

A free eBook with EXCLUSIVE RECIPES!



W H O L E i s t i c H e a l t h

Juicing Guide



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About Juicing

Juicing is a powerful tool for vibrant health. By extracting the insoluble fiber, (juice retains the soluble fiber) we are able to concentrate the nutrients from fruit and vegetables. We cannot easily eat a bunch of celery, a head of romaine lettuce, a cucumber and a lemon in one sitting... but we can easily drink it! This allows us to consume high levels of nutrition without overtaxing the digestive system. Insoluble fiber is important for health as well, so juicing should not replace eating vegetables unless you are experiencing difficulty digesting them.



What to Expect From This eBook

Part 1- Juice recipes

10 of my "go-to" juices- for glowing skin, better digestion and gut health, chelating, lowering inflammation, boosting metabolism and mood!

Part 2- Documented health benefits of each plant

I've collected some information on the known benefits of each ingredient. A guide to help you get to know your juice better! Fruits and veggies are much greater than simply the micronutrients they contain- but I think it's fascinating and empowering to know more about how food and our bodies interact!

ENJOY!!

A Note from Amalia

"Detox" is a buzzword used so much that sometimes we tune out to its meaning. I wanted to jump in here and be very specific about what I mean and how juicing can help. Juicing concentrates levels of plant nutrition in order to help clean the blood, prevent pathogens from taking hold and support a healthy metabolism. It also assists organ function to rid the body of heavy metals, chemicals and other toxic material. These are among the properties in green and root juice that allow the body to "detox" more efficiently. Why would our organs be struggling to do their job in the first place? Where are the toxins coming from? Unfortunately, what most people need to detox from more than anything is what they eat.

Our bodies are struggling to adapt to the industrialized food system. We see rising levels of obesity, diabetes, heart disease, cancer and auto-immune disorders all around us. There are dozens of "diets" that claim to help- many of which are misleading people to incredibly unhealthy nutrition. The physical and emotional suffering all of this causes was my motivation for creating: ["WHOLEistic Kitchen Detox"](#) It's a 6 step course designed to help you step out of food and diet myths and feel forever confident about what you are putting in your pantry and your body.

If you feel the concept of "healthy food" is a moving target. If you are overwhelmed by conflicting "expert" opinions, nutrition trends, obsession with weight and weight loss. If you feel that eating healthy is difficult to maintain because time constraints or food cravings seem to conflict with that goal... this is your ticket to freedom my friend.



Juicing Recipes

Simply Celery



Ingredients:

- ❖ 1-2 celery hearts for 8-16 oz

The “Medical Medium” Anthony Williams made this juice uber popular. The mineral salts in celery juice are said to calm inflammation and aid in digestion (particularly breaking down protein) by rebuilding the hydrochloric acid in the stomach.

(Tip: according to many of my clients, it also helps with constipation. If you experience a little too much ease going number 2 after drinking, try reducing the number of ounces.)

Spring Cleaning



Ingredients:

- ❖ 1/2 med bunch celery
- ❖ 1/2 heart of romaine
- ❖ handful cilantro
- ❖ handful mint
- ❖ 1/2 lemon peeled

This is a potent gut, liver, kidney and gallbladder detoxifier! It will aid in proper digestion, nutrient absorption and evacuation. Cilantro is famous for its chelating (heavy metal removal) properties, and every one of these ingredients provides huge benefits in immune function and cell health.

Juicing Recipes

Right in the Kisser



Ingredients:

- ❖ 8 medium carrots
- ❖ 1" square ginger (more if brave)
- ❖ 1-2 whole lemons peeled

This is basically an immunity shot on steroids; tons of fresh lemon vitamin C and a high dose of bacteria and nausea slaying ginger. Carrots are known to strengthen the lining of internal organs, helping to prevent pathogens from taking hold. Drink this and punch whatever "ick" you're feeling right in the kisser!

Goddess Elixir



Ingredients:

- ❖ 1 cup watermelon
- ❖ 1 large cucumber
- ❖ 1/2 cup coconut water
- ❖ 1/4 lime peeled
- ❖ 1 large handful mint
- ❖ 1 Tbsp chia seeds

Light and luxurious, its subtle sweetness is delivered to the body more slowly and effectively due to high fiber and protein content. Long lasting hydration, coupled with silica, curcubitacin and tons of fortifying micronutrients, makes me feel powerful and beautiful like a goddess.

Juicing Recipes

Blood Buddy



Ingredients:

- ❖ 2 beets
- ❖ 4-5 medium carrots
- ❖ 1/2" square ginger
- ❖ 1/2" square turmeric
- ❖ half to whole lemon peeled

This ROOT juice tastes like FRUIT juice and has numerous potent health benefits. Among them are blood detoxification, aiding in healthy clotting, increasing plasma levels and widening/relaxing blood vessels (which can lower blood pressure and improve blood service to the entire body. This gives a noticeable boost if you're feeling depleted and is super yummy.

Calm



Ingredients:

- ❖ 1-2 bulbs fennel
- ❖ 1/2 bunch celery (about 5 stalks)
- ❖ 1/2 bunch romaine
- ❖ 1/2 green apple
- ❖ 1 handful mint
- ❖ 1 handful cilantro
- ❖ 1/2" square ginger
- ❖ 1/2 lemon

Calm the gut, the sinuses and the nerves with this soothing juice. It contains natural anti-histamines, immune system stabilizers, gut loving collagen producers and muscle soreness soothers to name just a few of its calming and fortifying virtues.

Juicing Recipes

Green Dream Team



Ingredients:

- ❖ 2 cups spinach
- ❖ 2 cucumbers
- ❖ 1 bulb fennel
- ❖ 1 handful parsley
- ❖ 1/2 lemon

An alkaline team for bones and blood! Parsley provides anti-arthritis properties as well as vitamin K- which aids in calcium absorption. The calcium is provided by spinach along with a healthy dose of iron. The iron's absorption is aided by the lemon! Fennel and spinach's histidine and folic acid content contribute to healthy red blood cell and iron levels. Parsley's potent chlorophyll also helps to purify blood and create red blood cells

Start your Engine



Ingredients:

- ❖ 5-8 carrots
- ❖ 1 cup pineapple
- ❖ 1 cup coconut water
- ❖ 1/2" square turmeric
- ❖ 1/2- 1 lime peeled
- ❖ Dash of cayenne pepper

Carrots, turmeric and cayenne combine to create this mood and metabolism boosting super juice! Pineapple's unique anti-inflammatory enzyme, bromelain, is most potent on an empty stomach and the combination is uber hydrating. For these reasons and more, I love this juice first thing in the morning. It is a SUPER tasty, energizing juice and a mighty immune booster to boot.

Juicing Recipes

Happy Hour



Ingredients:

- ❖ 2 beets
- ❖ 1 cup watermelon
- ❖ 1/2 cup coconut water
- ❖ 1/4 peeled lemon
- ❖ 1/2" square turmeric
- ❖ 1 Tbsp chia seeds

My antidote for that sluggish time of day when you feel like you need a sandwich and a nap, but it's real life and you have things to do. Energy and hydration kick in the moment you drink it and lasts for hours. A micronutrient BOMB. Helps to regulate blood sugar and curb hunger. Turmeric will put pep in your step, watermelon and beets get the blood pumping. This juice is the mocktail you'll be craving at 4pm

Tummy Tamer



Ingredients:

- ❖ 1 cup pineapple
- ❖ 1/2 romaine heart/head
- ❖ 4 cups/handfuls spinach
- ❖ 1/2" square ginger
- ❖ 1/2 lime peeled
- ❖ 1 Tbsp chia seeds

This juice will settle and satisfy your tummy with its high protein and fiber content. The calming digestive effects of ginger and pineapple and the slowed release of sugar- courtesy of the ch-ch-ch-chia seeds! Also contains many important gut health properties.

Health Benefits of My Favorite Juicing Fruits & Veggies

Cilantro



- ❖ High in **vitamin C**, **phosphorus**, **potassium**, **zinc**, **calcium**, **iron**, and **magnesium**.
- ❖ Rids the body of heavy metals (chelating).
- ❖ Protects against oxidative stress.
- ❖ Can lower anxiety and improve sleep.
- ❖ Lowers blood sugar levels.
- ❖ Protects against cardiovascular disease.
- ❖ Helps prevent urinary tract infections.
- ❖ Settles digestive upset.
- ❖ Can protect against food poisoning.

Mint

- ❖ Aids and eases digestion by helping to increase bile production.
- ❖ Has one of the highest antioxidant capacities of any food.
- ❖ Contains **rosmarinic acid**; an anti-inflammatory and antioxidant agent known for its effectiveness in treating allergy symptoms.
- ❖ Contains **menthol** which is a natural decongestant as well as proven to reduce IBS and heartburn symptoms.
- ❖ Helps to relieve gas and bloating.
- ❖ Aids in cleansing the blood and the liver.



Health Benefits of My Favorite Juicing Fruits & Veggies

Parsley

- ❖ High **flavonoid** content enhances the immune system to stabilize over-stimulated, auto-immune and chronic inflammatory disorders as well as suppressing various stages of disease processes such as heart disease and cancer.
- ❖ **Chlorophyll** in parsley helps to alkalize the body, increase production of red blood cells and purifies the blood
- ❖ Contains **eugenol** oil that has been shown to possess powerful anti-inflammatory and anti-arthritic properties
- ❖ **Polyacetylene** found in parsley contains “anti-platelet-aggregatory” properties that help prevent heart-attack and stroke.
- ❖ **Vitamin K** content helps to increase and maintain bone density by improving calcium absorption and reducing urinary calcium excretion.



Celery

- ❖ Contains **calcium, potassium, copper, magnesium, iron, and phosphorus**.
- ❖ Helps to heal gastritis, acid reflux, bloating, IBS, GI infections, or general belly discomfort because it contains unique mineral salts that are bonded with many bioactive trace minerals and nutrients.
- ❖ Powerful anti-inflammatory.
- ❖ Supports hydrochloric acid production aiding in digestion, nutrient absorption and relief from constipation.
- ❖ Flushes toxins.
- ❖ Speeds up weight loss.
- ❖ Reduces cholesterol.
- ❖ Aids in liver, kidney and gallbladder function.
- ❖ Improves immune function



Health Benefits of My Favorite Juicing Fruits & Veggies

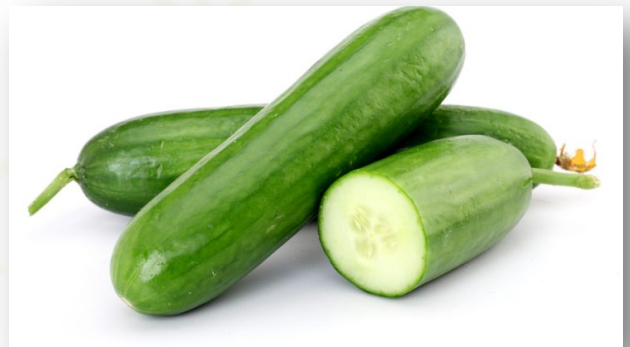
Romaine Lettuce



- ❖ High in **vitamin A, C, K, folate, folic acid, calcium, protein molybdenum and manganese.**
- ❖ Helps to prevent and reduce oxidative stress that causes tissue and cellular damage
- ❖ Helps to prevent macular degeneration, allergies, chemical sensitivity
- ❖ Helps maintain and gain healthy bone density
- ❖ Aids in collagen production for youthful skin and healthy gut.

Cucumber

- ❖ High in **vitamin K, vitamin C, magnesium, phosphorus, riboflavin, B-6, folate, pantothenic acid, iron, silica, calcium and zinc.**
- ❖ Effectively de-bloats (because it contains **ascorbic acid** and **caffeic acid** which prevent water retention), hydrates and detoxifies (due to its high water and nutrient content).
- ❖ Can relieve constipation.
- ❖ Aids in heart and eye health; sleep and energy levels.
- ❖ **Silica** the “beauty mineral” improves the look and health of skin.
- ❖ **Silicon** and **sulphur** content aids in healthy hair and nails.



Health Benefits of My Favorite Juicing Fruits & Veggies

Spinach



- ❖ A high **protein** vegetable. Protein accounts for 30% of its calories.
- ❖ High in **iron**. Contains 14x the iron per calorie compared to red meat.
- ❖ **Calcium, magnesium, manganese, folate, copper, vitamin E, B12, B6, lutein** and more.
- ❖ Some of the most powerful **anti-oxidants: glutathione, alpha lipoic acid**.
- ❖ Amazing for eye health, fighting inflammation and cell protection

Fennel

- ❖ Contains the phytonutrient **anethole**. Lowers inflammation and is said to help prevent cancer.
- ❖ Good source of **folic acid**, and **potassium**.
- ❖ Contains antioxidants – **quercetin** and **rutin** – powerful natural anti-histamine as well as aiding in digestion and nutrient absorption.
- ❖ Helps with anemia because it's rich in **iron** and **histidine**.
- ❖ Helps to promote healthy blood pressure and reduce the risk of stroke due to the high potassium content and diuretic properties.



Health Benefits of My Favorite Juicing Fruits & Veggies

Carrots



- ❖ Full of **biotin**, **molybdenum**, **vitamin A** (beta-carotene) **B1**, **B2**, **B6**, **C**, **E**, **manganese**, **niacin**, **panthothenic acid**, **folate (B9)**, **phosphorous** and **copper**.
- ❖ Boosts immunity and strengthens the lining of the internal organs, preventing pathogens from taking hold and creating infection.
- ❖ **Potassium** present in carrot juice helps to lower cholesterol and aids in proper hydration and electrolyte balance.
- ❖ **Vitamin K** in carrot juice helps healthy blood clotting processes, hastening wound healing and preventing blood loss.
- ❖ Can increase metabolism, prevent weight gain and accumulation of fat, improve bone health, detox liver and kidneys.

Beets

- ❖ Packed with **folate** (vitamin **B9**), **manganese**, **potassium**, **iron** and **vitamin C**.
- ❖ Helps to lower blood pressure and prevent the onset of dementia. The naturally occurring **nitrates** in beets convert to **nitric acid** in the blood and help to widen and relax blood vessels, it aids the service of blood to all parts of the body.
- ❖ Improves exercise stamina by increasing plasma nitrate levels.
- ❖ Aids in preventing cancer and slows the aging process due to their high antioxidant content, particularly **betalaines** (water-soluble antioxidants) that are thought to be “free radical scavengers,” helping to find and destroy unstable cells in the body.



Health Benefits of My Favorite Juicing Fruits & Veggies

Turmeric



- ❖ Aids in digestion.
- ❖ Some of the most powerful antioxidant and anti-inflammatory properties of any food.
- ❖ Aids in fat metabolism and weight management.
- ❖ Lowers risk of diabetes, cancer and heart disease.
- ❖ Helps to prevent blood clots.
- ❖ Supports liver and blood detoxification.
- ❖ Effective in treating depression as it positively impacts neurotransmitters.

Ginger

- ❖ Can treat many forms of nausea, especially morning sickness.
- ❖ Aids in muscle recovery and soreness as it helps to rid the body of lactic acid as well as reducing inflammation.
- ❖ Powerful anti-inflammatory properties can also aid in digestion, immune function, and joint health.
- ❖ Internal antiseptic properties. Kills harmful bacteria in stomach and intestines that can disrupt the balance of beneficial flora in the GI tract.



Health Benefits of My Favorite Juicing Fruits & Veggies

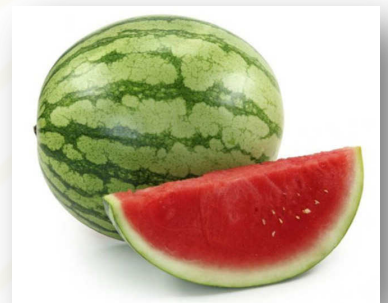
Lemons and Limes



- ❖ Effective in maintaining the pH balance of the body.
- ❖ High in **vitamin C, B6, A, E, folate, niacin, thiamin, riboflavin, pantothenic acid, copper, calcium, iron, magnesium, potassium, zinc, and phosphorus.**
- ❖ Good for your dental health, skin health and appearance.
- ❖ Powerful antioxidant.
- ❖ Improves digestion.
- ❖ Aids in liver function and detoxification.
- ❖ Lowers the risk of kidney stones and helps to expel gallstones.

Watermelon

- ❖ One of the best fruits for hydration and electrolyte balance.
- ❖ Loaded with **lycopene** (hence its red color) which is a type of carotenoid which is not converted to vitamin A. It is a powerful anti-oxidant linked to improved heart health, cancer prevention, eye health, strong bones and more.
- ❖ Along with cucumbers, watermelon contains a unique compound called **curcubitacin**. Reported to have antiproliferative effects on numerous forms of cancer and number of infectious diseases such as bronchitis
- ❖ **Vitamin A, B1, B5, B6, C, potassium, magnesium, and citrulline**, an important amino acid.



Health Benefits of My Favorite Juicing Fruits & Veggies

Green Apples



- ❖ Rich in **vitamins A, B, C and K, calcium, iron, zinc, potassium, manganese.**
- ❖ Helps to reduce the risk of blood clots and cancer.
- ❖ Antioxidant.
- ❖ **Pectin** contained in apple juice soothes intestines and relieves constipation.
- ❖ Helps to eliminate toxic compounds from the body, thereby reducing diseases in the liver and kidneys.
- ❖ Great natural source of **malic acid** which helps to flush gallstones and prevent kidney stones, improves athletic performance, and can be effective in treating fibromyalgia symptoms when consumed in conjunction with magnesium.

Pineapple

- ❖ High in **vitamin C, B6, thiamin, folate, potassium, magnesium, copper, calcium, iron, zinc, and manganese.**
- ❖ The only major dietary source of the enzyme **bromelain**; a known anti-inflammatory that is helpful with painful muscles and joints, reduction of swelling and bruising and even cancer prevention.
- ❖ Anti aging properties through protecting cell integrity.
- ❖ Reduces bloating and constipation.



Health Benefits of My Favorite Juicing Fruits & Veggies

Coconut Water



- ❖ Technically a fruit, this is one item I recommend you buy “pre-juiced.” But not all brands are created equal because of chemicals used during processing, preservatives etc. Brands to look for: *CoCos-Pure (on Amazon)*, *Raw C*, *Cocofina*, *Dr. Martins (on Amazon)*
- ❖ Rich in **fiber** (yes even the juice!), **protein**, **vitamin C**, **magnesium**, **manganese**, **potassium**, **sodium**, and **calcium**
- ❖ Restores electrolyte balance
- ❖ Antioxidant
- ❖ Lowers blood sugar levels in diabetics
- ❖ Helps prevent kidney stones

Chia Seeds

- ❖ Fantastic aid in regulating blood sugar.
- ❖ Contains high levels of **omega 3 fatty acids** including **alpha-linolenic acid (ALA)** which are important for brain, eye and heart health as well as fighting chemical causes of depression and anxiety. They also aid in nutrient absorption.
- ❖ High in **fiber** which aids in normalizing bowel movements, lowering cholesterol and numerous other health benefits.
- ❖ High in **protein**.
- ❖ Contains **calcium**, **zinc**, **manganese**, **magnesium**, **phosphorous**, **niacin**, **potassium**, **thiamine** and **B2**

