

Get Juicing

With the arrival of summer one of our main concerns is weight loss but many fad diets tend to give disappointing short-lived results followed by rebound weight gain. **Susie Perry Debice**, Nutritionist from *Life's A Picnic* explains how the art of juicing can lead to better health and sustained weight loss...

In this day and age we are all looking for a quick fix, a pill for an ill and a diet that delivers fast results that last. But unfortunately, for most of us, quick and quirky diets and weight loss pills and potions tend to lead to broken promises! My belief is that if you are overweight then there is probably something in your diet or lifestyle that is keeping you from losing weight. So the moment you break your diet and return to your old ways or habits the sooner your weight will return. And the more bad habits you indulge in, the quicker and the more extreme the rebound weight gain will be.

Many diets rely on the age old dieting formula of fewer calories plus increased exercise equals assured weight loss. While this has proven to be true for many people there's no doubt in my mind that this, somewhat dated, model of dieting is fundamentally flawed. My reasons for thinking this is simply down to the fact that losing weight this way is just way too hard and for many people totally unsustainable, unenjoyable and disheartening because the results don't tend to stick for long enough. In my quest to redefine dieting I have become more and more drawn to the concept of fresh raw juicing.

Calorie and nutrient cut backs

You see the problem with the old fashioned model for dieting is that it focuses on restricting calories and all this does is tend to encourage people to eat less of the foods they typically eat. So if your typical day-to-day foods tend to be processed and refined foods then your current style of eating is already going to fall short of

nutrients such as soluble fibre, certain amino acids (proteins), vitamins, minerals and phytonutrients, all of which are used by the body to help you feel energised, happy, balanced and full!

When you start cutting back on calories as you embark on a diet, you further cut back on all these feel-good nutrients so it's no wonder you start feeling hungry, moody, depressed and fatigued - none of these feelings are encouraging when it comes to dieting! And you're hardly inspired to increase your exercise when feeling this flat. It's not long before the cravings set in and the rest is history! To me it seems totally ironic that while trying to make your body lighter and healthier you are actually depriving it from many of the nutrients it needs to achieve your desired goal.

Juicy nutrition boost

What's got me interested in juicing is that it delivers a much more rounded experience for dieting. All those vitamins, minerals, phytonutrients and fibre that help boost your energy, metabolism and mood and help you feel fuller for longer are found in natural unprocessed foods, in particular vegetables and fruits. Whereas it would take some time to eat your way through a heaped pile of raw vegetables it takes no time at all to knock back a fresh raw vegetable juice. A large glass of juice could contain impressive amounts of celery, spinach, broccoli (stalk), courgette, root ginger and cucumber. Add an apple for sweetness, half a lime for a flavour and vitamin C boost and then blend this precious juice with half an avocado to make it feel silky smooth and filling, and stir in a sprinkling of spirulina for an extra hit of energising chlorophyll. The amount of goodness in this juicy glass surpasses any processed or refined foods, it's loaded with magnesium, iron,

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calcium, folic acid, amino acids, good fats, beta-carotene - the list of life-enhancing nutrients goes on and on... Basically follow the right recipes created by the people who have been pioneering the juice revolution (Jason Vale and Joe Cross) and you'll create glassfuls of goodness that taste delicious and make you feel fantastic.

Swapping meals for juices easily slashes your daily calorie intake but rather than deplete your nutritional status you're actually increasing your intake of valuable nutrients, giving you the energy needed to get active and succeed.

Return to alkaline

If you normally consume high levels of saturated fat, sugar, alcohol, caffeine, processed foods and refined foods then your body is likely to be too acidic which can encourage inflammation within the body and set the scene for pain, headaches and generally feeling unwell. The body functions better and has a preference of existing in a more alkaline state. One of the major benefits of introducing juices (particularly those made with green vegetables) is that they help the body return to a more alkaline pH which helps reduce inflammation and lower the risk of diseases such as diabetes, heart disease and cancer.

Weight that falls off

After a decade of sitting at my desk for work, watching my body turn to jelly and my fitness take a serious tumble I booked myself onto Jason Vale's seven day Juicy Mountain Retreat in Turkey as an attempt to get myself back on track and turn my weight and my fitness around. We had four nutritionally balanced juices a day and could choose from mountain walks, rebounding, yoga and various daily fitness classes. I was amazed at the changes my body went through in such a short space of time. The juices have so much

nutrition in that my body just kept feeling better and more energised each day. I did feel hungry at the start, but this soon passed as my stomach got used to the juicing routine. I pushed through various muscle aches and pains and made the most of my upbeat fitness classes and watched the cellulite and wobble fade as my body became more toned and my desk-job spine became stretched and more flexible with the amazing yoga classes. I felt more positive and more 'alive' than I have in the last 15 years, I could literally feel the shackles of parenting, domesticity and my career being released from me and the weight just simply melted away, effortlessly.

It's a juicy lifestyle for me!

The real surprise is that now that I'm home I have continued by replacing my breakfast and lunch with a Juicy Mountain style juice and eating a healthy evening meal - but I haven't done this because I want to loose more weight, I've done this because while I'm juicing I feel different - I sleep better, my outlook is more positive, I cope with life better, I feel enthusiastic about the day ahead, I have so much energy that I actually want to exercise! Altogether it's been a very inspiring and life changing experience and one that I shared with 25 other Juicy Mountain buddies all on the same mission to get their health back on track, all of us achieving great results and rediscovering happiness.

It doesn't matter what your motivations are for choosing to follow a juicing regime be it weight loss, lack of energy, desire to reduce medications, reducing pain and inflammation the results for the majority of people generally seem to be the same - effortless weight loss and a feeling of genuine health and vitality.



The Retro Juicer

The latest gadget in juicing technology has arrived! Normally cold press juicers are super expensive, slow working and a right pain to clean, but this new cold press (masticating) juicer is affordable, fast, quiet and a dream to clean! Cold press juicers are considered the biz when it comes to fresh juicing as they extract more nutrients and keep all the enzymes in tact plus they give a 40 per cent greater juice yield than a centrifugal juicer! Good news all round!

◆ The Retro Juicer costs £279.98 from www.juicemaster.com.

The Fusion Booster

This really is a fantastic and affordable powerful blender and it's perfect for blending your juices with additional fruit and vegetables to create delicious, nutritious smoothies. Comes with a handy on-the-go portable 20oz BPA free bottle with helpful travel lid. Perfect if you are just blending up a juice for yourself and need to get off to work quickly in the morning. It's dishwasher safe, compact and easy to clean - as well as lightweight and simple to store.

◆ The Fusion Booster cost £29.99 from www.juicemaster.com



Susie's Juicy Set Up!

To follow a proper juicing diet you need to invest in a good quality juicer and blender and a couple of nutritionally sound recipe books and you'll be set to get going. Here's Susie's suggestions...



Nutri Juicer Pro

This centrifugal juicer works really quickly, extracting an average of 70 per cent of nutrients with less than two degrees of heat transfer, which maximises nutrition. It's made of premium stainless steel and die cast alloy for durability with titanium reinforced cutting blades and

has variable speeds and an extra wide feed chute for juicing bigger fruits and vegetables without preparation.

◆ Nutri Juicer Pro costs £299.99 from www.sageappliances.co.uk.

The Boss

This impressive blender features a high velocity ProKinetix blade creating up to 50 per cent smaller particles than traditional blending. This super fine texture creates a smoother mouth feel than what traditional blenders achieve. With one touch functions including the world's first 'Green Smoothie' function and variable speeds. Great for larger quantities or if you are juicing for the whole family.

◆ The Boss cost £499.95 from www.sageappliances.co.uk.



Sensible Juice Plans and Recipes

The two leading pioneers for the juicing revolution are Jason Vale and Joe Cross and they both have a number of books out with different lengths of juicing diet plans with tried and tested well-balanced recipes. If you are a first time juicer then try The Reboot Juice Diet Recipe Book by Joe Cross or the 7lbs in 7 Days Detox Diet by Jason Vale or for those looking for a life changing experience with substantial weight loss then there's Jason Vale's Super Juice Me 28-Day Juice Plan.