



The benefits you'll love!

• Green

- Romaine
- Celery
- Cucumber
- Apple
- Spinach
- Kale
- Parsley
- Lemon
- Ginger

Drop Acid

You're looking at 6 lbs. of leafy greens in one little bottle. This chlorophyll-packed green juice lowers acidity and balances your pH. Stay alkaline. Stay healthy.

• Red

- Apple
- Carrot
- Beet
- Lemon
- Ginger

Heart Beet

Beets provide antioxidant, anti-inflammatory support that helps protect against cardiovascular disease.

• Yellow

- Lemon
- Water
- Cayenne
- Agave

Why I'm Hot

Cayenne pepper stimulates your circulatory system and speeds metabolism.

• Gold

- Pineapple
- Apple
- Mint

A Pineapple a Day

Pineapples contain bromelain, an anti-inflammatory agent that helps fight heart disease and arthritis.

• White

- Cashew
- Water
- Vanilla
- Cinnamon
- Agave

White out

Cashews contain zinc, which rebuilds the body's collagen supply and helps preventing wrinkling, stretch marks and other potential "body roadmaps." . It is also a great source of protein.

Congratulations! I am firmly convinced that juicing is the final key to giving you a radiant, energetic life, and truly optimal health.

I've said this in the other levels of this nutrition plan, but it's so important I'll say it again - valuable and sensitive micronutrients become damaged when you heat foods.

Cooking and processing food destroys these micronutrients by altering their shape and chemical composition. In this advanced nutritional level, you avoid all processed foods and eat only organic vegetables and fruits, unless not otherwise possible.

Virtually every health authority recommends that we get 6-8 servings of vegetables and fruits per day and very few of us actually get that. Juicing is an easy way to virtually guarantee that you will reach your daily target for vegetables.

While you can certainly juice fruits, if you are overweight, have high blood pressure, diabetes or high cholesterol it is best to limit using fruits until you normalize these conditions.

The exception would be lemons and limes which have virtually none of the offending sugar, fructose, that causes most of the metabolic complications. Additionally lemons or limes are amazing at eliminating the bitter taste of the dark deep leafy green vegetables that provide most of the benefits of juicing.

Reasons to Juice

There are three main reasons why you will want to consider incorporating vegetable juicing into your optimal health program:

1. **Juicing helps you absorb all the nutrients from the vegetables.** This is important because most of us have impaired digestion as a result of making less-than-optimal food choices over many years. This limits your body's ability to absorb all the nutrients from the vegetables. Juicing will help to "pre-digest" them for you, so you will receive most of the nutrition, rather than having it go down the toilet.
2. **Juicing allows you to consume an optimal amount of vegetables in an efficient manner.** If you are a carb type, you should eat one pound of raw vegetables per 50 pounds of body weight per day. Some people may find eating that many vegetables difficult, but it can be easily accomplished with a quick glass of vegetable juice.
3. **You can add a wider variety of vegetables in your diet.** Many people eat the same vegetable salads every day. This violates the principle of regular food rotation and increases your chance of developing an allergy to a certain food. But with juicing, you can juice a wide variety of vegetables that you may not normally enjoy eating whole. Many people initially think that juicing will be a real chore, but the majority are pleasantly surprised to find that it is much easier than they thought it would be.

