

# **Juicing for Weight Loss**

***Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body***

**By Kira Novac (ISBN-10: 1517218225)**

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A physician has not written the information in this book. Before making any serious dietary changes, I advise you to consult with your physician first.

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# Introduction

Juicing is a great way to preserve the vitamins, nutrients, and enzymes that your body needs, which both fruits and vegetables naturally have. Why should you bother juicing when you could always cook these vegetables? Well, recent studies have shown that these essential enzymes and nutrients are often destroyed through cooking. If you eat the whole vegetable raw, on the other hand, your body's natural digestion might not be able to break them down in the most efficient way. Juicing solves all these problems by helping you squeeze the most out of the produce you buy!

To top everything off, juicing is just plain fun! It's a great way to trick your kids (and yourself) into eating things they wouldn't normally eat. Unfortunately, most people also think it tastes incredibly bad. So how should you trick yourself into eating it? Why not try juicing the vegetables with some delicious and tasty fruits?

Juicing is now a popular method of staying healthy and (if desired) losing weight because of several reasons. One, juicing makes it easy for people to consume vegetables, especially if they don't love the taste of these foods. Juicing changes the texture of the vegetables, which is what often turns people off to them. It also can mask the tastes you don't like using fruit and other sweeter tasting juice.

Two, juicing is a lot easier and healthier than when you cook vegetables because it only takes minutes to make a nutrient-packed meal or snack. In fact, the juicing process is easy. You only need a food processor or juicer, place all the vegetables in, and squeeze their juices out. Compared to cooking the veggies, juicing fruits and vegetables is more nutrient-packed because you are really extracting all the essential nutrients from these food items and taking away the rough fibrous material, meaning that your body has a much easier path to do the digestive process. This is why many people get hooked on juicing- it's nutrient packed and will give you long-lasting energy. It's much more sustainable than coffee or other caffeinated drinks that can only give you a short boost of energy terminated by a subsequent energy crash and very often sugar cravings.

And finally, juicing is extremely helpful in weight loss, which is probably one of the major concerns and goals of most people today. Why? Again, think of all the nutrition, antioxidants and alkalizing properties that feeding your body with natural juices brings! Remember that if your main goal is weight loss, you need to focus on juicing vegetables, lots of leafy greens as well as fruit that is low in sugar (for example lemons, limes, grapefruits, pomegranates). You can add some other fruit to taste, however juicing fruit high in sugar is not always good for you. It's better to have this fruit as a whole or use it in a smoothie to drink it with its natural fiber.



There is a lot of hype going on. Marketers try to sell you some magical green smoothie cleanses as well as juicing recipes, but in this day and age it's hard to find a reliable source of information. This is a big concern of mine, and a reason why I wrote this book.

Here's a really simple rule that will dramatically help you in your weight loss and health goals through juicing:

- Focus on juicing vegetables as much as possible
- Choose fruits naturally low in sugar
- Add spices and herbs to your juices (for example ginger, mint, and basil)
- Add good oils to your juices (yes, don't fear good fats), coconut oil, cold-pressed virgin olive oil and avocado oil are great choices