

## Juicing Vs. Blending

Whenever I discuss juicing with someone, the first question I am usually asked is, “Can I use my blender?” Although blending veggies and fruit is great for smoothies, it’s very different than high-energy juicing. So what is the difference between using a juicer versus using a blender or vita-mixer?

When you use a blender (even a high powered turbo blender), you are basically just outsourcing your chewing, as the insoluble fiber of the fruits and vegetables remain in the juice (smoothie). And while insoluble fiber intake is wonderful and highly desirable, it will not give the same effect as juicing. If a person suffers with some dental problems and cannot chew their food effectively, this is a good option (in addition to getting more fiber in diet).

Extracted juices of fruits and vegetables do still contain soluble fiber in the form of pectin, gums and mucilage, and these are very beneficial to the digestive tract as well. However, the goal in juicing fruits and vegetables are so we will receive the most concentrated form of high energy food. When we separate the insoluble fiber from the energy of the plant (its juice), we are left with what we could consider liquid light energy—full of live enzymes, chlorophyll and organic water. Since the insoluble fiber has been removed, it does not need to be broken down. So when we drink the juice, all that energy goes straight into our bloodstream like an intravenous injection.

Wow! It’s no wonder we feel so energetic and full of life when we juice. When we juice certain vegetables and fruits, it’s easy to use the produce section of the supermarket as our pharmacy.

Whether we are looking to use juice for detoxification or to build our immune system (or both), juicing is one of the most effective, highly energetic and beneficial ways to use food to restore health.

And it tastes great to boot! Enjoy that light energy! ♦

