



**Title: Juicing for Health and Healing**

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**Lesson Objectives and Key Concepts**

Learn why juicing fresh vegetables and certain fruits are so important in the healing of cancer and your wellness journey. You will also discover answers to basic questions about juicing.

**Discussion Points**

**Why Juicing is So Effective in Promoting Healing and Good Health**

When you juice fruits and veggies, they are broken down into an easily absorbable form that your body can use quickly. That means it doesn't have to work as hard to get the nutrients from juice as it does from solid food. These super nutrients can go to work right away in your system to renew and heal your body. Because it is broken down, like a pre-digested food, it spares your organs of digestion a lot of work. This equates to more energy and more time for your body to work on healing. Also, the juices offer antioxidants that help your body detoxify.

To really turn your health around, it's important to flood your system with large amounts of fresh vegetable juice. I recommended that you drink between 2 quarts and a gallon of fresh juice a day. This will feed your body with optimum nutrients and help you detox. This addresses two primary areas that contribute to cancer – nutrient deficiencies and toxicity.

Here are some of the Super Heroes in fresh juice:



### *Fresh Juice Offers Enzymes*

Fresh juice offers those living molecules known as enzymes that get cooked right out of most of our food. Without enzymes, we would not have life in our cells. Enzymes help breakdown our food in the digestive track. This is one reason raw juice requires very little energy expenditure during digestion.

### *Rich in Phytonutrients*

Plant chemicals help to protect plants from disease. They also help us prevent disease. Many phytonutrients such as apigenin, luteolin and kaempferol have been shown to fight cancer and prevent disease in the human body.

### *Biophotons*

Photons are the light rays of energy found in plants, which they absorb from the sun. Biophotons feed the mitochondria of the cells, which produce ATP—our body's energy fuel. They are believed to contribute to our energy, vitality and a feeling of vibrancy and well-being. Heat destroys them.

## **Answers to Frequently Asked Questions About Juice**

### **Does juice have too much sugar?**

Vegetable juice has very little sugar with the exception of carrot and beet juice. I recommend that you dilute those with plenty of green juices. You can flavor veggie juice with lemon or lime. You can sweeten it with a little green apple or berries. Green vegetables, ginger, turmeric root, garlic and lemon and lime have virtually no sugar. Even diabetics can juice greens, which is very helpful for that condition, especially green bean juice. But many people in the health professions have no idea that greens can be juiced. They are talking about fruit juice when they say that juice has too much sugar. I do not recommend drinking straight fruit juice because of the sugar content. The lowest sugar fruit are berries and green apple.

### **During cancer treatments, who should not drink raw juice?**

Anyone going through a treatment that causes the immune system to be extremely depressed and are told they can't have any raw food during that treatment should not drink raw juice. Everyone else can greatly benefit from fresh raw juice each day.

### **Why should we juice? Why not just eat the fruits and vegetables?**

- We can juice far more produce than we would probably eat in a day.
- We can juice parts of the plant we wouldn't normally eat like stems, leaves and seeds.
- Juice is broken down so well it gives the digestive system a rest.

### **What is the difference between juicing and blending?**

There is some confusion between juicers and blenders. A juicer extracts juice by separating it from the fiber. A blender such as the Vita Mix or Ninja blends the produce in one container keeping everything in the mixture. Both smoothies (blended drinks) and juice are good and have their place. But juice is very important to include in a healing diet and healthy lifestyle. Nothing can replace vegetable juice. So why should you juice and not just blend everything up?

1. Juice is broken down so well that your body can absorb the nutrients easily. This is an important factor in the healing process.
2. You can juice more than you can blend. With a blender, you are limited to what your container holds.
3. Many people don't like the mushy, fiber-rich consistency of high-vegetable content smoothies. Therefore, they use a lot of fruit, often too much fruit, so it will be palatable.
4. You can juice hard vegetable parts that don't blend well such as broccoli and asparagus stems.

### **Do we need the fiber that's lost in juicing?**

We absolutely need fiber in our diet. But we don't need fiber in every mouthful of food or drink. We drink fresh veggie juice as a great supplement to our diet, as a juice fast cleanse or as a therapeutic approach to healing. It's interesting to note that no one ever complains there's no fiber in wine.

**Are a lot of nutrients lost with the fiber?**

In 1996, the US Department of Agriculture analyzed twelve fruits and found that 90 percent of the nutrients they measured was in the juice rather than the fiber.

### **What about fresh juice versus refrigerated store bought juice? Is there a big difference?**

Fresh juice is live food, rich in enzymes, vitamins and biophotons that are all killed with heat. Unless a commercial juice is not pasteurized, it will not have these nutrients. Very few commercial juices have met the government criteria for safety without pasteurization. The few that have are quite expensive because of the processing.

### **How long can fresh juice be stored? And can it be frozen?**

if you use a centrifugal juicer, you can usually store fresh juice for 24 hours. If you use a masticating or cold press juicer, it's usually 48 hours. It's best to store in the refrigerator in an airtight container. You can freeze juice. It will last in the freezer about 3 months. It works well to freeze in small canning jars. Don't fill all the way to the top as the juice will expand. Leave some room, like about 2 inches at the top or your glass will break.

### **How much produce does it take to make a glass of juice?**

These items yield about one 8-ounce glass of juice: five to seven large carrots or one large cucumber. The following each yield about 4 ounces of juice: one large apple, three to four large (13-inch) ribs of celery or one medium grapefruit (4-6 oz).

### **What type of juicer is best?**

To make this really simple, I always say it's the one you will use everyday. It's not the one a salesperson talks you into because it does a lot of great things. You need to find one that fits your lifestyle. If you're looking for a juicer that is easy to clean, fast and has a wide mouth that will take larger pieces of produce, you are looking at a centrifugal juicer. If you don't mind spending a little more time and you want one that presses the juice, preserves more nutrients and will do more delicate greens such as parsley, then you want a masticating juicer. It doesn't really matter if you preserve a few more nutrients though and you never use your juicer because it's too time consuming to make juice. Masticating juicers require that you cut produce up into small pieces which takes more time. Get a juicer you will use everyday. I recommend the top of the line Brevilles—Breville 800JEXL Juice Fountain Elite or Breville Juice Fountain Cold XL BJE830SIL. (I don't care for the less expensive Breville model.)



### **How important is it to use organic produce?**

Many pesticides are known to cause cancer. It is very important to purchase organic produce as much as you possibly can. Studies show there is a greater incidence of cancer, particularly lymphoma, leukemia and cancer of the brain, skin, stomach, and prostate among crop workers and farmers and their families. Studies also show that across the board, whatever vegetable or fruit you consider, organic has a higher nutrient content than conventional (sprayed) produce. Look for certified organic. It's worth the extra money because your health is priceless. If you absolutely can't afford to buy everything organic, always purchase organic when it comes to the "Dirty Dozen." Each year the Environmental Working Group tests fruits and vegetables and publishes the list of the most heavily sprayed fruits and veggies. They are most often the thin skinned produce such as apples, grapes, berries and spinach. Conversely, the Clean Fifteen has very little spray and you are fairly safe buying conventional produce within that group. You can download an app for your phone so you've got the info when you go shopping. Go to [EWG.ORG](http://EWG.ORG).

### **My Story of Hope and Healing**

Years ago I had to quit my job because I was sick with Chronic Fatigue Syndrome and Fibromyalgia. I could not find a doctor that offered any help for my condition. I finally did my own research and learned about juicing. I embarked on a 5-day vegetable juice fast. On day five, my body expelled a tumor the size of a golfball with a number of blue blood vessels attached. What did those blood vessels indicate? From research we know the blood vessels I saw represent angiogenesis—the creation of blood vessels that grow to the tumor to supply food. We also know from research that a number of phytonutrients in vegetable juices such as apigenin found in celery juice, cut off these blood vessels and thus remove the tumor's gravy train.



## **Juice Recipes**

### **Celery Juice**

Celery juice first thing in the morning on an empty stomach is recommended. It is a must for anyone with cancer since the phytonutrient apigenin cuts off blood supply to tumors.

2 bunches of organic celery

Small piece of cucumber

Seed your juicer with a little cucumber if you are using a centrifugal juicer. The celery is quite stringy and the fiber can clump on the blade basket and cause it to jump. Juice ingredients and stir.

### **You Are Loved Cocktail**

3 carrots, scrubbed well, tops removed, ends trimmed

2 celery stalks, with leaves

1 cucumber, peeled if not organic

1 handful spinach

1 lemon, peeled if not organic

1/2 green apple

Cut produce to fit your juicer's feed tube. Juice all ingredients and stir. Pour into a glass and drink as soon as possible.

Serves 1-2

### **The Ginger Hopper with a Twist**

5 medium carrots, scrubbed well, green tops removed, ends trimmed

1/2 green apple

1-inch piece fresh ginger root, peeled

1/2 lemon, peeled if not organic

Cut produce to fit your juicer's feed tube. Juice ingredients and stir. Pour into a glass and drink as soon as possible.

Serves 1

### **Veggie Time**

4 carrots, scrubbed well, green tops removed, ends trimmed

1 turnip, scrubbed well

1 lemon, peeled if not organic

2-inch chunk jicama, scrubbed or peeled if not organic

1 handful watercress

1 garlic clove

Cut produce to fit your juicer's feed tube. Juice ingredients and stir. Pour into a glass and drink as soon as possible.

Serves 1-2

Recipes from *The Juice Lady's Living Foods Revolution* (Siloam)

### **Lesson: Discussion Questions and Action Steps**

1. Why is it important to juice vegetables for health and healing?
2. Does juice have too much sugar?
3. During cancer treatments, who should not juice?
4. How much juice should a person drink each day when they are trying to heal their body?
5. What is the most important juice you can drink if you have cancer?
6. How important is it to juice organic vegetables?
7. Which juicer is best?
8. How can you make juicing simplified to fit your lifestyle?

## Share: References and Resources

Sign up for Cherie's newsletter at [www.juiceladyinfo.com](http://www.juiceladyinfo.com)

**The Juice Lady Retreats** offer gourmet organic raw foods and juices and a 3-day juice fast midweek. There is a daily exercise class designed to help you detox. Informative classes are offered daily that include nutrition, physical detoxing, emotional detox, mental detox, de-stressing and heart biofeedback. We also offer a healing prayer service. The retreats are held in a beautiful, peaceful setting where you can experience healing and restoration of body and soul. For more information, go to [www.juiceladyinfo.com](http://www.juiceladyinfo.com)

### Books by Cherie Calbom

- Cherie Calbom, The Juice Lady's Guide to Fasting (Siloam)
- Cherie Calbom, The Juice Lady's Remedies for Diabetes (Siloam)
- Cherie Calbom, Sugar Knockout (Siloam)
- Cherie Calbom, Abby Fammartino, The Juice Lady's Anti-Inflammation Diet (Siloam)
- Cherie Calbom, The Juice Lady's Big Book of Juices and Green Smoothies (Siloam)
- Cherie Calbom, The Juice Lady's Remedies for Stress and Adrenal Fatigue (Siloam)
- Cherie Calbom, The Juice Lady's Living Foods Revolution (Siloam)
- Cherie Calbom-Souping is the New Juicing (Siloam)
- Cherie Calbom, The Juice Lady's Turbo Diet (Siloam)
- Cherie Calbom, The Juice Lady's Guide to Juicing for Health (Avery)

### On-line Classes

"What to Eat and Juice When You Have Cancer" [www.juiceladycherie.com](http://www.juiceladycherie.com)

"30-Day Detox" [www.juiceladycherie.com](http://www.juiceladycherie.com)

5-day Juice Fast [www.juiceladycherie.com](http://www.juiceladycherie.com)

## **Cherie's Bio**

Cherie Calbom, M.S. is a leading authority on juicing for health and detoxification. Known as The Juice Lady, TV chef and celebrity nutritionist, she has helped in pioneering the fresh juice movement around the world. Cherie writes a juice column for Breast Cancer Wellness Magazine and is the author of 35 books including her bestseller Juicing For Life with over 2 million books sold. She holds a Master of Science degree in whole foods nutrition from Bastyr University where she sat on the Board of Regents for five years. Cherie has received two Lifetime Achievement Awards and was also awarded Juicing Expert of the Year 2019 by Global Health & Pharma Magazine. Cherie has lectured worldwide on juicing, detoxing and fasting including consulting for the Royal Family of the UAE. She and her husband offer juice and raw foods retreats throughout the year. For more information, go to [www.juiceladycherie.com](http://www.juiceladycherie.com)