

# The Beauty of Juicing

Juicing



Hello, with great gratitude on week 270. We wish to thank all of you for your huge support and all your loving feedback.

This week's post is about Juicing, I personally have done juicing for many years, I don't do long term juice fasts, due to the fact that my body doesn't do well with it for longer than a day or two, so when I wish to give my digestive system

a break from processing so many solid foods, I do juices room temperature, never cold from the fridge or with ice, and I combine it with liquefied soups for a nurturing broth as a foundation. I learned not to do the juice later in the day or at night for my type of body, I usually do probiotics at this time, especially when I include probiotics in my juice and my personal combination with Aloe and such. So here, honor your body and use what feels good to you, there is no one general recipe for everyone that is why we are individuals and it is important to remember it so you don't hurt your self with the one rule fits all. When we personalize anything in life we connect, and here we became conscious, and there is a powerful place to own our path. I grew up eating whatever we grew and there is so much value to that. We have disconnected from most of what we use or do, everything is outside our selves, we eat food that we don't have a clue how it grows, where it comes from, for the most part, it never gets to mature in the plant, we don't consume a full nutritious product, not to mention pesticides, GMOs and the new chemical warfare that was introduced to our food long ago. We are offered out of season foods that are supposed to be able to travel from far places etc, I have spent most of my life with this knowledge so I have respect for local, organic conscious products and love to connect with them the way I make our food, and I wish for you to have as much fun with your food also and be aware what goes in your body, something great happens when you ingest foods from this conscious place.

# Lets Start

From: <https://juicerecipes.com/juicing/>

## A beginner's guide to getting started with juicing

### Is juice the same thing as a smoothie?

No, these are two very different things. They're both very healthy for you, and one isn't better than the other, necessarily.

A smoothie is made in a blender. It's blended, not juiced. With a smoothie, you retain the pulp (which is insoluble fiber). This can be either gross or simple depending on what you're blending. A blended drink yields a lot more because of the pulp, and some people like that, but others find it difficult to drink all of it, due to the thickness.

Juice is made with a juicer. Juicers 'juice' your produce and separate the pulp (the insoluble fiber) from it. You discard the pulp and drink the juice. I use the pulp for soups or I definitely compost it. You still get fiber in the form of soluble fiber. I know, crazy, right? You just learned something new today.

Juicers are items like a Breville juice fountain, Omega VRT350, Omega 8006, etc. Not a Nutri bullet! that is a blender. Those blades chop things up like every blender works. It has pulp in it no matter how much you blend it. It can't turn into juice unless you separate the juice from the pulp you have to strain it if you don't want the pulp.

If you only have a blender and still want to juice, you still can! If you get a cheese cloth or something similar, you can

strain your blended drink and turn it into juice. It's a little more work and won't yield as much as a good juicer.

There's nothing wrong with smoothies. We love those too, but there's just something about the juice that keeps us making it daily and enjoying the entire process. This isn't a battle of "what's better? Juice or smoothies?", is about "what do your preference is?"

**Is juicing healthy even do you  
don't get any fiber.**



# Juicing vs. Blending

Juicer separates juice from fiber



Blender blends all ingredients together

Juicer options: { Variety of choices with their own pros & cons: Centrifugal, masticating, twin-gear, hand-crank

Blender options: { High-speed blenders are best for super-creamy, green smoothies!

## CRAZY SEXY GREEN JUICE INGREDIENTS:

Base Cucumber & celery



- ♥ 1-2 leafy greens
- ♥ 1-2 low-glycemic fruits



Bonuses Cayenne pepper, gingerroot, broccoll stems, and more ...



## >> No pulp/fiber <<



- ♥ Instant infusion of vitamins, minerals, & phytonutrients to your bloodstream
- ♥ Gives digestive system a break: Cells can focus on rest & repair
- ♥ Removing the fiber means you can pack more veggies in a juice

## CRAZY SEXY GREEN SMOOTHIE INGREDIENTS:

Base Filtered water, coconut water or nut milk



- ♥ 3:1 ratio of veggies to fruits
- ♥ 1 fat: ½ avocado or spoonful nut butter



Bonuses Raw cacao, vegan protein powder, chia, hemp seed, goji berries, and more ...



## >> Pulp/fiber-filled <<

- ♥ Supports digestive health: Sweeps toxins through digestive tract & aids regular elimination
- ♥ Satisfies hunger & sustains energy over time
- ♥ Balances blood sugar



Fiber is what helps move food through the digestive system, but for the most part, it's not fully digested. There are two types of fiber: 'soluble' and 'insoluble'.

When you juice, the pulp you see in the 'pulp bin' is mostly the insoluble fiber.

You're still getting plenty of soluble fiber in your juice. Even if your juice gave you 0 grams of fiber, it still is very healthy for you.

It's like saying that your water isn't healthy because it doesn't have fiber in it. Juice is a healthy beverage and shouldn't be relied on for your insoluble fiber.

**What's the difference between soluble and insoluble fiber?**

## Soluble and Insoluble fibre



**Soluble - dissolve in water and slow down digestion to give you that "full feeling".**

**Insoluble – add bulk to diet and help with constipation, have that "laxative" benefit.**

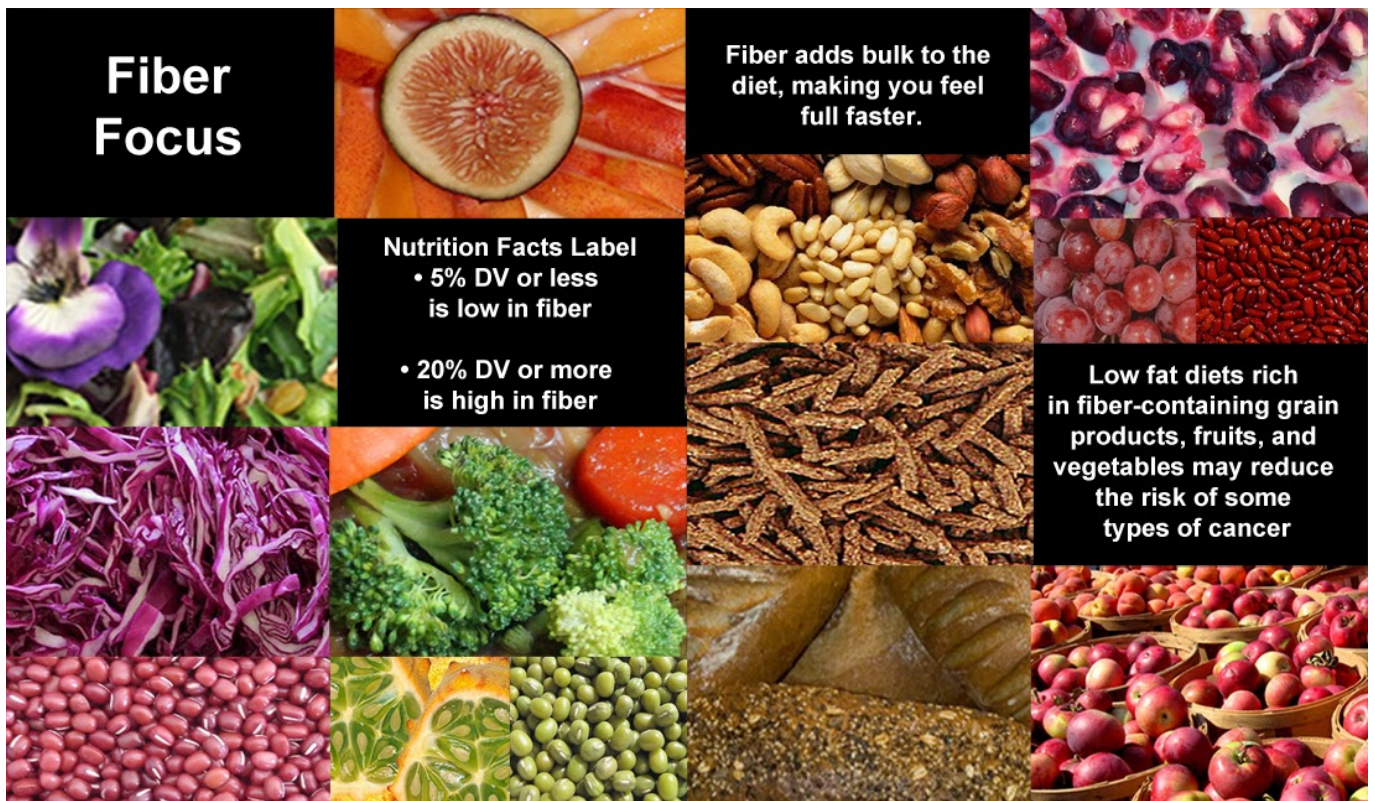


**oatmeal  
lentils  
apples  
oranges  
nuts  
flaxseeds  
beans  
dried peas  
cucumbers  
celery  
carrots.**

**barley  
couscous  
brown rice  
zucchini  
broccoli  
cabbage  
green beans  
dark leafy vegetables  
root vegetable skins.**







**Insoluble fiber** is the leftover pulp after you are done juicing. Only a small amount of this makes it to your juice. If you were to mix insoluble fiber in a glass of water, it would sink to the bottom, absorb the water and puff up. If you imagine that moving through your body, you can picture what it does for you. It's beneficial to help get things 'moving' in your elimination and prevents constipation.

**Soluble fiber** will make it to your juice. Soluble fiber is 'soluble' in water. Soluble fiber (like gums and pectins) will partially dissolve in water and form a type of gel like substance. Soluble fiber absorbs digestive bile made by cholesterol, which creates, even more, digestive bile, which then helps to lower LDL (harmful cholesterol). Soluble fiber also can help moderate your blood glucose levels because it helps the sugar to be more slowly absorbed, which is why some diabetics report juicing to be helpful to them.

We personally love the consistency and the great flavors we can make with juice. We can juice things like sweet potatoes in our juicers and create a delicious dessert-like juice, but we sometimes feel a bit limited with flavors in our smoothies, so here experiment and become your own alchemist and connect with your intuition.

## What's the easiest way to get started juicing?

Answer: [Take the 30 Day Challenge](#). Before you embark in any fasting please consult your health practitioner, to make sure that you are suited for it is always best to be safe.



The 30 Day Challenge was created by <https://juicerecipes.com/30-day-challenge/> to make this whole juicing thing as simple as possible while still allowing you to challenge yourself to get into a healthier habit/lifestyle of juicing. It's not a juice fast, it's just a challenge to

drink a minimum of 1 glass of juice a day, every day, for 30 days.

The reason why it's suggested for a beginner is that we supply you with the shopping list each week and we tell you which recipe to make every day using that shopping list, so we've taken a lot of the thought out of juice so you can just focus on enjoying the lifestyle how about that.

After 30 days, you'll have a new sense of how flavors come together in your juice and you'll be able to start experimenting with your own recipes how fun.

## **Frequently Asked Questions**

**Can I store my juice?**



## Answer: Yes

The popular belief is that juice can last for up to 72 hours in the fridge, in an airtight container. Yes, nutrients are lost over time, but it's a very slow process. We're talking fractions per hour, here. You're going to hear "you have to drink it right away!", but just let those people do their lifestyle and have their beliefs, and you do yours. Don't let people scare you away from storing your juice. You can juice with any lifestyle.

## Am I supposed to replace a meal with juice?

**Answer: No,** unless it's a lot of juice (32oz) is always best to consult with your health professional before embarking on such a journey and if it is approved, then you can do a juice fast.

We're finding that way too many people are replacing multiple meals with just 1 glass of juice, and "feeling lightheaded for some reason". Being healthy and losing weight doesn't mean eating less, it means eating right. Anyone can lose weight by starving themselves and sometimes it doesn't work at all due to the fact that the metabolism slows way down to prevent the body from damage. Don't do this, no one said to do this. Your sugar levels get tremendously affected and the body falls off balance.

Incorporate juicing into your life as a snack or beverage.

Even when you're on a juice fast, you have to drink quite a bit of juice daily (~80oz depending on the person). That is a lot for the kindness to handle and for the rest of the body to be constantly trying to process all these nutrients we believe in moderation.

## Juice has a lot of calories?

**YOU GOT TO UNDERSTAND THAT**

200 CALORIES  
OF THIS

IS BETTER THAN

ZERO CALORIE  
OF THIS



**Answer:** They're healthy calories! and no, for the most part when you juice vegetables the juice is very low calories and very easy for the body to process.

Don't be concerned about gaining weight off juice because you looked at the back of a potato chip bag and saw it has similar calories, there is no saturated plastic fat in juice. A juice calorie isn't the same as a potato chip calorie. These are very healthy calories, and if you're worried about juice calories, you're in the wrong mindset for being healthy, the more we obsess with weight the more likely it is for us to gain weight. The Spleen in Chinese Medicine is in charge of weight loss and the Spleen is affected by WORRY!!! So no weight loss with worry and obsession.

Here Dr. Marcola explains it in a very simple way.

<https://youtu.be/yeRHuJbWcwU>

## How about the sugar?

**Answer:** Natural sugar isn't the same as refined sugar, but here use your discretion not to add sugar to the juice and to research from juicing authorities to know what you are using to make your juice and what the natural sugar content of



## **your ingredients is.**

A gram of refined sugar from coke is nowhere near what a gram of natural sugar is. These are two very different sugars.

The nutrition labels in North America will be changing to include “Added Sugars” (refined sugar) within the next few years instead of lumping it all in “Sugars” because the USDA recognizes that this is a problem and common misconception. What matters is intake, how much your body actually uses it and in what form it’s delivered. It’s fair to say that too much of fructose, glucose or sucrose will result in health issues.

Here is a bit about the difference between both sugars

So what exactly is considered natural sugars? Natural sugars are sugars that are found, in natural products like fruits, veggies, and honey and (honey is a predigested sugar).

**Glucose** – refers to “simple” sugars, found in all foods that have carbohydrates. Glucose can be found in mushrooms, tomatoes, onions, etc. Glucose is vital to life and is in every single living molecule. It is also produced by your body and easily broken down by every cell in your body, a simple sugar that is an important energy source in living organisms and is a component of many carbohydrates.

It provides the body with its primary source of energy. This type of sugar comes from digesting carbohydrates into a chemical that the body can easily convert to energy.

## **From Carbohydrates**

Most people get most of their glucose from digesting the sugar and starch in carbohydrates. Foods such as rice, pasta, grain, potatoes and processed sweets contain carbohydrates that can be converted into glucose very fast. The body’s digestive system, using bile and enzymes, breaks down the starch and sugar in these foods into glucose. This functional form of

energy then gets absorbed through the small intestine into the bloodstream. It is then carried throughout the body, providing energy for the person to perform all types of activities, such as simple movements, demanding physical exercises or even thinking. Glucose is such a vital source of energy, and it interacts with both the digestive and endocrine system in the body, keeping its levels – also called blood-sugar levels – in the bloodstream within a normal range is extremely important to a person's health.

## Glycemic Index

Foods can be rated according to the glycemic index, which indicates how quickly the carbohydrates are broken down by the body and the glucose is released into the bloodstream. White bread and most breakfast cereals have a high glycemic index, which means that the carbohydrates are broken down and the body's blood-sugar levels raised more quickly. Most fruits, vegetables, and nuts have low glycemic indexes. Whole-wheat products and some types of potatoes have glycemic indexes in the middle, more on that in another post is a lot of information on that.

**Fructose** – another “simple” sugar, it's also referred to as fruit sugar, because its main source is fruits (and also honey). Fructose is a bit harder to break down, as only your liver breaks down significant portions of it.

Fructose is a simple sugar that occurs naturally in foods. It gives fruits their sweet taste. Crystalline fructose obtained from processing corn or sugar is used in food and beverages as a nutritive sweetener. It's roughly 1.2 times the sweetness of

table sugar in most food applications. Although originally marketed as a health supplement, crystalline fructose became available as a food ingredient about 20 years ago. However, when compared to all other naturally occurring and added starches, syrups, and sweeteners, fructose contributes only a small amount of calories to the average North American diet.

The primary uses for crystalline fructose include dry mix beverages, low-calorie products, enhanced or flavored water, carbonated beverages, sports and energy drinks, chocolate milk, breakfast cereals, baked goods, yogurt, fruit packs, and confections. Fructose has been used in whole new categories of food and beverage products, such as shelf-stable nutrition bars, soft moist cookies, pourable frozen juice concentrates and reduced-calorie products.

**Can I add the pulp back into my  
juice?**

DRY YOUR JUICER  
PULP, POWDER IT  
AND ADD IT TO  
BREAD, PIZZA  
CRUST, CRACKERS,  
OR SOUPS TO  
INCREASE THE  
FLAVOUR AND  
FIBER.

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#NoFoodWasted

**Answer:** absolutely and you can use the pulp and make soups, baked goods etc.

You can, but that sounds like you're just making a smoothie the hard way. Why not just blend it all if you really want to drink the insoluble fiber?

## Should I peel my fruits and vegetables?

**Answer:** Usually, no. that is part of the fiber and the vegetables and fruits have a synergy with the peel

This is a tough one to answer because there are hundreds of different fruits and vegetables. The general idea is to use common sense and if the skin is edible, you should be fine to juice it, make sure that is organic or the peel can have all kinds of pesticides and other components that will not be the ideal addition to your juices.

Here are a few tips that we've learned:

Peel oranges common sense right? leave as much of the white that is on the peel that is your Flavonoids and that in the Citrus fruits is what makes the rest of the fruit work, and by that I mean your vitamins work with the whole fruit that is the reason why nature design it that way and in foods in general is a yin and a yang side one being sweet and the other sour That's nature's balance. It's edible, the outside of the peel is a bit bitter, I actually love to eat it my mother taught me to make chocolate cover orange peels and I love them!!

No need to peel lemons/limes. The peel gives off an interesting flavor. It's up to you, anything bitter is great for the heart!

## Juicing For Health

From: <http://www.healthambition.com/juicing-2>



No doubt you have heard about the juicing phenomenon somewhere in your comings and goings. If it's not the queen of all media Oprah Winfrey discussing it with Dr. Oz or a late night infomercial giving you a grocery list of health benefits from their high tech juicer, there are always the latest trends in juicing diets as covered by one fitness guru or another, like I said before, take control of your choices and do what is good for your own needs .

## *What is juicing and why is it good for me?*

### **What Is Juicing?**

Juicing is the extraction of juice from fruits and vegetables, in an effort to retain all the **phytonutrients**, **enzymes** and **vitamins** the whole foods themselves ordinarily possess. But it does so by leaving behind the fiber, pulp, skin, rinds, etc.

In fact, the digestive system more readily digests liquid than food it makes sense doesn't it. So juicing's first mission is to promote easy digestion.

Eating your fruits and vegetables is still good for your health as it has always been. One of the main reasons juicing appeals to so many people is because it's an often way to get many nutrients in a very pleasant way and if you think about it how much of this foods could we get at one time? with juicing we can have a large amount in a cup and nowadays that we tend to be on the go, go, the amount ofgo we can bring it along, I prefer to manage my schedule and enjoy my juice slowly and conscious instead. If you aren't a fan of eating fruits and vegetables, you can drink your daily fruit and vegetable nutritional needs in a glass, yum.

The second reason is that it would be nearly imposa number ofvegetables that you can easily juice in order to gain the same amount of vitamins and nutrients.

Juicing can be performed with a blender or with various incarnations of juicers. While a blender mixes everything together, leaving you to do the grunt work of straining the liquid from the pulp; juicers are specifically purposed for extracting the juice from the pulp.

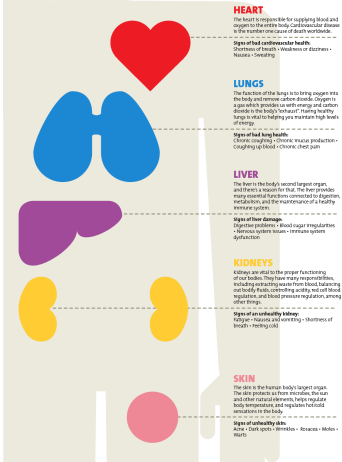
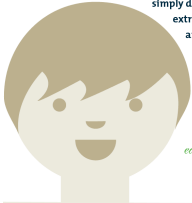


The Secret Powers of Fresh Juicing:

# HOW TO HEAL YOUR ORGANS

Most working days, the majority of people simply don't have enough time to pay extra attention to their bodies and health. We work long hours in offices and our fuel consists of decent takeaway food at best.

What can you do to help make up for your naughty eating habits during the week?



### HEART

The heart is responsible for supplying blood and oxygen to the rest of the body. Cardiovascular disease is the number one cause of death worldwide.

Signs of cardiovascular disease:

- Shortness of breath
- Weakness or dizziness
- Swollen ankles

### LUNGS

The function of the lungs is to bring oxygen into the body and remove carbon dioxide. Cigarettes, air pollution, and dust can irritate and damage the lungs.

Signs of bad lung health:

- Chronic coughing
- Shortness of breath
- Coughing up blood
- Chest pain

### LIVER

The liver is the body's second largest organ and is responsible for filtering the blood. It also produces many essential proteins, stores energy, and filters out toxins from the body.

Signs of liver damage:

- Jaundice (yellowing of the skin)
- Swollen abdomen
- Dark urine
- Fatigue
- Nausea
- Loss of appetite

### KIDNEYS

The kidneys filter out waste from the blood and regulate blood pressure. They also produce hormones that help regulate the body's metabolism and maintain healthy bones.

Signs of kidney failure:

- Swelling in the legs
- Fatigue
- Nausea
- Loss of appetite
- Shortness of breath
- Itching
- Back pain

### SKIN

The skin is the body's largest organ. It acts as a barrier to the outside world and helps regulate body temperature. It also produces vitamin D, which is essential for bone health.

Signs of unhealthy skin:

- Dry, flaky skin
- Acne
- Eczema
- Psoriasis
- Melasma
- Wrinkles

## The Juice Solution

Now that you know what symptoms to watch out for, here are some of the finest juicing recipes to help you stay healthy. The directions for all of them are pretty simple:

Process all ingredients in a juicer, shake or stir, serve and enjoy!

Adding a bit more water to sprayer fruits and vegetables into your diet if you typically don't eat enough of them.

### JUICE FOR HEART HEALTH: *Heart Boost*

#### INGREDIENTS

- Apples - 1 medium (1" dia) 182g
- Beet roots - 1 beet (1" dia) 192g
- Carrots - 12 medium 222g
- Lemons - 1/2 fruit (2-3/8" dia) 42g
- Citruses (lemons) - 1 fruit (2-3/8" dia) 262g



### JUICE FOR LUNG HEALTH: *The Lung Cleanse*

#### INGREDIENTS

- Apples - 2 medium (1" dia) 364g
- Carrots - 12 medium 222g
- Citruses (lemons) - 2 small (2-3/8" dia) 192g



When making juice you can add fruits and vegetables that are about to spoil. That way you don't waste produce.

### JUICE FOR LIVER HEALTH: *1-2-3 Juice*

#### INGREDIENTS

- Beet roots - 3 beet (1" dia) 242g
- Carrots - 2 medium 222g
- Celery - 2 stalk, large (10" long) 182g
- Parsley - 4 handful 402g
- Peppers (jalapeno) (seeds/ribs removed) - 1 pepper 142g
- Radishes - 12 medium (1/2" to 1" dia) 242g
- Tomatoes - 4 plum tomato 242g



### JUICE FOR KIDNEY HEALTH: *Summer Breeze*

#### INGREDIENTS

- Basil (fresh) - 3 leaves 252g
- Blueberries - 1/2 cup 222g
- Cayenne Pepper (ground) - 1 pinch 0.25g
- Lime - 1/2 fruit (2" dia) 332g
- Watermelon - 1 cup, diced 262g



### JUICE FOR SKIN HEALTH: *Peachy Keen*

#### INGREDIENTS

- Basil (fresh) - 3 leaves 252g
- Carrots - 12 medium 222g
- Lemons - 1/2 fruit (2-3/8" dia) 42g
- Peaches - 1 medium (2-1/2" dia) 222g



When juicing add water to the mix. Water helps your digestion, metabolism, and purify your cells with energy.

Juice in this order for best flavor: basil, lemon, peaches, carrots

## The Best Juicing Recipes for Weight Loss – Tasty and Effective!

Juicing is the fastest and tastiest way to get all those healthy vitamins, minerals, antioxidants and enzymes that our modern diets are lacking. If you are [looking to lose weight](#) then try our juicing recipes for weight loss.

They are highly nutritious, taste great and will help you along. In fact, many people have lost as much as 20 pounds in just two weeks of juicing! Keep in mind that everyone is different and don't push your self to invariance trying to accomplish what other people claim, my experience is that when you crash diet the body yo most likely be back at the same weight or perhaps more than before slowly and conscious diet is best, weight comes from are way of thinking also and what emotions we constantly feed our selves is a bit more than food.

One of the main benefits of juicing is that liquid puts very little stress on your digestive system but to much does have an impact on your kidneys so slow and steady with juicing don't over doit is a lot of nutrients that the organs have to process. This means you have more energy, feel great and have a super healthy diet at the same time.

Juicing also allows you to consume much more fruit and vegetables (but be careful of putting [too much fruit in your diet](#)) that can equal too much (SUGAR in the form of fructose !) than you would typically consume in a regular diet. It also helps to suppress hunger pangs, which mean you can avoid succumbing to unhealthy foods.

## Can Juicing help you lose weight?

In short, yes it can! But like I said everyone is different. There are many well documented examples, and even documentary movies, demonstrating the power of juicing to help weight loss.

Even if you are not quite ready to go extreme and commit to a full juice fast, juicing can help you lose weight and vastly improve your diet, I prefer doing things slowly and getting long lasting results instead.

### Here are some of the ways in which Juicing helps you lose weight:

- **Prevents hunger** – Juicing gives your body all the nutrients it needs, and then some! When your body is lacking nutrients, it makes you hungry. In this way, you will eat less and have fewer junk food cravings.
- **Convenience** – Modern busy lifestyles cause us to make many poor diet decisions because of the convenience of fast food. Juicing takes just a few minutes and gives you fresh, delicious, healthy juice that satisfies you. This means you eat less junk food.
- **All Fresh** – Since juicing uses all fresh produce, you can limit your exposure to processed foods. The harsh chemicals and additives in such foods actively contribute to weight gain. Going fresh foods, especially if you use organic produce, you can avoid exposing your self of such risks. Additionally, juicing is free from

all preservatives since you control exactly what goes into each drink.

- **Flavour** – Most of us could do with eating more healthy vegetables. Juicing helps us get the goodness of these in a flavorful way.
- **More energy** – The goodness of juicing makes you feel and great and gives you sustain energy.
- **Detox** – Green juice full of chlorophyll combined with lemon is particularly detoxifying and can really help your liver and kidneys to flush out your system.

## 9 Delicious Juice Cleanse Recipes For Your Liver

The juicing movement has gained and retained momentum for several years now, and for good reason. Consuming raw juice from clean sources (organic vegetables & fruits) is one of the quickest ways to ingest plenty of nutrients at once.

As a food group, fruits & vegetables are detoxifying in nature (some more than others). These plants contain potent detoxifiers that aid your body in flushing out the toxins you're exposed to in day to day life. Keep in mind, so many toxins come from unexpected places, making regular detox a necessity for everyone.

Harsh chemicals and toxins can be found in your skin and body care products, in the air you breathe, in the water you drink and in the food you eat. However, you don't have to be a victim to all of the tremor be of defense mode all the time just be conscious that is all. Certain daily precautions can be taken to avoid many of them:

- Buy organic skin care products (including deodorant, shaving cream, toothpaste and facial moisturizer)
- Invest in organic food when you grocery shop. This will minimize your exposure to pesticides
- Use an effective water filter at home to lessen what enter your system
- Stay away from harsh chemical-filled household cleaners and air fresheners. Pure Castile soap, baking soda, white vinegar and [essential oils](#) can go a long way in replacing generic, toxic products

## The Science Behind It

For example, beets are one of the most effective detoxifiers that you can readily find in your local market. Beets contain a substance called betaine, a compound that actively helps the liver flush out toxins.

Betaine also defends and protects the components of the liver to ensure it's not compromised by malnutrition. This is just one of many substances naturally occurring in vegetables & fruit that are made to help your body flourish.

Here are some other impressive substances that can be found in your produce:

- Raspberries: contain rheosmin, which increases cell metabolism
- Pineapple: contains bromelain, a substance that aids recovery and reduces bruising/inflammation
- Carrot: contains a unique fiber that helps detox negative estrogen
- Citrus fruits (lemon, lime, grapefruit, orange): all contain substances called carotenoids, lycopene &

flavonoids which are a powerful alias to life threatening conditions that can be avoided by keeping healthy habits of eating.

- Kale: contains two powerful antioxidants quercetin & kaempferol
- And the list goes on here is a great place to do some of your own research and become acquainted with food and vegetables very powerful.

## Benefits of juicing

These liquid meals also provide your digestive system the chance to take a break, as they are easy for your body to assimilate and absorb. Swapping out a few empty-calorie, heavy meals a day for one of these fresh juices will help you feel like a much better version of yourself.

Juicing boasts these incredible health benefits that make it well worth your while to start a juice habit:

- Helps you become lighter with a decreased body fat percentage
- Leaves you energized and ready to take on the day
- Promotes mental clarity and increased productivity
- Fights against malnutrition, dehydration, and sluggishness
- Encourages regular digestion & bowel movements
- Helps your skin prevent blemishes and breakouts
- Promotes more high quality, restorative [sleep](#)
- Increased athletic performance
- Aids sexual health and vitality by boosting libido
- Alkalizes your body's internal pH
- Fights against disease and illness
- Keeps your blood sugar stable (make sure to juice mostly

vegetables)

- Helps prevent diabetes, obesity, high blood pressure and high cholesterol
- Promotes a healthy weight

## Liver: Your second largest organ

In regards to the anatomy of your body, it's important to note that your liver is the second-largest organ in the body; second only to your skin. Its primary job is to purify your blood and detoxify your system.

With the help of a nourishing diet, the liver does its job well. You've just got to provide your body with the tools it needs to thrive.

## The Effect of Sugar on Your Body

It's important to know that not all [sugar](#) impacts the body in the same way. Sugar that comes from fruit, fructose, does not cause your blood sugar to spike like refined table sugar does.

That said, it's still important to note that sugar can be overdone. The human body does not require large amounts of sugar to work optimally. The contrary is actually true. Sugar is an indulgence and should be treated that way.

Fruit, along with containing fructose, also contains a plethora of healthy enzymes, vitamins, minerals and phytonutrients that will fuel your livelihood. Thus, fruit is not something to be eliminated or feared. Just pull in the reigns and make sure you don't go overboard consuming mostly sugar in your diet.

Your body (and liver) will benefit most from a balanced diet that is complete with sources of fat, protein, and carbohydrates at every meal. This balanced approach will also ensure that your blood sugar doesn't spike more than it should at each meal.

All things considered, these juices are fantastic additions to your health. Just know that to achieve your healthiest self, you should also reach for a good source of protein (nuts, seeds, beans) and fat (hemp, flax, chia seeds) to accompany your juice.

## Types of Juicers

from:

<http://justjuice.org/juicers-101-different-types-of-juicers-and-how-they-measure-up/>

## Centrifugal Juicers





Centrifugal juicers are popular since they're the most available (readily found in all department stores) and usually the most affordable of the electric juicers. You can get an excellent one for the same price as the Z-star manual juicer.

Centrifugal juicers are named for the way they work.

These juicers produce juice by using a cutting blade to first chop up the produce and then spin the produce at a very high speed, sort of like how a washing machine wrings out the water from wet clothes.

There is a strainer basket with little holes that allow the juice to pass through while keeping the pulp behind.

## How centrifugal juicers work

This unique spinning system combined with the cutting blade is what differentiates this type of juicer from the other electric juicers, which grind, press, or squeeze the juice. And this is what gives this type of juicer its unique perks and drawbacks.

For example, there is only so much extraction that can happen from the rapid spinning action, which makes centrifugal juicers less efficient at extracting juice than single or twin gear juicers which grind every drop of juice from produce. At the same time, the rapid spinning also creates heat and friction that can oxidize the fresh juice, degrading the taste as well as compromising the quality of nutrients.

Still, it must be said that centrifugal juicers are easy to use and easy to clean – plus, they tend to be much faster at producing fresh juice than other electric juicer types.

Some juicers don't recommend centrifugal juicers since they often produce more waste than other juicers and also cause the juice to oxidize faster. BUT – I think centrifugal juicers definitely have a place in the life of juicers who are really looking for an efficient juicer. I mean, it's great to have a wonderful juicer that produces really dry pulp and fresher-than-fresh juice, but if you don't have the time to use it because it takes too long to juice and then to clean up...what's the point?

Even if the centrifugal juicer doesn't extract the full juice out of produce, it is fast, efficient, and really easy to use. It's perfect for someone who does not have a lot of time to juice but still wants a fresh cup or two every once in awhile.

## **Masticating juicers**



Masticating juicers are relatively new to the juicer world. These juicers have a single gear or an auger with blades that basically crunches the fruit or veggies into pulp, releasing juice in the process.

This crunching process is a highly effective way of breaking down the hard, fibrous cell walls of fresh produce and produces a high juice yield and very dry pulp.

Unlike the centrifugal juicer, masticating juicers run at a much lower speed (so it takes longer) but the lower speed also produces little-to-no-heat and thus minimizes oxidation. That means your juices aren't warm (like they tend to be with some centrifugal juicers), there's no froth on your juices, and that most of the vital enzymes and nutrients in your juices are preserved from oxidation since the juicing process doesn't disturb the cellular structure of the produce being juiced.

This is one of the most crucial differences between a single gear masticating juicer and a centrifugal juicer. The single gear chomps up the produce without heating any of the nutrients and this thorough break-down process does a great job of extracting every drop of juicy nutrient from the fibrous cell walls (while preserving them) so they can enter straight into your bloodstream when consumed. Single gear juicers leave very dry pulp.

In the centrifugal juicer, on the other hand, the produce is chopped up (by a cutting blade) and then spun – which is not as effective in extracting juices – and thus results in a pretty moist pulp. The heat produced by the high-speed spinning also degrades some of the vital nutrients in the juice.

I don't like to play favorites, but yeah, single gear masticating juicers are my favorite and the first juicer types I recommend whenever friends or family ask for a juicer

recommendation. Why? First of all, I find that these juicers provide the best overall value. They are a little more expensive than some centrifugal juicers – you can get a pretty good centrifugal juicer for around \$100 – whereas a good single gear juicer can run you around \$250. It's a little more upfront investment, but you get it back.

On top of this, single gear juicers last forever. The warranties are super lengthy and if you ask anyone with, say, a Champion, they'll tell you what a tank of a juicer those things are.

I also like the fact that single gear juicers don't heat up my juice and produce no froth. In terms of nutrient content that's being preserved, I think a single gear juicer does add up to better overall value, not to mention the taste different.

I do still use a centrifugal juicer sometimes when I know I can immediately down that glass of juice and I'm really running low on time, but if I plan on storing my juice for even a day or two, I will always opt for the masticating juicer. I know most juicers also do like to store their juice so they can take it on the go and for stored juice, single gear juicers are the way to go.

## **Triturating juicers**



The twin gear, triturating juicers are the champions of the juicer world – they are the top-of-the line, cream-of-the-crop among mainstream juicing machines.

These juicers extract fresh juice from produce using twin gears that interlock with each other while rotating inwards – crushing everything you put between them into a very dry pulp.

Triturating juicers operate at a very low speed, producing no heat and ensuring thorough juicing of all produce while simultaneously preventing air getting trapped in the juice and causing oxidation.

## How twin gear juicers work

There is a maximum preservation of nutrients and no foam on the juice.

These juicers are super versatile and can juice pretty much every type of fruit and vegetable – including hard, fibrous veggies such as celery and apples, as well as soft fruits and leafy greens. Actually, leafy greens juice particularly well in these juicers thanks to the high pressure exerted by the interlocking gears.

These juicers are ideal for someone for whom price is not an issue and who just wants a top-quality, versatile juicer that will do everything, and do it well.

Triturating juicers are undoubtedly the best there is. BUT that does not necessarily mean they will be the best for you. Given the price of these machines, I would only recommend them to people who are really serious about juicing, want the most versatile machine that produces the best juice possible, and want to take advantage of several of the other food-producing options that twin gear juicers provide.

Just as you wouldn't buy a Hummer when all you plan on doing is driving to and from work on local roads, there's no need to spring for a triturating juicer unless you really have a use for it.

If you just want great juice every day, opt for the more affordable single gear masticating juicer. If you juice religiously and want to transition into a raw foods sort of lifestyle and diet, then opt for a triturating juicer.

## Hydraulic Press Juicers





Hydraulic Press Juicers are not that well-known, but they unequivocally produce the best quality juices. These juicers

use a two stage process to extract the maximum juice, nutrients, enzymes, vitamins and other wholesome substances from all your fruits and vegetables.

The first stage is trituration. This can be compared to what other juicers do in terms of chopping, grinding and shredding fresh produce. The resultant pulp is then placed in linen or cheesecloth bags or cloth-lined trays ready for the second stage: juice extraction.

## Cold press juicer

The hydraulic press, which consists of two steel plates, clamps down on the pulp and exerts extreme pressure.

This pressure releases more juice than any other type of juicer mechanism. In addition, the juices are the most nutrient-rich. The proof lies in the pale dry pulp that is left behind in the press.

This two stage process can be time-consuming, but it is certainly worth it if you are after quality juice.

Hydraulic press juicers are the most efficient, providing a higher yield of juice from fresh produce than any other juicer. Because the juice is not subjected to any heat or electricity, or much oxidation, the juice contains more enzymes than most juices and can be stored in a refrigerator for up to 3 days. As an added bonus, these juices are also incredibly flavorful and easy to digest.

Some of these juicers also perform a range of other functions, such as chopping salad ingredients and making nut butter and other food items. These juicers are quite heavy and you

wouldn't want to move them around your kitchen regularly. But that might not be such an issue if you consider the fact that it will negate the need for several other appliances with all the functions that it can perform.

If it sounds too good to be true, you might want to consider the cost. The main drawback is that hydraulic press juicers are incredibly expensive. However, if the price is not an issue, then these machines are the ideal appliance for all serious juicers committed to leading a raw food lifestyle.

Hydraulic press juicers are in a class of their own...and it's top-notch but not necessarily a class you need to partake in. These juicers (machines) produce the best quality juice, but they also require more time, effort, and money than the average juicer (person) needs to spend.

As such, hydraulic press juicers are most often recommended for those who are hardcore serious about living a raw food lifestyle as well as cancer patients who are following the Gerson therapy and looking for the highest quality juices modern machinery can provide.

And in case you're interested and wondering what juicers are available in this category – well, no review of hydraulic press juicers would be complete without a mention of the aptly named Ultimate Norwalk Juicer. This is the cream of the crop when it comes to all juicers. From inception, it set the standard for hydraulic press juicers, and it retains this solid reputation to this day.

However, the price tag is not for the faint hearted. It currently retails for a jaw-dropping \$2495.00 (excluding shipping). If you are an avid juicer and can't settle than anything that's less than the best, then you need to look no further. This sleek stainless steel device comes in a range of colors and will last a lifetime (or two). Some will argue that the Norwalk is a worthwhile investment because you will get a

higher yield of juice from your produce, and you will benefit from superior quality juices.

If you don't want to compromise on the quality of your juices, but you simply can't afford a Norwalk, then buying a separate hydraulic press is a great option. Basically, this means that you would use your regular juicer to produce the fruit and veggie pulp, and then you would transfer this pulp to your press.

## **9 Juicing Mistakes**



from: <http://justjuice.org/juicing-mistakes/>

**JUICING MISTAKE #1. LOADING UP ON THE SWEET STUFF**

Sweet is yummy. Which is why most of us start our juicing journey with the sweetest produce we can get our hands on. Like tons and tons of fruit. And the sweetest of the vegetables like carrots and beets.

While these sweet fruits and vegetables have nutritional benefits, by juicing them, we are removing the fiber which paces how quickly we're able to consume the sugars found in these sweet foods. This means you can quickly end up drinking more sugar than is good for you.

Natural sugars, like those found in fruit, are not as bad as processed sugars, but sugar is still sugar and too much of it is not beneficial for your health nor your waistline.

How to Solve It: Use sweet fruits and vegetables to your advantage by adding just a bit of it to sweeten low-calorie, low-sugar, high-nutrition vegetable juices. That little bit of sweet fruit goes a long way to please your taste buds!

## **JUICING MISTAKE #2. JUICING THE SAME OLD STUFF**

A wise woman once said Routine is the route to boredom.

Okay, I said that. But it is quite true.

Falling into a routine, especially with what we eat, is a surefire way of selling yourself short on nutritional benefits and putting a damper on what could be a very fun and experimental juicing experience.

Diversity is key to healthy juicing as consuming a wide range of fruits and vegetables ensure you're getting the unique benefits of each kind of produce and supplying your body with a balanced profile of vitamins and minerals. Not to mention

that juicing the same old stuff over and over again could lead to not-so-great consequences like turning orange or overdoing it on alkaloids or other phytotoxins.

How to Solve It: Rotate your fruits and vegetables!

## **JUICING MISTAKE #3. DRINKING JUICE AFTER YOU'RE FULL**

This is probably one of the most common juicing mistakes. I used to do this. After all, since fruit and vegetables juices are so healthy, why shouldn't I have them before and after my meals, as both an appetizer and a dessert?

Because it leads to indigestion and occasionally even heartburn. Plus, drinking fresh juice on a full stomach handicaps its nutritional powers.

How to Solve It: Drink your fresh juice on an empty stomach. This ensures that the vital vitamins and minerals in the fresh juice can quickly be absorbed into your bloodstream rather than sitting atop undigested food residue in your stomach, waiting to be processed and dying a slow death.

## **JUICING MISTAKE #4. DOWNING YOUR JUICE LIKE A SHOT OF CHEAP TEQUILA**

Or any liquid you're trying to ram down as fast as possible without tasting what it has to offer.

Fresh juice is worth tasting! And swishing around in your mouth. Not only does this give you time to savor the fresh taste of fruits and vegetables, but it also gives your saliva enzymes the chance to start digesting your juice before it works your way into your stomach.

How to Solve It: Remember that digestion begins in the mouth and be sure to let your saliva get to work on your fresh juice! Swish it around and then swallow. That simple step will maximize digestion and ensure you get all the key nutrients from your precious juice.

## **JUICING MISTAKE #5. DRINKING ONLY JUICE INSTEAD OF MEALS**

Fresh juice is damn tasty. And easy to make. And super nutritious. But it is not a meal substitute – it's more of a supplement.

Fresh fruit and vegetable juice contain tons of vital vitamins and minerals, but the truth is, your body needs more than that. It also needs protein, fiber, and healthy fats – which fresh fruits and vegetables usually can not provide enough of on their own.

How to Solve It: Unless you're on a short juice fast or juice cleanses, don't treat juice as a long-term meal replacement. Instead, use it as a potent health supplement by drinking fresh juice in the morning to provide your body with a nutritional energy boost.

Or drink a cup of fresh juice 20 to 30 minutes before a meal to give your body ample vitamins and nutrients and help cut



down on cravings during your actual meal. You'll end up making smarter meal choices and even eating less.

## **JUICING MISTAKE #6. CHOOSING THE WRONG JUICER**

This is such a common juicing mistake since most of us don't know what is the best juicer for us until we actually start juicing (usually with the wrong juicer)!

And choosing the wrong juicer can take so many different forms: buying the cheapest juicer when you're concerned about juice quality, buying a top-of-the-line slow juicer when you're perpetually short on time and looking for something convenient, getting a juicer more suited to soft fruits when you'd prefer to be juicing leafy greens, opting for a convenient centrifugal juicer when you don't have time to juice daily and want to store your juices for at least a few days, and on and on it goes.

How to Solve It: Do a little poking around before you invest in a juicer machine. But instead of reading about all the various bells and whistles of a juicer or perusing complicated comparison charts, start by asking yourself what you need in a juicer. Here's an easy guide to help you pick the best juicer in 5 minutes or less!

## **JUICING MISTAKE #7. SKIPPING THE CLEANING AFTER JUICING**

You prep, you juice, and you drink. So easy and fulfilling, but what's that? Clean the juicer? Eh. It can wait.

I cannot recall the number of times I've done the above. I enjoy the juicing process, but cleaning up is not something I'm too fond of. Yet it must be done, as I learned the hard way.

How to Solve It: A simple rinse after juicing takes virtually no effort and will save you that load of time you'll have to spend later scrubbing dried-up food residue off the nooks and crannies of your juicer machine.

Here are some time-saving cleaning tips for those of us who enjoy juicing a lot more than cleaning:

When juicing on a time crunch: Fill a basin with clean water a half cup of vinegar and toss all your juicer machine parts in there to soak. When you find the time, all you'll have to do is rinse the parts and you're done.

Get an easy-to-clean juicer machine.

Pre-wash and prep all your fruits and vegetables in advance.

## **JUICING MISTAKE #8. NOT DRINKING YOUR JUICE STRAIGHT AWAY**

The oxidation process begins as soon as you juice your fruits and vegetables. Your juicer machine breaks down the cell walls

of these nutrient-rich foods and the vitamins, enzymes, minerals, and phytonutrients are exposed to air. Thus begins the oxidation process.

How quickly your fresh juice will oxidize and lose its valuable nutrients and enzymes depends on the type of juicer machine you're using. Centrifugal juicers cause the fastest degradation to juice so if you're juicing with one of those, plan to drink that juice as soon as possible, within a few hours.

For those juicing with slow masticating juicers, twin gear juicers, or Norwalk press juicers, the story is a little different since these juicers don't disturb the cellular structure of the produce being juiced and thus, do a better job of preserving enzymes and nutrients from oxidation.

'Though juice is always best consumed as fresh as possible, you can actually store fresh juice made from slow masticating or twin gear juicers for up to 24 to 48 hours and juice made from press juicers can last up to 72 hours. It's not recommended to store juice made from centrifugal juicers.

## **JUICING MISTAKE #9. JUICING TOO MUCH, TOO SOON**

This one is particularly important, especially when you're transitioning over from a diet full of mostly processed foods. When a colleague of mine first found out about juicing, she was positively juiced (no pun intended). In her new fervor, she started shopping at farmer's markets, buying cartons of fresh produce each time. She was glowing, happy, and energetic.

But pretty soon, her beautiful skin began to break out. Badly. She was nearly 40 at this time and couldn't believe she was re-living her puberty skin!

The thing about juicing is that it supplies your body with a huge amount of vital nutrients, vitamins, and enzymes – stuff that your body is not used to when you're transitioning from a life of mostly processed foods. You can experience detox symptoms like headaches, fatigue, and even acne during this period while your body tries to purge itself of accumulated toxins.

How to Solve It: Some people can experience various detox symptoms when transitioning from a processed-foods diet to one of fresh fruits and vegetables.

While unpleasant, these symptoms are usually short-lived. The key is to take it slow when you're first starting to give your body a chance to acclimatize to the new nutrition provided and listen to your body to gauge whether the symptoms you're experiencing are detox-related or indicative of something else, like sensitivity to something you're juicing or an underlying health condition.

Start slow, start small, and then juice your heart out!



# Breville 800JEXL Juice Fountain Elite 1000-Watt Juice Extractor

Providing commercial performance with home kitchen convenience, this juicer runs on 1000 watts with two speeds, 13,000 RPM or 6,500 RPM, for juicing hard and soft ingredients. Beautiful die-cast metal design and power combined.

## **Efficient and nutritious juicing**

Fruit is largely composed of water, but its selling point is its nutritional value. How do you extract the juice from fruit, without leaving the nutrients behind? Breville's Nutri Disc and patented juicing system extract more nutrients than other juicers and transfers less than 1.8F of heat to protect enzymes and maximize nutrient absorption of select nutrients.

The uniquely designed juicing system features a feed chute that is centered over the shredding disc. This allows for more efficient juicing than systems that introduce ingredients on the side of the shredding disc.

Two speeds allow you to adjust for the type of ingredients you are using. It is suggested that when juicing a variety of ingredients with varying textures, you begin with the softer textured ingredients on low-speed then change to high speed for harder texture ingredients. If you are juicing herbs, sprouts or leafy green vegetables either wrap them together to form a bundle or juice them in the middle of a combination of ingredients on low-speed to obtain the best extraction.

An extra-wide, 3-inch across feed chute makes it possible to feed whole apples, carrots, tomatoes, and peeled oranges into the juicer, saving you time and effort.



# Omega J8006 Nutrition Center Juicer – Black and Chrome

## Omega J8006 Nutrition Center Low-Speed Masticating Juicer, **Black and Chrome**

The Omega J8006 Nutrition Center is a masticating style juicer. Sometimes referred to as a low-speed juicer, the Nutrition Center processes at 80rpm, whereas most other juicers process at a speed of 1,650 to 15,000rpm. The low speed protects and maintains healthy enzymes, prevents oxidation and allows juice to be stored up to 72 hours without degradation. The GE Ultem Auger is 8x stronger than most other plastics and the powerful gear reduction is equivalent to a 2HP Motor. The dual stage juice processing system extracts the maximum amount of juice from fruits, vegetables, leafy greens, even wheatgrass! You can also use the nutrition center to turn nuts into nut butter (an all-natural peanut butter), make baby food from natural, fresh ingredients, whip up soy milk, extrude pasta, grind coffee and spices, and mince herbs and garlic. Make delicious and nutritious drinks and snacks that everyone will love. Measuring 7in wide, 15.5in deep and 8.5in tall. Usage of more frozen foods (fruit, ice cream, etc.) than liquids leads to the foods sticking to the sides of blender jars or the mixture becomes stiff (frozen) and will not flow. The juicing screen is already installed in the juicier note: some noise is to be expected. Please set the Juicer on top of a thin towel to help stabilize and mitigate noise.

### Product Features

- Low speed, masticating style juicing system
- Omega's Nutrition Center does more than just juice. You can turn nuts into nut butter (an all-natural peanut butter), make baby food from natural, fresh ingredients, whip up soy milk, extrude pasta, grind coffee and spices, and mince herbs and garlic.



- Includes a GE Ultem Auger which is 8x stronger than most other plastics.
- Powerful gear reduction is equivalent to a 2HP Motor.
- Juicer processes at 80rpm's. Low speed or masticating style juicer squeezes, instead of grinding, which allows the juice to maintain its pure color, natural taste, vitamins, and nutrients.
- Dual stage juicer. First, the juice is extracted by crushing the fruit or vegetable. Then, before the pulp is ejected, the pulp is squeezed during the second pressing stage. This results in a higher yield of juice and a very dry pulp.
- Extracts the maximum amount of nutrients, vitamins, taste, and juice from minimum amounts of fruits, vegetables, leafy greens such as spinach and kale, even wheatgrass.
- Economical. Since the juicer is so efficient and productive, you'll get the greatest amount of juice from the least amount of produce.
- The low-speed system does not mean a longer time to juice. It means a more efficient juicer. More nutrients and antioxidants, plus better-flavored juice and freshness.
- Engineered for quiet operation and longer life.
- The low-speed system limits froth and foam preventing oxidation.
- Juice can be stored for up to 72 hours without degradation or the juice separation that occurs with other juicers.



## [Tribest Green Star Elite GSE-5000 Jumbo Twin Gear Cold Press Juice Extractor](#)

### **The Tribest GSE-5000 Green Star Jumbo Twin Gear Juicer**

Greenstar machines are reputedly one of the world's best juice extractors and most efficient food processors. Using Exclusive Jumbo Twin Gear technology with a low 110 rpm, ease of use and simple clean up, our Greenstar Juice Extractors and Food Processors are award-winning machines of unsurpassed quality. Independent laboratory tests confirm that the Greenstar's Twin Gear Press extracts a substantially higher quantity of

minerals than “leading” juicers. Concentrations of essential minerals, like calcium, iron, and zinc are 50%-200% higher in juice from the Greenstar than from other name brands juicers. Now, your commitment to drinking raw juice can really begin to pay off!

### What's in the Box

Equipped with four different screens to accompany your juice and food adventure, the Greenstar Elite is the most versatile machine. It includes the fine screen to extract juice with minimal pulp; the coarse screen to extract juice with more pulp mixed in; the homogenizing blank for basic food processing; the breadstick (mochi) maker set to make delicious raw breadsticks and rice cakes. Optionally, you can purchase the pasta maker set to instantly convert your Greenstar into a pasta press and soft fruit outlet adjusting knob for efficiently juicing soft fruits such as orange and tomato. All Greenstar models also conveniently include a glass juice pitcher, wooden plunger, plastic plunger, and cleaning brush.

### What's the Difference between Mastication & Complete Mastication?

There are many juicers that claim to be masticating juicers, and to a certain extent, what they claim is true. Most of these “masticating” juicers – single-auger, horizontal, or vertical – employ an auger or a dual gear system that works to crush produce and press the juice out. These so called “masticating” juicers are missing crucial steps in their juicing process and fall short of being a complete mastication system. Comparing these features to the human mastication system, such incomplete masticating juicers only utilize the molar (crushing) function and lack the incisor (slicing) and canine function (cutting function). Juicing with these kinds of juicers would be comparable to chewing only with your molars, or even just your gums. For this reason, Tribest offers the Greenstar Elite as a Complete Mastication juicer providing all 3 steps of the mastication process.

We also found a great selection of blenders for making smoothies at

[Jane's Kitchen Miracles](#)

[Best Blenders Reviewed and Compared](#)

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**Multivitamins: What Are They, How To Choose Them and What Are The Best Ones?**

# Multivitamins



According to <https://www.healthambition.com/multivitamin/>

Hello and welcome to our blog we are grateful for your visit and the likes without we wouldn't be here. On week 268 we are presenting information on multivitamins, what are they, how to choose them and what are the best ones.

Keeping up with all of the ongoing research of multivitamins could be a full-time job, to say the least. Almost every day new studies are published about who needs certain vitamins and what they can do for our health. Sometimes it's hard to keep up with the amount of information.

Even a trip to your local health food store can blow your mind! There are hundreds of individual vitamin supplements as well as combinations of two or three and multivitamins. Should you take one? Should you combine a few? Or is a multivitamin be the best option?

That's why I've decided to put everything On this page, you'll find lots of information about multivitamin benefits as well as some of the best multivitamin for women, children and so on.

## About Multivitamins

There are an enormous amount of dietary supplements available, however, multivitamins are the most common of all they are an easy one or two pills instead of many is much more doable for the fast pace person. There is a lot of controversy surrounding multivitamins and whether they're necessary.

It's important to remember that vitamins and minerals are crucial to maintaining our wellbeing. Many issues like fatigue and low immunity can be addressed simply by including the right amount of vitamins and minerals in your diet.

One multivitamin capsule can contain your entire daily recommended value of micronutrients. The big question is, are they needed if you are getting all of those nutrients from your diet? Also, is the amount offered in your multivitamin sufficient?

There are four main vitamins and minerals that people tend to be missing in including:

**Vitamin D**

**Zinc**

**Magnesium**

**Potassium**

Although these vitamins and minerals are offered as individual supplements, most do not contain a combination of them all. This is where a multivitamin can be useful.

# MULTIVITAMINS

## and your path to wellness

**WHY A MULTI?** Chances are, even if you have an excellent diet you're not getting enough key nutrients.

### ROADBLOCKS

- ✗ DECLINING soil quality
- ✗ INCREASED CONSUMPTION of packaged foods
- ✗ MORE physical and environmental stressors
- ✗ 50% OF AMERICANS are estimated to have nutrient deficiencies
- ✗ 40% OF ADULTS don't get enough vitamins A, C, D and E, calcium and magnesium
- ✗ 1 IN 3 WOMEN in the U.S. is estimated to be at risk for deficiency in iron, folate and vitamins A, B6, B12, C, D and E
- ✗ 1 IN 4 AMERICAN ADULTS eat less than 1 serving of fruit and veggies per day

Sources: Centers for Disease Control, Environmental Working Group, Delicious Living

EAT A HEALTHY DIET

DESTINATION: wellness  
Look for multis that contain these nutrients to help get you there\*

TAKE A MULTI

### ROADMAP: 4 TIPS FOR CHOOSING A MULTIVITAMIN

1. Purchase from a trusted natural products retailer.
2. Choose natural nutrients, which are generally more easily absorbed.
3. Look for active forms of Bs to improve absorption.
4. Choose from reputable brands that prioritize transparency and quality so you know just what you're getting!

LOOK GREAT ALONG THE WAY  
Biotin, beta-carotene, vitamin A, vitamin C, vitamin E → Support skin and hair health\*

### SEE THE PATH CLEARLY

Vitamin A, vitamin C, vitamin E → support eye health\*

### BE STRONG

Vitamin D, calcium and magnesium (together), vitamins K1 and K2 → support bone health\*

### KEEP YOUR STAMINA

Iodine and B vitamins → maintain a healthy thyroid, balanced metabolism and high energy\*

### STAY SHARP

Zinc, B vitamins → support a healthy mind\*

### BE HEALTHY ON THE JOURNEY

Vitamin C, vitamin D, vitamin E, beta carotene → immune support\*

### WALK ON THE SUNNY SIDE OF THE (WELLNESS) STREET

Vitamins B6 & B12 → balance hormones and mood\*

### FOLLOW YOUR HEART

B vitamins → support a healthy ticker\*

wellness!

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

deliciousliving

MegaFood  
Fresh From Farms To Tablets™



## Are Multivitamins Good For You?

The fact of the matter is most of us don't get a fully balanced, nutritious diet daily for the most part. Even those that do, find it difficult to get the 40 plus micronutrients we need every day. Therefore, most people can benefit from an over-the-counter multivitamin in some way.

Most Americans do not meet their daily nutritional needs. This can be down to calorie restriction, poor food choices or due to diet restricting and large amounts of stress. For example, if you get a good amount of calcium, you still need to ensure you get enough vitamin D and K for calcium absorption.

It's good to remember though that healthy eating will always be the best way to meet all of your nutritional needs. Taking supplements is not a substitute for a healthy diet. For people who lack variety in their diets as well as those who must stay away from entire food groups, multivitamins can be an excellent solution to meeting your daily nutritional needs.

## Are Multivitamins Safe?

For the most part yes, multivitamins are safe here I must say that consulting your health practitioner is always the best thing to do before you take a new supplement and have a concern. You'll find that most supplements contain the basic amount of vitamins you need to prevent deficiencies, but not enough to overdose.

## How To Choose a Multivitamin

It's important to consider a couple of general points when purchasing multivitamin supplements. Firstly, the percentage of recommended daily value for the ingredients. Obviously, if you already have quite a nutritious diet but feel it still isn't quite enough, using a supplement with lower dose may be better.

Could you benefit from individual vitamin supplements more than an overall multivitamin? Her do a consultation with someone that is an authority on the subject and can assess your personal need.

Another thing to think about in regards to safety is choosing a product from an established brand. Choosing a cheaper brand which does not state the exact dose for each ingredient could be of spending a little money but not getting many benefits. You need to be able to feel confident you know exactly what you are putting inside your body is right for you.

With so many different options on the market, choosing a multivitamin can be mind boggling. Nevertheless, I have looked at different multivitamins for different people, breaking it down into categories that may suit you better as an individual.

# What Do You Want From A Multivitamin?

## Multivitamins for Energy





Everyday life can cause us to lose our get up and go and feel burned out. Many of today's strains leave us exhausted and relying on coffee to make it through the day. But over stimulating yourself with caffeine can do more harm than good. A better way to get energized could be by ensuring a good balance of vitamins and minerals. That's why I have chosen some my favorite multivitamins to give back that spring in your step.

# Essentials of the Best Multivitamin for Energy

Multivitamins come in many different formulations, and there is no set standard. They usually vary by purpose, gender and age because each category has slightly different health concerns and needs. A multivitamin formulated for energy will possess more of the nutrients designed to reduce fatigue and improve energy levels and metabolism.

## B Complex Vitamins

When talking about energy, the B vitamin complex is one the most important. These vitamins promote metabolism and provide energy by stimulating the production of energy in the body.

This family of vitamins can also be the hardest to keep track of because they have many different names. Although all B vitamins have an associated number, this is not always listed. Remember the following are all B vitamins:

**Thiamin (B1)**

**Riboflavin (B2)**

**Niacin (B3)**

**Pantothenic Acid (B4)**

**Biotin (B7)**

**Folic Acid (B9)**

## Iron

Iron is vital for the creation of red blood cells. If your tiredness is due to a low iron diet or anaemia, you will need a supplement to compensate. Often, if your deficiency is severe, you will need to take a separate tablet with a high dose of iron as multivitamins won't have enough.

# Multivitamins for Weight Loss







Anyone starting a weight loss journey knows how difficult it can be. One vitally important point for any weight loss journey is ensuring you get the correct amount of vitamins and minerals. If you're lacking in essential nutrients you are likely to find losing weight even more challenging. This is why I have looked at some of the best multivitamins available for weight loss to share with you.

# What to Look for in a Multivitamin for Weight Loss

## Vitamin B12

Vitamin B12 is found in most animal-derived foods (shellfish, eggs, meat, poultry and dairy). However some people have difficulty absorbing it. If you are over the age of 50, have had intestinal surgery, or are a vegetarian/vegan, you can benefit from B12 supplements.

Vitamin B12 an important nutrient because it aids in metabolizing protein. It also helps to maintain red blood cells and the central nervous system. In addition, vitamin B12 helps with weight loss. It converts proteins and fats into energy and will help reduce the tiredness that results from a low calorie diet

## Green Tea Extract

Green tea extract is a supplement that is helpful when you want to lose weight. It claims to increase metabolism and reduce appetite. It is also used as an alternative medical treatment because it has antioxidant and anti-inflammatory properties that can be used for arthritis and other ailments.

The extract, made of green tea leaves, decreases the amount of fat that is absorbed in the body. You should take it in the morning, during the day, or before exercising because green tea it has attributes that increase energy. There are possible side effects if you have a long term illness or are taking prescription medicines. Ask your doctor if this applies to you.

## Fish Oil

Taking fish oil every day cannot only help you lose weight,

but it also supports cognitive function, heart health, and bone strength. Fish oil can also decrease your appetite overtime by curbing your cravings. Eventually, you may find yourself eating less and be able to maintain a healthy weight.

Another reason to add fish oil to your daily routine is because it helps to reduce fat buildup. Extra fat is naturally stored in the body until it is needed. This would be great if you were a bear, but if you're reading this I'm guessing you're not. Fish oil reduces these fat storages by increasing insulin output. It makes your body more reluctant to store fat

### **Fiber**

Fibre decreases constipation, maintains your blood sugar, lower your cholesterol, and help you lose weight. It is found naturally in a variety of plants, vegetables, fruits, and grains. It can also be added to your daily diet in pill, powder, or gummy form. Fiber supplements are made with natural plant extracts, seeds, and berries.

Fiber makes you feel full without adding extra calories. You should gradually increase your intake to avoid bloating, cramping and gas. Drinking large amounts of water throughout the day will help. Fiber can possibly slow the effects of over-the-counter and prescription medications. Talk with your doctor to see if adding extra fiber to your diet will interfere with your medications

## **Multivitamins for Hair Growth**







Who doesn't want long, strong and shiny hair? Of course, most people would love to have hair resembling that of a supermodel. Well, multivitamins could be the solution. Check out some the best multivitamins for hair growth.

A true multivitamin for hair growth will have increased vitamins that hair needs, such as thiamine, iron, zinc, calcium, vitamin B and low in ingredients like vitamin A.

## Should I use a multivitamin for hair growth?

There is often no exact answer as to why actual hair loss happens. The solution can be difficult to identify. Adding a quality multivitamin to a good diet is one way to guarantee that you are doing everything possible to promote hair growth and health. You should at least consider using a multivitamin if you:

Begin a nutritionally restrictive diet

Regularly use hair straighteners or hair dryers

Dye your hair

Are under extreme stress

Suffer from bouts of exhaustion

Begin a nutritionally restrictive diet  
Regularly use hair straighteners or hair dryers  
Dye your hair  
Are under extreme stress  
Suffer from bouts of exhaustion

The right amounts of protein and vitamin B all help supply the body with the energy needed to motivate, concentrate and stay healthy. It is best to view the use of a multivitamin as an added boost rather than the cure.

## Multivitamins for Beautiful Skin



Although often associated with teens, acne can be an issue for people of all ages. Instead of spending big amounts of money on expensive lotions and creams that can sometimes leave you in a worse position and not take in consideration that skin health starts from the inside out, trying a multivitamin could



be the answer for a lot of cases.

Two vitamins that are commonly used include vitamin A and zinc. However, others include vitamin E, vitamin B6, copper, omega-3 fatty acids, selenium and more. Why not try out multivitamins before taking any prescription medications for acne, as these medications can have serious side effects.

Many vitamins work together to treat your skin condition, so it's very important that you stick to supplements rather than just individual vitamins.

## **Multivitamins for Bodybuilding**



If you have committed yourself to a strict weight training

program, you want to be sure you are doing everything you can to get the best results possible. One way to do this is by ensuring you are getting all the best nutrition. Using a multivitamin supplement could help you reap the rewards.

The “supervitamin” includes all of the essential nutrients, plus MSM, CoQ10, Asian ginseng, ashwagandha, or others. Supervitamins might use proprietary blends for amino acids, performance and digestion functions.

Body builders who want large muscle mass can add MSM, glucosamine and Vitamin B12 in a supervitamin supplement. Marathon runners can use supervitamins with their “carb-loading” sessions.

## **Multivitamins for Vegetarians**



Source: goindiya.blogspot.com

If you have a restrictive diet it's possible you are not meeting all of your nutritional needs from your daily meals. Therefore, being sure to get everything you need to keep your body going can be difficult. One solution might be with the aid of a multivitamin supplement. However, it's important to

be sure that the option you choose is compatible with a vegetarian diet. That's why I have looked at the best multivitamins for vegetarians in order to give you some great options to choose from.

## Which Vitamins to Look For?

### Iron

When most of us think of iron-rich food, red meat is probably the first thing that comes to mind. However, if you abstain from meat there are plenty of other iron sources for you to consider such as lentils, spinach, tofu and pumpkin seeds. The type of iron found in non-animal sources (non-haem iron) is not as easily absorbed as that from meat (haem iron) so you can still end up deficient with the best efforts. Iron supplements are especially important for women of menstruating age who lose blood every month.

### Vitamin C

It's easy for vegetarians to get vitamin C from fruit and vegetables (orange, pineapple, strawberry, etc) so there's no need to worry about this. However, vitamin C helps your body absorb iron so a good multivitamin will contain both.

### Calcium

Again, most of us associate calcium with animal products – i.e. dairy. It can be particularly difficult for vegans to get the correct amount of calcium although it is also found in almonds, brazil nuts and leafy greens like collard greens and kale

### Iodine

Iodine is used by the thyroid and is essential for its proper function. Table salt may provide your daily allowance but not all brands are iodized.

### **Vitamin D**

Vitamin D is important for bone health, along with calcium. Sunlight is a great source but the highest concentrations are found in fish and eggs. Luckily, many vegetarian-safe products are also fortified with vitamin D such as juices and non-dairy milks.

### **Zinc**

Zinc is involved in immune function, among other things. Again, it is found in highest quantities in meat and seafood but you can also get it from legumes, nuts and spinach.

### **Omega-3 Fatty Acids**

Omega-3 fatty acids are mostly found in fish. They are important for heart and cognitive health. Look for non-fish derived omega-3 when choosing a vegetarian multivitamin.

## **Multivitamins for Seniors**



As we age it becomes more and more important to get all of the nutrition we need. Getting the correct amount of vitamins and minerals can aid a magnitude of age related illnesses and help you feel fit and healthy. I have looked at some of the best multivitamins available specially formulated for seniors and have chosen my favorites to share with you.

Vitamin A – keeps immune system healthy and aids in vision

Vitamin B1 or thiamine – helps keep brain and nerve cells

healthy and helps convert food to energy

Vitamin B2 or riboflavin – aids in red cell production and converting food to energy

Vitamin B3 or niacin – helps convert food to energy and proper digestive function

Vitamin B4 or pyridoxine – helps produce red blood cells

Vitamin B12 – aids in keeping nervous system and red blood cells healthy

Vitamin C – aids wound healing, immune system boosting, and growth and repair of tissues

Vitamin D – aids in calcium absorption and protects from certain diseases

Vitamin E – aids in preventing cell damage

Folic Acid – helps form red blood cells and to make DNA

Vitamin K – helps with blood clotting and strong bones

Calcium – for healthy teeth and bones

Chromium – helps to regulate blood sugar levels

Iodine – helps with thyroid function and to prevent goiter

Iron – for healthy red blood cells

Magnesium – healthy immune system and strong bones

Potassium – helps control blood pressure, helps regulate water balance, and the functioning of the heart, kidney, muscles, and nerve function

Selenium – makes proteins that prevent cell damage

Zinc – helps wounds heal and keeps sense of smell and taste keen

Omega 3 Fatty Acids – aids in blood clotting, cell division, and muscle contraction and relaxation

## Men vs Women for Multivitamins



Although everyone can benefit from multivitamins, there are certain differences when it comes to men and women and what they need. As we age, men and women start to have different nutritional needs. For example, as women age their hormones change leaving them prone to issues like osteoporosis. Therefore, women benefit more from higher levels of calcium and vitamin D. It's definitely worthwhile to look at the different types of multivitamins for men and women and break them down.

## Multivitamins For Women



## Multivitamins and Pregnancy

Pregnancy is probably the most important time to ensure you get the correct amount of vitamins and minerals daily. During pregnancy, your baby will take everything it needs from you, whether you get enough or not. This can often leave women

deficient in things like iron. There are a number of prenatal vitamins available and I have selected my favorites to share with you.

## What are these critical nutrients?

**Folic Acid: 600 mcg**Folic acid or folate is a type of B vitamin, and one of the most important nutrients for your developing baby. This vitamin is essential for new cell formation and helps your child's neural tube develop properly during the first month of pregnancy.

### Calcium: 150 mg

Getting enough calcium is essential for women during all stages of life, but it becomes particularly important during pregnancy. Not only are you providing minerals to support healthy bone growth in your baby, calcium supplementation during pregnancy helps prevent early onset osteoporosis in mom.

Additional calcium supplements may be recommended for women that are not getting enough calcium through their diet, consult with your doctor to figure out what is best for you.

### Iron: 27 mg

Anemia is a medical condition that occurs when there are not enough red blood cells to carry oxygen around the body. It can be particularly problematic during pregnancy, because it is associated with premature birth, low birth weight, and health complications for mom (source).

Iron-deficiency anemia occurs in 15 to 20 percent of all pregnancies. A prenatal multivitamin with iron is one of the best ways to prevent this sometimes dangerous condition.

### Iodine: 150 mcg

Iodine is a mineral that many women lack in their diet, and

one that is highly important for baby. Iodine is essential for healthy brain and thyroid development, and provides extra support to mother's thyroid gland which goes into overdrive during pregnancy.

#### **DHA: 200 mg**

DHA is a specific type of Omega 3 fatty acid, a healthy kind of fat commonly found in fish. DHA supports healthy brain development in your baby. Many women find it difficult to incorporate enough pregnancy-safe fish into their diet so a supplement with DHA can help fill this nutritional gap.

Because the effects of DHA on baby's brain were discovered fairly recently, not all prenatal vitamins contain DHA. It may be necessary to take an additional supplement if you believe Omega 3 fatty acids are lacking in your diet.

#### **Vitamin B6: 1.9 mg**

While vitamin B6 is a somewhat less critical ingredient for a prenatal multivitamin, an ideal formulation will contain this nutrient. It helps make pregnancy easier for mom by alleviating morning sickness.

## **Multivitamins for Women Over 50**

Once we turn 50 our bodies start to need different things. Often we need less calories each day, however, we tend to need more nutrients to stay fit and healthy. Eating less means we often lack the essential nutrients, therefore, taking a multivitamin supplement is a good idea for most people.

## **Multivitamins for Menopause**

Going through menopause can be a difficult time for any woman. Hot flashes, hormones sky high and emotions all over the

place. Much like pregnancy, ever changing hormones have numerous effects on our bodies and mean it's very important to meet all of your nutritional needs.

## Multivitamins for Men



## Multivitamins for Men Over 50

Just like women, as men age their nutritional needs change. Making sure you are meeting your daily nutritional needs is important for your overall health.

The first thing to do when choosing a multivitamin is to look for one that is specific to your age and gender. Since needs change as you age, vitamins formulated for seniors are geared to the needs of a person over age 50. Similarly, since men and women have different needs, look for the supplement that matches your gender.

Next, you will need to decide what form is best. Most multivitamins come in pills or capsules but there are also liquids, gummies, and injections from your doctor. Liquids are absorbed faster but may taste unpleasant. Pills may be more convenient, especially if you travel frequently. Fit the supplement to your lifestyle and needs.

## Multivitamins for Your Children



When choosing a multivitamin for your child it can be a daunting process. The fact is most of us put our children's needs before our own and ensuring they have a healthy, nutritious diet is often top of the list. However, this becomes increasingly difficult as they get older.

Once they start to eat outside of our home it's almost impossible to be sure they're making the right food choices.

Trying to get teenagers to eat broccoli rather than fast food can be like pulling teeth!

Also as our children grow into young adults and experience floods of hormones, their nutritional needs change. One way to make sure your kids are getting all the right nutrition is by giving them a multivitamin supplement.

It's important to consider the recommended daily value of vitamins and minerals your child needs depending upon their age.

## **Multivitamins for Kids**

If you feel your kids could benefit from a multivitamin supplement there are certainly a lot to choose from. From gummies to powders to liquids, supplements come in all shapes and sizes. I have taken the time to look through the best supplements for kids and rated a few of my favorites with some pros and cons for each. This will hopefully allow you to make an informed decision when choosing the best multivitamin for your kids.

## **Multivitamins for Teens**

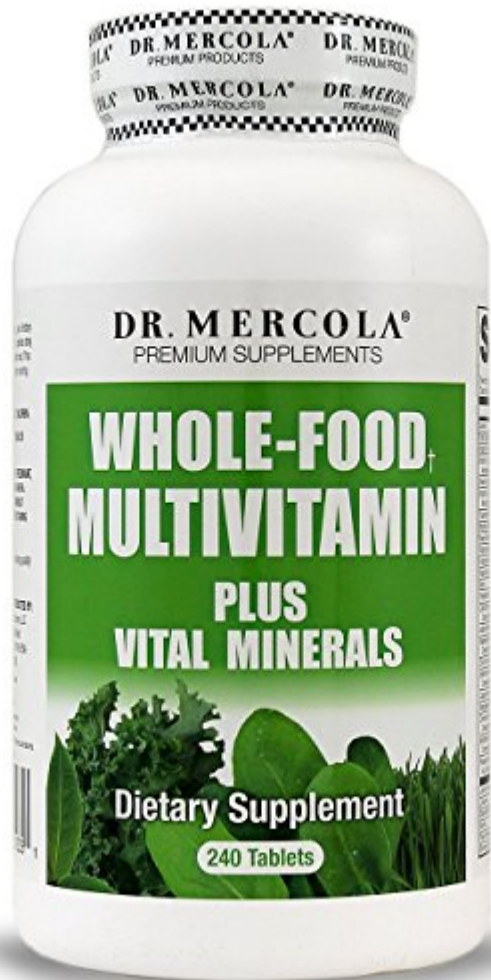




As our children become teenagers getting them to eat anything that is good for them can be a challenge. Plus, with junk food so quickly accessible it's hard to know they're meeting their daily nutritional needs when they're eating outside of our homes. With this in mind, a multivitamin supplement can be a good solution to keeping their diets balanced and maintaining their overall health.

## Conclusion

I hope our series of articles on multivitamins will help you make the right choice for you and your family. If there's a vitamin or product you'd like to see us research, please let me know in the comments and we might be able to make it happen!



## Dr. Mercola Whole Food Multivitamin PLUS Vital Minerals

- All Dr Mercola Whole Food Multivitamin Plus bottles are sold with the “Dr Mercola Premium Products” seal of authenticity on the cap of the bottle
- MINERALS! Dr Mercola Whole Food Multivitamin Plus

formula includes three essential minerals: Calcium, Magnesium and Potassium.

- OVER 50 INGREDIENTS! Whole Food Multivitamin Plus provides you with a highly concentrated daily supplement containing more than 50 nutritional ingredients – all in a special herbal food base.



## Prana Roxanne Printed Legging

- Dare to be different in this prAna® Roxanne Printed Legging.
- Fitted legging is snug to the body and form-fitting.
- Stretch fabrication extends, expands, and contracts to

move with you for ultimate flexibility during any sport, activity, or movement.

- Quick-drying properties make sure moisture doesn't linger for too long.
- Stylish print on body and waistband.



## Chinese Laundry Rubie Scalloped Sandal

- Soak up some sun in the effortlessly-chic Rubie sandal!
- Synthetic upper with scalloped detailing.
- Adjustable ankle strap with buckle closure.
- Open-toe silhouette.
- Single strap at vamp.









Calvin Klein

## Twill Walking Shorts

- Confidence comes easy when you're in a Calvin Klein® Twill Shorts.
- Soft, lightweight twill short with added stretch for a comfortable and easy all-day wear.
- Minimal tonal seams throughout for a sleek finish.

- Belt-loop waist with flat-front styling.
- Four pocket design.
- Button front and a zip-fly closure.





**Agave Denim**  
**Hal Short Sleeve V-Neck Tri-Blend Jersey**  
**Stripe Block**

- Confidence comes easy when you're in a laid-back Agave Denim™ T-Shirt.
- Premium heather knit tee in a barely-there stripe design

for an elevated look.

- V-neck and short sleeves.
- Straight back yoke.
- Mini woven label at left hem.
- Straight hemline.

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# **The Countless Benefits of Microcurrent**



# Microcurrent Science

Hello and welcome to week 266 to Isabel's Beauty Blog. We are so grateful of your visits, likes, and shares without them we would not be here. We strive to research and gather the best quality posts for you to enjoy, share, and our purpose gets validated. It really feels so good, thank you from all of us.

This post is about microcurrent and I am personally a huge fan of it for years. I even put together a handheld facial machine that is combined with photon light and great results with it. It makes sense we are an electrical body when I discovered it through all my research that I continuously do. I was fascinated. I am a great fan of Rife machines and Tesla equipment. I personally have seen remarkable results with microcurrent. Acupuncturists also use current with needles to reactivate the Chi currents in the meridians. There is a lot of research on the internet that you can access if you are intrigued and wish to learn more. So here we go with ours. Enjoy, share, like, engage and give credit to us, that is one important point for our ratings. Much gratitude to you and yours.

Back in the early 1900's, Dr. Albert Abrams, M.D. was the first physician who used equipment capable of detecting specific frequencies of living tissue. Each organ and tissue within our body emit an invisible energy or vibration in the form of specific frequencies. This allows the cells to communicate with each other and to organize, monitor, and regulate complex living processes. When there is a disruption in this vibration of energy as a result of injury, illness, or the normal age process, we begin to see the symptoms of this

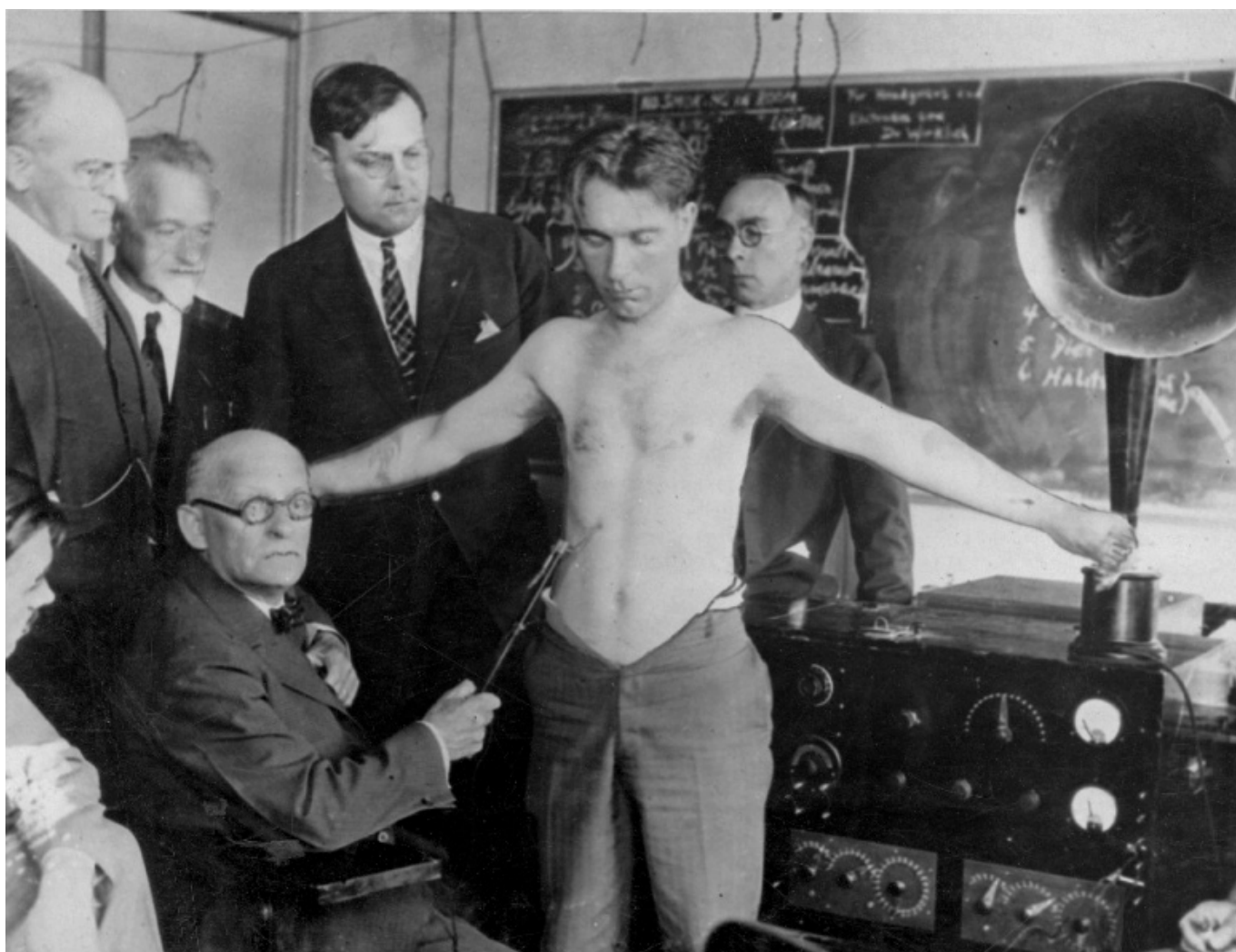
disruption in the form of chronic health issues and one of those issues is a result of skin atrophy and wrinkled deteriorating skin.

Microcurrent machines utilize unique technologies and specific frequency signatures to reenergize the cells and tissue back to their normal state of vibration. Microcurrent machines communicate with the cells of living tissue and muscle to resonate at a perfect harmonic tone allowing enhancement of the normal body's biological processes naturally and non-invasively.

according to  
<http://www.drwhitaker.com/what-is-microcurrent-therapy>

**Microcurrent therapy simply restores normal frequencies within the cells, resulting in remarkable improvements in pain, inflammation, and function.**





At the cellular level, microcurrent therapy stimulates a dramatic increase in ATP, the energy that fuels all biochemical functions in the body. It also bumps up protein

synthesis, which is necessary for tissue repair. The ensuing enhancement in blood flow and a decrease in inflammation translates into reductions in pain and muscle spasms, as well as increased range of motion.

Microcurrent (often called MENS) is extremely small pulsating currents of electricity. Microcurrent units produce electrical current just above the levels of the electrical exchanges that occur at a cellular level in the human body. This is why microcurrent is readily accepted by the body's cells when applied to the body using conductive electrodes.

It is an ongoing process to heal damaged cells, and microcurrent – like the body's own electrical current – likes to go around the injury, taking the path of least resistance. However, by applying microcurrent to the site of an injury, the microamperes current is able to pick up where the body mist it. Through regular microcurrent treatments, the current is able to gradually close the gap and help restore the damaged area. This helps stimulate healing and will accelerate the body's healing process, as well as increasing the level of ATP (Adenosine Triphosphate). It is important to note that each unit has varying specifications and it is necessary to match your device selection with your specific needs in order to improve the treatment outcomes.

According to

<http://prettyyoungerskin.com/best-home-microcurrent-machines/>



# ***Microcurrent isn't new.***

Microcurrent isn't new technology. It's been used for ages. I mean really, ages...

**Electrotherapy** – which, by the way, is the use of electrical currents to treat certain medical problems and diseases...

has an ancient history in the medical and other therapy-based professions.

It is said that the Romans used electric eels as a means for bringing about pain relief.

## **What is Microcurrent?**

### **The Body**

Microcurrent is naturally generated in the body to produce the energy required for muscle movement and nerve impulses. It is the body's own electrical system that provides the voltage for ionic exchanges across the cell membranes allowing for cell functions including the intake of nutrients from the blood, removal of cellular waste and movement of impulses along nerve pathways. The harmonious flow of these tiny electrical signals is also essential for healthy cell function and cell-to-cell communication.

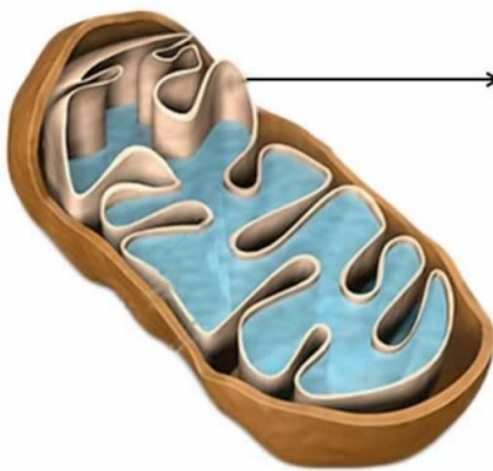
Cells are similar to miniature batteries and electrical

generators by this action they conduct electricity, create electrical fields, and are powered by a very low level of electrical voltage known as Microcurrents. The unique bipolar membrane surrounding each cell serves as a medium that separates intracellular and extracellular fluids. In the inside of this membrane are channels that allow for communications in and out of the cell. The opening and closing of these channels are very well regulated in order to influence cell function.

Either single molecules or complexes of molecules within the channels allow for the passage of positively and negatively charged atoms (ions) such as sodium, potassium, chloride and calcium. Membrane potentials the name for the voltage difference in electrical potential across cell membranes. This is the *Discovery of ionic channels*

This method invented by German Nobel prizewinners, Erwin Neher and Bert Sakmann. These two scientists were able to record how a single channel molecule alters its shape to control the flow of current in and out of the cell, all within a few millionths of a second.

# Anatomy of Mitochondria



## Inner Membrane

- Contains greater amount of proteins
  - ETC, oxidative phosphorylation and transport proteins
- ❖ Relatively impermeable
  - ✓ Only to small uncharged compounds ~  $O_2$ ,  $CO_2$ ,  $H_2O$
  - ✓ Transport proteins ~ ATP, ADP, pyruvate,  $P_i$ ,  $H^+$

Adapted from: <http://micro.magnet.fsu.edu/cells/mitochondria/images/mitochondriafigure1.jpg>

## Mitochondria

Mitochondria is essential to the growth and function of all

cells and accomplish a multitude of metabolic tasks.

There can be as many as 500 to 2000 mitochondria scattered throughout the cytoplasm of a cell. The amount is specific to the location of the cell in the body. Mitochondria are the sites for aerobic respiration and energy production and contain their own DNA. They act as storage units for energy converted from food nutrients. Chemical energy is stored as sugars, amino, and fatty acids and is used for conversion into ATP (Adenosine Triphosphate).

Energy is manufactured in the form of ATP through the collaboration actions of proteins located in and on the inner mitochondrion membrane that is called the electron transport chain. Electrons are passed down this transport chain releasing energy at each step of the conversion process (Krebs Cycle).

This complex electrochemical process is known as ATP synthesis.

According to <http://microcurrent4people.com/articles/Microcurrent-Therapy.php>

**ATP (Adenosine triphosphate):** ATP is considered by some biologists as the “currency of life.” It is a reservoir of energy that is integral and dynamic to the function of nearly every cell in the human body. In one instance ATP is used in muscle contraction, protein biosynthesis, and nerve transmission. One of the elements of microcurrent therapy is that research has shown that application of microamperes can increase the level of ATP production by up to 500%. This is crucially important at the site of an injury ATP supplies can often become diminished. Also, unlike other forms of electric

therapy, microcurrent has a cumulative effect on ATP levels. Therefore by applying microcurrent ATP levels can be increased and in turn, the body's healing process accelerates, by repeated use.

New research reveals that the role of the mitochondria in health and disease is crucial. Once defined as an energy factory, mitochondria also have specialized responsibilities that adapt to each phase of our life from embryo to mature age. They are closely involved with most of the major metabolic pathways used by the cell to build, break down, and recycling of its molecular building blocks. It is also these progressive metabolic changes that become so significant when assessing the actual biological age of cells and the state of their health.

## **Microcurrent in Esthetics**





Low level of electrical current (500 microamperes) works in harmony with the body's natural healing processes. At a cellular level, microcurrent stimulates activity in the cell to create massive amounts (a 500% increase) of adenosine tri-

phosphate (ATP), known as the “energy of life”. ATP drives a number of biological processes including muscle contraction, re-education, and protein (collagen and elastin) synthesis. Facial toning is achieved through muscle re-education, working a muscle from its origin and insertion inward to shorten slackened muscles (such as in the cheeks or forehead), and working from the belly outward to lengthen contracted muscles (such as the muscles that pull the corners of the mouth downward). Microcurrent also offers specific iontophoresis which allows superior penetration of serums and skin care products into the skin.

New applications for microcurrent technology encompass the beauty industry for face and body sculpting. There are major benefits when applying these external energy sources. The application of microcurrent also supports skin regeneration by encouraging the repair process. Damaged skin requires a program of restoration that is gradual and progressive for long-term optimum wellbeing, with that being said the process is of maintenance. Clearly, all modalities of correction certainly have their place. Prior to choosing a course of treatment including product selection, the first step in skin correction is to determine the level of deterioration caused by sun damage, the aging process, and other skin conditions. Microcurrent gently encourages repair of the stratum corneum, the bi-layers, and dermal components to foster the skin into an ideal state. Cosmetic Microcurrent is beneficial for improvement in the appearance of the skin.

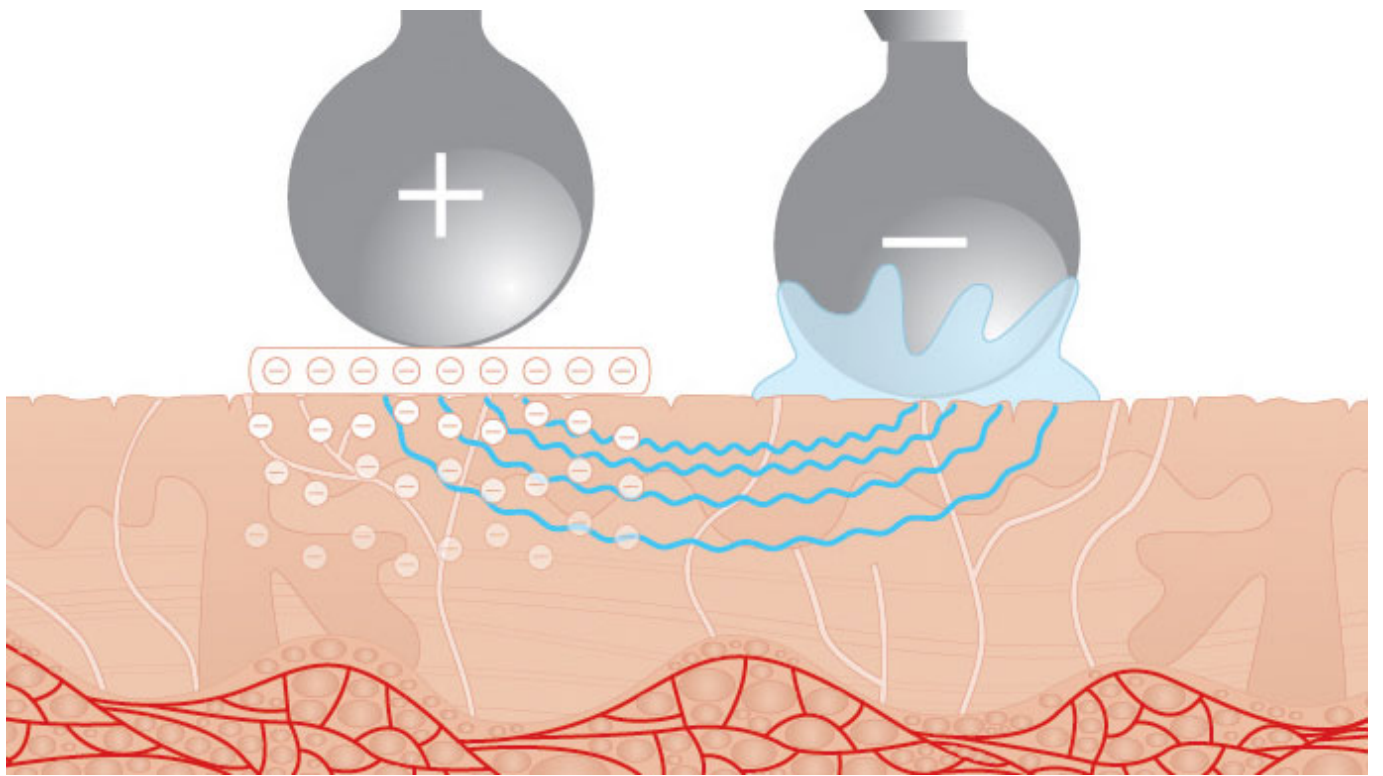
The effects of microcurrent are accumulative and studies have confirmed that there are significant side benefits including muscle re-education. Be aware that the results are also dependent upon lifestyle, age, health, diet the amount of dedication to the use of it and condition of the skin discovered after many years of using Microcurrent and studying the process that the use of Fulvic and Ionic minerals helps with the conduction and communication of the Microcurrent

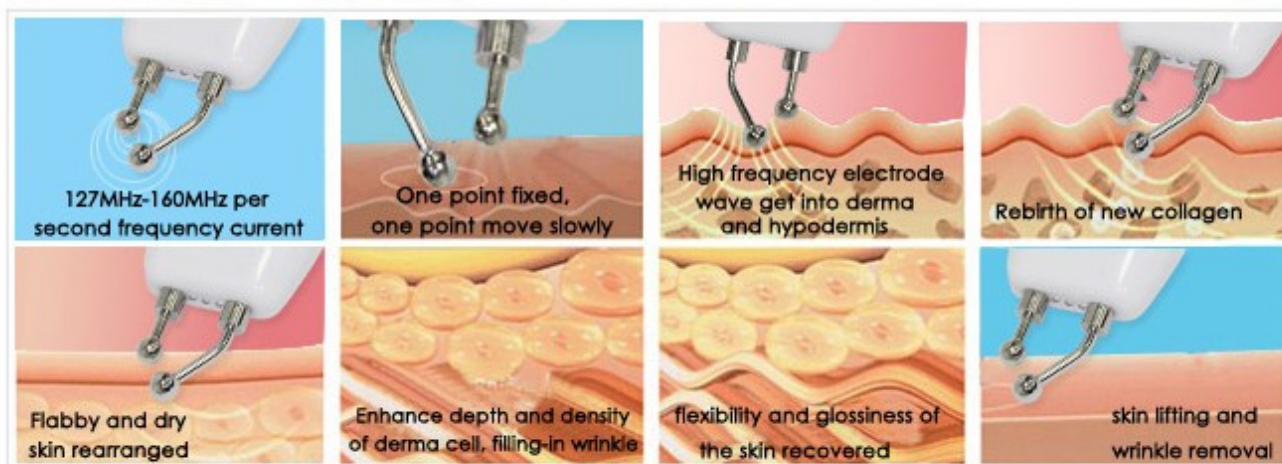
among the cells. The concept that ATP can be stored is more of a reason for performing a series of sessions whereby there is a re-education process of muscle tissue. Furthermore, the low intensity of microcurrent cannot cause visible muscle contractions or marked discomfort.



**The probe should be placed at the beginning and end of the muscle**







## The Technology – Microcurrent

The use of Microcurrent in medicine and cosmetic improvement has been studied for more than 30 years. Stimulation with microcurrents is also called biostimulation or bioelectric therapy because it encourages cell physiology and growth. Essentially, Microcurrent is a low level of electrical current that mirrors the natural current flow of the body. It serves as a non-invasive augmentation of the body's natural electrophysiology through frequency, polarity balancing, and homeostasis. The effects of microcurrent (electroporation) in



clinical medicine has demonstrated acceleration of healing bone tissue, wound healing, muscle rehabilitation, TMJ, tendon repairs, and collagen remodeling.

## Some of the benefits:

- Promotes cell metabolism and tissue repair
- Supports circulation – blood and lymph
- Reduces inflammation
- Helps increase mitochondrial activity through increasing ATP
- Increase natural production of collagen and elastin
- Support scar repair by dispersing scar tissue and collagen remodeling
- Increase protein synthesis, gluconeogenesis (GNG) and membrane transport.
- Re-educate and rejuvenate muscle tissue
- increase the natural production of collagen
- increase elastin
- increase the natural production of collagen
- increase elastin
- increase blood circulation
- Aged and slackened skin.
- Improvement of skin texture.
- Fine lines and wrinkles.
- Reduction of acne scars.
- Use pre and post surgery to improve the both muscle and tissue for optimum outcome.
- Post surgically the application of microcurrent supports the reduction of trauma, irritation, inflammation and helps foster skin healing as well as minimizing scar tissue.
- Muscle tightening all over the body areas.





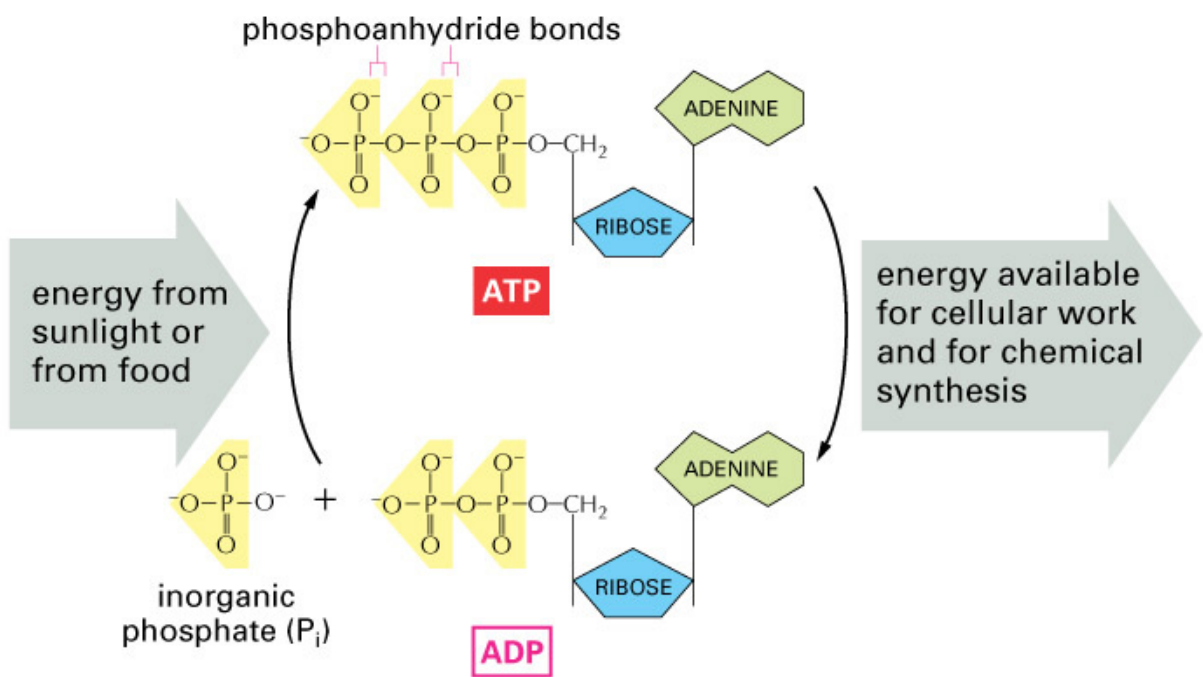


Figure 3-32 Essential Cell Biology, 2/e. (© 2004 Garland Science)

# The Research

Reports in the research involving the application of electrical stimulus on wounded tissue have been documented since the 1830's when Carlos Matteucci confirmed that electrical current was generated in injured tissue. During the past 30 years and with the invention of sophisticated instrumentation, scientists are able to explore and measure the effects of low level of electrical stimulation and the positive effects on tissue. The principles of microcurrent in both healing and beauty therapy applications share a commonality and consensus regarding its effects on improving the function and appearance of tissue. In wounded skin, there is a specific biological pathway for repair. Referred to as current of injury, living tissue has a direct current surface electro-potential to regulate this healing process. Moreover, intervention is critical in order to prevent further deterioration.

It is reasonable to believe that this concept holds true for aging and damaged skin including injury to the acid mantle, stratum corneum, and epidermis. There is an interruption in the biological movement of electricity that controls cell behavior for normal skin function. The ability for the skin to repair and maintain water balance, the process of epidermal differentiation, collagen synthesis, and maintaining an overall wellbeing appearances it becomes increasingly challenged. More so this is apparent in xerosis skin (abnormal dryness). It has been confirmed that the application of low levels of microcurrent directly affects circulation (capillary density and perfusion), increased ATP, and improved fibroblast activity for synthesis. of collagen.



treated

untreated

No PhotoShopping. No Tricks.

## Study review

In a study with important implication for electrotherapy using microcurrent, Ngok Cheng (1982) verified the effects of electric current of changeable intensity on variables crucial to the healing process. At  $500\mu\text{A}$  (microamps) the production of

ATP (cell energy) increased by approximately 500%, while amino acid transport increased by 30-40% over control levels using 30 to 40 percent above the control levels using 100 to 500  $\mu$ A. When microamps were increased to the milliampere range, ATP generation was depleted, amino acid uptake was reduced by 20-73 percent and protein synthesis was inhibited by as much as 50 percent. Conclusively it was suggested that the higher milliamp currents inhibit healing whereas the lower currents promote healing.

Robert O. Becker, M.D. author of "The Body Electric", performed pioneering research with his study of the field of regeneration and its relationship to electrical currents in living things. He made reference to comparing microcurrent to acupuncture reflecting on the system of meridians that connect all parts of the body. Furthermore, he recognized the action of electrical currents, via the perineural cells and circulatory system. The future for the use of microcurrent relies on education and understanding of the cells and body systems and the benefits that are available from this innovative technology. The intended use for microcurrent in esthetics is to present a powerful and effective tool to aid in inspiring a healthy skin transition from youth to maturity.

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Disclaimer. In no way does it replace the advice of a medical practitioner.

**Question:** Is this treatment painful?

**Answer:** No. In most cases it is sub-sensory, and many people find it quite relaxing.

**Question:** How long does each treatment take?

**Answer:** Most facials take approximately 60 to 90 minutes.

**Question:** How soon will I see some improvement?

**Answer:** Although a remarkable difference is seen after the first treatment, the benefits of microcurrent are cumulative, and as such, microcurrent treatments are typically performed in a series to gain maximum anti-aging results.

**Question:** Is microcurrent for everyone?

**Answer:** While most people can benefit from the application of microcurrent, there are some absolute contraindications; it cannot be performed on persons with epilepsy, pacemaker, pregnant women, or anyone with active cancer.

**Question:** How long will the results last?

**Answer:** After you have completed the Microcurrent maintenance treatments at 3 to 6-week intervals are recommended to retain your results.( everyone is an individual result are individual as well)



# Some Great Micro Current Machines



## NuFace Mini (limited edition)

The NuFACE mini is an FDA-cleared Facial Toning Device that gently stimulates the larger surface areas of the face to improve your appearance.



# NuFACE Trinity + ELE Attachment Kit

The NuFACE Trinity is an FDA-cleared, multi solution, skin care device innovatively designed with interchangeable treatment attachments to help rejuvenate and improve your appearance.



NUFACE  
by CarolCole™

Gel Primer

STEP  
1

For Normal Skin  
Paraben-free / Dye-free

2 FL OZ / 59 ml e

## NuFACE Gel Primer

The NuFACE Gel Primer is a unique, chloride-free electrolyte gel that is the essential first step to using the NuFACE Microcurrent Device. The NuFACE Gel Primer allows the NuFACE Device to easily glide across the skin and ensures conductivity for optimum lifting, toning, and contouring results. Convenient, smaller size – ideal for travel.



NUFACE  
by CarolCole™

NEW!  
Hydrating  
Crème

Crème Primer

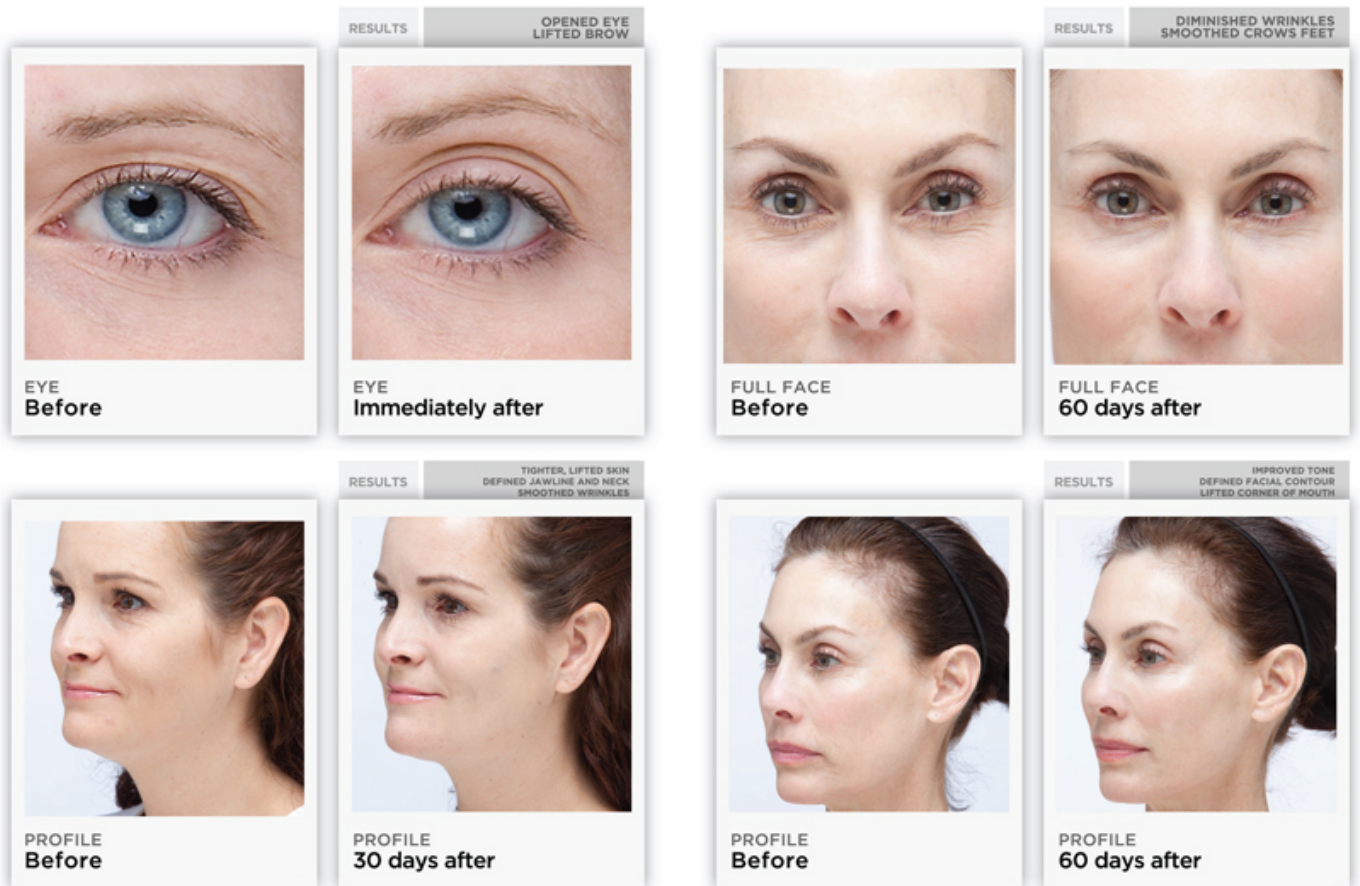
STEP  
1

For Normal  
to Sensitive Skin

2 FL OZ / 59 ml e

## NuFACE Crème Primer

The NuFACE Crème Primer is a unique, high quality hydrating crème that is the essential first step to using the NuFACE Microcurrent Device. The NuFACE Crème Primer allows the NuFACE Device to easily glide across the skin and ensures conductivity for optimum lifting, toning, and contouring results. Convenient, smaller size – ideal for travel.



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# **The Miracles Of Baking Soda**







**On week 263 we would like to thank you all for all the support and love that we receive from all of you without it we won't be here.**

This week we are sharing information on Baking soda. I personally use Baking Soda for cleaning, beauty products, for our pets and so much more and as you will see on the post you can to enjoy the benefits of this wonderful product, enjoy and please like and share that is what keeps logs a life, thank you once again for your support from all of us at Isabel's beauty Blog.

**We would like to remind you to use common sense when you use making Soda always consult your health practitioner when in doubt we are only sharing information from authorities in the matter but in no way shape or form prescribing.**

## **Baking Soda**

from: <http://www.churchdwright.com>

In 1846 John Dwight and his brother in law DR Austin Church founded the company Church and Dwight Co.,Inc, the manufacturer of ARM & Hammer trade mark, Baking Soda.

They took Trona, (Soda ash) out of the ground and they turned into Sodium Bicarbonate to be use both inside and outside the house, Baking Soda is a staple in many homes for baking and cleaning purposes.It rates right up there with hydrogen peroxide as one of the most inexpensive and safe tools around (you can buy an entire box of baking soda for about \$1), so it makes sense to learn all you can about the many, many uses of baking soda.



## **A Brief Baking Soda History**

In its natural form, baking soda is known as nahcolite, which is part of the natural mineral natron. Natron, which contains large amounts of sodium bicarbonate, has been used since ancient times. For instance, the Egyptians used natron as a

soap for cleansing purposes. Later, anecdotal reports throughout history suggest that many civilizations used forms of baking soda when making bread and other foods that required rising.

Dr. Austin Church and John Dwight began to manufacture and sell the compound we know as baking soda today. By the 1860s, baking soda was featured in published cookbooks, and in the 1930s was widely advertised as a “proven medicinal agent.”<sup>1</sup> Come 1972, the idea to keep a box of baking soda in your fridge to keep food fresh was born, and it really caught on.

Baking soda was popularized by Arm & Hammer more than 150 years ago, and while many are aware of its versatile qualities for cooking and household use, few people realize that baking soda also has potent medicinal properties.

from: <http://wherethewindblowsourfamilygoes.blogspot.com>

**3500 BC:** Ancient Egyptians use natron (primarily comprised of sodium carbonate) as a soap-like cleaning agent. They also use it to make mummies.

**1843:** Alfred Bird, a British chemist, makes the first version of baking powder to help out his wife, who was allergic to yeast.

**1846:** The Arm & Hammer brand is created. The iconic logo that exists today – which represents Vulcan, the Roman god of fire and metalworking – isn’t introduced until 1867.

**1924:** Recommended to treat & prevent the cold & flu virus.

**1927:** National magazines like *Good Housekeeping* and *McCall’s* begin promoting the usefulness of baking soda in the home.

**1970:** Arm & Hammer is the sole sponsor of the very first Earth Day. Baking soda gains attention as an eco-friendly alternative to chemical cleaners.

**1972:** A new use for baking soda receives widespread adoption –

Americans begin storing a box of baking soda in their refrigerators to keep food fresh.

**1986:** To celebrate the Statue of Liberty's 100<sup>th</sup> birthday, its inner copper walls are cleaned and restored with baking soda, which removes 99 years of grime and leaves the copper undamaged and completely clean.

**2000:** Kids use it for school science experiments

**2012:** Baking soda is one the the most popular pinterest pins, for its versatility.

## What Is Baking Soda?

from: <http://www.earthclinic.com>

Baking soda, otherwise known as sodium bicarbonate, is a natural substance that helps regulate pH. This regulation keeps a substance from becoming too acidic or too alkaline, which is important in maintaining health. As baking soda contacts another substance, it naturally neutralizes the pH of the substance and prevents further imbalance or buffers the pH. With this effect, baking soda is able to neutralize odors, remove stains, detox the body and eliminate infection.

While baking soda is a particularly effective in helping your overall wellnes, it should also be noted that the substance can deplete the body of essential vitamins and minerals, particularly B vitamins, folic acid and chromium. Baking soda is best used for short periods of time in conjunction with other nutritional supports to prevent nutritional imbalances.

# The Difference Between Baking Soda and Baking Powder

from: <http://www.theprairiehomestead.com/>

<https://youtu.be/dusVNJ3gLvI>

This is where it can get a little confusing—since baking soda and baking powder are both white, powdery substances that we use in baking. But there IS a difference:

Baking soda is 100% sodium bicarbonate. It comes from soda ash, which can be produced synthetically or harvested from natural sources. Generally, recipes that call for baking soda also call for some sort of acid, which helps to boost the leavening process and remove the slightly bitter taste that baking soda sometimes lends to recipes.

On the other hand, Baking powder contains some sodium bicarbonate, but also has other ingredients that act as acidifying agents. This means that you don't have to add extra acid to your recipes to get the leavening action. The acidifying agents can come in the form of cream of tartar or an aluminum-based acid.

# 50 Uses for Baking Soda



Multipurpose deodorant	Cloth diaper cleaner	Carpet & upholstery cleaner
pH control & balance	Formica countertop cleaner	Canvas cleaner
Heartburn/GERD relief	BBQ surface cleaner	Detergent power booster
DIY Toothpaste	Drain cleaner	Comb & brush soaking solution
Tooth whitener	Retainer & denture cleaner	Trash can deodorizer
Improves kidney function	Cast iron & stainless steel cleaner	Refrigerator odor killer
May prevent kidney stones	Linen freshener	Shoe odor killer
Helps symptoms of gout	Mouth freshener	Cleans vinyl shower curtains
Helps acne	Canker sore relief	Windshield rain repellent
Facial scrub	Bee & jellyfish sting relief	Vacuum cleaner odor killer
Body exfoliator	Helps flowers last longer	Sweeten tomatoes (add to soil)
Skin softener	Polishes silver	Cat litter box cleaner/deodorizer
Shoe cleaner	Sponge freshener	Pet hair conditioner
Foot baths	Microwave cleaner	Fruit & vegetable wash
Insect bite & itch soother	Sink, toilet, tub cleaner	Fluff up omelettes
Sunburn & windburn relief	Mirror & window cleaner	Sprinkle on beans to reduce gas
Fire extinguisher	Vinyl floor cleaner	
Handwash (strong odors)	Car surface cleaner	
Diaper rash relief	Grease remover	

[www.EdibleHarmony.com](http://www.EdibleHarmony.com)

[www.Facebook.com/EdibleHarmony](http://www.Facebook.com/EdibleHarmony)

## Benefits of Sodium Bicarbonate

With its natural pH neutralizing effects, baking soda serves a variety of purposes. The compound is effective for reducing pain, eliminating infection and treating inflammation.

As such, sodium bicarbonate is used to treat a variety of challenges. Acne, allergies, canker sores and bacterial



infections can successfully be helped using a baking soda regimen. Burns, bee stings, and cysts also respond well to the application of the compound. Other conditions including fatigue, cough, congestion, flatulence, gout, gum deterioration and others can also benefit for using baking soda.

While baking soda is a readily available product in most households, few individuals are aware of how many different ways the product can be used. Baking soda is an effective aid for a variety of conditions and can be used to detox the body and eliminate toxicity safely, being the fact that all this issues are acid, and Baking Soda is Alkaline it creates a balance .







Baking soda is actually a naturally occurring, very versatile substance aside from being environment friendly safe and is inexpensive. Not only is Baking Soda non toxic it is actually a food. That separates it from the commercial household products, it is safe around children and pets and most of your house.

Here we are sharing its use in the kitchen, bathroom , laundry, garage etc....

## Some of the guidelines of Baking Soda

We have three: Direct use

In a solution

In a paste

You will be amazed of what Baking soda gifts are

When used directly:

You can use Baking Soda by sprinkling it directly onto something or a sponge whatever you decide a good applicator for you. So lets be clear the in this case Baking Soda is as it comes from the box on a powder form and not diluted.

When used in a solution form:

A good ratio is 4 tablespoons of Baking Soda per each quart of warm water. this can be as diluted as you intention requires for your particular use.

When used as a paste:

To accomplish tis task you have to add water as desire to mix either a soft fluid paste or a more dry form of the same again it depends on what your need is..

# *Baking Soda*

*Easy Recipes For Acne  
Treatment*



## **Coconut Oil & Baking Soda Face Wash**

1/2 Teaspoon of backing soda

1 Teaspoon of coconut oil

Mix together and apply to a dampened face, massage in circular motions, and remove the mixture off your face with a warm, wet washcloth.

	<b>Home</b>	<b>Personal Care/ Beauty</b>	<b>Dietary/ Medicinal</b>
<b>Lemon Juice</b>	<ul style="list-style-type: none"> <li>• Clean glass &amp; mirrors</li> <li>• Brighten your whites</li> <li>• Disinfect your cutting board</li> <li>• Brighten your toilet bowl</li> </ul>	<ul style="list-style-type: none"> <li>• Remove sun spots</li> <li>• High-light your hair</li> <li>• Reduce wrinkles</li> <li>• Shrink your pores</li> </ul>	<ul style="list-style-type: none"> <li>• Detox</li> <li>• Improve digestion</li> <li>• Sooth a sore throat</li> <li>• Strengthen immunity</li> </ul>
<b>Coconut Oil</b>	<ul style="list-style-type: none"> <li>• Polish wood furniture</li> <li>• Replace WD-40</li> <li>• Remove shower scum</li> </ul>	<ul style="list-style-type: none"> <li>• Hair serum</li> <li>• Lip gloss</li> <li>• Deodorant</li> <li>• Prevent wrinkles</li> </ul>	<ul style="list-style-type: none"> <li>• Improve thyroid function</li> <li>• Reduce migraines</li> </ul>
<b>Apple Cider Vinegar</b>	<ul style="list-style-type: none"> <li>• Repel fleas</li> <li>• Clean your microwave</li> <li>• Deodorize laundry</li> </ul>	<ul style="list-style-type: none"> <li>• Sooth Sunburns</li> <li>• Wash your hair</li> <li>• Treat acne</li> <li>• Aftershave</li> </ul>	<ul style="list-style-type: none"> <li>• Weight-loss/Detox</li> <li>• Control high-blood pressure</li> <li>• Cure yeast infections</li> <li>• Prevent a cold</li> </ul>
<b>White Vinegar</b>	<ul style="list-style-type: none"> <li>• Polish Silver</li> <li>• Clean windows</li> <li>• Neutralize odors</li> <li>• Unclog your drain</li> </ul>	<ul style="list-style-type: none"> <li>• Cure an upset stomach</li> <li>• Sooth a bee sting</li> <li>• Condition your hair</li> </ul>	<ul style="list-style-type: none"> <li>• Tenderize meat</li> <li>• Boil better eggs</li> <li>• Eliminate garlic odor</li> <li>• Keep veggies fresh</li> </ul>
<b>Baking Soda</b>	<ul style="list-style-type: none"> <li>• Put out fires</li> <li>• Scrub toilets and tubs</li> <li>• Clean your oven or grill</li> </ul>	<ul style="list-style-type: none"> <li>• Deodorant</li> <li>• Toothpaste</li> <li>• Relieve diaper rash</li> <li>• Treat heartburn</li> </ul>	<ul style="list-style-type: none"> <li>• Leavening agent</li> <li>• Make fluffier omelets</li> <li>• Crispier chicken</li> </ul>
<b>Castile Soap</b>	<ul style="list-style-type: none"> <li>• All-purpose cleaner</li> <li>• Dish soap</li> <li>• Mop floors with it</li> </ul>	<ul style="list-style-type: none"> <li>• Body wash</li> <li>• Pet shampoo</li> <li>• Toothpaste</li> <li>• Prevent eczema</li> </ul>	<ul style="list-style-type: none"> <li>• Treat eczema and psoriasis</li> <li>• Cure acne</li> </ul>
<b>Castor Oil</b>	<ul style="list-style-type: none"> <li>• Discourage rodents</li> <li>• Lubricate kitchen scissors</li> <li>• Restore health of your plants</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthen eyelashes</li> <li>• Relieve cracked heels</li> <li>• Soften cuticles</li> </ul>	<ul style="list-style-type: none"> <li>• Treat dry/itchy skin</li> <li>• Laxative</li> <li>• Induce labor</li> <li>• Relieve menstrual cramping</li> </ul>

# Ways to Use Baking Soda

from <http://articles.mercola.com>

## Natural Deodorant

If you want to avoid the parabens and aluminum found in many deodorants and antiperspirants, try a pinch of baking soda mixed with water instead. This simple paste makes an effective and simple natural deodorant. You can also simply brush some dry baking soda under your arms.



# Coconut Oil Deodorant



TheCoconutMama.com

## Insect Bites and Poison Ivy

Apply a paste made of baking soda and water to insect bites to

help relieve itching. You can also try rubbing the dry powder onto your skin. This is also effective for itchy rashes and poison ivy. Baking soda helps to relieve minor skin irritation and itching by neutralizing toxins and irritants on your skin's surface.

### **Heartburn, Indigestion, and Ulcer Pain**

Most over-the-counter antacids contain some form of bicarbonate. Baking soda works by immediately neutralizing stomach acid, helping to relieve heartburn, indigestion and even ulcer pain. I have personally recommended this to many, including family members, and have been surprised how remarkably effective it is.

Dosing is typically  $\frac{1}{2}$  teaspoon fully dissolved in a half a glass of water, taken every two hours (do not take more than seven  $\frac{1}{2}$  teaspoons in 24 hours, or three  $\frac{1}{2}$  teaspoons if you're over 60).

This should only be used as an occasional (not chronic) treatment, however, and be careful not to consume excessive amounts, which can cause serious electrolyte and acid/base imbalances.

### **Foot Soak and Exfoliator**

Add three tablespoons of baking soda to a tub of warm water for an invigorating foot soak. You can scrub your feet with a baking soda paste for additional exfoliation. A paste made from three parts of baking soda combined with one part water can be used as an exfoliator for your face and body, too.

### **Relaxing Soak**

Baking soda and apple cider make a wonderful spa-like bath for soaking. It also cleans the tub and the drain, as a bonus!

### **Hand Cleanser**

Mix three parts baking soda with one part of water to make a natural hand cleanser that will scrub away dirt and neutralize odors.

## **Splinter removal**

Add a tablespoon of baking soda to a small glass of water, then soak the affected area twice a day. Many splinters will come out on their own after a couple of days using this treatment.

## **Sunburn Remedy**

Add  $\frac{1}{2}$  cup of baking soda to lukewarm bathwater, then soak in the tub for natural relief. When you get out, let your skin air dry, rather than toweling off the excess baking soda, for extra relief. You can also add a mixture of baking soda and water to a cool compress and apply it to the sunburn directly.

## **Enhanced Sports Performance**

Distance runners have long engaged in a practice known as “soda doping” – or taking baking soda capsules – before races to enhance performance, a measure that’s thought to work similarly to carbohydrate loading. It’s also been shown to improve speed among swimmers. While I don’t suggest you try this at home, it’s another example of baking soda benefits. Essentially, sodium bicarbonate is an alkali substance that increases the pH of the blood. This seems to reduce and offset the acidity produced in the muscles during intense, anaerobic exercise that produces lactic acid most quickly, such as fast running or swimming.”

## **Help Your Hair**

Start by mixing 1 part baking soda with 3 parts water. With shoulder length hair mix about 2 to 3 tablespoon of baking soda with 3 times that amount of water in a small squeeze bottle. You can adjust this depending on your hair length. Apply the baking soda and water mixture to dry or wet hair by starting at the roots and working to the ends.

## **Freshen Your Mouth**

Put one teaspoon in half a glass of water, swish, spit and rinse. Odors are neutralized, not just covered up.

### **Soak Oral Appliance**

Soak oral appliances, like retainers, mouthpieces and dentures, in a solution of 2 teaspoons baking soda dissolved in a glass or small bowl of warm water. The baking soda loosens food particles and neutralizes odors to keep appliances fresh. You can also brush appliances clean using baking soda.

### **Make a Hand Cleanser and Softener**

Skip harsh soaps and gently scrub away ground-in dirt and neutralize odors on hands with a paste of 3 parts baking soda to 1 part water, or 3 parts baking soda to gentle liquid hand soap. Then rinse clean.

### **Clean Brushes and Combs**

For lustrous hair with more shine, keep brushes and combs clean. Remove natural oil build-up and hair product residue by soaking combs and brushes in a solution of 1 teaspoon of baking soda in a small basin of warm water. Rinse and allow to dry

### **Make a Bath Soak**

Add 1/2 cup of baking soda to your bath to neutralize acids on the skin and help wash away oil and perspiration, it also makes your skin feel very soft.

### **Soothe Your Feet**

Dissolve 3 tablespoons of baking soda in a tub of warm water and soak feet. Gently scrub.

### **Make a Surface Soft Scrub**

For safe, effective cleaning of bathroom tubs, tile and sinks—even fiberglass and glossy tiles—sprinkle baking soda lightly on a clean damp sponge and scrub as usual. Rinse thoroughly and wipe dry. For extra cleaning power, make a paste with baking soda, coarse salt and liquid dish soap—let it sit then scour off.

### **Handwash Dishes and Pots & Pans**

Add 2 heaping tablespoons baking soda (along with your regular dish detergent) to the dish water to help cut grease and foods left on dishes, pots and pans. For cooked-on foods, let them soak in the baking soda and detergent with water first, then use dry baking soda on a clean damp sponge or cloth as a scratchless scouring powder.

### **Freshen Sponges**

Soak stale-smelling sponges in a strong baking soda solution to get rid of the mess (4 tablespoons of baking soda dissolved in 1 quart of warm water).

### **Polish Silver Flatware**

Use a baking soda paste made with 3 parts baking soda to 1 part water. Rub onto the silver with a clean cloth or sponge. Rinse thoroughly and dry for shining sterling and silver-plate serving pieces.

### **Clean Coffee and Tea Pots**

Remove coffee and tea stains and eliminate bitter off-tastes by washing mugs and coffee makers in a solution of 1/4 cup baking soda in 1 quart of warm water. For stubborn stains, try soaking overnight in the baking soda solution and detergent or scrubbing with baking soda on a clean damp sponge.

### **Clean the Oven**

Sprinkle baking soda onto the bottom of the oven. Spray with water to dampen the baking soda. Let sit overnight. In the morning, scrub, scoop the baking soda and grime out with a sponge, or vacuum, and rinse.

### **Clean Floors**

Remove dirt and grime (without unwanted scratch marks) from no wax and tile floors using 1/2 cup baking soda in a bucket of warm water—mop and rinse clean for a sparkling floor. For scuff marks, use baking soda on a clean damp sponge, then rinse.

### **Clean Furniture**

You can make a homemade lemon furniture polish, or you can clean and remove marks (even crayon) from walls and painted furniture by applying baking soda to a damp sponge and rubbing lightly. Wipe off with a clean, dry cloth.

### **Clean Shower Curtains**

Clean and deodorize your vinyl shower curtain by sprinkling baking soda directly on a clean damp sponge or brush. Scrub the shower curtain and rinse clean. Hang it up to dry.

### **Boost Your Liquid Laundry Detergent**

Give your laundry a boost by adding 1/2 cup of baking soda to your laundry to make liquid detergent work harder. A better balance of pH in the wash gets clothes cleaner, fresher and brighter.

### **Gently Clean Baby Clothes**

Baby skin requires the most gentle of cleansers, which are increasingly available, but odor and stain fighters are often harsh. For tough stains add 1/2 cup of baking soda to your liquid laundry detergent, or a 1/2 cup in the rinse cycle for deodorization.

### **Clean Cloth Diapers**

Dissolve 1/2 cup of baking soda in 2 quarts of water and soak diapers thoroughly.

### **Clean and Freshen Sports Gear**

Use a baking soda solution (4 tablespoons baking soda in 1 quart warm water) to clean and deodorize smelly sports equipment. Sprinkle baking soda into golf bags and gym bags to deodorize, clean golf irons (without scratching them!) with a baking soda paste (3 parts baking soda to 1 part water) and a brush. Rinse thoroughly.

### **Remove Oil and Grease Stains**

Use baking soda to clean up light-duty oil and grease spills on your garage floor or in your driveway. Sprinkle baking soda

on the spot and scrub with a wet brush.

### **Clean Batteries**

Baking soda can be used to neutralize battery acid corrosion on cars, mowers, etc. because its a mild alkali. Be sure to disconnect the battery terminals before cleaning. Make a paste of 3 parts baking soda to 1 part water, apply with a damp cloth to scrub corrosion from the battery terminal. After cleaning and re-connecting the terminals, wipe them with petroleum jelly to prevent future corrosion. Please be careful when working around a battery—they contain a strong acid.

### **Clean Cars**

Use baking soda to clean your car lights, chrome, windows, tires, vinyl seats and floor mats without worrying about unwanted scratch marks. Use a baking soda solution of 1/4 cup baking soda in 1 quart of warm water. Apply with a sponge or soft cloth to remove road grime, tree sap, bugs and tar. For stubborn stains, use baking soda sprinkled on a damp sponge or soft brush.

### **Deodorize Your Refrigerator**

Place an open box in the back of the fridge to neutralize odors.

### **Deodorize the Cutting Board**

Sprinkle the cutting board with baking soda, scrub, rinse. For how to more thoroughly clean your cutting board.

### **Deodorize Trashcans**

Sprinkle baking soda on the bottom of your trashcan to keep stinky trash smells at bay.

### **Deodorize Recyclables**

Sprinkle baking soda on top as you add to the container. Also, clean your recyclable container periodically by sprinkling baking soda on a damp sponge. Wipe clean and rinse.

### **Deodorize Drains**

To deodorize your sink and tub drains, and keep lingering odors from resurfacing, pour 1/2 cup of baking soda down the drain while running warm tap water—it will neutralize both acid and basic odors for a fresh drain.

### **Deodorize Lunch Boxes**

Between uses, place a spill-proof box of baking soda in everyone's lunch box to absorb lingering odors.

### **Remove Odor From Carpets**

Liberaly sprinkle baking soda on the carpet. Let set overnight, or as long as possible (the longer it sets the better it works). Sweep up the larger amounts of baking soda, and vacuum up the rest.

### **Remove Odor From Vacuum Cleaners**

By using the method above for carpets, you will also deodorize your vacuum cleaner.

### **Freshen Closets**

Place a box on the shelf to keep the closet smelling fresh.

### **Deodorizing Cars**

Odors settle into car upholstery and carpet, so each time you step in and sit down, they are released into the air all over again. Eliminate these odors by sprinkling baking soda directly on fabric car seats and carpets. Wait 15 minutes (or longer for strong odors) and vacuum up the baking soda.

### **Deodorize the Cat Box**

Cover the bottom of the pan with baking soda, then fill as usual with litter. To freshen between changes, sprinkle baking soda on top of the litter after a thorough cleaning.

### **Deodorize Pet Bedding**

Eliminate odors from your pets bedding by sprinkling liberaly with baking soda, wait 15 minutes (or longer for stronger odors), then vacuum up.



### **Deodorize Sneakers**

Keep odors from spreading in smelly sneakers by shaking baking soda into them when not in use. Shake out before wearing. When they're no longer wearable

### **Freshen Linens**

Add 1/2 cup of baking soda to the rinse cycle for fresher sheets and towels.

### **Deodorize Your Wash**

Gym clothes of other odoriferous clothing can be neutralized with a 1/2 cup of baking soda in the rinse cycle.

### **Freshen Stuffed Animals**

Keep favorite cuddly toys fresh with a dry shower of baking soda. Sprinkle baking soda on and let it sit for 15 minutes before brushing off.

### **Camping Help-all**

Baking soda is a must-have for your next camping trip. Its a dish washer, pot scrubber, hand cleanser, deodorant, toothpaste, fire extinguisher and many other uses.

### **Septic Care**

Regular use of baking soda in your drains can help keep your septic system flowing freely. One cup of baking soda per week will help maintain a favorable pH in your septic tank.

### **Fruit and Vegetable Scrub**

Baking soda is the food safe way to clean dirt and residue off fresh fruit and vegetables. Just sprinkle a little on a clean damp sponge, scrub and rinse.

### **Extinguish Fires**

Baking soda can help in the initial handling of minor grease or electrical kitchen fires, because when baking soda is heated, it gives off carbon dioxide, which helps to smother the flames. For small cooking fires (frying pans, broilers, ovens, grills), turn off the gas or electricity if you can

safely do so. Stand back and throw handfuls of baking soda at the base of the flame to help put out the fire—and call the Fire Department just to be safe.

## 11 Amazing Uses of Baking Soda: Miraculous Healing and Cleansing – Saturday Strategy

### Baking Soda Beauty Secrets

<https://youtu.be/0Ra00ybvK90>



