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Is Juicing *Really* Healthy for Everyone?

Message from Milly

Greetings to all,

I hope you're all enjoying the magnificent beauty that blesses Georgia every spring.

This time of year I get a lot of questions about juicing. Which makes sense, as spring has always been a traditional time of cleansing and detoxification.

Some of the most common questions include:

- Is juicing really healthy or should I just eat more whole fruits and vegetables?
- Are smoothies a better option?
- Is fresh fruit juice too high in sugar to be healthy?
- And what's the best juicer to buy?

So today we'll tackle all your juicing FAQs.

Cheers!

-Milly



FAQ #1: Is juicing really healthy vs. eating the whole food?

There's a lot of confusing information from different experts on whether fresh juice or whole foods are more healing.

Detox experts say: juice is best!

Traditional foodists and others say: whole foods are superior!

My take is: they're both awesome and I recommend them both to *most* clients.

The main argument against juicing is that it takes away

all the plant's fiber and thus, deprives you of key nutrients and roughage while upping the glycemic load. Plus, traditional cultures did not drink juice and they were all healthy.

However, juices are also chock-full of easy to digest nutrients---some of which are actually hindered by too much fiber. I like to think of them as powerful nutrient infusions for the cells. And they can be very helpful for people who struggle with digestive ailments.

Insofar as traditional diets are concerned, they have a point. However, people also weren't as toxic, chronically ill, inflamed, and nutrient-deprived as they are today. Not to mention (but I will) the degradation of our soil which has led to less nutritious food.

Thus, I believe and have witnessed juicing to be an effective solution for many modern-day ailments.

That said, fiber is super important for good gut health, heart health, and more!

So, my general advice is to enjoy a fresh juice a day (or as often as is optimal for your body), but don't neglect your 5-10 servings of whole fruits and vegetables.

We'll talk more about the best types of juices coming up....

FAQ #2: Are smoothies a better option than juices? And what about the sugar in fresh fruit juices?

The answer is: it depends on your blood sugar, pre-existing conditions, and level of toxic body burden.

For example, someone with blood sugar imbalances and/or Candida may not feel well drinking a lot of fresh juice high in natural sugars (like orange juice, orange carrot juice, etc.).

Likewise, someone dealing with a lot of toxicity could wind up feeling awful if they chug 16 oz of celery juice without working up to it.

In those cases, I'd recommend drinking low-sugar smoothies instead as they're less likely to cause a rapid detox and/or blood sugar surge.

For everyone else, nutrient-dense fruit and veggie smoothies (especially green smoothies) are one of those things you can enjoy daily in addition to fresh juice.

This brings us to part 2 of this question: are fresh fruit juices too high in sugar to be healthy?

This is a tricky one because fruit is so full of valuable, healing



nutrients, living water, enzymes, etc. And I don't wish to promote fruit fear, nor do I agree that it should be limited to just a few berries or green apples for most people.

But again, if you have any of the aforementioned health issues you'll need to do some healing before going for fresh fruit-based juices.

Start with low-sugar smoothies then try out small amounts of low-sugar vegetable juices, like cucumber with lemon and spinach or celery with fennel and kale. Start with a shot glass full and work your way up from there.

For everyone else, I generally recommend a combination of fruit & veggie juices. You can play around with the ratios and see how you feel.

Some of my simple favorites are a 50/50 blend of cucumber and watermelon. Or a combo of carrot, cucumber or celery, apple or pineapple, greens, and lemon. Yum!

Bottom line: listen to your body and adjust accordingly.



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FAQ #3: What is the best juicer?

I have had many types of juicers, from deluxe to basic, and truthfully they all do the job!

The main benefit of buying a more expensive juicer is they typically have a better warranty and may extract more juice with less heat. Some can even incorporate the pulp into the juice.

For basic juicing of fruits and vegetables, a **centrifugal juicer** (which is a small, upright model with a spout) is a good choice.

[Breville](#) and [Omega \(who carries low and high-speed options\)](#) both make good models.

For celery juice fans or anyone who wants a multifunctional juicer that also makes sorbets/nice-cream, nut butters, etc. a **slow horizontal masticating juicer** is the way to go.

[Omega](#) has the best warranty (15 years!), is excellent for celery juice, sorbets, etc. and produces very minimal and very dry pulp.

[Champion juicers](#) are also excellent and I've heard of them lasting 20+ years. However, they're not as good for celery as the Omega.

For a **super-deluxe model** that boasts 100% stainless steel and maximum nutrient extraction, [check out the Angel Juicer](#).

New to juicing and/or not sure where to start? A centrifugal juicer provides the benefits of fresh juice

for the lowest price with easy cleanup...so I recommend starting there.

If you're interested in learning more, [this article from Real Simple has helpful descriptions of all types of juicers](#) and how to choose the best one for you.

Happy juicing!