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Some of these over-the-top health claims are hyped-up marketing to convince you that you need to spend \$10 on a glass of squeezed kale juice to feel amazing. Hype is a part of all major health fads. That said, many of these juicing benefits are based on truth.

Juicing - The Good, The Bad, The Ugly - Is Juicing Healthy?

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Juicing is no healthier than eating whole fruits and vegetables. Juicing extracts the juice from fresh fruits or vegetables. The liquid contains most of the vitamins, minerals and plant chemicals (phytonutrients) found in the fruit. However, whole fruits and vegetables also have healthy fiber, which is lost during most juicing.

Juicing: What are the health benefits? - Mayo Clinic

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As for other health claims, it's true that eating a plant-based diet is linked to

lower risk of heart disease or cancer. But there hasn't been a lot of research done that's specific to juicing.

Juicing: How Healthy Is It? - WebMD

Eat your fruit and juice your vegetables. Considered a pioneer of fresh juicing, Dr Norman Walker was a strong believer that we should eat fruit and juice vegetables. Fruit juice has the unfortunate tendency to send blood sugar levels skyrocketing, send the body's natural balance out of whack. If you are juicing for health and not necessarily for taste, avoid fruits.

Juicing for Health and Healing | Experience Total Health ...

Kaye, AL, et al. The Effect of Deep-Tissue Massage Therapy on Blood Pressure and Heart Rate. Journal of Alternative and Complimentary Medicine. 2008;14(2):125-8. Nutrition and healthy eating. mayoclinic.org. (2012). Drinking carrot juice increases total antioxidant status and decreases lipid peroxidation in adults. Nutr J. (2011).

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Juicing allows for quicker digestion and an improved rate of absorption of nutrients into the body. Juicing leads to better detoxification and improved health. The increased absorption of nutrients will have two general effects on the body: more nutrients will get to your cells and tissues, and the body will be better able to detoxify.

The Ultimate Beginner's Guide To ... - Juicing for Health

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