

# FOR YOUR INFORMATION

## WHY SMOOTHIES AND JUICES?

Fruits and vegetables are loaded with health benefits. To begin with, water makes up 80 to 95 percent of most fruits and vegetables; they are naturally low in calories. In addition, they are excellent sources of fiber, both soluble and insoluble. The insoluble fiber is beneficial for proper waste elimination. The soluble fibers, especially pectin, are particularly effective in helping to lower cholesterol. Fruits and vegetables are also rich in minerals. For example bananas and oranges have high potassium content, while berries and green leafy vegetables supply lots of iron. In addition, most fruits supply boron, a mineral vitally important to bone strength. Above all, fruits and vegetables are treasure houses of vitamins, particularly Vitamin C.

The benefits are especially potent when you consider the Antioxidant power of fruits and vegetables with their heavy doses of Vitamins C and E and intense concentration of both soluble and insoluble Fibers make these foods exceptional fighters against degenerative diseases. In short, their power is also their ability to enhance vitality and well being, which in turn can make you look better and feel better about yourself. It is therefore not surprising that researchers, dietitians and the government advise us to eat five helpings of fruits and vegetables a day.

**APPLES:** Long referred to as nature's toothbrush, these beauties are low in calories and high in soluble fiber and are full of Pectin that helps lower cholesterol. They are also a good source of Vitamin C and Potassium.

**BANANAS:** Rich in Potassium, Magnesium, Folate and Vitamin B6, Bananas are also a good source of Vitamin A and B-complex known to decrease the risk of heart disease. A little known fact is that Bananas have twice as much Vitamin C as Apples.

**BLUEBERRIES:** These innocent-looking berries have one of the highest known Antioxidant levels of Vitamin C of any fruit. That means Blueberries may help protect against cancer, eye conditions, and some of the problems that accompany aging. They are also one of the best sources of Salicylate, a natural aspirin like compound that has been shown to reduce inflammation.

**CRANBERRIES:** Researches have discovered an as yet unnamed compound in Cranberries that prevents bacteria from attaching to the bladder and can aid in washing out the pathogens that cause infections.

**GRAPEFRUITS:** Always known for their rich source of Vitamin C, Grapefruit is also an important Fiber fruit. It is high in disease-fighting Phytochemical called Terpenes that helps the body induce protective enzymes that interfere with the action of carcinogens.

**LEMONS AND LIMES:** These citrus cousins are full of Vitamin C and Pectin, which like the Orange have Antioxidants that help us to fight infection, disease and lower cholesterol.

**MANGOS:** This tropical fruit is rich in Beta-Carotene, Potassium, Vitamin C, and Vitamin A. They also contain Vitamin E and Vitamin B6. Packed with vitamins and fiber, Mangos will give a lift to a weak immune system and help protect your heart.

**ORANGES:** Almost everyone knows that oranges are a great source of Vitamin C and are often recommended to fight colds. But not everyone knows that Vitamin C is an Antioxidant that strengthens the immune system. Oranges contain pectin, which may reduce cholesterol levels and decrease the risk of cancer. They are an excellent source of folate, which is an important nutrient for pregnant women.

**PAPAYAS:** This orange colored fruit is packed with Antioxidants, especially Beta-Carotene which is converted to Vitamin A by the body. Papayas contain the enzyme Papain which is said to aid in digestion. They are also rich in Potassium that our body uses to regulate blood pressure. Papayas are also a good source of Fiber.

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**PEACHES:** Peaches are rich in Beta-Carotene, Vitamin C, Vitamin A and Potassium, which work together to aid in the fight against cancer, heart disease and strokes. This nutritious fruit has been known to improve memory and protect against some of the negative effects of aging.

**PINEAPPLES:** Pineapples are a good source of Vitamin C, Potassium and Fiber. They contain a protein-digesting enzyme, which is often used to improve nutrient absorption. They can help soothe a sore throat and ease the pain of inflamed gums.

**RASPBERRIES:** High levels of Potassium, Vitamin C and Vitamin B6 make Raspberries a terrific food to enjoy after a trip to the gym where we often deplete our store of these important nutrients. Raspberries are also rich in cancer-fighting ellagic acids called Lycopene as well.

**STRAWBERRIES:** There is a whole lot of nutritional value packed into this beautiful berry. They are a rich source of Vitamin C and high in disease-fighting phytochemicals. They also are a great source of Fiber and provide cleansing agents for the bladder and colon.

**BEETS:** Low in calories, high in Fiber and Vitamin E, Beets are rich phytochemicals carotenoids and flavonoids. Working together as antioxidants they can help reduce the accumulation of plaque in arteries and act as powerful anti-cancer agents to cleanse blood and nourish circulation.

**CARROTS:** Rich in Beta-carotene, Carrots provide the highest content of Vitamin A of all vegetables. These help protect the body by decreasing the risk of heart disease, stroke, blindness and certain types of cancer. The deeper the orange color the more Beta-carotene in the Carrot.

**CELERY:** Very low in calories, Celery has appetite stimulating properties. It offers a good source of Potassium, Folic Acid, Carbohydrates, dietary Fiber, Vitamin A, Vitamin E and Iron.

**CUCUMBERS:** Considered to be a low calorie vegetable wonder, Cucumbers are a good source of Protein and dietary Fiber. They contain Vitamin A, Vitamin C, Iron and Calcium, but are most widely known as a source of the cholesterol-lowering Antioxidant sterol.

**KALE:** Kale is the highest in Carbohydrates and Protein of all the cabbage varieties. It is low calorie, cholesterol free and fat free, but high in Antioxidant Vitamin A. Kale is one of the preeminent cancer protective vegetables rich in phytochemicals indoles and sulfuraphanes that block cancer-causing agents from reaching cells.

**PARSLEY:** Most often used as a garnish due to its sweet flavor. Parsley is extremely healthy and full of Iron. It is a good diuretic that is helpful against the symptoms of premenstrual syndrome and works as an anti-aging agent.

**SPINACH:** An excellent source of Antioxidants, Spinach has four times the Beta-carotene of Broccoli. High in Lutein, nutrients in Spinach help lower blood cholesterol. It also contains Carbohydrates, Protein, Fiber, Vitamin A, Vitamin C and Iron.

**TOMATOES:** Tomatoes are a great source of Potassium and are rich in Vitamin A, Vitamin C and Iron. Lycopene a phytochemical found in Tomatoes is believed to reduce the risk of prostate and lung cancer.

*NOTE: Information provided in this pamphlet is for educational purposes. The information is not given as medical advice, nor is it intended to propose or offer to propose a cure for a disease or condition. Before taking any nutritional supplement seek the consultation of your health care provider.*



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