



JUST **JUICE** IT

A Quick Start Guide to Feeling Better, Thinking
Clearer, and Living Brighter

GANN'SJUICES.COM



MEET TIFFANY

Tiffany Ellis is the heart, mind, and juice behind G Ann's Cold Pressed, a wellness brand born from love, legacy, and purpose. A former corporate leader turned full-time entrepreneur, Tiffany's mission is simple yet powerful: to help people fall in love with wellness. Through fruit-forward, raw cold-pressed juices and community-based wellness initiatives, Tiffany makes health accessible, joyful, and deeply human.

Rooted in her late mother Gillian's fearless spirit, G Ann's Cold Pressed stands for excellence, empowerment, and empathy—the same values Tiffany lives by. Whether she's teaching about the power of plants, leading a wellness challenge, or creating resources like this one, her goal is always the same: to help you tap into your inner juice—the strength, purpose, and vitality that's been in you all along.

MADE BY TIFFANY
ELLIS
EBOOK

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1. WHY JUICING MATTERS
2. THE POWER OF JUICING
3. CHOOSING YOUR JUICER &
STARTING YOUR JOURNEY



*let's get
started* →

In this guide, you'll learn how juicing can transform your health from the inside out. We'll unpack why most people aren't getting enough fresh fruits, vegetables, or hydration—and what happens when your body runs on empty. You'll discover how juicing fills those nutritional gaps, the different types of juicers (and which one fits your lifestyle), plus real tips for making even the most “unlovable” veggies taste amazing. With simple recipes, practical hacks, and an invitation to start your wellness journey with G Ann's Cold Pressed, this guide is your first step toward balance, energy, and glow.



SECTION 1

WHY JUICING MATTERS

Metabolic diseases—like high blood pressure, diabetes, and high cholesterol—aren’t random. They’re the result of long-term nutritional imbalance. Our bodies were designed to thrive on living foods—fresh fruits, vegetables, whole grains, and water—but most modern diets are built around ultra-processed convenience foods loaded with sodium, refined sugar, and unhealthy fats.

The Reality Check

Over time, that imbalance slows metabolism, spikes blood sugar, thickens the blood, and inflames the arteries, forcing the heart to work harder just to do its job. The problem isn’t just overeating—it’s undernourishing.

When we fill up on foods that look good but lack life, we starve our cells of the vitamins, minerals, and hydration they need to regulate blood pressure, balance insulin, and clear excess cholesterol. Reintroducing raw, nutrient-dense produce—especially through juicing—can begin to reverse that story, one glass at a time.

Most of us think we eat enough fruits and vegetables... but we don’t.

- 90% of Americans fall short of the daily recommended amount.
- 75% are chronically dehydrated, which impacts mood, energy, and focus.

Without enough hydration or fresh produce, your body struggles to detox, your skin dulls, your digestion slows, and your energy fades.

Your body needs raw, living foods to thrive, not just survive.

SECTION 2

THE POWER OF JUICING

Raw juice is fresh, unheated juice made by cold-pressing fruits and vegetables to preserve their natural enzymes, vitamins, and minerals in their most active form.

Juicing is the process of extracting liquid from fresh fruits and vegetables while removing most of the fiber. That juice is alive—it's filled with vitamins, minerals, and enzymes your body can absorb in minutes.

Think of it like this:

Juicing is self-care in liquid form. Juicing can begin closing nutrient deficiency gaps almost immediately because fresh juice delivers vitamins, minerals, and enzymes in a form your body can absorb within 15–20 minutes. Unlike solid foods that require long digestion, cold-pressed juice floods your bloodstream with raw nutrition, rehydrating cells, restoring electrolytes, and replenishing nutrients your body has been missing—fast. It's one of the quickest, most efficient ways to jumpstart balance and vitality from the inside out.





SECTION 2

THE POWER OF JUICING

Why Juicing Works

- **Instant absorption:** Nutrients go straight to your cells for quick energy.
- **Deep hydration:** Every sip replenishes your body's water and electrolytes.
- **Detox support:** Helps your liver, kidneys, and skin release toxins.
- **Taste training:** Helps you learn to love veggies by pairing them with sweet fruits.

The Real About Veggies

Let's be real—some vegetables can be... a lot. But that doesn't mean they don't belong in your juice. Here's how to start slow and actually enjoy them:

1. **Beets-** Pair beets with apple, pineapple, and lemon for sweetness and brightness. Add ginger for warmth.
2. **Kale-** Mix kale and other leafy greens with cucumber, apple, and lemon. The citrus cuts the bitterness.
3. **Celery-** Pair celery with pineapple, apple, or cucumber to lighten it up. You can also use key lime to balance the flavor.
4. **Carrots-** Balance carrots with ginger and citrus for a clean, crisp taste.



SECTION 3

CHOOSING YOUR JUICER & STARTING YOUR JOURNEY

1. CENTRIFUGAL JUICERS

Centrifugal juicers are the most common entry point for new juicers because they're fast, affordable, and easy to use. They work by shredding fruits and vegetables with a spinning blade, then using centrifugal force to separate the juice from the pulp. They're best for people who want fresh juice quickly and don't mind drinking it right away. The main benefits are speed and convenience—they can handle hard produce like apples and carrots with ease. However, because they generate heat and allow more air exposure, some nutrients and enzymes break down faster, and the juice oxidizes more quickly, meaning it should be consumed immediately for maximum freshness.



SECTION 3

CHOOSING YOUR JUICER & STARTING YOUR JOURNEY

1. COLD PRESS OR MASTICATING JUICERS

Cold press juicers—also known as masticating juicers—work by slowly crushing and pressing produce to extract juice without heat. This method keeps more vitamins, minerals, and live enzymes intact, resulting in a richer color, smoother texture, and longer shelf life. They're ideal for anyone serious about wellness or looking to juice regularly, especially for nutrient-dense ingredients like leafy greens, celery, and herbs. The pros include higher yield, better flavor, and superior nutrient retention. The only drawback is that they tend to be slower and require a bit more cleanup—but the quality of the juice makes it well worth the effort.

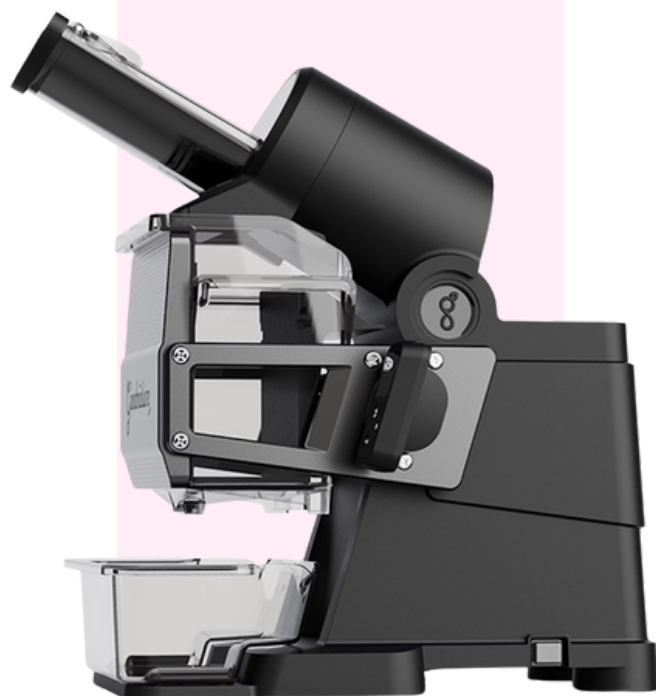


SECTION 3

CHOOSING YOUR JUICER & STARTING YOUR JOURNEY

1. TWIN GEAR (TRITURATING) JUICERS

Twin-gear juicers are the high-performance option for experienced juicers or small business owners who want the most from every ingredient. They use two interlocking gears to gently crush produce at an ultra-slow speed, minimizing oxidation while squeezing out nearly every drop of juice. They excel at extracting juice from fibrous vegetables, wheatgrass, and herbs, making them perfect for those who value maximum nutrition and yield. The pros are exceptional nutrient retention, minimal foam, and juice that stays fresh longer. The cons are size, price, and a slightly steeper learning curve—but for serious juicers, they're the gold standard.



CHOOSING YOUR JUICER

1. BLENDERS + JUICE STRAINERS

While not true juicers, high-speed blenders can create juice-like blends by pureeing whole fruits and vegetables, then straining out the pulp through a nut milk bag or fine mesh. This method keeps some fiber and works well for softer produce like berries, melons, or leafy greens. It's perfect for those who don't own a juicer but still want to start incorporating fresh, plant-based drinks into their diet. The pros are versatility and convenience—you can make smoothies, soups, and juices with one tool. The downside is texture; the juice is thicker, and nutrient loss can occur from heat and air exposure during blending.





SECTION 3

STARTING YOUR JOURNEY

Where to Start

1. Replace one meal or snack a day with a juice.
2. Start simple—use fruit-forward blends until your taste buds adapt.
3. Hydrate before and after your juice to maximize absorption.

Consistency matters more than perfection. Small sips lead to big shifts.

The Green Glow

Perfect for leafy green beginners

Ingredients:

- 2 green apples
- ½ cucumber
- 2 cups spinach or kale
- ½ lemon (peeled)

If it's too tart, you can add Fuji apple for sweetness

Benefits:

Hydrating, anti-inflammatory, and energizing. Great for skin and digestion.

SECTION 3

STARTING YOUR JOURNEY

Root Revival

For those ready to try beets or carrots

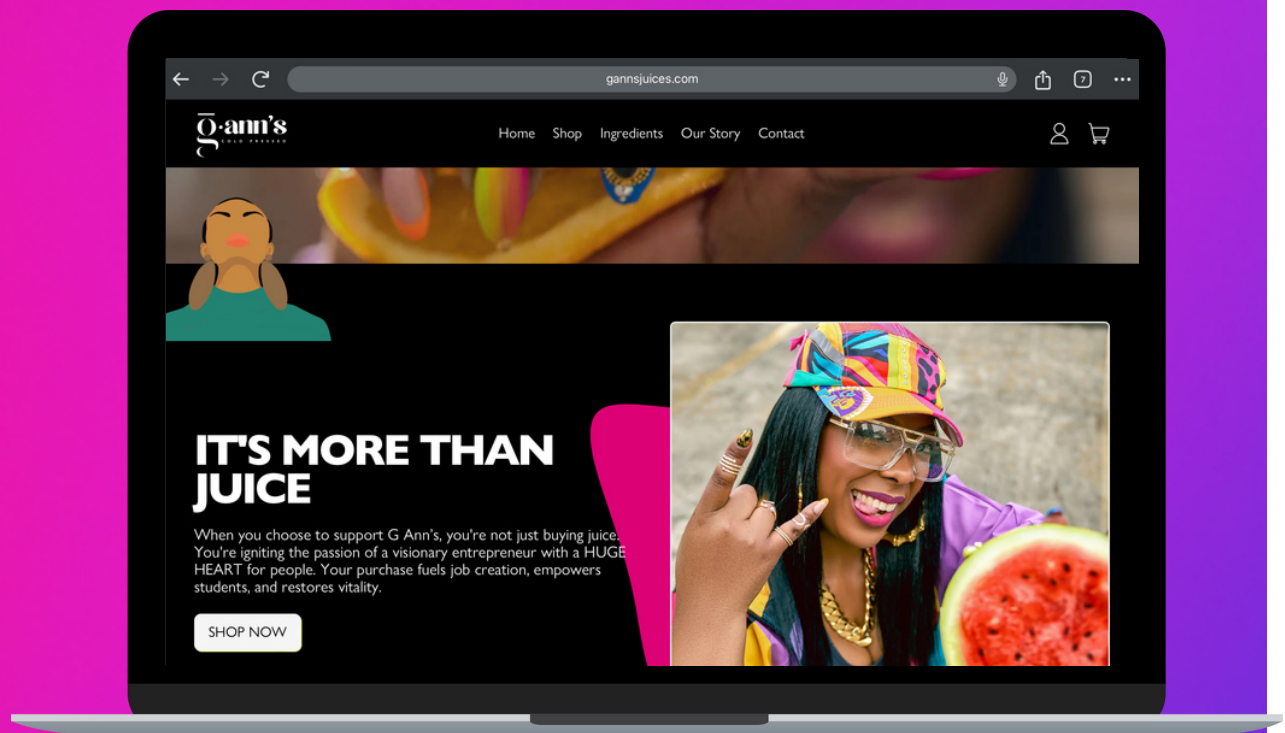
Ingredients:

- ½ beet
- 2 carrots
- 1 apple (Fuji)
- ½ lemon
- ½-inch fresh ginger

Benefits:

Supports liver health, improves circulation, and provides natural energy.





WANT THE BENEFITS **WITHOUT** THE PREP?

Let us press for you!

At G Ann's Cold Pressed, each bottle is hand-pressed raw with purpose, made to help you:

- Boost energy
- Nourish your body
- Hydrate deeply
- Feel balanced from the inside out

Visit gannsjuices.com to order your first bundle!



WELCOME TO OUR FAMILY! ,

Johns

