

Carla Zaplana

# GREEN JUICES FOR BEGINNERS

A ONE-STOP GUIDE TO CLEANSING YOUR BODY

*h.f.*ullmann

## WHAT POSITIVE EFFECTS DO THEY HAVE?

The hectic pace of everyday life often means that we pay little attention to looking after our bodies' internal needs. Stress, depression, environmental pollution, the noxious substances which surround us are all factors which can result in our organisms becoming weakened, in dwindling energy levels or susceptibility to illness. In order to combat these damaging influences, our bodies must receive a healthy supply of vitamins, minerals, active enzymes, and other substances which protect our cells and renew cell tissue. Green juices offer one of the best options for ensuring a healthy supply of micronutrients.

They are not an invention of the 21st century, nor are they a passing fad—they are here to stay.

### **Vitamin and mineral cocktail**

How often have we been told that “five a day” is the recommended daily amount of fruit and vegetables needed to cover our micronutrient requirements? Even so, only a few of us manage to eat the required amount of vegetables. By drinking green juices, we derive the beneficial properties in condensed form from all the plant products contained therein. Mention should also be made of the fact that leafy green vegetables are among the most nutritious foods on our planet: in other words, a single green juice a day will provide the entire daily requirement of micronutrients recommended by the American Dietetics Association (ADA).

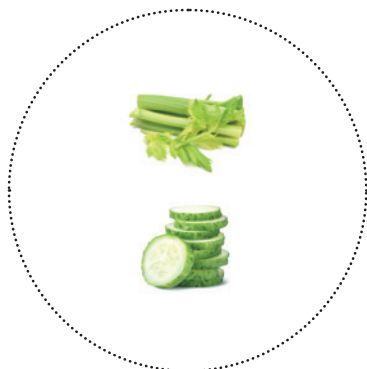
### **De-acidification effect**

Blood has a natural pH value of 7.35 to 7.45, making it slightly alkaline as a pH of 7 is neutral. According to Dr. Robert Young's work on the pH formula for an optimum acid-alkaline balance: “The pH level of our internal fluids affects every cell in our bodies. The entire metabolic process depends on a balanced internal alkaline environment. A chronically over-acidic pH corrodes body tissue. If left unchecked, it will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain. In summary, over-acidification interferes with life itself.” Other recent studies have also shown that cancer cells cannot proliferate in an alkaline environment. Consequently, regular consumption of green juices helps to prevent serious degenerative diseases such as Alzheimer's or cancer.

# RECIPE FORMULA FOR GREEN JUICES

## BASE

*Celery, cucumber*



+

## LEAFY GREEN VEGETABLES

*Choose one or more of the following ingredients:  
lettuce leaves, spinach, cabbage, kale, dandelion*



+



+



## FRUIT

*Choose one or more of the following: apple,  
pear, lime, lemon, grapefruit*

## OTHER DELICIOUS INGREDIENTS

*Choose one or more of the following: broccoli,  
sprouts, ginger, flower pollen, wheat grass*

# KALE

## PROPERTIES

- The mineral levels in cabbage are perfectly balanced. As a result, the calcium it contains is more readily absorbed by the body than the calcium contained in milk. Kale is therefore good for promoting healthy bones and considered particularly useful in preventing osteoporosis.
- Because of its acid-neutralizing and anti-inflammatory properties, kale is one of the best natural acid regulators. In its raw juice form, it is ideal for treating stomach and duodenal ulcers as well as inflammatory bowel disorders.
- It is also believed to possess anti-carcinogenic properties.
- It also helps to disperse the build-up of fluids in the body and is therefore very effective in the treatment of diabetes, obesity, gout, and heart disease which may also be accompanied by increased fluid retention.
- It belongs to the family of crucifers and consequently affects the production of hormones by the thyroid gland, which is why excessive consumption of this vegetable is not recommended for people with an over- or under-active thyroid.

## VITAMIN AND MINERAL CONTENT

- Kale is rich in vitamin A and C. It also contains folic acid (vitamin B9) and vitamin B3. Potassium and calcium are the main minerals found in kale, followed by phosphorus and magnesium.

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*Kale—originally a cultivar of the wild cabbage found in Southern and Western Europe – has been grown in Europe for centuries. It has meanwhile also become very popular in the USA. As well as all the usual substances found in cabbage varieties it also contains a large amount of iron.*

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# CLEANSE YOUR BODY

*A refreshing, intestinal cleansing, and vitalizing drink  
which steadily improves energy levels*

## INGREDIENTS

*1 cucumber  
1 celery stalk  
1 piece of ginger  
(thumbnail-sized)  
5 mint leaves  
2 stalks of fennel*

## PREPARATION

Wash and drain all the ingredients, then pat dry using a cloth or paper towel.

Peel the cucumber unless you are using an organic one. Chop everything into pieces small enough to fit through the juicer's filler opening.

Feed the ingredients one by one into the juicer until the juice is ready.

Drink and enjoy immediately!

## EFFECT

This is another variation of green juice to help ring the changes. The mint adds more chlorophyll, an excellent blood-cleansing substance, to the classic green juice recipe. Fennel boosts the effect of the drink by adding an extra portion of free-radical interceptors. Both ingredients are excellent both for stimulating the digestive processes and for their calming properties. This juice does not contain fruit or any sweet ingredients and is consequently ideal for anyone with diabetes or candidiasis.



# FREEDOM

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*Maintains healthy iron levels in the blood—and protects against colds and infections*

## INGREDIENTS

*1 carrot*  
*2 oranges*  
*½ cucumber*  
*1 piece of ginger*  
*4 mint leaves*  
*1 tbsp flower pollen*

## PREPARATION

Wash and drain all the ingredients except for the oranges, then pat dry with a cloth or paper towel. Peel the cucumber and carrot unless they are organic, then peel the oranges. Cut everything into pieces small enough to fit into the filler opening of your juicer.

Feed the ingredients into your juicer one by one.

Drink and enjoy immediately!

## EFFECT

This juice is a delicious preventative remedy during the changing seasons when we need to boost our body's defenses. Rich in vitamin C and beta-carotenes, it helps to boost the immune system.

Mint also has anti-viral properties and acts as an expectorant to relieve respiratory-tract congestion. Ginger and flower pollen are excellent natural antibiotics and fight infectious bacteria.





# SWEET WAKE-UP

*Increases vitality, energy, and powers of concentration*

## INGREDIENTS

1 apple

1 pear

1 grapefruit

2 celery stalks

1 piece of ginger

(thumbnail-sized)

## PREPARATION

Wash and drain all the ingredients except for the grapefruit, then pat dry with a cloth or paper towel. Organic produce does not need peeling. Peel the grapefruit.

Cut everything into pieces small enough to fit through the filler opening of your juicer.

Feed the ingredients into the juicer one by one until the juice is ready.

Drink and enjoy immediately!

## EFFECT

This juice can replace your morning coffee as its high fruit content will provide a powerful boost of good energy. The energy kick provided by coffee is deceptive because it demands a quid pro quo: its absorption actually uses up energy and depletes the body's nutrient reserves. This is why one cup of coffee is often not enough. Regular coffee drinkers will undoubtedly have already noticed this vicious circle. Juices, on the other hand, simply give but take nothing in return: vitamins, minerals, enzymes, fibers, trace elements, electrolytes ... all substances which supply high concentrations of energy.



*Contains fourteen times as much iron as meat*

## SPIRULINA

This alga gets its blue-green color from its high chlorophyll content, which makes it an excellent blood detoxifier. Spirulina was awarded superfood status by the United Nations for treating anemia and malnutrition in humanitarian emergencies. It contains proteins and iron, which are more easily digestible and absorbable than those contained in meat. Thanks to its numerous antioxidants, it is an excellent anti-aging agent and replenishes energy reserves after sport or exercise or in the case of exhaustion, hence its importance for athletes.

It contains fourteen times as much iron as meat. Its main minerals are beta-carotene and linoleic acid. Spirulina is rich in vitamin E, calcium, phosphorus, and magnesium. It contains essential fatty acids which are not present in meat, fish, or eggs.



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