Healing
lifestyles & spas
magazine

Featuring: Grail Springs Spa

get Juiced

Juicing provides a fast, tasty, and healthy way to meet your daily quota of fruits and vegetables.

by Debra Bokur | photography by Andrew Purcell | food styling by Carrie Tinkham

Everyone loves a juice smoothie, and there's a whole world of delicious, healthy options that go far beyond the standard banana-strawberry-vanilla yogurt variety. In fact, such less-popular ingredients as cucumbers, apples, celery, and lemon add a huge nutritional kick.

"Cucumbers are one of the best kidney cleansers known," says David Rainoshek, M.A., research assistant to Dr. Gabriel Cousens at the Tree of Life Rejuvenation Center in Arizona, which is known for its juice fasting programs. "Cucumbers prevent bloating, contain an enzyme called erepsin that digests proteins, and also contain silicon in their skins." Apples, says Rainoshek, add just the right touch of sweetness to vegetable-based juices without driving them too high on the glycemic index. Squeeze in some lemon, and you've got a boost of vitamin C.

"Juicing is fast becoming a popular way to supplement a healthy diet," adds Heather K. Jones, a Washington, D.C.-based registered dietitian. "Fresh juices are better than bottled juices that may be loaded with sugars, preservatives, and artificial colors and sweeteners. And fresh juices from a larger variety of fruits and veggies provides a wealth of good-for-you vitamins, minerals, phytochemicals, and antioxidants that promote good health and reduce the risk of major diseases, including cancer, diabetes, and heart disease."

GRAIL SPRINGS SPA'S DETOXIFYING JUICE

Courtesy of Grail Springs Spa, Ontario, Canada, www.grailsprings.com

"The human body has an incredible capacity for healing itself and fighting off potential disease, which generally always starts in the colon," says Madeleine Marentette, founder of Grail Springs.

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