

the
Healthy Juicing
Guide
to Juicing

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Introduction

Hey!

In this Guide to Juicing, I take you through the process of juicing step-by-step. With lots of great pictures and clear instructions, you'll be juicing in no time.

By the end of this short guide, you'll know how to:

- choose the right juicer
- set up your juicer
- use your juicer
- clean your juicer

Rather than figuring it out yourself and making a bunch of mistakes along the way, you'll be able to get down to business and enjoy the benefits of juicing immediately.

My hope is that you'll make juicing a permanent part of your life.

Once I discovered how great juicing made me feel, I made it a habit to drink fresh juice daily. That habit has transformed my life, allowing me to accomplish more, build better relationships and feel incredible.

If you make juicing a part of your life, you'll:

- feel lighter and more energetic
- radiate vitality
- live longer
- enhance your digestive function
- enjoy better skin
- lower your risk of cancer, heart problems and a variety of debilitating diseases

Let's get started!

Step 1 : Get a Juicer

There are three main types of juicers:

- Centrifugal
- Masticating
- Triturating

Centrifugal Juicers are the perfect fit for the budding beginner. They are cheap, simple to use and easy to clean. They use an extremely fast engine which makes juicing a snap.

Recommended: Breville Juice Fountain

Pros	Cons
<ul style="list-style-type: none">• cheap• great for beginners• simple to use• easy to clean	<ul style="list-style-type: none">• lower juice quality• lower efficiency• very loud• not suited for leafy vegetables



Masticating juicers are a step up in the world of juicers. With a slower engine, they produce juice which is higher in quality and quantity than centrifugal juicers.

Recommended: Champion 2000 Household Juicer

Pros	Cons
<ul style="list-style-type: none">• higher juice yield• higher juice quality• perfect for leafy vegetables• quiet	<ul style="list-style-type: none">• time-consuming• expensive• heavy



Triturating juicers tend to be expensive, but if you've got the cash, you may want to dish out. Of the three types of juicers here, triturating juicers make the best juice quality and make the most of it. Despite their pros, they are not suitable for beginners.

Recommended: Green Power Gold Juicer

Pros	Cons
<ul style="list-style-type: none">• best juice yield• best juice quality• perfect for leafy vegetables• quiet	<ul style="list-style-type: none">• not suitable for beginners• small feed chute• very expensive



For the example in this guide, I'll be using the Breville Juice Fountain, which is a centrifugal juicer. If you're new to juicing, start with a centrifugal juicer like the Breville Juice Fountain, as it makes it simple and easy to get started.

To help you out, the pictures below explain the various parts of the juicer and its functions. If you have a centrifugal juicer, you should be able to follow the instructions in this guide, as they all tend to be similar.



The centrifugal juicer I used for this guide.



The jug.



The pulp collects here.



Use this to push fruits and vegetables down the chute.



The engine causes the strainer to spin at a very high speed. The centrifugal force causes the juice to pass through the strainer and make its way into the jug.



The juicer engine.



This part goes on top of the juicer and ensures that you don't get covered in juice when you turn it on.



The juice catch.

Step 2 : Get Fruits and Vegetables

You're going to need some ingredients.

If you're a beginner, start with fruits, as they will be sweeter and easier on your taste buds. Once you've developed an appetite for juicing, you can focus more on vegetables to reap the incredible benefits.

For the example in this guide, I'll be making the Beet Juice Liver Cleanser.

It packs a punch and it's an incredible juice that will make you feel amazing.

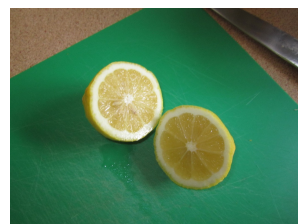
Here's what you need:

- 1 medium sized beetroot
- 1 grapefruit
- 1 lemon
- 2cm of ginger
- 1/4 tsp of turmeric
- A dash of cayenne pepper

Or if you'd like something sweeter, try this one for kicks:

- 6 large carrots
- 2 golden delicious apples
- 1.5cm of fresh ginger

Both recipes taste great.



Step 3 : Setting Up Your Juicer



1. Get the juice catch.



2. Put the juice catch on top of the engine.



3. Get the juice strainer.



4. Put the juice strainer on top of the engine. Make sure that it slots into the center part of the engine.



5. Get the pulp catch.



6. Slide the pulp catch under the juice catch.



7. Get the juicer cover.



8. Fit the juicer cover on top of the juicer, making sure it fits correctly.



9. Get the chute piece.



10. Slide the chute piece into the chute.



11. Get the safety bar.



12. Lock the safety bar in place.



13. Get the juicer jug.



14. Slide the juicer jug under the juice dispenser.

Step 4 : Making Your First Juice



1. Prepare your ingredients. Peel your citrus fruits and wash the rest. Chop into pieces that will fit down your juicer chute.



2. Turn the juicer on.



3. Start feeding your ingredients into the chute. In this picture, I'm feeding celery into the chute.



4. Use the chute piece to push the fruits and vegetables down the chute.



5. Watch the juicer work its magic.



6. Here is the pulp as it gets collected. Most people throw the pulp out or put it on their compost heap, however it can be used in cooking if you're the adventurous type.



7. For the Beet Juice Liver Cleanser, add the Cayenne Pepper and Turmeric after you've finished juicing.



8. Mix well.



9. Enjoy your glass of liquid sunshine.



10. Uh oh... time to clean!

Step 5 : Cleaning Your Juicer



1. Don't wait. Clean your juicer immediately after using it. If you don't, the leftover pulp will dry and begin to smell. Leave it long enough and you'll have fruit flies buzzing around your kitchen.



2. Rinse each piece individually. Make sure you get the juice and pulp out from the various cracks and hard-to-reach sections. If you don't get it all out, your juicer will start to smell.



3. Give the strainer a thorough scrub. Pulp tends to get caught on the strainer, so you need to pay special attention here.



4. Now, that was easy! Cleaning a centrifugal juicer is a snap. It took me less than five minutes in this case.

Before You Go...

Now that you know how to make fresh juice, get busy and have fun!

The benefits of juicing are fantastic and the more you do it, the better they'll get.

However, juicing is not a replacement for your diet. Make sure that you eat a great diet alongside juicing. It will enhance the benefits even more.

Please note that juicing strips the fiber from fruits and vegetables, so you'll need to get your fiber from what you eat. Take an apple to work and eat a salad before dinner. Find ways to ensure you get adequate fiber, or you'll likely become constipated, no matter how much you juice.

Experiment with fruits and vegetables. I tend to focus on vegetables for the nutritional value and fruits for their sweetness value. Use fruits to sweeten up juice that would otherwise be a little on the bland side.

If you need ideas, you'll find lots of yummy recipes here - <http://www.healthy-juicing.com/juicing-recipes.html>

Happy juicing!

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If you have enjoyed this guide, send me an email at john@healthy-juicing.com to let me know. I love feedback, whether it's positive, negative or somewhere in between.