

THE ROAD TO HEALTH

For more juicing inspiration, check out these resources.

THE JUICING BIBLE BY PAT CROCKER

With 350 juicing recipes, you will have no shortage of new fruit and vegetable juice combinations to try.

JUICEMASTER.COM

This website offers everything you need to know about juicing: recipes, juicer and blender shopping, ailments and conditions that juicing can improve, and information on juicing retreats.

FAT, SICK & NEARLY DEAD

In this documentary film, Joe Cross commits to 60 days of juicing in an attempt to shed weight and heal his body of an autoimmune disease. During that time, he travels the country to inspire others with his healthful mission.

JUST JUICE



With the New Year in full swing, there's bound to be buzz about new health fads, diets, and fitness resolutions. One craze that's been garnering a lot of attention in recent years is juicing. The popular practice of liquefying fresh fruits and vegetables into a juice form is appealing to many because it requires little work to produce a nutrient-packed, energy-boosting drink. Whether you're thinking of trying a juicing detox, or simply want to add fresh juices to your current diet, the health benefits of juice are likely to give you the stamina it takes to make it through the long winter.

WORDS BY JENNA SCHUBERT

AN IMMEDIATE BOOST

Because juicing incorporates several fruits and vegetables into a single drink, you get an array of vitamins and minerals in a concentrated form. Also, the body is more easily able to digest liquids, which allows the nutrients to enter your bloodstream quickly.

LONG-TERM RESULTS

Those who make juicing a regular part of their diet can experience such benefits as: increased energy, cognitive clarity, improved digestion, and clearer skin.

LIFE-GIVING BENEFITS

Diets that incorporate plenty of fruits and vegetables reduce the risk of cancer and lead to better overall health, according to the American Cancer Society.