

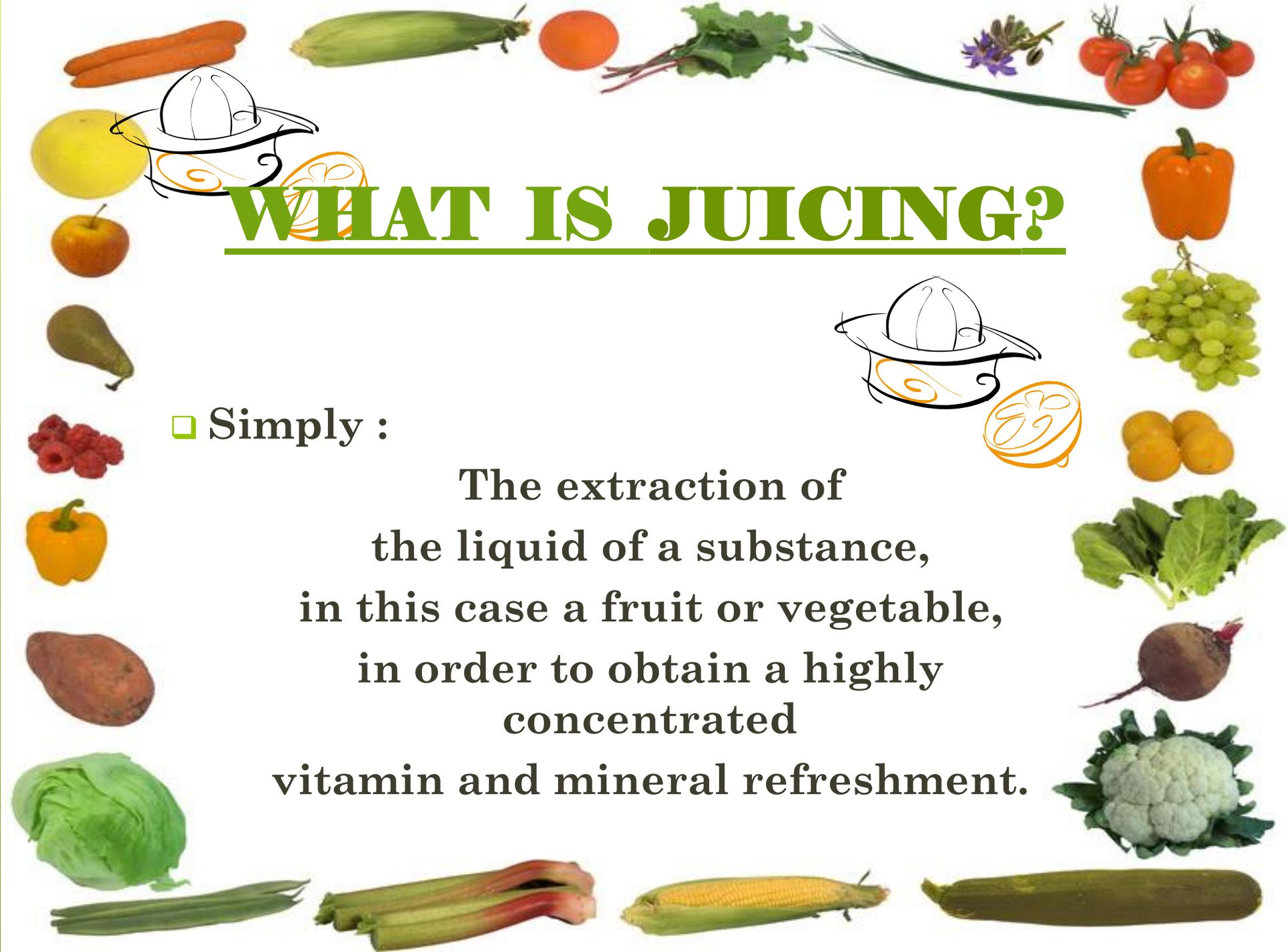
A vibrant assortment of fresh fruits and vegetables is displayed against a dark background. The collection includes leafy greens like basil and lettuce, a whole ear of yellow corn, several red and yellow bell peppers, a green bell pepper, a head of purple and white striped radicchio, a head of dark green broccoli, a large orange bell pepper, a red apple, a whole orange, and several ripe red strawberries. The items are arranged in a dense, overlapping pile, creating a rich and colorful composition.

BENEFITS

OF

JUICING

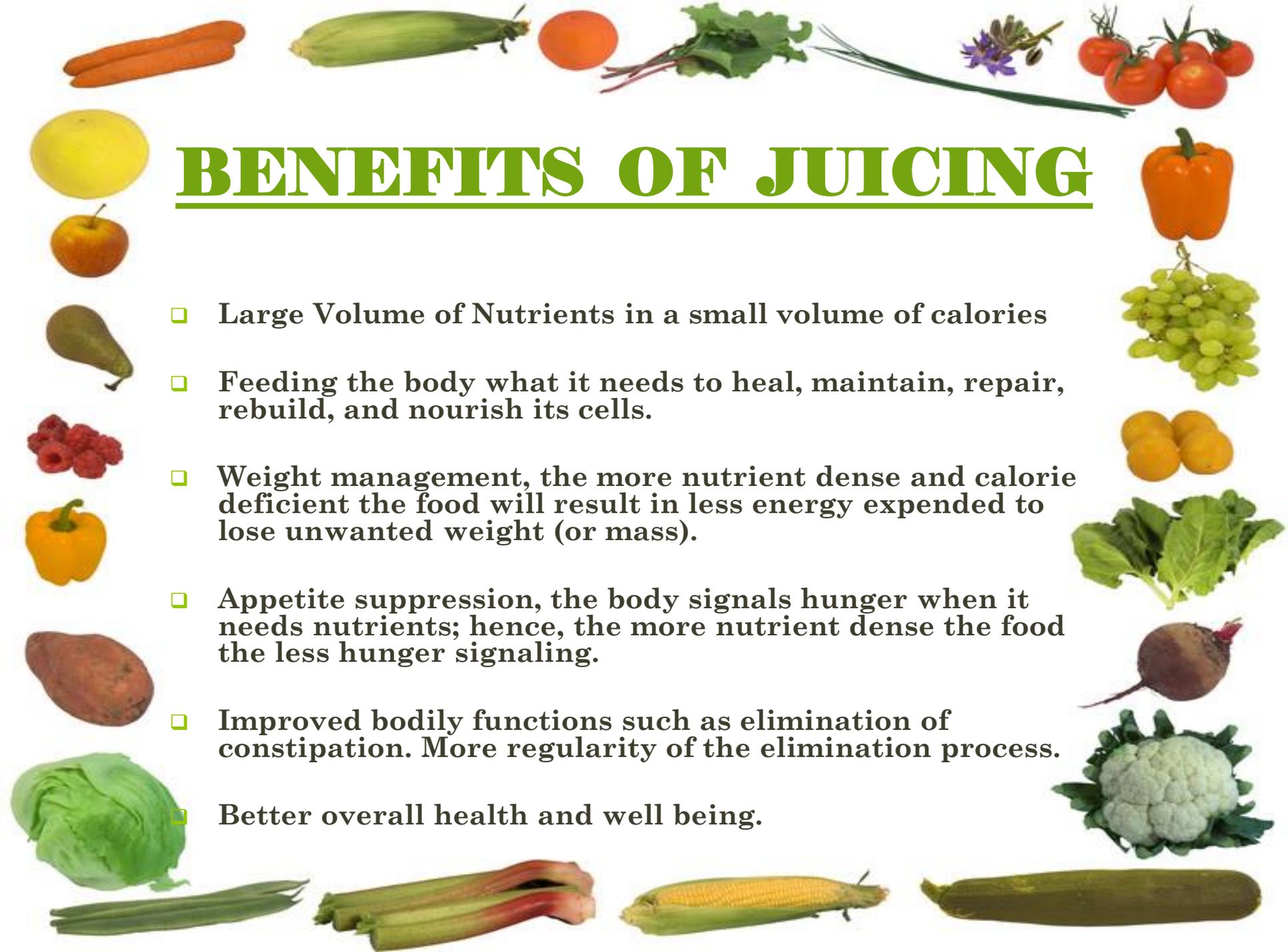
Presented by Niles Boyer



WHAT IS JUICING?

□ Simply :

The extraction of
the liquid of a substance,
in this case a fruit or vegetable,
in order to obtain a highly
concentrated
vitamin and mineral refreshment.



BENEFITS OF JUICING

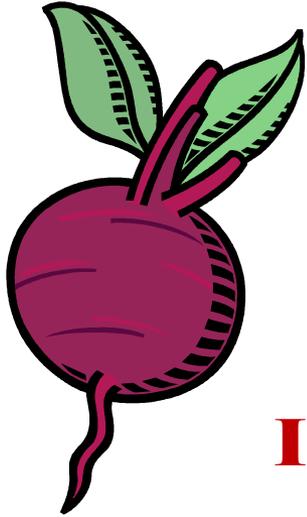
- ❑ Large Volume of Nutrients in a small volume of calories
- ❑ Feeding the body what it needs to heal, maintain, repair, rebuild, and nourish its cells.
- ❑ Weight management, the more nutrient dense and calorie deficient the food will result in less energy expended to lose unwanted weight (or mass).
- ❑ Appetite suppression, the body signals hunger when it needs nutrients; hence, the more nutrient dense the food the less hunger signaling.
- ❑ Improved bodily functions such as elimination of constipation. More regularity of the elimination process.
- ❑ Better overall health and well being.



GETTING STARTED

- ❑ Juicer Purchase
- ❑ Motivation through Education
- ❑ What does my body need to function at its optimum capability
- ❑ Change our diet (how and what we eat), not a fad diet
- ❑ Embrace the produce section at the market





BEET JUICE

Ingredients

- ❑ **2 Cups Chopped Beets with Greens Attached**
- ❑ **1 Cup Peeled Lemon**
- ❑ **3-4 Celery Stalks**



Benefits

- ❑ **Contains the plant pigment (betalain) powerful antioxidant, anti-inflammatory, fungicidal and detoxification aid.**
- ❑ **Contains all of the minerals from the list and all but two of the vitamins.**
- ❑ **Beets contain vitamin A, Vitamin C, Vitamin K, as well as calcium, iron, magnesium, potassium, copper, sulfur, silica and choline.**
- ❑ **Lemons aid in PH balance to alkaline.**

LIVER IMPROVEMENT

GREEN JUICE

Ingredients

- ❑ Dandelion - 1 bunch
- ❑ Kale - 1 bunch
- ❑ Parsley - 2 bunch
- ❑ Cucumbers - 2
- ❑ Celery - 1 bunch
- ❑ Ginger 1 2-inch
- ❑ Lemon - 1 or 2
- ❑ Apple's - 4-5

Benefits

The list OF all the minerals OF most major vitamins is almost infinite:

- ❑ Anti-oxidant
- ❑ High in Vitamin A, C and Calcium and notice no milk (cows) in the ingredients
- ❑ Ginger is great for digestion and anti-inflammatory
- ❑ Lemons are PH balancer
- ❑ Celery has natural sodium associated with lowering blood pressure
- ❑ Cucumbers aid in digestion and balance estrogen levels
- ❑ Parsley aids in the elimination process

MEAN GREEN JUICE



Ingredients



- ❑ Kale – 5 large leaves
- ❑ Cucumbers – 1 to 2
- ❑ Lemon – 1 peeled
- ❑ Apple - 1
- ❑ Ginger Root – 1 1-inch
- ❑ Celery Ribs – 1 -2 large



Benefits



Getting punched in the mouth
with
a fist full of vitamins and minerals

It's not called

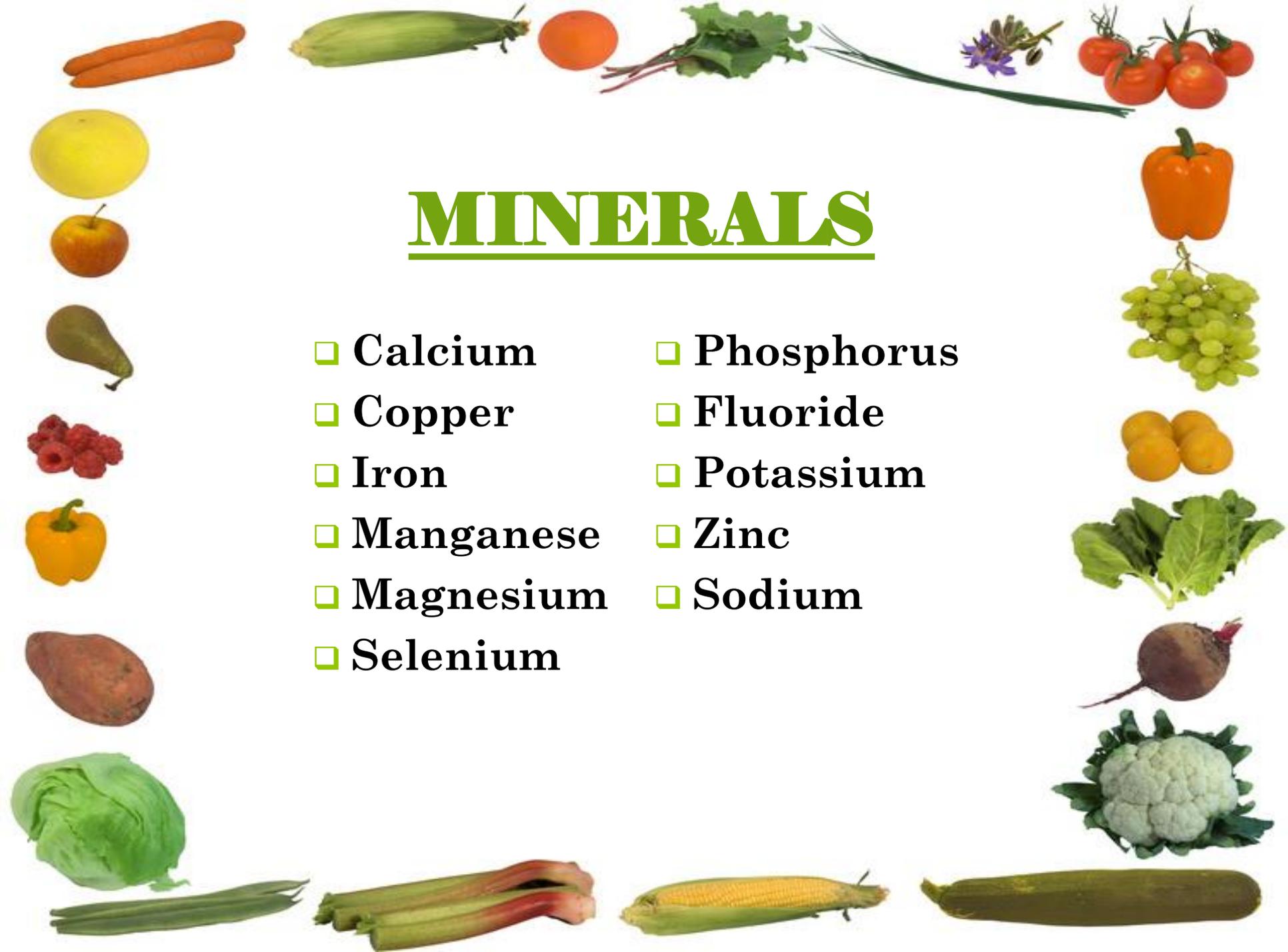
MEAN

for nothing



ESSENTIAL VITAMINS

- ❑ Vitamin A
- ❑ Vitamin C
- ❑ Vitamin D
- ❑ Vitamin E
- ❑ Vitamin K
- ❑ Thiamin
- ❑ Riboflavin
- ❑ Niacin
- ❑ Vitamin B6
- ❑ Folate
- ❑ Vitamin B12
- ❑ Pantothenic Acid
- ❑ Thiamin
- ❑ Choline
- ❑ Betain



MINERALS

- ❑ Calcium
- ❑ Phosphorus
- ❑ Copper
- ❑ Fluoride
- ❑ Iron
- ❑ Potassium
- ❑ Manganese
- ❑ Zinc
- ❑ Magnesium
- ❑ Sodium
- ❑ Selenium



VITAMIN A



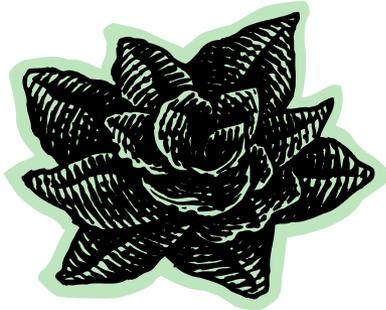
Functions

- ❑ Immune support
- ❑ Vision
- ❑ Cellular growth
- ❑ Cellular Communication
- ❑ Reproduction
- ❑ Heart
- ❑ Lungs
- ❑ Kidneys
- ❑ Conjunctival Membranes
- ❑ Cornea

Plant Sources

- ❑ Leafy Greens
- ❑ Orange & Yellow Veggies
- ❑ Carrots
- ❑ Broccoli
- ❑ Cantaloupe
- ❑ Squash
- ❑ Tomato Products
- ❑ Fruits
- ❑ Some vegetable oils





VITAMIN C

Functions

- ❑ Assist body in making collagen
- ❑ Heals wounds
- ❑ Maintains bones & teeth
- ❑ Antioxidant
- ❑ Helps decrease blood sugar
- ❑ Assist in tissue repair



Plant Sources

- ❑ Turnip & Spinach Greens
- ❑ Oranges
- ❑ Grapefruit
- ❑ Squash
- ❑ Red & Green Peppers
- ❑ Cabbage
- ❑ Cauliflower
- ❑ Broccoli
- ❑ Kiwi
- ❑ Cantaloupe





VITAMIN D

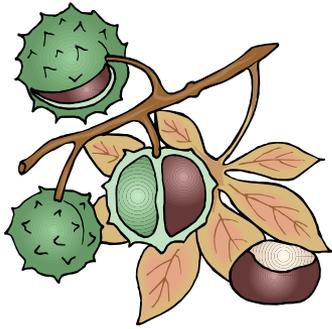
Functions

- ❑ Enhances intestinal absorption of calcium and phosphate
- ❑ Bone health due to uptake of calcium
- ❑ Reduced risk of osteoporosis

Sources

- ❑ Mushrooms
- ❑ Salmon
- ❑ Tuna
- ❑ Swordfish
- ❑ Cod Liver Oil
- ❑ Sunshine





VITAMIN E

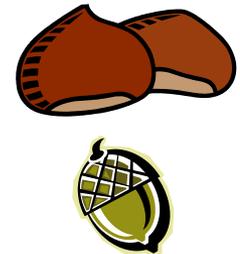
Function

- ❑ Serves mainly as a antioxidant reducing the negative effects of free radicals in the system



Sources

- ❑ Sunflower seeds
- ❑ Almonds
- ❑ Hazelnuts
- ❑ Peanut Butter
- ❑ Spinach
- ❑ Broccoli
- ❑ Kiwi Fruit
- ❑ Mango
- ❑ Tomato
- ❑ Corn, Sunflower and Safflower Oils





VITAMIN K

Functions

- ❑ Reduces the risk of arterial calcification
- ❑ Allows for the binding of calcium to the bone matrix
- ❑ Blood clotting

Sources

- ❑ Green vegetables
- ❑ Collard greens
- ❑ Mustard greens
- ❑ Spinach
- ❑ Kale
- ❑ Brussels spouts
- ❑ Cabbage
- ❑ Broccoli





THIAMIN

Functions

- ❑ Serves to convert food into energy through the catabolism of sugars and amino acids
- ❑
- ❑ Also known as Vitamin B-1

Sources

- ❑ Yeast Extract Spread
- ❑ Tahini
- ❑ Sunflower Seeds
- ❑ Dried Herbs and Spices
- ❑ Pork Chops
- ❑ Pine Nuts
- ❑ Pistachios
- ❑ Macadamia Nuts
- ❑ Fish
- ❑ Pecans





RIBOFLAVIN / B2

Functions

- ❑ Proper energy metabolism
- ❑ Deficiency can lead to inflammation of the mouth, mouth ulcers, and even iron deficient anemia

Sources

- ❑ Yeast Extract Spread
- ❑ Liver
- ❑ Dried herbs, Spices and Peppers
- ❑ Almonds
- ❑ Dry Roasted Soybeans
- ❑ Cheese, Roquefort, Brie, Limburger
- ❑ Wheat Bran
- ❑ Fish, Mackerel, Salmon, Trout
- ❑ Sesame Seeds
- ❑ Sun Dried Tomatoes





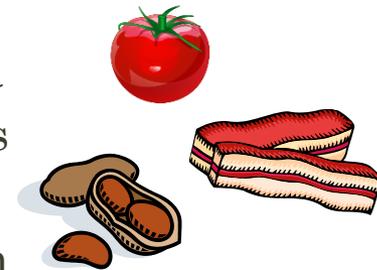
NIACIN / B3

Functions

- ❑ Processes fat in the body
- ❑ Lowers Cholesterol Levels
- ❑ Regulates Blood Sugar

Sources

- ❑ Yeast Extract Spread
- ❑ Rice and Wheat Bran
- ❑ Fish, Anchovies, Tuna, Swordfish
- ❑ Liver
- ❑ Paprika
- ❑ Peanuts
- ❑ Veal
- ❑ Chicken
- ❑ Bacon
- ❑ Sun Dried Tomatoes





VITAMIN B6

Functions

- ❑ Red Blood Cell Metabolism
- ❑ Nervous System Function
- ❑ Immune System Function

Sources

- ❑ Rice and Wheat Bran
- ❑ Dried Herbs and Spices
- ❑ Pistachios
- ❑ Garlic
- ❑ Liver
- ❑ Fish, Tuna, Salmon, Cod
- ❑ Sunflower and Sesame Seeds
- ❑ Pork Tenderloin
- ❑ Molasses and Sorghum Syrup
- ❑ Hazelnuts and Filberts





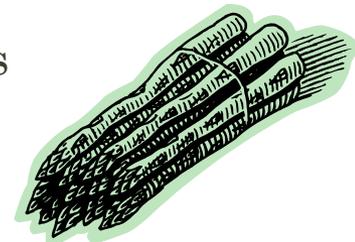
FOLATE B9

Functions

- ❑ DNA synthesis and repair
- ❑ Cell division
- ❑ Cell growth
- ❑ Combats Adult Anemia
- ❑ Proper fetal development

Sources

- ❑ Yeast Extract Spread
- ❑ Liver
- ❑ Dried herbs
- ❑ Sunflower Seeds
- ❑ Dry Roasted Soybeans
- ❑ Dark Leafy Greens
- ❑ Bean Sprouts (soybean, pea)
- ❑ Beans (pinto, garbanzo, mung)
- ❑ Asparagus





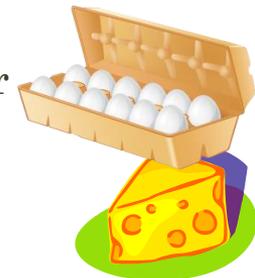
VITAMIN B12

Functions

- ❑ Fights fatigue and depression
- ❑ Brain function
- ❑ Central nervous system support
- ❑ Energy and endurance
- ❑ Protect against heart disease
- ❑ Protect and repair DNA
- ❑ Protect against dementia and cognitive decline

Sources

- ❑ Clams, Oysters, Mussels
- ❑ Liver
- ❑ Caviar
- ❑ Octopus
- ❑ Fish (herring, salmon, tuna, cod, sardines, trout, bluefish)
- ❑ Crab and Lobster
- ❑ Beef
- ❑ Lamb (mutton)
- ❑ Cheese
- ❑ Eggs
- ❑ Yeast Extract Blends



PANTOTHENNIC ACID

Functions

- ❑ Supports cellular processes
- ❑ Optimal maintenance of fat

Sources

- ❑ Liver
- ❑ Bran (Rice and Wheat)
- ❑ Sunflower Seeds
- ❑ Whey Protein
- ❑ Mushrooms
- ❑ Caviar
- ❑ Cheese
- ❑ Sun-Dried Tomatoes
- ❑ Fish

CALCIUM

Functions

- ❑ Growth and Maintenance of bones and teeth
- ❑ Nerve signaling
- ❑ Muscle contraction
- ❑ Secretion of certain hormones and enzymes

Sources

- ❑ Dark Leafy Greens
- ❑ Low Fat Cheese
- ❑ Low Fat Milk & Yogurt
- ❑ Chinese Cabbage
- ❑ Fortified Soy Products
- ❑ Okra (Cooked)
- ❑ Broccoli
- ❑ Green Snap Peas
- ❑ Almonds
- ❑ Canned Fish (Sardines in oil with bones)

IRON

Functions

- ❑ Production of Hemoglobin (primary component of red blood cells)
- ❑ Production of Myoglobin (major protein of muscle cells)
- ❑ Helps blood and muscles deliver oxygen
- ❑ Immune system function
- ❑ Metabolizes of B vitamins
- ❑ Provision of energy
- ❑ Mental sharpness

Sources

- ❑ Liver, Round Steak, Hamburger, Chicken, Fish
- ❑ Lima Beans
- ❑ Black Eyed Peas
- ❑ Oatmeal
- ❑ Rye Bread
- ❑ Dried Apricots, Prunes, Raisins, Plums
- ❑ Peas, Asparagus, Squash
- ❑ Kelp
- ❑ Seeds (pumpkin, sunflower, squash)
- ❑ Brewers Yeast

MAGNESIUM

Functions

- ❑ Create and Maintain Bone Integrity
- ❑ Enable Energy Production
- ❑ Maintain Nervous System Balance
- ❑ Better Control of Inflammation
- ❑ Better Control of Blood Sugar

Sources

- ❑ Spinach
- ❑ Swiss Chard
- ❑ Collard, Mustard and Turnip Greens
- ❑ Navy, Pinto, Lima and Kidney Beans
- ❑ Pumpkin, Sesame and Sunflower Seeds
- ❑ Almonds and Cashews
- ❑ Sea Vegetables
- ❑ Halibut
- ❑ Spelt, Buckwheat, Brown Rice, Quinoa and Millet

PHOSPHORUS

Functions

- ❑ Proper Cell Functioning
- ❑ Regulation of Calcium
- ❑ Supports strong bones and teeth
- ❑ Produces ATP (adenosine triphosphate) a molecule that provides energy to cells
- ❑ Low or depleted levels of ATP reduce the efficiency of the mitochondria (your cells batteries)

Sources

- ❑ Bran (rice and oat)
- ❑ Pumpkin, Squash, Watermelon and Sunflower Seeds
- ❑ Toasted Wheat germ
- ❑ Cheese
- ❑ Sesame Seeds and Tahini (sesame butter)
- ❑ Brazil and Pine Nuts, Walnuts, Cashews, Pistachios, Hazelnuts, Peanuts
- ❑ Roasted Soybeans
- ❑ Flax Seeds
- ❑ Bacon

POTASSIUM

Functions

- ❑ Maintains fluid and electrolyte balance in the body

Sources

- ❑ White Beans
- ❑ Dark Leafy Greens (spinach)
- ❑ Baked Potatoes (with skin)
- ❑ Dried Apricots
- ❑ Baked Acorn Squash
- ❑ Yogurt
- ❑ Salmon
- ❑ Avocados
- ❑ Mushrooms (white)
- ❑ Bananas

SODIUM

Functions

- ❑ Maintaining fluid levels
- ❑ Provides channels for nerve signaling

Sources

- ❑ Is naturally found in all foods (SALT) does not need to be added to foods for sodium.
- ❑ **MINIMIZE THESE SOURCES**
 - ❑ Table Salt, Baking Soda, Baking Powder
 - ❑ Bouillon Cubes, Powdered Broths, Soups, Gravies
 - ❑ Salami, Bacon, Cured Meats
 - ❑ Sun Dried Tomatoes
 - ❑ Cheese
 - ❑ Snack and Pickled Foods

ZINC

Functions

- ❑ Maintaining our sense of smell
- ❑ Keeping a healthy immune system
- ❑ Building Proteins
- ❑ Triggering Enzymes
- ❑ Creating DNA

Sources

- ❑ Oysters
- ❑ Toasted Wheat Germ
- ❑ Veal Liver
- ❑ Roast Beef
- ❑ Roasted Pumpkin and Squash Seeds
- ❑ Dried Watermelon Seeds
- ❑ Dark Chocolate and Cocoa Powder
- ❑ Lamb (mutton)
- ❑ Peanuts
- ❑ Crab

COPPER

Function

- ❑ Bone and Connective Tissue Production
- ❑ Coding Specific Enzymes that range from eliminating free radical to producing melanin
- ❑ Stomach antacids with the absorption of copper

Sources

- ❑ Liver
- ❑ Oysters
- ❑ Sesame Seeds and Tahini
- ❑ Cocoa Powder and Chocolate
- ❑ Hazelnuts, Brazil Nuts, Peanuts, Pecans, Almonds, Pistachios, Pine Nuts and Walnuts
- ❑ Calamari and Lobster
- ❑ Sunflower Seeds
- ❑ Sun Dried Tomatoes
- ❑ Roasted Pumpkin and Squash Seeds
- ❑ Dried Herbs

MANGANESE

Functions

- Proper Enzyme Functioning
- Nutrient Absorption
- Wound Healing
- Bone Development

Sources

- Spices and Herbs
- Wheat Germ and Bran (rice and oat)
- Hazelnuts, Pine Nuts and Pecans
- Mussels, Oysters and Clams
- Cocoa Powder and Dark Chocolate
- Roasted Pumpkin and Squash Seeds
- Flax, Sunflower and Sesame Seeds also Tahini
- Chili Powder
- Roasted Soybeans

SELENIUM

Functions

- ❑ Proper Functioning of the Thyroid Gland
- ❑ May protect against Free Radical Damage

Sources

- ❑ Brazil Nuts
- ❑ Oysters, Mussels and Whelk (shellfish)
- ❑ Liver
- ❑ Fish
- ❑ Sunflower Seeds
- ❑ Bran (wheat , rice and oat)
- ❑ Caviar
- ❑ Lobster and Crab
- ❑ Shrimp (prawns, camarones)

CONCLUSION

- ✓ **WHAT IS DOES:** Juicing breaks cell walls of whole foods including tomatoes and carrots.
- ✓ **ABSORPTION:** Makes it easy for the body to absorb all the wonderful nutrients of the vegetables and fruits.
- ✓ **ENERGY:** Juice is absorbed within 20 min. Energy not wasted in the digesting. Nothing energizes you quicker than juice.
- ✓ **CONSUMPTION:** Best way to consume high volumes of greens: Juicing is the solution to eating all the greens recommended.

- ✓ **BEST:** Greens are the most alkalizing, mineralizing, and healthiest foods. But not always the most palatable.
- ✓ **ADDING TASTE:** By juicing vegetables, you can mix with apples or carrots for better taste.
- ✓ **ONLY A FEW MINUTES:** More than blending but still quick and much faster and easier than cooking.
- ✓ **NO MESSY CLEAN UP:** Juicers are relatively quick and easy to clean - especially the centrifuge juicers.
- ✓ **NON DISTURBING:** Juicers operate much quieter than the blender
 - ✓ *Vita mix* blender
 - ✓ *Blend Tec* blender
 - ✓ And especially the best raw food juicer: the *Green star*.
- ✓ You can juice your vegetables late at night without waking up your neighbors or kids.
- ✓ **EASY:** Juicing is easy to learn, and you can make and adapt recipes that are easy.

www.thebestofrawfood.com