sleep improves. Energy kicks up a notch, and mood improves. The mind becomes more alert and creative, while disorganizing brain fog fades away because all the nutrients in fresh juice help the mind and body revive.

In the process, overall health improves. Ailments and chronic diseases begin to heal for many people. Then, a person's whole life changes because they have the energy to accomplish their goals.

[Cherie Calbom](#) earned a Master of Science degree in whole foods nutrition from Bastyr University. She is author of the best-selling book, “The Juice Lady’s Turbo Diet,” along with seventeen additional books including “Juicing, Fasting, and Detoxing for Life.” She has appeared on scores of TV shows including CNN and Fox National News.