

THE PROS AND CONS OF JUICING



Juicing is a popular trend in the health and wellness world. But it's not for everyone. Here we'll explore both the benefits and drawbacks of juicing so that you can make an informed decision on whether or not to give it a try.

Juicing can be an easy way to get the nutrients your body needs. Fruit and vegetables contain vitamins and minerals but also phytonutrients that help keep us well. Cooking often kills these nutrients off and as juice is made from raw fruit, you know you are getting the full quota of goodness.

A juice diet will make it easier for the body to remove those pesky toxins that have been stored in our bodies over time. A healthy amount of antioxidants and anti-inflammatory nutrients are necessary, so that our liver can carry out all stages of detoxification. With super-dense nutrient foods like juices, this makes the liver's job much easier. Happy liver. Happy you!

Juices are a great way to start the day. You are getting lots of nutrients into you immediately, along with plenty of fluid. The body needs water, and drinking liquids as soon as you get up fires everything up. So you are all ready for the day ahead.

Juices are quick and easy to digest as well. They give you lots of those all-important electrolytes, so are great to have before or after exercise.

Another benefit that the athletes amongst us will appreciate is the boost of energy that juice gives. This is because the body has immediate access to the nutrients that support our vitality-giving systems. In other words, juice gives you oomph!!

Juicing is great for everyone from your child to your grandparents. Children are often fussy eaters – especially when it comes to vegetables. Juicing is a good way to get vegetables into their stomachs without the drama.

The elderly may struggle to chew and digest vegetables due to having dentures and their aging gut. But they still need the goodness that vegetables provide, so a lovely glass of green juice goes a long way to keeping them well.

A juice diet also has amazing benefits for the gut. A juice cleanse can change your intestinal microbiota and increase your sense of well-being. [\(1\)](#)

This is because the bacteria in your gut feed on the soluble fibre in the juice and multiply.

Drinking your meal also gives your digestive system a rest. To keep your gut healthy it needs to recover, just like you do. Digesting heavy meals, found in meat and fish, can be tough on your gut. So do it a favour and have a healthy green juice now and again. You can almost

hear your body thanking you for it. Top tip: A daft as it sounds a great tip is chewing the juice when it's in your mouth. Your saliva will break down some of them and turn it into an easier-to-digest meal.

Government recommendations are that we should be eating at least 5 portions of vegetables every day. But it's not always easy. So juicing can be a convenient and fast way to overcome this problem. [\(2\)](#)

Juices are a great way to start the day. You are getting lots of nutrients into you immediately along with plenty of fluid. The body needs water and drinking liquids as soon as you get up fires everything up. So you are all ready for the day ahead.

Many people have pain in their stomach and gut caused by allergies. Getting rid of foods that contain wheat and gluten such as bread; dairy foods such as cow's milk and cheese, and fermented soy foods is a great reason to drink juices. The bloating and pain will disappear and then you can add them back into your foods a bit at a time, to find out which ones are causing the problems. While you are at it, why not stop caffeine and alcohol too. Give your body a spa treatment from the inside.

One of the reasons that people drink juices is as a way of shedding pounds. However, there are a few things to consider before beginning, what is known as, a juice cleanse or detox diet.

These diets can help to reduce your appetite. Going on a juice diet can help you to be satisfied with less food than usual. It doesn't reduce the size of the stomach, although it may psychologically feel like it does! This gives you a great boost so that you can change habits for the better.

One of the main drawbacks of juicing for weight loss is the increase in the high concentration of sugar, especially when juicing fruit. [\(3\)](#) Too much fruit sugar or fructose can lead to diabetes and can even increase blood pressure [\(4\)](#) and cholesterol, [\(5\)](#) if taken in high amounts over a prolonged period.

However, it is not all doom and gloom as focussing on vegetable juices for weight loss can be extremely effective.

When you don't eat fruits and veggies in their whole form, you lose all of the weight loss benefits of fibre. In a nutshell, fibre helps to move food through the gut more smoothly and regulates bowel movements. It also slows down digestion and delays stomach emptying. This means we feel fuller for longer so are not tempted to snack on unhealthy foods. And because whole fruits and vegetables take longer to eat, you eat fewer calories in a sitting.

Another downside to juicing too much fruit or too many acidic fruits such as pineapple is that it can cause tooth decay due to an increased

level on acidity in your mouth which eats away at teeth enamel over time [\(6\)](#)

Drinking juice may leave you feeling deprived because you are only drinking juices instead of eating solid food. But if you only have juice for one meal a day, that disadvantage could be overcome. I'm sure anyone can manage to drink their meal just once. Especially when they see the benefits.

Finally, you may think that you are consuming fewer calories in a glass than on a plate, but calories from juice can easily take you over your recommended daily intake.

This was just a short trip around the pros and cons of drinking juice but I hope it has given you some insight into what to consider before juicing.

References

1. http://www.trafon.org/gcc/content/prob/using_probiotics.pdf

Using probiotics and prebiotics to improve gut health

2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6786897/>

Role of fruit juice in achieving the 5-a-day recommendation for fruit and vegetable intake

3. <https://www.theguardian.com/science/2014/jan/12/remove-fruit-juice-sugar-five-a-guidance-government-health-adviser>

Fruit juice should not be part of your five a day, says government adviser

4. <https://pubmed.ncbi.nlm.nih.gov/11302009/>

Dietary lipoic acid supplementation prevents fructose-induced hypertension in rats

5. <https://downloads.hindawi.com/journals/jdr/2004/746965.pdf>

Effect of α -Lipoic Acid on Lipid Profile in Rats Fed a High-Fructose Diet

6. <https://pubmed.ncbi.nlm.nih.gov/28562300/>

Fruit Juice in Infants, Children, and Adolescents: Current Recommendations