Bob & Sally's Juicing Program
(using a "masticating cold press juicer")

- **Cost**: Breaking down the grocery bill per daily unit of each vegetable and fruit, the cost per glass (a meal replacement on our plan) came to $3.39 per 12 ounce serving. We estimate the calories to be 255.

GENERAL BENEFITS OF JUICING:

- **Breakdown of Cell Walls**: Juicing breaks down the cell walls of fruits and vegetables, enhancing nutrient bioavailability by making it easier for the body to absorb nutrients. Without fiber, nutrients such as beta-carotene and vitamin C are absorbed faster, potentially improving absorption by **as much as 30%** for some vitamins.

- **Concentration of Nutrients**: Juice is more concentrated in vitamins, minerals, and antioxidants than whole fruits and vegetables, but it lacks the fiber that promotes balanced digestion. For top health, combining whole foods and juicing may provide a balance of fiber, slower nutrient release, and increased short-term absorption.

- **Greater Volume of Fruits and Vegetables**: When Sally and I generate juice for one glass each (12 oz), and we drink that twice a day, each of us are consuming the nutrients from almost 3 lbs. of fruits and vegetables per day — 3 times the weight and bulk of an average dinner salad. It would be very difficult to eat that much whole food in non-juice form!

SYSTEM-WIDE STRATEGIC BENEFITS OF JUICING:

Improving the health of one organ or system can positively affect others, creating a chain reaction, like "upward dominoes" of well-being. The body is a highly interconnected system where changes in one area often influence multiple others.

How Dramatic Can It Be?

- **Positive Feedback Loops**: A small improvement, such as better **nutrition** or regular **exercise**, can initiate cascading benefits—boosting energy, improving sleep, enhancing mood, and strengthening the immune system.
- **Dramatic Transformations**: In cases of chronic illness, restoring health in one organ (e.g., reversing **insulin resistance**) can prevent complications across systems, such as cardiovascular diseases, vision loss, and nerve damage.

In essence, the body thrives on **synergy.** A win in one area often amplifies success in others, sometimes leading to profound, life-changing health improvements. Juicing can initiate major “wins” as indicated by the vitamin and nutrient content below.

Our Recipe

CONTENTS OF ONE GLASS in the form of juice
(from ORGANIC fruits & vegetables only):

- ½ large red beet (approx. 85 grams): 37 calories

- ½ quart of kale (approx. 2 cups or 130 grams): 66 calories

- ½ lemon (approx. 30 grams): 9 calories

- ½ orange (approx. 65 grams): 31 calories

- ½ apple (approx. 90 grams): 47 calories

- 1 celery stalk (approx. 40 grams): 6 calories

- 2 medium carrots (approx. 122 grams): 50 calories

- "Thumb-sized" fresh ginger (approx. 10 grams): 8 calories

Here's a **summary of the total content** in one glass of each specific vitamin, mineral, and nutrient from the combined fruits and vegetables listed, along with the percentage of the Daily Value (DV) based on a 2,000-calorie diet:

Vitamins:

- **Vitamin A (beta-carotene)**:
  - **Total**: ~30,472 IU
  - **DV**: 1,500 mcg RAE (~5,000 IU)
  - **% DV**: ~609% DV (mostly from carrots and kale)

- **Vitamin C**:
  - **Total**: ~141.6 mg
  - **DV**: 90 mg
  - **% DV**: ~157% DV

- **Vitamin K**:
  - **Total**: ~575.3 mcg
  - **DV**: 120 mcg
  - **% DV**: ~479% DV (mainly from kale and celery)

- **Vitamin B6**:
  - **Total**: ~0.5 mg
  - **DV**: 1.7 mg
  - **% DV**: ~29% DV

- **Folate (Vitamin B9)**:
  - **Total**: ~101 mcg
  - **DV**: 400 mcg
  - **% DV**: ~25% DV

Minerals:

- **Potassium**:
  - **Total**: ~1,262 mg
  - **DV**: 4,700 mg
  - **% DV**: ~27% DV

- **Calcium**:
  - **Total**: ~298 mg
  - **DV**: 1,300 mg
  - **% DV**: ~23% DV

- **Magnesium**:
  - **Total**: ~83 mg
  - **DV**: 420 mg
  - **% DV**: ~20% DV

- **Manganese**:
  - **Total**: ~1.0 mg
  - **DV**: 2.3 mg
  - **% DV**: ~43% DV

- **Iron**:
  - **Total**: ~0.7 mg
  - **DV**: 18 mg
  - **% DV**: ~4% DV

- **Phosphorus**:
  - **Total**: ~51 mg
  - **DV**: 700 mg
  - **% DV**: ~7% DV

Key Antioxidants and Compounds:

- **Antioxidants**: Quercetin (apple), lutein and zeaxanthin (carrots, kale), gingerol (ginger), flavonoids (orange, lemon)

- **Nitrates**: From beets, aiding in blood pressure regulation

- **Gingerol**: Anti-inflammatory compound from ginger

Summary of the Vitamins and Nutrients:

- The combination provides **high levels of Vitamin A (609% DV)**, **Vitamin C (157% DV)**, and **Vitamin K (479% DV)**, making it very rich in essential vitamins.
- It also offers a good amount of **potassium (27% DV)** and a moderate amount of other minerals such as **calcium (23% DV)** and **magnesium (20% DV)**.
- This mix is very beneficial for antioxidant intake, digestive health, and overall nutrient absorption.

Comparison: a Blender (i.e. Vitamix) vs. a Slow Juicer

Here's a comparison between a slow masticating juicer and a high-speed blender like the Vitamix:

- **Juicing vs. Blending:**

• A masticating juicer extracts juice by slowly pressing and crushing fruits and vegetables, separating juice from the fiber. This yields a nutrient-dense juice with minimal pulp.

• A blender pulverizes whole ingredients, including fiber, creating a thicker, smoothie-like texture.

- **Nutrient Preservation:**

• Masticating juicers operate at low speeds (about 80 RPM), which reduces heat and oxidation, helping preserve delicate enzymes and nutrients.

• Blenders operate at high speeds, which may generate heat and cause a slight nutrient breakdown, although this is minimal in high-quality blenders like Vitamix.

- **Fiber Content:**

• Juicers remove most fiber, providing a concentrated dose of vitamins and minerals that's easy on the digestive system.

• Blenders retain all fiber, promoting satiety and supporting digestion but may yield a less concentrated nutrient intake per volume.

- **Texture and Versatility:**

• Juicers yield a smooth, pulp-free juice ideal for quick nutrient absorption but are generally limited to juices.

• Blenders can handle a variety of recipes — smoothies, soups, nut butters, and more, making them more versatile for whole-food blends.

- **Yield and Cleanup:**

• Juicers often extract more juice from produce but involve more parts and cleanup time.

• Blenders are typically quicker to clean and can blend harder ingredients like seeds and ice.

Each appliance has unique advantages depending on dietary goals, whether quick nutrient intake or full-fiber smoothies.

Personal notes:

- For 2 glasses per day, double the nutritional numbers above.
- Nutritional calculations were done 9/27/24 using the assistance of AI application ChatGPT. We'll continue monitoring and recalculating the data using other sources to confirm accuracy as we continue our program, and then we'll repost any updates or corrections.
- Some online articles marginalize the benefits of juicing. However, it's worth noting that Big Pharma and the medical community do not make any money from health regimens people can do without those big industries being involved. In fact, the more effective any DIY efforts are, the more dismissive public statements from industry giants tend to be. Case in point: 20 years of research providing solid evidence that Ivermectin is effective in treating cancer has been ignored by the FDA, many medical journals, Big Pharma, and the media. The patent for Ivermectin, formerly owned by pharmaceutical giant Merck, expired on April 22, 2000 and so did big profits along with it. The FDA has even publicly mocked Ivermectin as "horse paste" not suitable for humans until a lawsuit by doctors forced the removal of its mockery from social media and public websites. (For much more regarding the ongoing battle being waged against America's health on many fronts, follow @RobertKennedyJr on X.com — formerly Twitter.)