

Bob & Sally's Juicing Program

(using a “masticating cold press juicer”)

- **Cost:** Breaking down the grocery bill per daily unit of each vegetable and fruit, the cost per glass (a meal replacement on our plan) came to \$3.39 per 12 ounce serving. We estimate the calories to be 255.

HEALTH BENEFITS OF JUICING:

A daily regimen of drinking juice made from **1 red beet, 1 quart of kale, 1 lemon, 1 orange, 1 apple, 2 celery stalks, 3 medium carrots, and 20 grams of ginger**, produced using a slow masticating juicer, can provide numerous health benefits and potentially address several ailments. Here are some diseases, ailments, or physical weaknesses that could be positively affected:

1. Hypertension (High Blood Pressure)

- **Beets** are rich in **nitrates**, which can convert to nitric oxide in the body, helping to relax blood vessels and lower blood pressure.
- **Celery** also contains compounds called **phthalides**, which may relax muscles around arteries and increase blood flow.

2. Inflammation

- **Ginger** is a powerful anti-inflammatory, known to help reduce symptoms of inflammatory conditions like **arthritis**.
- **Carrots** and **kale** contain **beta-carotene** and other antioxidants, which also help fight inflammation and protect cells from oxidative damage.

3. Digestive Health

- **Lemon** and **ginger** are commonly used to **aid digestion**, relieve bloating, and improve gut health. Ginger, in particular, can soothe the digestive tract and is known for reducing nausea.
- **Apples** provide fiber, aiding in digestive regularity and supporting gut bacteria health.

4. Immune System Support

- The **vitamin C** content from **oranges**, **kale**, and **lemons** provides a strong boost to the immune system, helping protect against colds, flu, and other infections.

5. Anemia and Fatigue

- **Beets** are rich in **iron** and help improve red blood cell count, which may be beneficial for individuals suffering from **anemia**. **Kale** is also a great source of non-heme iron and vitamin C, which enhances iron absorption.

6. Detoxification and Liver Health

- **Beets** and **kale** contain compounds that support **liver detoxification**. Beets are known for their betaine content, which aids in liver function.
- **Lemon juice** is a well-known detoxifier, stimulating liver enzymes and promoting healthy liver function.

7. Eye Health

- **Carrots** are famously high in **beta-carotene**, a precursor to vitamin A, which is vital for maintaining healthy vision. Kale is also rich in **lutein** and **zeaxanthin**, which protect the eyes from oxidative stress and may help prevent **age-related macular degeneration**.

8. Heart Health

- **Beets, carrots, and kale** are full of heart-healthy antioxidants, and the high potassium content in **celery** helps balance sodium levels, which is beneficial for maintaining heart health and preventing cardiovascular diseases.

9. Weight Management

- This juice regimen, rich in **fiber** from kale, celery, apples, and carrots, supports healthy digestion and may aid in **weight loss** by promoting satiety, reducing cravings, and boosting metabolism.

10. Chronic Fatigue and Energy Boost

- The high nutrient content (especially from **beets** and **ginger**) can improve **blood flow** and oxygen supply to muscles, which may help alleviate symptoms of chronic fatigue and increase overall energy levels.

Conclusion:

This juice combination provides a wide range of vitamins, minerals, and antioxidants that could help address **hypertension, inflammation, digestive issues, anemia, immune system weakness, eye health problems, heart disease, and chronic fatigue**. However, it's important to note that while juicing can supplement a healthy diet, it should not replace whole foods or medical treatment where necessary.

Always consult a healthcare provider before starting any new dietary regimen, especially if managing specific health conditions.

ADVANTAGES OF JUICING vs EATING THE WHOLE FOOD:

- **Breakdown of Cell Walls:** Juicing breaks down the cell walls of fruits and vegetables, enhancing nutrient bioavailability by making it easier for the body to absorb nutrients. Without fiber, nutrients such as beta-carotene and vitamin C are absorbed faster, potentially improving absorption by **as much as 30%** for some vitamins.

- **Concentration of Nutrients:** Juice is more concentrated in vitamins, minerals, and antioxidants than whole fruits and vegetables, but it lacks the fiber that promotes balanced digestion. For top health, combining whole foods and juicing may provide a balance of fiber, slower nutrient release, and increased short-term absorption.
- **Greater Volume of Fruits and Vegetables:** When Sally and I generate juice for one glass each (12 oz), and we drink that twice a day, each of us are consuming the nutrients from 3 lbs. of fruits and vegetables per day — 3 times the weight and bulk of an average dinner salad. It would be very difficult to eat that much whole food in non-juice form!

CONTENTS OF ONE GLASS in the form of juice (twice daily from ORGANIC fruits & vegetables only):

- ½ large red beet (approx. 85 grams): 37 calories
- ½ quart of kale (approx. 2 cups or 130 grams): 66 calories
- ½ lemon (approx. 30 grams): 9 calories
- ½ orange (approx. 65 grams): 31 calories
- ½ apple (approx. 90 grams): 47 calories
- 1 celery stalk (approx. 40 grams): 6 calories
- 2 medium carrots (approx. 122 grams): 50 calories
- "Thumb-sized" fresh ginger (approx. 10 grams): 8 calories

Here's a **summary of the total content** in one glass of each specific vitamin, mineral, and nutrient from the combined fruits and vegetables listed, along with the percentage of the Daily Value (DV) based on a 2,000-calorie diet:

Vitamins:

- **Vitamin A (beta-carotene):**
 - Total: ~30,472 IU
 - DV: 1,500 mcg RAE (~5,000 IU)
 - % DV: ~609% DV (mostly from carrots and kale)
- **Vitamin C:**
 - Total: ~141.6 mg
 - DV: 90 mg
 - % DV: ~157% DV
- **Vitamin K:**
 - Total: ~575.3 mcg
 - DV: 120 mcg
 - % DV: ~479% DV (mainly from kale and celery)
- **Vitamin B6:**
 - Total: ~0.5 mg
 - DV: 1.7 mg
 - % DV: ~29% DV
- **Folate (Vitamin B9):**
 - Total: ~101 mcg
 - DV: 400 mcg
 - % DV: ~25% DV

Minerals:

- **Potassium:**
 - Total: ~1,262 mg
 - DV: 4,700 mg
 - % DV: ~27% DV
- **Calcium:**
 - Total: ~298 mg
 - DV: 1,300 mg
 - % DV: ~23% DV

- **Magnesium:**
 - **Total:** ~83 mg
 - **DV:** 420 mg
 - **% DV:** ~20% DV
- **Manganese:**
 - **Total:** ~1.0 mg
 - **DV:** 2.3 mg
 - **% DV:** ~43% DV
- **Iron:**
 - **Total:** ~0.7 mg
 - **DV:** 18 mg
 - **% DV:** ~4% DV
- **Phosphorus:**
 - **Total:** ~51 mg
 - **DV:** 700 mg
 - **% DV:** ~7% DV

Key Antioxidants and Compounds:

- **Antioxidants:** Quercetin (apple), lutein and zeaxanthin (carrots, kale), gingerol (ginger), flavonoids (orange, lemon)
- **Nitrates:** From beets, aiding in blood pressure regulation
- **Gingerol:** Anti-inflammatory compound from ginger

Summary:

- The combination provides **high levels of Vitamin A (609% DV), Vitamin C (157% DV), and Vitamin K (479% DV)**, making it very rich in essential vitamins.
- It also offers a good amount of **potassium (27% DV)** and a moderate amount of other minerals such as **calcium (23% DV)** and **magnesium (20% DV)**.
- This mix is very beneficial for antioxidant intake, digestive health, and overall nutrient absorption.

Personal notes:

- For 2 glasses per day, double the nutritional numbers above.
- Nutritional calculations were done 9/27/24 using the assistance of AI application ChatGPT. We'll continue monitoring and recalculating the data using other sources to confirm accuracy as we continue our program, and then we'll repost any updates or corrections.
- Some online articles marginalize the benefits of juicing. However, it's worth noting that Big Pharma and the medical community do not make any money from health regimens people can do without those big industries involved. In fact, the more effective any DIY efforts are, the more dismissive public statements from industry giants tend to be. Case in point: 20 years of research providing solid evidence that Ivermectin is effective in treating cancer has been ignored by the FDA, many medical journals, Big Pharma, and the media. The patent for Ivermectin, formerly owned by pharmaceutical giant Merck, expired on April 22, 2000 and so did big profits along with it. The FDA has even publicly mocked Ivermectin as "horse paste" not suitable for humans until a lawsuit by doctors forced the removal of its mockery from social media and public websites. (For much more info regarding the ongoing battle being waged against America's health on many fronts, follow @RobertKennedyJr on X.com — formerly Twitter.)

Advantages of Using a Slow Masticating Juicer

Juicing with a **slow masticating cold press juicer** offers several benefits over a **high-speed centrifuge juicer**, particularly in terms of nutrient retention, juice yield, and juice quality. Here are some key advantages:

1. Better Nutrient Retention

- **Cold Press Juicers** operate at a slow speed, typically around 40-80 RPM, which **minimizes heat generation** and **oxidation**. This helps preserve sensitive nutrients such as **vitamin C** and **enzymes**, which can degrade when exposed to heat and air in high-speed centrifugal juicers.
- **Centrifugal Juicers**, by contrast, operate at high speeds (up to 14,000 RPM), which can generate heat and expose juice to more air, leading to faster nutrient degradation.

2. Higher Juice Yield

- Masticating juicers typically **extract more juice** from fruits and vegetables, especially leafy greens like kale and spinach, because they thoroughly crush and press the produce. This results in more juice and less waste.
- Centrifugal juicers, while faster, often leave behind wetter pulp, meaning more of the produce is discarded.

3. Better Juice Quality and Longer Shelf Life

- Because cold press juicers minimize oxidation, the juice produced is **fresher** and can be stored for longer (up to 72 hours) without significant nutrient loss or separation. This is especially beneficial for those who want to make juice in advance.
- Juice from centrifugal juicers typically separates more quickly and may need to be consumed within a few hours to get the full benefit of the nutrients.

4. Quieter Operation

- **Slow masticating juicers** tend to be much **quieter** than their high-speed centrifugal counterparts, making them more suitable for home use in the early morning or in noise-sensitive environments.

5. Better for Leafy Greens and Hard Produce

- Masticating juicers are more efficient at juicing a variety of produce, including tough greens like wheatgrass, kale, and spinach, as well as harder vegetables like carrots and beets. Centrifugal juicers struggle to extract as much juice from these types of ingredients.

6. Less Foam and Pulp

- **Cold press juicers** produce **less foam** and **less pulp** in the juice, resulting in a smoother texture. The high-speed centrifugal process often incorporates more air, leading to foam and pulp in the final juice, which some people find unappealing.

7. More Versatile

- Masticating juicers often come with additional functionality, allowing them to process foods like **nut butters**, **sorbets**, and **baby food**, making them more versatile in the kitchen compared to centrifugal juicers, which are primarily for juicing only.

In summary, **slow masticating juicers** are ideal for those looking for high-quality, nutrient-dense juice with better yield, less waste, and longer shelf life, while **centrifugal juicers** are faster and more affordable but may compromise on nutrient retention and juice quality.