

Jon Dean, Level One Coach At Dax Moy's Islington Studios Get's 'Juiced Up' Over Juicing and Shares Why Juicing May BE The Most Valuable 5 Minutes of Your Day

Like the majority of people, I have a very busy working day and that doesn't leave me much time to cook or prepare meals.

Although I know that lots of fresh fruit and vegetables is essential to keep me looking, feeling and performing at my best, it's sometimes difficult to actually spend the time and effort doing so and so I've been experimenting with different methods of getting my nutrition into tip-top shape.

Just recently I came across juicing and decided to try it out for myself and I've got to say, I'm a 100% convert to juicing!

And here's why...

1. It requires huge amounts of energy to digest food, but juice is absorbed easily. It actually requires more nerve energy to digest junk food than run a marathon.
2. All the vitamins and nutrients are absorbed into the body, the opposite occurs when cooking vegetables.
3. Enzymes are kept alive and we need these for all activity to take place in the body. Cooking destroys 100% of enzymes in food and the enzymes are vital for digesting other slow foods.
4. Get your calcium daily from juicing. Easily absorbed and useable, unlike that from cow's milk.
5. We spend so much energy trying to digest food that we can't do the important jobs such as fat burning, repair, growth and mental and physical vitality.

Ok, so enough about the benefits of juicing, lets road test the 'L'equipe juicer.' The stop watch is ready to go.

00:00: Lay out the veg. 2 green apples, bag of carrots, cucumber, bag of spinach.

Apples contain a whole array of vitamins and minerals including calcium and vitamin C something called Pectin, which helps rid unwanted toxins and cleanse the body.

Carrots contain anti disease vitamins and minerals such as B,C,D,E,K and the anti cancer king, beta – carotene.

Cucumber has the ability to rejuvenate muscles, give elasticity to skin and even prevent hair loss.

Spinach is one of nature's greatest muscle and bone builders and is also loaded with calcium and vitamin C.

00:45: Juice the vegetables.

I decided to make two separate juices, one orange and one green. Apples & carrots and then the spinach and cucumber. I rinsed the vegetables with water and placed them straight into the juicer. I had to cut the apples and cucumber up slightly to fit.

02:50: Place the 500ml of orange coloured juice and 400ml of green juice in the fridge. That was easy and quite enjoyable, now to scrape the pulp and peel into the bin or compost bin and rinse the juicer. The whole thing pulls apart easily into 5 pieces and apart from the blade, rinses clean. The blade I used a nail brush to scrub for 20 seconds and it's done.

04:35: Take the juice out the fridge, mix it 60% carrot and apple and 40% green juice and drink.

Final thought. It's easy to prepare, fun to juice and simple to clean. I made almost a litre of Live, nutrient rich liquid food in under five minutes. Re-fridge the rest and have it later. That's more raw vegetables consumed in less than 5 minutes, than most people would eat in a week and for around £80.00, that is very good value.

And in case you are wondering, yes, it tasted pretty good.

So if you want mind-blowing energy levels, sparkling bright white eyes, shiny hair, hard nails, strong bones and glowing skin, you know what to try.

Jon Dean is a level one POWER Principles Coach at Dax Moy's Islington Studios.

To speak with Jon about this article or request more information on healthy eating ideas, call him on 0207 354 3550