The Juicing Craze - Health or Hype?

*The NEWSTART blog*
Juicing is a quick and easy way to get a high dosage of fruits and vegetables in your diet, but does that mean you should be juicing everything for optimal health? Well studies suggest that this may not be the healthiest choice.

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Having sufficient amounts of fruits and vegetables in our diet is essential to health. However, eating at least 5 servings of fruits and vegetables per day can be a challenge. Some have turned to juicing their fruits and veggies to make it easier to take it all in. Juicing not only enables people to have more fruits and vegetables in their diet but also helps to fight or prevent cancer. Does that mean we should be juicing all our fruits and vegetables for optimal health? Well, studies suggest that this may not be the healthiest choice.

Although it is true that juicing enables a larger intake of fruits and vegetables and is used to effectively fight cancer, studies also show that continuous juicing may not be the healthiest choice for the typical person. Let's first start out with the benefits of juicing. It mentioned by the Mayo Clinic how “juicing can reduce your risk of cancer, boost your immune system, help you remove toxins from your body, aid digestion and help you lose weight.” From reading this alone, it sounds as though juicing all our fruits and vegetables would be a great idea. However, we must realize that juicing causes the essential fibers to be lost (Nedley, 1999; Mayo Clinic).

Soluble fibers, which are known to help regulate absorption. Plain juice lacks these fibers, which can cause rapid carbohydrate absorption and a large increase in blood sugar levels. This causes a person to become hungry faster, experience less satisfaction (feeling full), and through excessive use, risk developing type 2 diabetes (Nedley, 1999). Additionally, it is stated by Dr. DeRose that drinking juice also causes the body to bypass the process of producing urogastrone, a compound produced in the mouth from chewing, which is essential for optimal gastrointestinal health. So, what’s the best solution?

The reality is that there is a time and place for everything. Juicing is essential for those on special diets (for fighting cancer, fasting). However, for a typical person, choosing to eat whole fruits and vegetables and occasionally drinking fresh squeezed juice without neglecting the intake of fiber, would be the best way to go.

References:


http://newstartclub.com/resources/detail/ask-the-doctor-juicing


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