



Juicing for VITALITY

EBook of Top Juicing Recipes for Immunity, Anti-Aging & Fat Loss



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Disclaimer: The purpose of the Juicing for Vitality EBook is for recommendations to support health goals. It is not medical advice nor a prescription for new or existing health conditions. Anyone deciding to take any recommendations acknowledge's doing so at their own free will and responsibility.

Introduction

The truth is, juicing benefits **everyone**.

It doesn't matter if you're looking to drop weight and slim down, or you want to boost your immune system so you can fight off diseases. juicing is your **fast-pass to a healthier and happier you**.

You see, juicing introduces your system to a wide variety of vitamins and antioxidants, while reinforcing your immune system with the important nutrients it needs to fight disease.

In reality, few people ever get the vitamins and nutrients they need each day. With juicing, you're able to send a quick and plentiful supply of important nutrients to your body without the need to digest large amount of fiber found in whole foods.

It's also one of the easiest ways to digest all your servings of vegetables for the day! *Yes, even if you hate vegetables.*

Juicing also increases your energy levels so you can get more done each day, while providing your body with important antioxidants that neutralizes free radicals in your body that will leave you feeling focused with a clear mind.

If you're a creative person or you work in a demanding profession, juicing can help you boost the quality of your work by fueling your brain with the nutrients it needs to perform at its best!

So, what exactly is juicing?

Quite simply, juicing is drinking your fruits and veggies. You are giving your body a generous supply of nutrients that are easily (and quickly) absorbed into your bloodstream. Try removing one meal in your day and replacing it with one of these nutritious juices. You can add something light such as nuts to go along with it. Do this for at least a week to see the results it can bring for you. Be sure other meals are healthy and nutritious as well.

Many people begin to see the transformation quickly. In fact, here are just a few examples of what juicing can do for you:

- Major boost in energy
- Clear, glowing skin
- Weight loss
- Improved sleep quality
- Boost in mental clarity and focus
- Soft, shiny hair and nails
- Improved digestion

It can also eliminate migraines and help you reduce joint pain.

So, have you read enough? Are you ready to enter the world of juicing with our top recipes that will help you look and feel better than ever before?

Then let's get started!

Juicing For Weight Loss

The truth about juicing is that it's far more than just an easy way to introduce a wide range of essential vitamins and nutrients into your system. It's also a great way to detox your body for rapid fat-burning.

How does detoxing help you lose weight?

Detoxing your body frees you of harmful toxins that can make weight loss difficult, so by incorporating juicing into your weight-loss regimen, you're able to **amp up the fat-burning process**, while ensuring you are getting the vitamins and nutrients you need to maintain your diet.

You should eat 6-8 servings of vegetables each day, but as you can imagine, few people get what they need. This is just one of the ways that juicing can help you lose weight: a hearty helping of vegetables will simply make you feel fuller longer, which will make it easier for you to control your appetite and stay on track.

Here are our **top 4** juicing recipes for rapid weight loss:

Carrot Juice

Carrot juice is great for weight loss because it's low in calories, yet full of important fiber. In addition, fiber keeps you feeling full, so drinking a large glass of carrot juice in the morning will make it easy for you to stay on track until lunch. Carrot juice is also known to increase the levels of bile secretion which ultimately, helps you burn more fat.

Ingredients:

6-8 Carrots

¼ head of cabbage

½ cucumber

Piece of Ginger

½ teaspoon of black pepper



Directions:

Chop your carrots and cucumber into bite-size chunks and blend. Add cabbage, ginger and pepper. Pour into tall glass and add ice.

Like it Spicy? Just add ½ teaspoon of cayenne pepper to your blend.

Karela Juice

This bitter melon is an incredibly powerful aid when it comes to fast weight loss due to its high level of dietary fiber. This fiber stimulates the liver so it can secrete bile acids which are required for metabolizing fat.

It's also very low in calories. In fact, a 100-gram serving of gourd contains just 17 calories!

Ingredients:

2 bitter melons (found in health food stores)

½ lemon

½ apple

Directions:

Peel the bitter melons and scoop out the white flesh and seeds. Chop into smaller sections. Next, soak the pieces in cold water for 20 minutes. Then, chop the apple and lemon into bite-size pieces.

Next, add the melon, lemon and apple to your blender. If you want to reduce the bitterness, you can add honey to the mix.

Beet Juice

This juice will help you clear bile ailments from your system while cleansing away toxic components from your liver. The healthier your liver is, the easier it is to lose weight because your liver works to metabolize fat quickly.

Ingredients:

1 Beet

2 Red Cabbage Leaves

3 Medium Carrots

1/2 Lemon

1 Orange

1/3 Pineapple

1 handful of spinach

Directions:

Chop the ingredients into bite-sized chunks and blend. Add a bit of ice and enjoy.

And here's one more fat-burning recipe to try:

Lemonade Juice

When it comes to the top juices for rapid weight loss, this is one of the most refreshing, powerful blends of them all. Lemons are fat-burning powerhouses, so by combining them with the complexion-boosting vivacity of cucumbers, you're able to enjoy rapid weight loss while improving the look and feel of your skin. Double Win!

Here's how to make it:

Ingredients:

2 Cups of Spinach

1 Lemon

1 Cucumber

4 Leaves of Kale

2 Medium Red Apples

Directions: Slice your apples and cucumber into bite-size chunks and juice them. Add in lemon, kale and spinach. You want to make sure the mixture is smooth. Serve in a tall glass with ice.

Anti-Aging Juice Recipes

If your complexion is important to you, and you want younger looking, softer skin, this is the recipe you've been looking for!

Two of the key ingredients in any juicing recipe dedicated to improving your skin are: **cucumbers and oranges.**

Oranges provide your body with important vitamin C, which will help your skin appear more youthful and vibrant, while cucumbers contain silica – which helps to boost moisture levels while improving the strength of your skin (making it look and feel smoother).

A single cucumber contains 95% water content, providing excellent hydration benefits. Next are our top two recipes for juicing your way to incredible skin.

Anti-Aging Juice: Recipe #1

Ingredients:

3 Stalks of Celery

3 Whole Apples

½ Cucumber

1 teaspoon of ginger root

5 Leaves of Kale

1 Lemon

1 Large Orange (peeled)



Directions:

Dice the cucumber, apples, lemon, ginger root and celery into small bite-size chunks. Toss them into your juicer. Next, add the kale and blend the mixture into smooth consistency. Serve ice cold.

Anti-Aging Juice: Recipe #2

There are many things that lead to visible aging, especially stress and an abundance of free-radicals in your body. By incorporating an anti-oxidant based juice into your diet, you'll be able to turn back the hands of time so you look and feel younger.

This anti-aging juice recipe will help reduce the signs of aging, minimize wrinkles and leave you with healthy skin that is brighter and radiant. It will also help to regulate blood pressure.

Ingredients:

- 2 cups of blueberries
- ½ cup of strawberries
- 1 large leaf Kale
- ½ small beet
- 2 cups of water



Directions:

Blend everything together, starting with the fruits and water. Add in the beet and kale. Serve with ice.

Top Juicing Recipes For Optimal Health

If you're looking to boost energy levels, gain mental clarity, fight off illness and even improve work performance - these 3 juicing recipes will do all of that, and then some.

With juicing, you're able to combine powerful sources of vitamins and nutrients that your immune system, organs and skin need to perform at their very best.

For example, did you know that consuming beet juice can help lower your blood pressure? Or how about seeing up to an 80% decline in Alzheimer's disease just by incorporating fresh juices and vegetables 4 times a week into your diet?

These are just a couple of examples of the power of juicing.

Improving Heart Health

This recipe focuses on fueling your body with a powerful dose of phytonutrients which help repair damage to heart cells.

Ingredients:

1/8 of jalapeno pepper

½ ginger

1 clove of garlic

1 full beet

3 carrots

1 full lemon

1 cucumber

Add all ingredients to your juicer. Mix until smooth and consume immediately.

Instant Health Booster:

This vitamin-packed recipe includes everything you need to feel your best while also helping you fight aging. A glass of this fantastic juice will fuel your entire body!

Ingredients:

1 medium red apple

2 Bartlett pears (or red pears too)

½ cup cherries

½ cup of water

Directions:

In your blender, combine apple, pears and cherries. Mix well. Add in water and drink immediately. You can also refrigerate this juice for up to 2 days in an air-tight container.



Instant Energy Boost

If you're looking for a quick energy boost, this electrolyte-loaded juice is exactly what you need.

Ingredients:

1 can (20-ounce) of lychees in syrup (found in Whole Foods Market or other health conscious stores). Drain and rinse prior to using. You can also use 20 peeled and seeded lychees.

2 peaches

1 cup of coconut water

Directions:

Combine lychees, peaches, coconut water into your blender and mix until smooth. Pour into tall glass with ice. Drink immediately.

Workout Repair

If you're looking to refuel your body after a workout, this potassium-fueled juice will help balance your electrolytes and ensure you stay hydrated.

Ingredients:

- 2 medium oranges
- ½ cup of raw almonds (unsalted)
- 2 medium apples
- 1 small sweet potato
- ½ cup of water



Directions:

Combine oranges, almonds and apples into blender. Blend for a few minutes before adding in sweet potato and water. If you find it too thick, you can add an additional ½ cup of water.

Immune Booster

Drink this infection-fighting juice all year long to stay healthy. The garlic included in this juice contains powerful antimicrobial properties that will instantly boost your immune system.

Ingredients:

1 small beet

3 carrots

6 stalks of celery (with leaves)

1 stalk broccoli

2 garlic cloves

Directions:

Mix everything in your blender until smooth. Pour into tall glass with ice.

Drink immediately.

Final Words

Juicing makes it easy for us to consume a large serving of vegetables and fruits each day, which is key to optimal health.

By juicing, your body can quickly absorb powerful nutrients directly into your bloodstream, while helping you cleanse and detox your system all at the same time.

Here are a few other juices you'll want to consider incorporating into your diet:

Broccoli Juice:

This vegetable carries an abundance of antioxidants which will help fight against free radicals. It also contains vitamins B and C which are responsible for giving your immune system a boost while also strengthening bones.

Cranberry Juice:

Consuming cranberry juice regularly can help reduce the risk of cancer. It works towards keeping your heart healthy and your blood levels down due to

its high content of antioxidants.

Celery Juice

Celery contains high amounts of vitamins A, C, K and folate as well as potassium. If you want to get the most out of it, make sure to blend the leaves into your juice as they contain extra potassium content.

I hope this eBook helps you begin your journey into the world of juicing and that you enjoy the many benefits that come with it.

Hears to living happy, healthy and strong!

If you enjoyed this EBook head over to the next page.

Hey there! Glad you enjoyed the Juicing for Vitality EBook. We have a hunch you will also love **TFC's Body Renewed 2 Week Detox**.

This EBook gives you the blueprint on detoxing. Juicing works best when its backed by healthy eating and this detox lays that out for you. You will get:

- A guide on what foods to eliminate from your diet
- A guide on what to eat for breakfast, lunch and dinner
- Detox friendly recipes, including dessert

The juicing recipes found here can be used anywhere it calls for a smoothie or protein shake during the detox. It can also be the snack in between meals.

Ready for a brand new you? Click below to get started.

[Click here to get started with the detox.](#)

[Click here to start the detox alongside a strength training program.](#)