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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Juice Sensibility

By Gabriel Foster

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Apart from eating many of the wonderful vegetables and fruits that inhabit our planet, drinking them is equally nourishing and satisfying. Juicing vegetables and fruits can also create a dynamic taste treat, causing your taste buds to dance with undiscovered delight. If you're new to juicing, I recommend only juicing vegetables and fruits that you enjoy eating. As time goes on, you can try out other foods as well as increased amounts of those foods.

Concentrated Nutrients

As a dedicated vegetarian, you are well aware of the benefits of eating fruits and vegetables daily. What you may not have known, is that by actually juicing these delicious foods, you are consuming the maximum concentrated benefits of their nutrients. How? Simple, when you cook food, you lose up to 97% of their nutrients. That's quite a loss huh? There are certain precautions and methods towards picking, storing and cooking food, that will minimize the loss of nutrients, but that's another article. Suffice to say, juicing your foods will retain almost a 100% if not all depending on certain circumstances. When you juice, you take raw vegetables and fruits to do the job. Because juicing produces no heat or any other method that causes nutritional loss, you consume high levels of nutrients.

Vital Nutrients

There are some nutrients like certain antioxidants that do an outstanding job fighting lung cancer, stroke and heart disease. By cooking away anywhere from 74% to 97% of these nutrients, you are actually doing yourself a disservice and a potentially lethal one at that. There are other numerous nutrients that also fight disease on our behalf. To consume the entire village, start juicing and drinking them on a regular basis. Nutrients like beta carotene and other carotenoids do great things such as boosting your immunity system.

No Pulp Fiction

It's a known fact that when you juice, pulp remains in the juicer. Over the years there have been many views on what do with that pulp and why. From just discarding it to employing other culinary uses for it. In essence, that pulp contains high levels of fiber and truly should not be thrown out. Fiber has too many benefits to simply dismiss it so easily. Some experts recommend using the pulp in food and others suggest putting some of the pulp back into the juice for greater health rewards. What I can tell you is that the pulp acts as a fertilizer for the good bacteria in the colon and that's a definite plus.

Cheers To Juicing

Well! There are many different views on juicing by many different experts, but no matter the differences, they can all agree on one thing, juicing, whatever the method use, contain far more positives than the many differences and opinionated views varying experts concede to have. Not

juicing is a none option in today's world of undernourished bodies and minds. Start juicing and gain the many nutrients that your body craves. A nutrient fortified body is able to prevent and fight off various diseases and ailments that come under attack on a daily basis.

Gabriel Foster is the editor for <http://www.gabrielfoster.com>, the online magazine for both vegetarians and natural health enthusiasts.

What Is Goji Juice And Why Should I Add It To My Diet?

By Elizabeth McDonnell

Living forever might not be your ideal, but many believe if you want to live longer, you'll be well served to consider adding goji juice to your diet.

The goji berry is found in the mountains of many Asian countries. Anti-aging experts believe that adding as little as 4 ounces of this juice to your diet can result in significant health benefits.

Some say that many of the world's oldest people have enjoyed drinking goji juice for years ... that its anti-aging benefits are so extreme as to prolong life as much as 20 years or more.

The goji berry contains a variety of compounds believed to provide the various health benefits claimed. These compounds include essential fatty acids, protein, vitamin C, 19 amino acids (which includes 8 essential to sustain life), vitamin E and B-complex vitamins. The juice from these berries - described by many as pleasantly sweet with a slight tartness - provides all these nutrients plus many more.

This juice is expensive, though, which has led many to question the claims made about its ability to extend life, improve energy and reverse disease. Most people know about the various health benefits of red grape juice, or even pomegranate juice. So what distinguishes goji juice as something superior?

Dr. Earl Mindell, considered a nutrition expert and the author of many nutrition books, says the goji berry is one of the most significant discoveries in decades. He says, "I believe Himalayan goji juice has

more powerful benefits on health, well-being, and anti-aging than any other product I have seen in the last 40 years".

Because some of the anti-aging and other health benefits of goji juice won't be seen by its users for perhaps decades, most testimonials relating to goji juice emphasize the fantastic energy people derive from the drink. With full schedules and late nights (coupled with early mornings) these goji juice drinkers report increased energy and vitality, even when they change nothing else about their diet.

Elizabeth writes articles on a wide variety of natural health subjects. Visit

for

more information on goji berry juice.



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