

FRESH JUICE SUGGESTIONS

Carrot/Apple

6 carrots
2 apples

Liver Mover

2-3 apples
½ beet

Potassium Broth

1 handful of spinach
1 handful of parsley
2 stalks of celery
4-6 carrots

Bromelain Special

Pineapple (skin and all)
unscrew top and throw away

Orange or Grapefruit

3 oranges peeled
or 1 grapefruit peeled

Evening Regulator

2 apples
1 pear

Digestive Special

Handful of spinach
6 carrots

Cantelope Juice

Cut into strips skin and all
and juice

Waldorf Salad

1 stalk of celery
2 apples

Sunshine Lunch

2 apples
4-6 strawberries

Energy Shake

Handful of parsley
6 carrots

Watermelon Juice

Cut into strips skin and all
and juice

JUICING TIPS

Do not combine fruits or vegetables together as they are not compatible. An exception to the rule is the **Apple**, which mixes well with all fruits and vegetables. Also do not drink greens or beets alone. They should always be mixed. Three-part carrot to one-part greens or beet.

A Few More of The Juiceman's Special Recipes:

AAA Juice

6 carrots, 1 apple, 2 stalks of celery, ½ handful of wheatgrass,
½ handful of parsley, ½ beet.

Jay's Secret

Handful of parsley, 3 carrots, 2 celery stalks, 2 cloves of garlic

Morning Tonic

1 apple
1 grapefruit (without peel)

Pineapple/Grapefruit

½ grapefruit
2 rings of pineapple
(skin and all)

Christmas Cocktail

2 apple
1 large bunch grapes
1" slice lemon with peel

Passion Cocktail

4 strawberries
1 large chunk pineapple
1 bunch of grapes (black)

Jay's Famous Lemonade

¼ lemon with peel
3-4 apples
(You have to try it!)

Body Cleanser

4 carrots
½ cucumber
1 beet

Alkaline Special

¼ head cabbage (red or green)
3 stalks celery

REMOVING POISONOUS SURFACE SPRAYS AND PESTICIDES:

Fill your sink with cold water. Add four tablespoons of salt and the juice of one-half of a fresh lemon. (This makes a diluted form of hydrochloric acid.) Soak fruits or vegetables 5-10 minutes, 2-3 minutes for leafy greens and 1-2 minutes for berries, i.e. strawberries - then rinse well under cold water.

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OR: Try Citricidal
(Grapefruit Seed Extract)

Juicing Basics

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follow the manufacturer's directions for best results. In addition, the following guidelines, which apply to *most* juicers, will help you to use the recipes in this book and will insure success when you create your own special recipes.

- When possible, use organically grown produce—produce that's cultivated without the use of harmful chemicals.
- Whenever you're unable to get organically grown produce, remove the peel, as this is where most of the chemical residues can be found. Waxed fruits and vegetables should always be peeled before juicing, as the wax is difficult to remove.
- When produce is being juiced with the peel intact, wash the produce well by holding it under running water and scrubbing it with a vegetable brush. (A vegetable brush is also a wonderful means of quickly cleaning the stainless steel strainer found in most juicers.)
- The skins of most fruits and vegetables may be left on. Some skins, however, should be removed, either because they are too thick or because they are known to contain toxic substances. Those fruits that should be peeled before juicing include pineapples, kiwis, papayas, oranges, and grapefruits.
- All seeds should be removed from fruits before juicing. Some seeds—apple seeds, for instance—actually contain toxic substances. Many other seeds will impart an unpleasant bitter taste to the juice. Naturally, all pits *must* be removed before the produce is juiced.
- Most fruits and vegetables should be juiced raw, as cooking will deplete stores of vitamins, minerals, and enzymes. However, certain vegetables—broccoli, cauliflower, asparagus, Brussels sprouts, and potatoes—should *not* be juiced raw. Before juicing these vegetables, steam them briefly, and then chill them.
- Whenever a recipe calls for mashed bananas, you can easily use your juicer to mash the bananas for you. Simply peel the desired number of bananas, place them in the freezer, and, when frozen, “juice” them! The resulting “pulp” will be creamy and lumpless.
- Because of their hard consistency, nuts cannot be fed through the juicer. Whenever recipes call for ground nuts, use a blender, food processor, or food mill to grind the nuts to the desired consistency. When preparing shakes and other drinks that include nuts, simply toss the whole or halved nuts into the blender or food processor with the other ingredients. Two or three minutes of blending should produce a smooth, creamy beverage. Remember that whenever ground nuts are called for, an equal amount of nut butter can be substituted.
- To add extra nutrients to juices and other dishes, add a scoop or two of protein powder to boost protein, complex-carbohydrate, fiber, and vitamin and mineral contents. Used as a supplement to a balanced diet of vegetables, fruits, and grains, protein powder will help insure that you receive all the nutrients you

JUICE NUTRIENT & TROUBLESHOOTING CHART

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Vitamin	Bodily Action	Deficiency Symptoms	Source
Bioflavonoids	Help to increase strength of capillaries.	Tendency to bleed and bruise easily.	Citrus fruits, black currants.
Choline	Important in nerve transmission, metabolism of fats. Helps regulate liver and gall bladder.	Fatty liver, bleeding kidneys, high blood pressure.	Green vegetables.
Folic acid (folacin)	Important in red blood cell formation. Aids metabolism of protein necessary for growth and division of body cells.	Poor growth, anemia, vitamin B ₁₂ deficiency.	Dark green leafy vegetables. Asparagus, broccoli, sprouts, root vegetables, Brussels sprouts.
Inositol	Necessary for formation of the phospholipid lecithin which is connected with the metabolism of fats including cholesterol. Vital for hair growth.	Constipation, eczema, hair loss, elevated cholesterol.	Citrus fruits, green vegetables.
Niacin (nicotinic acid, niacinimide)	Maintains health of skin, tongue, and digestive system. Essential for utilization of carbohydrate, fat, and protein.	Dermatitis, nervous disorders.	Dates, broccoli, herbs.
PABA (Para aminobenzoic acid)	Aids bacteria in production of folic acid. Acts as a co-enzyme in the breakdown and utilization of proteins. Aids in formation of red blood cells. Acts as a sunscreen.	Fatigue, irritability, depression, nervousness, constipation, headache, digestive disorders, grey hair.	Asparagus, broccoli, sprouts, root vegetables, Brussels sprouts, dark green leafy vegetables.
Pantothenic acid	Aids in formation of some fats, participates in the release of energy from carbohydrates, fats, and protein. Improves body's resistance to stress.	Vomiting, restlessness, stomach stress, increased susceptibility to infection.	Broccoli, cabbage, cauliflower
Vitamin A	Necessary for growth and repair of body tissue, eyes, and eyesight. Fights bacteria and infection, maintains healthy epithelial tissue, aids bone and teeth formation.	Night blindness, rough, dry skin, fatigue, loss of smell and appetite.	Yellow fruits and vegetables.
Vitamin B Complex	Necessary for carbohydrate, fat, and protein metabolism. Helps functioning of the nervous system, muscle tone in gastrointestinal tract.	Dry, rough, cracked skin; acne; dull, dry or grey hair; poor appetite; stomach disorders.	Sprouts, greens, citrus fruits.
Vitamin B-1	Maintains health of skin, hair, eyes, mouth, and liver. Necessary for carbohydrate metabolism. Maintains healthy nervous system. Stimulates growth and muscle tone.	Gastrointestinal problems, fatigue, loss of appetite, nerve disorders, heart disorders.	Asparagus, beans, pineapple, herbs.
Vitamin B-2	Necessary for carbohydrate, fat, and protein metabolism. Aids in formation of antibodies and red blood cells. Maintains respiration.	Eye problems, cracks and sores in mouth, dermatitis, retarded growth, digestive disturbances.	Baby green vegetables, broccoli, asparagus, herbs.
Vitamin B-6 (pyridoxine)	Necessary for carbohydrate, fat, and protein metabolism. Aids in formation of antibodies. Maintains balance of sodium and phosphorus.	Anemia, mouth disorders, nervousness, muscular weakness, dermatitis, edema, allergies.	Green leafy vegetables.

(CONTINUED)

**JUICE NUTRIENT
TROUBLESHOOTING CHART (CONTINUED)**

Vitamin	Bodily Action	Deficiency Symptoms	Source
Vitamin C	Maintains collagen, helps heal wounds, scar tissue, and fractures. Gives strength to blood vessels. Provides resistance to stress.	Bleeding gums, swollen or painful joints, slow healing of wounds and fractures, bruising, nosebleeds, impaired digestion.	Citrus fruits, alfalfa sprouts, cantaloupe, strawberries, broccoli, green peppers, tomatoes.
Vitamin E	Protects fat-soluble vitamins and red blood cells. Essential in cellular respiration. Inhibits coagulation of blood.	Rupture of red blood cells, muscular wasting, abnormal fat deposits in muscles.	Leeks, cabbage, Brussels sprouts, herbs, sprouts, green leafy vegetables.
Vitamin K	Necessary for blood coagulation.	Increased tendency to hemorrhage and miscarriage.	Cauliflower, green leafy vegetables.

Mineral	Bodily Action	Deficiency Symptoms	Source
Calcium	Essential for development and maintenance of strong bones and teeth. Assists normal blood clotting, muscle action, nerve function, and heart function.	Softening of bones, back and leg pains, brittle bones.	Green leafy vegetables, especially kale.
Cobalt	Functions as part of vitamin B-12. Maintains red blood cells. Activates a number of enzymes in the body.	Pernicious anemia, slow rate of growth.	Green vegetables, ripe fruits.
Copper	Aids in formation of red blood cells. Forms part of many enzymes. Works with vitamin C to form the protein elastin.	General weakness, impaired respiration, skin sores.	Green vegetables.
Iodine	Essential part of the hormone thyroxine. Necessary for prevention of goiter. Regulates energy and metabolism. Promotes growth.	Weakness, pale skin, constipation, anemia.	Pineapple, green leafy vegetables.
Iron	Necessary for hemoglobin and myoglobin formation. Helps protein metabolism. Promotes growth.	Weakness, paleness of skin, constipation, anemia.	Asparagus, Bing cherries, apricots, black raspberries, prunes.
Magnesium	Acts as a catalyst in the utilization of carbohydrates, fat, protein, calcium, phosphorus, and potassium.	Nervousness, muscular excitability, tremors.	Dark green vegetables.
Manganese	Activates enzymes. Necessary for normal skeletal development. Maintains sex hormone production.	Paralysis, convulsions, dizziness, ataxia, blindness and deafness in infants.	Apples, apricots, pineapple, green leafy vegetables.

- The Juicing Book, Stephen Blauer -

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The following are descriptions of most of the commonly used individual vegetable and fruit juices and their benefits.

- **ALFALFA SPROUT:** contains a wide range of minerals and a full range of vitamins and is an excellent source of amino acids. It is easy to sprout and when allowed to turn green in light furnishes chlorophyll. The high vitamin K content is important as a blood clotting factor. The fresh juice alone is too strong tasting and potent, so it is normally taken in combination with carrot juice. The two complement each other and intensify their individual benefits. YIELD: 2-4 ounces per half pound of sprouts.
- **APPLE:** it is high in mineral contents, pectin, malic acid, and tannic acid—all of which are of the greatest therapeutic importance in normalizing the intestines. It is helpful for skin and liver and as a general tonic. It is also helpful in flushing the kidneys. Many of the beneficial elements and qualities are retained in the production of pure cider vinegar so a couple of teaspoonfuls added to water or other juices will help to bring the beneficial effect.
- **APRICOT:** it has a high quantity of vitamin A and carotene. Its other beneficial qualities have not been researched extensively. The juice adds a very pleasant taste when combined with other juices.
- **ARTICHOKE:** it is rich in calcium and contains some therapeutically valuable oils which have a strong stabilizing effect on the human metabolism. It is used in liver complaints and as a

two. The liquid was strained into a clean bottle. A glassful each day was the standard amount. The fresh juice is best combined with other juices, especially carrot juice.

- **ARTICHOKE (Jerusalem Variety):** an excellent source of non-starchy carbohydrates and insulin. The vegetable reduces craving for sweets and has been used for diabetic, hypoglycemic, and weight-reduction diets. Again, the recommendation is to mix 1-2 ounces with other juices (usually carrot) to make a 6-8 ounce drink. YIELD: 6-8 ozs juice per pound of artichokes.
- **ASPARAGUS:** it is highly alkaline, containing asparagine which reduces acidity of the blood and cleanses the tissues and muscles of waste. It is said to help dissolve kidney stones. The juice is high in vitamins A, B-1, C, choline, folic acid, and the mineral potassium. Dr. Walker claims it is very effective as a diuretic, especially when combined with some carrot juice. It is beneficial for kidney dysfunction and for the regulation of general glandular troubles. YIELD: 1 ounce per 3-4 shoots.
- **BEAN SPROUT:** adzuki, mung, and lentil bean sprouts yield juice rich in high-quality protein. Lentil sprouts are an excellent source of iron. All are rich in vitamin C so, in combination with iron, aids its absorption. The juice mixes well with other juices and is a good component of green drinks as well. YIELD: 2-4 ounces per pound of sprouts.
- **BEETS, ROOT & LEAVES:** it is rich in sodium and contains many other minerals. It is considered one of the most valuable juices for the liver and gall bladder and the building up of the red blood-cell count as well as stimulating the lymph system. It also has high vitamin content. It is, after carrot, one of the chief juices used in Europe. The high potency of the combined root-and-leaves juice suggests moderate use, and ounce or two mixed in with other juices being plenty. Walker suggests that at the beginning it is better to take more carrot juice until one's tolerance increases. Other benefits come from the very high sodium content to proportion of low calcium content which promotes a high solubility of calcium. The high sodium content is balanced proportionately by the relatively high potassium content. It is also high in vitamin A. YIELD: 6-8 ozs per pound of roots and/or greens.
- **BRUSSELS SPROUT:** its raw juice is a rich source of vitamin C. A cupful weighing about 4 ozs can yield 100mg of vitamin C—more than twice as much as the same weight of orange. This content drops to a third when cooked. It—alone or combined with string bean juice—is very valuable in increasing the production of insulin and, thereby, useful in dealing with diabetes.
- **BUCKWHEAT GREEN:** these are 7-day-old greens from whole unhulled buckwheat seeds grown in one inch of soil. Mature greens grow to about 8" in height and have pink stems and round green leaves. The taste is similar to lettuce, but they are more nutritious since one can harvest the greens when needed. The greens are a very valuable source of many vitamins, niacin, pantothenic acid, many minerals, and rutin. They also contain lecithin. The mature buckwheat greens can be mixed with other sprout, green, and vegetable juices to make a rich green drink. Directions for growing your own greens are nicely described in Ann Wigmore's book on sprouting. YIELD: about 6 ozs per pound of greens.

Sources: *Raw Vegetable Juices*: by N.W. Walker DSc; *Live Food Juices*: by H.E. Kirschner MD; *The Complete Raw Juice Therapy*: Thorsons Editorial Board; *Make Your Juices Your Drug Store*: by Dr. L. Newman; and *Raw Juice Therapy*: by John B. Lust.