

JUICING FOR FAT LOSS



Juicing is a great way to get the nutrients your body needs and lose weight at the same time. It's an easy way to make sure you're getting a balance of vitamins, minerals, phytonutrients, and antioxidants that are essential for optimal health.

Why Juice for Fat Loss?

Juice can help you reach your weight loss goals. A juice cleanse is a natural way to remove toxins, increase energy levels, reduce inflammation in the body and boost immunity all at once!

Delicious, fresh juices can be used as meal replacements instead of preparing special meals and calorie counting. Juicing evens out blood sugar, giving you a steady flow of energy and curbing cravings for sugary snacks.

Here are some guilt-free, fat burning juices.

Carrot Juice

A glass of carrot juice will fill you up and eliminate unwanted snack attacks. Carrot juice can aid the liver in producing bile, which breaks down fat and helps weight loss. Add a little ginger for an extra kick!

Cucumber juice

Have you ever found yourself cutting down on calorie intake but the pounds still won't come off? It's likely that your body is actually hungry for something more than just less food. The foods we should be

focusing our attention are those high in water content such as cucumbers and celery. These fill us up easily without having too many calories because of all the fibre and water! Add some lime juice & mint leaves to make them even better while keeping hunger at bay.

Pomegranate juice

Pomegranate juice is great for your skin and can also help you lose weight. Pomegranates contain conjugated linolenic acid. This aids the fat burning process while boosting metabolism rates. If you don't like the taste of pomegranate juice on its own try adding it to juice made from berries, apple, kale, cucumber or pineapple.

Cellulite smoothing juice

When losing weight, you want to burn fat but also get rid of cellulite. Exercise is one of the most effective ways of doing this but juices can play a part. Juice 2 grapefruits and a large bunch of kale to keep skin clear; 2 oranges and a piece of root ginger to boost blood flow which helps reduce the appearance of cellulite and 10 sticks of celery and 1 lemon to get rid of excess fluid which eliminates toxins held below the skin.

Green juice

Spinach and kale juice are great for relieving stomach problems like bloating and indigestion, clearing up your digestive tract, and getting rid of waste so it aids in weight loss. Increased fibre intake can help fight the flab;

high-fibre vegetables absorb water in the body slowing down mobility through the gut which keeps us feeling fuller for longer. This prevents snacking and binging on other foods. Add the juice from spinach and kale with apples, carrots and beetroots for a little sweetness.

Watermelon juice

Watermelons are very low in calories with a high-water content so make a perfect weight loss juice. They are also rich in arginine which can help to burn fat. You can have watermelon juice on its own or add it to other vegetable juices.

Pineapple Juice

Pineapple juice has the ability to help reduce belly fat. It contains important enzymes that work together to break down protein and burn away excess stomach fat. One of these is bromelain, which helps in the digestion by breaking down proteins. Bromelain also works with other enzymes such as lipase to digest fats and suppress your appetite too! Pineapple juices are known as catabolic. This means they use up more calories being digested than the fruit actually has in the first place. Pineapple juice can be added to green juices for that hint of sweetness to make them more palatable.

Celery Juice

Celery juice has recently received a lot of publicity and has been at the centre of somewhat of a health craze. There is lots of anecdotal evidence that it can boost your health and help you lose weight. The recommendations seem to be that you need to drink 16 ozs every morning on an empty stomach. It kick starts your metabolism and can be a better boost than a cup of coffee. Like pineapple, celery is a catabolic food. Celery is also full of fibre which can fill you up meaning you are less likely to reach for sugary snacks. The only problem is that celery is not to everyone's taste. So you might like to mix it with a more palatable juice such as apple.

Green Juice

Try this delicious juice to start the day. Extract the juice from a large handful of kale and/or spinach, 2 apples, 4 sticks of celery, 1 cucumber, 1 orange and 1" piece of root ginger.

Earthy sweet juice

For a vegetable juice with a hint of sweetness, juice 3 medium sized beetroots, 6 carrots, 2 apples and the juice of half a lemon.

Bloody Mary Juice

This savoury juice may not be to everyone's taste but is like a taste of the Mediterranean in a glass. Juice 2 red and 1 yellow bell pepper,

1 carrot, 1 courgette, 4 tomatoes and a handful of a mix of oregano, parsley and/or basil. Pour the juice into a glass and add a twist of sea salt and a teaspoon of good quality olive oil.

Vegetable juice

Most vegetables can be juiced alone or together for a nutrient-filled weight loss meal replacement. Vegetables are low in calories and high in vitamins, minerals and fibre. So why not try various combinations and see what tastes the best.

Fruit Juice

When trying to lose weight it is best to avoid fruit juices. Fruit juices are high in sugar which can make them high in calories. In addition, too much sugar can cause insulin resistance. This can lead to diabetes but also excess energy will be stored as fat in the body. This is not what you want when trying to lose weight.

If you really need some sweetness try and apples, carrots and blueberries. Alternatively, dilute fruit juices with water.

These recipes will help you burn fat, reduce sugar cravings and lose weight. Plus your cells will sing when they are flooded with all the vitamins and minerals from these delicious juices. You will be slim, fit and, best of all, in tip-top health.