



Juices for better health

IT'S SO NATURAL with Alan Hayes

JUICES are a great way to top up your vitamin and mineral supply. They can be pure or blended for a health-giving drink.

If using a blender to prepare your fruit and vegetable juices, peel and core the fruit, then strain after blending. When using a juice extractor, the fruit or vegetables can be left whole.

Apples aid digestion and heal intestinal inflammation. Beetroot is a natural blood builder, while cucumber acts as an alkaliser and mineraliser. Cabbage is a great source of vitamin U and a natural source of healing for ulcers. Vitamin U (a derivative of methionine) is an amino acid found in fruits, vegetables and legumes.

Of all the juices, however, carrot is the best balanced in minerals and vitamins, and celery is a

natural nerve tonic.

Endive is rich in vitamins and minerals, kale is rich in calcium and vitamins A, B and C, and parsley is high in organic iron content, which aids blood coagulation and is good for the eyes, glands and nerves.

Popular orange juice is rich in calcium, vitamins A and C, and phosphorus, and tomato is rich in most minerals, while the juice of many wild and cultivated herbs will also provide a healthy and delicious treat.

If you find their juice too strong, blend it with carrot juice for a delightful, health-giving alternative.

In the morning, as part of your breakfast, the following special juice blend will pick you up and give you the energy to face the day. Strain 200ml of fresh carrot juice, 150ml of fresh celery juice and 50ml of fresh beet juice through muslin to make

them pulp-free. Store excess juice in the refrigerator. For best digestion, sip your juice slowly.

To help to maintain energy levels during the day, this fruit juice cocktail will give you that extra boost needed to cope with the pressures of work.

Process in a blender, one large pineapple, peeled and sliced, 125ml of fresh orange juice, one handful of parsley, and two stalks of celery.

Strain before drinking. Store excess juice in the refrigerator to drink during the day.

At the end of a busy day try this healthy pick-me-up. Process in a blender or juice extractor two tomatoes, one carrot, two stalks of celery and one sprig of fresh parsley.

And if you feel like a pick-me-up on one of those hot, humid days, this apple and cucumber 'cooler' will cool and refresh you.

Juice two apples and

half a cucumber in a juice extractor or blender and pour over ice cubes, then drink immediately.

Or for a real vitamin C boost, process in a blender two peeled oranges, two pears and one lemon. In a word, "it's delicious".

Then there are times when all of us like to indulge in something extra special, usually something sweet and a little sinful. With all the great soft fruits available you can enjoy a really 'yummy' treat without the fear of an expanding waistline.

This 'strawberry delight' is a healthy and exotic tasting treat. Process in a blender or juice extractor, 500g of watermelon, skin and seeds removed, and 155g of hulled strawberries, then enjoy!

Visit Alan on the Web - www.itssonatural.com



ORANGE juice, rich in calcium and vitamins, is just one of many juices that will help boost health.