

HEALTHY JUICES

Drinking alkaline anti-oxidant water is like eating fresh fruits and vegetables. Both contain alkaline minerals which help neutralize body acidic wastes, and anti-oxidant which helps neutralize free-radicals damage. Although some fruits are acidic to taste because they contain citric acid but it is the alkaline mineral ash that are left behind after metabolism/digestion that makes them alkalizing. For example lemon is acidic to taste but is one of the more alkaline forming fruit. It contains high amount of alkaline minerals like calcium, magnesium, potassium and selenium. The citric acid is a weak acid which the body can easily remove via sweat and respiration.

Between juicing and blending I prefer the blending as it does not remove the fiber and helps cushion the fruit sugar intake. Besides juicer requires more washing which is tedious. Some fruits like banana cannot be juiced but blending into banana smoothies taste great. Better still if you can add fresh yoghurt to the blend which further helps in strengthening your intestinal flora.

Most people are concerned about pesticides and bacteria when they eat fresh greens. This is where the alkaline and acid water from the water ionizer becomes most useful. Soak the fruits and vege for 20 minutes in alkaline water to remove the chemicals (most pesticides are acidic in nature which can be neutralized by the alkaline water). Just before juicing or blending rinsed the soak greens with acidic water. The anti-bacterial property of acidic water will ensure that your fresh greens are bacteria-free.

You can combine fruits and vegetables in your blending/juicing to get different health properties. Below are some combinations that may be helpful. You can always try different concoctions to suit your taste butts.



Carrot + Ginger + Apple - Boost and cleanse our system.



Apple + Cucumber + Celery - Prevent cancer, reduce cholesterol, and improve stomach upset and headache.



Tomato + Carrot + Apple - Improve skin complexion and bad breath.



Bitter melon + Apple + Milk - Avoid bad breath and reduce internal body heat.



Orange + Ginger + Cucumber - Improve Skin texture and moisture and reduce body heat.



Pineapple + Apple + Watermelon - To dispel excess salts, nourishes the bladder and kidney.



Apple + Cucumber + Kiwi - To improve skin complexion.



Pear & Banana - regulates sugar content.



Carrot + Apple + Pear + Mango - Clear body heat, counteracts toxicity, decreased blood pressure and fight oxidization .



Honeydew + Grape + Watermelon + Milk - Rich in vitamin C + Vitamin B2 that increase cell activity and strengthen body immunity.



Papaya + Pineapple + Milk - Rich in vitamin C, E, Iron. Improve skin complexion and metabolism.



Banana + Pineapple + Milk - Rich in vitamin with nutritious and prevent constipation