

Boost Your Energy and Health With These 3 Power Juices

Kale

This mighty green cruciferous vegetable has been shown to lower your risk of getting cancer. It's the Isothiocyanates that have been identified as having the most benefit. Kale also offers impressive support for detoxification. And it offers 45 different flavonoids that help reduce inflammation and oxidative stress. All types of kale are good.

Carrots

Great for your eyes, carrots are loaded with carotenes that convert to vitamin A as needed. But that's just the beginning. A 10-year study from the Netherlands found that carrots help prevent cardiovascular disease. The study looked at different colored vegetables and found that orange/yellow vegetable had the greatest impact in preventing cardio problems. And though the carotenes will always be praised for their antioxidant benefits, the new frontier of research has focused on polyacetylenes in carrots. They have been found to inhibit colon cancer cells. The new findings suggest an interaction between carotenoids and polyacetylenes.

Celery

Celery has emerged as a powerhouse vegetable to fight inflammation. Of significance are some of the non-starchy polysaccharides in celery that seem to have the most anti-inflammatory benefits. Celery offers the antioxidant benefits of vitamin C, flavonoids, dihydrostilbenoids like lunularin as well as furanocoumarins like bergapten and psoralen. As it turns out, the humble little celery stick has a lot more to offer than we thought.

Drinking freshly made juice is a bit like receiving an intravenous infusion of vitamins, minerals, phytonutrients, biophotons and enzymes because they get right into your system without having to be broken down. Drinking your juice first thing in the morning can give you a natural energy boost without resorting to stimulants like coffee. Since the juice is already in an easily digestible form, it can help revive your energy levels within as little as 20 minutes. Additionally, juicing helps you absorb all the nutrients from the vegetables. Why? Many people have impaired digestion as a result of making less-than-the-best food choices over many years. This limits your body's ability to absorb all the nutrients from the vegetables. Juicing will help to liberate key nutrients from the tough plant cell walls so you will receive most of the nutrition, rather than having it go "down the drain."

Juicing also allows you to add a wider variety of vegetables in your diet. Many people eat the same vegetable salads or side dishes every day. This violates the principle of regular food rotation and increases your chance of developing an allergy to a certain food. Plus, it limits the number of different phytochemicals in your diet, as each vegetable will offer unique benefits. With juicing, you can juice a wide variety of vegetables that you may not normally enjoy eating whole.

Today's Recipe

Energy Power Juice

- 4 carrots, tops removed (carrot greens are toxic)
- 3 ribs of celery, with leaves
- 3 kale leaves
- 1 cucumber
- 1/2 green apple
- 1-inch turmeric root (optional)

Juice all ingredients, stir, and enjoy! {eoa}

Cherie Calbom, M.S., holds a Master of Science in whole foods nutrition from Bastyr University. Known as “The Juice Lady” for her work with juicing and health, she is the author of 32 books, including her latest book *The Juice Lady’s Guide to Fasting*. She and her husband offer juice-cleanse retreats throughout the year, 30-Day Detox online and *Garden’s Best Juice Powder*. “What You Can Do When Your Healing Doesn’t Come” is one point from her teaching “7 Keys to Your Supernatural Healing.” You can connect with Cherie at .

This article originally appeared at .