

## Make your own juice in the blender every day



### Get the most from making juice in a cheap blender jug

A simple electric blender like this one is a total asset and costs less than a trip to the doctor or those vitamin, mineral and enzyme supplements. It is the best alternative to many the drugs you take when you ignore these juicy giants.

Now you can unleash all these nutrients from your own fruit, vegetables, herbs and wheat or barley grass. You also have the advantage of drinking it immediately so that none of the key antioxidants, enzymes and bioflavonoids can spoil. Every day you can whip up exciting and tasty blends of fresh juice. Try the suggestions on the following pages for different remedies. When it comes to making juice one needs to macerate the fresh ingredients with water to extract all the phytochemicals. A very expensive juice extractor cannot give you the bromelain from pineapple skins or the nutrients from leaves or grasses.



### How to make juice in a jug blender

#### 1 Add a cup of water to the jug

It is important that the blades are covered with liquid before switching on the motor or the machine will not be able to blend the material.

#### 2 Add chopped fruit, etc.

Half fill the jug with diced fruit, vegetables, herbs, spices and sprouts. Use the scraps from other meals like the peels and pips. Pineapple skins make a lot of juice, but wash them first.

#### 3 Sieve through a cloth bag

Make a straining bag out of cloth like petticoat material. Stitch the seams very well. A stocking can be used but breaks easily. Otherwise place a cloth in a sieve to trap the roughage. Take the bag or cloth in both hands and wring out all the juice. Very little waste remains.

## Make this juice in a blender: sieve it and take your medicine!



### Detox heavy metal with apple, coriander and spinach

Green coriander known as dhania pulls out heavy metals. Pectin is a natural soluble fibre, found in apples that traps, binds and helps to excrete metallic residues. The oxalic acid in spinach aids the process. These substances also help to clear old hardened waste material from the bowels. Take this juice before and after dental work has been done on you as well as for a regular detox. Take 10 chlorella tablets and some garlic. Take calcium and magnesium at bedtime. see page 78.

250ml water, 2 chopped apples, 1 bunch green coriander (dhania)  
8 chopped spinach leaves, 1/4 lemon.



### Natural HRT to boost estrogen and progesterone

Red sweet potato helps to stimulate progesterone secretion and fennel raises estrogen levels. This juice is a good overall hormone booster, especially during menstruation or when you feel hot flushes creeping up. Ginger prevents blood clots and helps relieve nausea, PMS and hot flushes. You don't have to sieve the mixture. It is best to chew it slowly and allow the juice to enter the bloodstream via the mouth mucosa.

250ml water, 1 chopped sweet potato, 5ml fennel powder or fresh leaf,  
1 slice fresh ginger or 2ml powder, 20ml lemon juice, 5ml honey.



### The classic naturpath's blend

Raw carrot, beetroot and potato juice have a profound detoxifying effect on the whole body. Blood type O and A should not eat potatoes. O's can substitute with sweet potato and A's should try butternut or apple. This formula has been successfully used by natural therapists throughout the world over many decades for chronically ill patients. It can be taken regularly for its tonic effect, especially for the liver.

250ml water, 1 chopped raw potato (not A or O) or sweet potato or  
apple, 2 large raw carrots, 2 finely chopped raw beetroots.



### Eliminate large parasites like flukes and tapeworm

Fresh squash, butternut and pumpkin seeds contain an amino acid that helps eliminate tapeworms. Watercress and nasturtium leaves get rid of liver and pancreatic flukes. A pinch of cloves discourages parasites and gut infections. The pips need to be fresh and the liquidizing releases the phytochemicals they contain. This includes betasitosterol that helps to control testosterone levels. Blood type B should limit pumpkin seeds.

250ml water, 1 cup pips from butternut, pumpkin or squash  
1 bunch of watercress/nasturtium, 2ml ground cloves, 1/2 chopped lemon.



### Digestive enzymes from pineapple skins & lentil sprouts

Wash the pineapple well before skinning it. Eat the flesh separately. Dice up the peels and leaves to make a lovely juice. Leaves contain the digestive enzyme bromelain that helps to digest protein in the stomach. It is anti-inflammatory and good for swelling or sore joints. All sprouts contain digestive enzymes as well as a host of phytochemicals, minerals, vitamins and trace elements. See more about sprouts on pages 110 - 111.

250ml water, 1 cup diced pineapple or the chopped tops and skins,  
Half a chopped lemon, a handful of sprouts, a small piece of ginger.

## Natural juice therapy for just about every ailment



### The greatest energiser and cleanser we have

The natural sugars and amino acids in watermelon give one a marvellous energy boost. Watermelon juice has been known to flush out some types of kidney stones. It is good for the liver, helping to provide fresh vitamins and enzymes. For juicing, use all the watermelon, including the white area but remove the hard green rind. If you exclude the pips it does not need to be strained. Drink the juice immediately. Do not leave it standing for too long. Do not mix watermelon with other foods, especially starch.

200ml water, 500ml chopped watermelon plus white pith  
the juice of a lemon or a pinch of citric acid or vitamin C.



### A natural diuretic, with loads of potassium

Dandelions are a rich source of potassium and help to relieve us of excess water, odema and bloating. They are a common weed and easy to find on lawns or pavements. See herbs page 58. Dark green leafy vegetables and herbs are full of iron, potassium, chrome and other minerals that get flushed from the body by the excessive use of drug based water tablets and diuretics. See heavy metal juice page 73.

250ml water, 250ml chopped cucumber, 1/2 lemon.  
A big bunch of dandelion leaves or parsley and celery if available.



### Red grapes zap viruses and boost energy

Start the day with grape juice or have a grape juice fast for very rapid results. The juice is wonderfully energising and speeds up your elimination processes. Grapes help to expel yeast, mould, viral and bacterial infections. With red grapes, make the juice and sieve it. Then pour water over the pips and skins and allow to soak for a few hours. The phytochemicals in this brew include polyphenols that are very beneficial to the heart.

250ml water and a few big bunches or grapes. Look for red grapes.



### Carrot juice with a twist of lemon, apple or pineapple

Carrots are a rich source of vegetable based vitamin A known as beta carotene. Their natural sugars provide a good energy boost and carrots contain many vitamins, minerals, enzymes and trace elements. For a change, add pineapple or pineapple skins, chunks of lemon, apples or raw butternut. Carrot juice is a great pick me up and can sustain convalescents for many days but it has a high GI similar to rice. (Page 43.)

250ml water, 2 diced carrots. Any other scraps of fruit like apple, grapes, lemon or pineapple.



### Make your own wheat or barley grass juice

Grow your own wheat or barley grass from seed. See page 113. Include it in your juices to release the amazing health benefits superior to those provided by supplements. Drink the juice from freshly cut grass to obtain all the live enzymes. Have it with lemon juice and celery. Use the jug blender and add a cup of water as it extracts all the water soluble substances from the leaves. We are advised to drink water with grass juices.

250ml water, a few bunches of freshly cut or frozen wheat/barley grass,  
half a chopped lemon, a few olive or ivy leaves, celery and parsley.