

EAT CLEANER

Live LARGER

ISSUE 3

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A photograph of three glasses of juice on a wooden cutting board. The central glass is filled with pink juice, flanked by a green juice glass on the left and an orange juice glass on the right. In the foreground, there are slices of orange, grapefruit, and strawberries. The background is a plain, light-colored surface.

THE
Juicing
ISSUE

How to find the best way to incorporate more juices into your life and love it!

Welcome

I remember the very first real, genuine, freshly made juice I ever had. The year was 1993 and it was carrot and apple juice, made for me by my friend Jonathan, using a very simple, cheap, electric juicer in his kitchen.

I kid you not, even seeing this fresh juice rocked my world! I was so used to drinking fizzy drinks, fruit cordials, packaged processed juices, and even alcohol, that to see this fresh juice in front of me was honestly a revelation.

I can remember seeing the little bubbles of life-force frothing to the surface. The colours of green and orange swirling around together seemed magical in and of themselves. And when I tasted it – oh my goodness – I couldn't believe just how fresh and alive it tasted... and then, how it made me feel.

As dramatic as it may sound, in an instant I knew that this was something special, and that everything else, aside from water and a few other healthy exceptions, was really just an insult to a truly vibrant, radiant and thriving body.

It's no understatement to say that my life was truly changed.

After that first amazing encounter, I immediately purchased my own cheap centrifugal juicer and set about making juices a part of my daily routine. I would juice every evening before dinner, and my juice would serve as my "starter" before sitting down to a large, delicious salad with sprouted beans and sliced avocado. Those early days of my Eat Cleaner journey were truly some of my best as I brought the simplest yet most potent health practices together and created a whole new lifestyle for myself – and with it a brand new body and version of me.

Whether you have never tasted a fresh juice before, or have been juicing for years, my aim is to inspire or re-inspire you so that you can receive the results that you want for yourself, by harnessing the special gifts that only juices can bring.

Whether you are looking to clean up your diet even more, to look better, feel better, to lose weight or heal your body in some way, juices can play a key role in any and all of these scenarios.

At the end of the day, there are only so many fruits, vegetables and greens we want to sit down and consume on a day-to-day basis, but with juicing in the mix we can increase that amount many times over, and receive the benefits faster, too.

To your radiance!

Karen



The Best
Green Juice
Ever!

GREEN GODDESS JUICE

SERVES 1-2

This is the first green juice recipe I ever created and it's still my favourite to this day! You can't help but feel so much better for drinking it, even if you've never tasted a green juice before.

EQUIPMENT

Sharp knife + cutting board
Juicer

INGREDIENTS

200g spinach
5 sticks of celery
1 whole cucumber, including peel
2 apples
1 medium ripe pineapple
½ lemon, including peel
½ lime, including peel

DIRECTIONS

- 1 Simply juice all of the ingredients in any order, pour into a jug and stir well.
- 2 Strain if necessary. For it to be at its best, this juice should not have any bits in it.

WHAT RESULTS DO YOU WANT?

Juices can make a HUGE difference to your overall health, beauty and wellbeing, however, it will really help you to consider up front, how, specifically, you would like to proactively use juices to serve you – as opposed to drinking them just because you know they are good for you.

INSTRUCTIONS

Think about where you are in your Eat Cleaner, Live Larger journey right now, and what you already know about what you want and need to do, based on your progress so far along the Success Path.

Take five minutes to pause, close your eyes and reflect, then, from the list below and anything else you want to add to it, check the boxes that you already know for sure that you want juices to help you with.

- | | |
|--|--|
| <input type="checkbox"/> More energy | <input type="checkbox"/> Hormone balancing |
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> Weight loss |
| <input type="checkbox"/> Clearer, glowing skin | <input type="checkbox"/> Better nutrition |
| <input type="checkbox"/> Better eyesight | <input type="checkbox"/> Anti-ageing |
| <input type="checkbox"/> Clearer thinking | <input type="checkbox"/> Detoxification |
| <input type="checkbox"/> Better mood | |

Write anything else that's important to you in the box below.

FEATURE ARTICLE

The Beginner's
Guide to Juicing:
All You Need
to Know



Juicing has become increasingly popular in recent years, and for good reason. It's a fantastic way to consume a variety of fresh fruits and vegetables in an easy and delicious way. Whether you're looking to boost your energy levels, improve your overall health, or simply add more nutrients to your diet, juicing can be an excellent addition to your lifestyle. In this beginner's guide to juicing, we'll cover all the basics together with helpful tips to get you started on your juicing journey.

WHAT IS JUICING?

Juicing is the process of extracting the liquid from fruits and vegetables while leaving behind the fibrous pulp. This liquid is known as juice and is rich in essential vitamins, minerals, and antioxidants that are easily absorbed by the body. Juice is created using a juicer, which is a machine specifically designed for this purpose. While you *can* use a blender to process fruits and vegetables, using a blender means that the pulp stays part of the blend, resulting in a smoothie rather than a juice. To extract a juice from a blender you would need to strain the blended ingredients before serving, so that the fibre/pulp is left behind in the sieve and only juice comes through.

BENEFITS OF JUICING

There are many different benefits associated with juicing. Here are some of the most notable ones:

- 1 Increased Nutrient Intake:** Juicing allows you to consume a higher quantity and variety of fruits and vegetables than you might otherwise eat in their whole form. This means you can more easily meet your daily nutrient requirements.
- 2 Improved Digestion:** Removing the fibre from fruits and vegetables makes their nutrients more easily accessible to your body. This can help those with digestive issues absorb essential nutrients more efficiently.
- 3 Boosted Energy:** The vitamins and minerals found in fresh juice can provide a quick and natural energy boost without the need for caffeine or artificial stimulants.
- 4 Strengthened Immune System:** The high levels of antioxidants in fresh juice can help support your immune system and protect against illnesses.
- 5 Detoxification:** Juicing can aid in flushing out toxins from your body and promote overall detoxification.
- 6 Glowing Skin:** The abundance of nutrients in fresh juice can contribute to healthier skin, as well as to help clear up any existing skin conditions, leading to a radiant and youthful appearance.



GETTING STARTED WITH JUICING

Now that you know the benefits of juicing, let's dive into the practical aspects of getting started:

1 Choosing the Right Juicer

There are two main types of juicers: centrifugal juicers and masticating juicers. Centrifugal juicers are more affordable and work well with most fruits and vegetables, but they may produce slightly less nutritious juice and less yield due to the high-speed spinning process. Also note, they are not brilliant with green leafy ingredients because they tend to just get churned up, rather than juiced. Masticating juicers, on the other hand, operate at a slower speed, preserving more nutrients, and are particularly efficient with leafy greens. Consider your budget and juicing preferences before selecting the juicer that suits you best – and definitely check out any online resources to see if you can pick up one second-hand – you'll most likely get a much better model at a much lower investment. You may even get one that's never been used!

2 Picking the Freshest Produce

Wherever possible, opt for fresh, organic produce if you can. Check for any bruises or spoilage before purchasing. Farmers' markets, organic supermarkets or local grocery stores are excellent places to find a wide variety of fresh fruits and vegetables.

3 A Balanced Approach

Aim for a balanced mix of fruits and vegetables in your juices. While fruit juices are delicious because they're so sweet, vegetables provide essential nutrients without excessive sugars. Despite what some people say, you can absolutely mix fresh fruits and vegetables together in a juice, just as you can go for fruit-only recipes and vegetable-only recipes. It's also a great idea to include as many green leaves into your juices as you feel ready for. These can come in the form of everything from lettuce to herbs. Experiment with different combinations to find your favourite recipes.

4 Wash and Prep

Thoroughly wash all produce before juicing to remove any chemical residue or dirt. Remove any tough stems from any ingredients as they won't juice and could challenge your juicer. Seeds can stay en situ although won't juice, but your juicer will discard them. Peel any fruits with skins you wouldn't normally eat, such as pineapple, mango, orange and melon.

5 Start Simple

As a beginner, start with simple recipes and gradually add more ingredients as you get comfortable. A basic green juice with spinach, cucumber, and apple is an excellent starting point – or try the Green Goddess Juice recipe included in this issue, which is a real stunner!

6 Drink Immediately

Freshly made juice is at its peak in terms of nutrition and taste. To fully enjoy its benefits, drink your juice as soon as possible after juicing. If you have to store it, use an airtight container in the refrigerator for up to 24 hours. Alternatively, you can freeze your juices. I recommend freezing juices in plastic bottles so the juice can expand. Make sure you don't fill your bottles all the way up to the top of your bottles though, or things might get messy!

7 Pay Attention to Quantity

While juicing can be beneficial, more is not always better, depending on which types of juices you consume. For example, too much fruit juice can bring too much sugar into the body, even though it is "healthy sugar". Conversely, drinking vegetable juices and green juices is hard to "overdo" and ideal for juice cleanses and detoxification programs.

8 Don't Forget Fibre

Although juicing removes most of the fibre, it's still essential for your digestive health. To ensure an adequate intake of fibre, incorporate whole fruits and vegetables into your diet as well. Smoothies are also a healthy alternative, because the fibre is still present.

9 Hydrate

Juicing is not a substitute for water even though it's liquid. Stay hydrated by drinking plenty of water throughout the day.

10 Listen to Your Body

Everyone's body is unique, so pay attention to how you feel after juicing. If you experience any adverse effects or discomfort, adjust your juicing routine accordingly or consult a healthcare professional.

IN SUMMARY...

Juicing can be a fun and rewarding way to improve your health and well-being. It allows you to introduce a rainbow of nutrients into your diet and explore a variety of delicious flavours. Remember to approach juicing as a complement to a balanced diet and a healthy lifestyle, rather than a complete replacement. So, get started with a good juicer, fresh produce, and a curious palate, and enjoy the journey of juicing to a healthier and happier you!







CLARIFY YOUR JUICING INTENTION

Ready to clarify what role juices should play in your life? This will help you to stop spinning your mental wheels and get those wheels into motion!

For the purpose of this exercise, I want you to consider your current life situation and circumstances AND what you already know that you want to create in terms of your health, body, and energy. Remember that if you keep doing what you've been doing, you'll keep getting what you've been getting, so bear in mind that to make changes, especially ones that may take a bit more time or effort, you're going to need to accept and be willing to put in the necessary effort. But it will be so worth it!

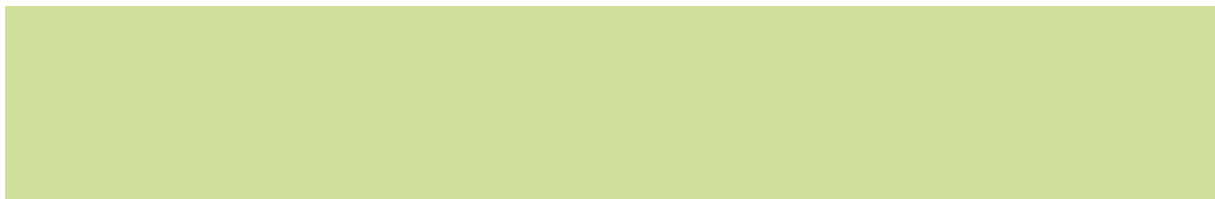
STEP 1 WHAT DO YOU WANT?

In the first Playsheet (on page 4) you had the opportunity to think about what you really want right now when it comes to health benefits. Out the other side of reading this issue's Feature Article this may or may not have changed. Either way, use the space below to clarify or re-clarify what you are looking to achieve in your Eat Cleaner journey.



STEP 2 HOW MUCH JUICE?

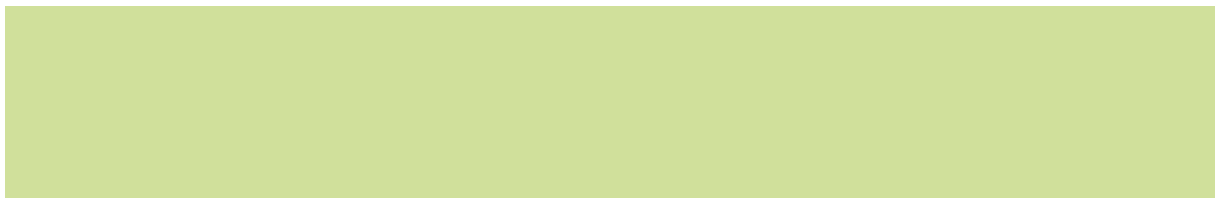
For the results that you are looking to receive, how much juice do you think/feel you would like to consume and how often? Note: If you don't know how to answer this question, I would suggest an internet search, asking your alternative healthcare provider or asking on a Support Call. As a good general rule, one juice per day is amazing, a few per week will still make a positive difference. Alternatively or additionally, you may choose to do a juice cleanse periodically for one or more days, where you consume juices only.



STEP 3 WHEN TO JUICE?

All progress is progress. If your life is super-busy right now, it may be that the best way forward currently is to make juices in bulk on a certain day of the week and freeze them so that you can drink juices regularly without having to make them regularly, or you may choose to make a simple juice every day that takes only a few minutes to make. Alternatively, you may be in a more helpful position where someone else can make them for you or with you, or you can purchase them freshly made locally.

Whatever your situation, consider your WHAT and your HOW MUCH from steps 1 and 2, and based on those, decide what's going to be the best way forward for you currently to obtain the juice you want and need. Think: Day of the week and time of day. Then schedule it into your calendar!



STEP 4 WHICH JUICE/S?

As you may have gathered, all juices are NOT equal. Yes, fruit juice tastes great and it's great for energy and a mood boost, but the high sugar content can be a lot for some people (myself included), so should be consumed more sparingly. Vegetable juices are great for vitamins, minerals and body repair and building and can be drunk more abundantly. Green juices, made exclusively or primarily from one or more of green leafy vegetables, wild greens and fresh herbs are like medicine. They are potent in appearance and taste, they may be sweetened with a little fruit if desired (lemon and lime are the most helpful here to keep the juice low-sugar while still more palatable), and they are fantastic if you are wanting to heal or rejuvenate your body, mind and/or spirit in any way. I encourage you to bear the above in mind when deciding which juice!

For the purpose of this step, consider your answers from the questions you've answered so far, and decide which juice or juices would be best for you to consume, and when.





STEP 5 WHICH JUICER?

You may already own a juicer, which is great, but is it the best juicer for the juices you intend to consume? As per the Feature Article, there are generally two types of juicer – the centrifugal and the masticating. There are so many different juicers on the market that it can feel overwhelming. All have their pros and cons, and none are “perfect”, so you really need to know what your own personal priorities are when it comes to juicing. Use the checklist below to clarify what most matters to you, and then use these criteria to search online if required. Note: You may not find a juicer that checks all the boxes that matter to you, so know which ones are the most important to you. Also note, sometimes you may need to purchase more than one juicer (e.g. a manual wheatgrass juicer or a citrus press) if the electric juicer you choose doesn’t check all of the boxes you want it to.

- Easy to use
- Fast
- Hands-free
- Juices leaves/herbs
- Juices wheatgrass
- Easy to clean
- Inexpensive
- Small/compact



YOUR SIGNATURE JUICE RECIPE

Something that can make your juicing experience even more special is to create your own Signature Juice Recipe!

Yes, absolutely, there are thousands of amazing and delicious different juice recipes published in books and online, however, nothing will be better than creating one that's uniquely your own, and that's created for your desired results and intention and to your specific taste preferences.

Via this Playsheet you have the opportunity to plan out your recipe before purchasing the required ingredients and experimenting until you get the quantity and deliciousness just right!

Five words that capture what this Signature Juice Recipe must be for me. (Examples: Green, medicinal, fruity, exotic, punchy, deep, dark, purifying.)

How much fruit, vegetable, green leafies, herbs and other? (You could do this by volume or percentage, or whatever makes most sense to you to be able to split it up according to your needs.)

What ingredients, specifically?

What's your best guess at how much of each ingredient?

Use the next page to write notes as you experiment with the ingredients and amounts.

Once you have your final recipe, name it!



EXPERIMENT AND NOTE MAKING PAGE

