

Juicing Guide

Juicing can reduce your risk of cancer, boost your immune system, remove toxins from your body, aid digestion and help you lose weight. However, there's no scientific evidence that extracted juices are healthier than the juice you get by eating the fruit or vegetable itself.

If you are using a Centrifugal Juicer your juice will last up to 24 hours (1 Day). If you are using a Masticating Juicer your juice will last up to 48 hours (2 Days). If you are using a Twin Gear Juicer such as the Greenstar Elite your juice may last up to 4-5 days.

Some of the most popular vegetables are carrots, cucumber, celery, kale, spinach, beets, and romaine. The most popular fruits to use in juicing are lemons, oranges, apples, and limes. Avocados and bananas have a low water content and don't juice well, but work well in smoothies. Other add-ins are fresh ginger, parsley, chlorella, and turmeric.



Top Juicers on the Market

- Best Juicer Overall: Hurom HP Slow Juicer
- Best Budget Juicer: Hamilton Beach 67650A Juicer
- Best Centrifugal Juicer: Breville JE98XL Juice Fountain Plus
- Best High-End Juicer: Hurom's H-AI Slow Juicer
- Best Citrus Juicer: Hurom Citrus Juicer



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Detox Juice Recipes

Always be sure to have purified, alkaline or coconut water (no added sugar) on-hand to juice your fruits and veggies with; and keep in mind, if you are looking for a sweeter juice then add coconut water.

Tropical Mint

- 2 stalks celery
- ½ cucumber
- 2 cups spinach
- 3 cups mint leaves
- 1 cup pineapple
- ½ lemon

Anti-Inflammatory Tonic

- 2cm fresh turmeric
- 4 carrots
- 1 cm fresh ginger
- 1 orange
- ½ lemon
- 3 stalks celery

Green Treat

- 2 stalks celery
- ½ cucumber
- 1 kiwi fruit
- ½ lemon
- ½ cup parsley
- ½ cup sprouts

Ginger Zinger

- 2 stalks celery
- ½ cucumber
- 1½ cm ginger
- ½ cup parsley
- ½ lemon
- 1 green apple
- 2 cups spinach

Super Detox

- 2 cm fresh turmeric
- ¾ cucumber
- ½ lime
- 1 green apple
- 2 beets
- 1 cup spinach

Sweet Beet

- 1 beet
- 2 carrots
- 3 stalks celery
- ½ lemon
- 1 cm ginger
- 1 green apple

Beet-It-Up

- 1½ cm fresh ginger
- 3 beets
- 3 carrots
- 3 stalks celery

Kale + Pear

- 2 stalks kale
- 1 cup spinach
- 1 pear
- ½ lime
- 3 stalks celery
- ½ cucumber

Alkaline Boost

- ½ cucumber
- 2 stalks celery
- 1 cup cos lettuce
- 1 cup broccoli
- 1 green apple
- ½ lime

Carrot Cleanser

- 4 carrots
- 1 cm fresh ginger
- 1 green apple
- ½ lemon

Fresh Start

- 2 stalks celery
- ½ cucumber
- ½ lime
- 1 cup cilantro
- 1 cup kale
- 1 green apple

Summer Juice

- 1 cup pineapple
- ½ lemon
- 2 carrots
- 2 stalks celery
- 1 cm ginger

Electric Green

- 1 cucumber
- 1 cup parsley
- 1 cup spinach
- 2 green apples

