



THE ORGANIC JUICING GUIDE

Why Organic Matters, How to Save Money & More

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Introduction

Juicing is a proven way to rid your body of dangerous toxins and poisons. Juicing has become increasingly popular in recent years, because many people today eat what is referred to as the Standard American Diet (SAD). That is the name given to the typical diet in modernized nations. This approach to nutrition, which is not very nutritious at all, centers around the following foods.

- Refined sugar
- Refined grains
- Salt
- Fast foods
- Immediately consumable processed and fast foods (foods that come in a wrapper or package)
- Baked goods
- Cheese
- Regular dairy products
- Red meat
- Sandwich meats, deli meats
- Carbonated beverages
- Frozen and refrigerated processed foods
- Trans fats and saturated fats
- Candies
- Soup



Regularly eating the foods listed above delivers the dangerous poisons and unhealthy toxins and man-made chemicals that a juicing detox or cleanse efficiently removes.

When you eat the foods typically found in a SAD diet plan, your risk for obesity, cancer, heart disease, mental disorders, stress and dozens of other serious health issues skyrocket.

When you juice consistently, or enjoy a healthy 1 to 5 day juice cleanse periodically, ***you dramatically lower the possibility that you will contract those and other chronic health problems.***

This may not be news to you.

You may already understand that juicing is a smart and simple way to give your overall health and wellness a boost. However, you might not know that there is a way to make juicing an even smarter approach to proper nutrition. There is, and that is by juicing organic produce.

Why Juice Organic Produce?

The reason why you would choose to juice organic as opposed to non-organic produce is simple. To receive the organic label, fruits and vegetables have to pass through a very strict qualification process. This means that these foods have enjoyed significantly less processing and human interference on their journey from nature to your favorite grocery store or produce stand.

Less interference by man is always a good thing where nutrition is concerned.

Juicing is all about detoxing your body. There are harmful, and potentially deadly, poisons and toxins delivered by processed foods sitting in your body right now. They can lead to multiple health problems, ranging from cancer and heart disease, obesity to skin problems, joint pain and inflammation, and mental health issues like Alzheimer's disease. Juicing helps cleanse these unhealthy, deadly components from your body.

So it stands to reason that if juicing any fruits and vegetables is a smart health move, juicing organic produce is an even wiser move. Organic food has been deemed healthier than traditionally processed fruits and vegetables for several reasons. Let's take a look at exactly what organic means.



The Definition of Organic

The actual definition of the word "*organic*" can differ from one country or nation to the next. In the United States, the Agricultural Marketing Service of the US Department Of Agriculture (USDA) manages the National Organic Program (NOP). Their definition of organic is as follows.

"Agriculture producing food products using environmentally friendly methods, while avoiding most pesticides, synthetics and antibiotics."

That definition can be taken a number of ways. It is rather open to interpretation. To understand exactly what regulations and guidelines must be strictly met before the US organic label is earned, the NOP offers a free download. Head to <http://www.ams.usda.gov/rules-regulations/organic/handbook> for your free copy of the National Organic Program Handbook. That free digital download explains just how exacting the organic qualification process is in the United States.

In short, growth hormones and antibiotics cannot be used anywhere in the food growing and harvesting process. Specific chemical bad guys like ionizing radiation and sewage sludge must not be present either. Genetically modified organisms and synthetic fertilizers or pesticides are also restricted.

The exact definition of organic in the United Kingdom, Canada and other nations may differ from that in the US. Check with your country's agency in charge of food regulations for the definition as it applies to the fruits and vegetables you will be juicing. Regardless the definition, and no matter the country or nation, organic food of any kind will always be cleaner and safer to consume than food which has not earned the organic label.

Is Organic Produce Healthier and More Nutritious Than Non-Organic Produce?

The Mayo Clinic is a globally recognized health and wellness authority. They researched 50 years of data concerning organic versus non-organic nutrition. Their findings show that organic produce enjoyed no significant health and nutrition benefits over food that had not been given the organic label. So as far as nutrients go, juicing organic produce as opposed to non-organic fruits and vegetables does not give you any significant health boost.

However, **organic produce is definitely cleaner, and therefore safer, than its non-organic counterparts.** This means you enjoy a safer juicing experience with organic vegetables and fruits. You can also pride yourself in contributing to a less invasive environmental impact when you juice organic produce. Your experience is safer and cleaner, and you help lessen the harmful impact that traditional food growing, harvesting and marketing has on the planet.

Important Note: In the United States, the United Kingdom, Canada and most other modern countries, non-organic produce sold by recognized retailers is safe to eat. This non-organic food delivers levels of toxins and other man-made additives at a level or ratio that has been proven safe for human consumption. This means if you can not afford to purchase organic produce, or it is not available in your area, you can safely use non-organic produce in your juices.

You will still be treating your body to a much healthier diet than if you eat processed foods; the fruits and vegetables you juice simply will not have earned the organic designation for minimal human tampering. This leads to the question of what foods you should be buying organic, a topic we cover next.



What to Buy Organic

Organic foods can be anywhere from 25% to 100% more expensive than traditionally harvested and processed fruits and vegetables. For some, this makes juicing organic produce an impossibility (in the next section we will show you how to easily juice organic on a tight budget). That leads some people to pick and choose what organic products they purchase.

This is a smart way to save when you buy organic, since some non-organic foods deliver nearly as safe and clean an eating experience as their organic cousins.

The Environmental Working Group (EWG) in the United States publishes 2 lists of food every year, the Dirty Dozen and Clean 15. Those catchy names relate to groups of fruits and vegetables that have the most and least pesticide residues. Each year the EWG studies the regulated reports which apply to thousands of shipments of produce around the United States. With this information, they publish their annual lists of the cleanest and dirtiest produce you can eat.

The Clean 15

These foods are least likely to be contaminated with pesticide residues, according to EWG, as of 2015.

- Avocados
- Sweet Corn
- Pineapples
- Cabbage
- Sweet peas (frozen)



- Onions
- Asparagus
- Mangos
- Papayas
- Kiwi
- Eggplant
- Grapefruit
- Cantaloupe
- Cauliflower
- Sweet potatoes

The Dirty Dozen

These foods are the most likely to be contaminated with pesticide residues, according to EWG, as of 2015.

- Apples
- Peaches
- Nectarines
- Strawberries
- Grapes
- Celery
- Spinach
- Sweet bell peppers
- Cucumbers
- Cherry tomatoes
- Snap peas (imported)
- Potatoes

What these two food lists reveal are the the foods you absolutely must buy organic (The Dirty Dozen). They also point out that you probably don't need to spend money on the Clean 15, since they showed the least amount of non-organic pesticide interference (as of 2015). For a continually updated list of the Dirty Dozen, Clean 15 and all the 48 common types of produce the EWG tests annually, head to EWG.org.

How to Save Money on Organic Juicing

As we mentioned earlier, juicing all organic produce can be costly. Fortunately, there are some simple strategies that keep your costs down, while delivering the most organic juicing benefits. Keep the following thoughts in mind when you are considering juicing organic, and want to take the friendliest hit to your budget.

- Only juice the Dirty Dozen from the EWG annual produce pesticides list. You may want to expand that number to the top 15 or 20 on that list, since it routinely contains 48 different common types of produce.
- Buy non-organic produce that appears on the Clean 15 list every year. This food has been found to contain the least amount of pesticides.
- Use a masticating juicer as opposed to a centrifugal model. Masticating juicers get more juice out of produce than masticating juicers. This means more juice from the same amount of fruits and veggies.
- Don't spend a lot of money on your juicer. There are products like the Black and Decker JE2200B 400-Watt Fruit and Vegetable Juice Extractor with Custom Juice Cup (available at Amazon) that cost about \$40 that do a decent job.
- Clean your juicer frequently if you are juicing more than 20 or 30 ounces at a time. This improves your juice yield.
- Target sales. Buy organic produce when it is on sale, and juice as soon as possible to avoid waste.



Tips for Juicing Non-Organic Produce

There are a few things you can do to maximize your health benefits when juicing non-organic produce. Remember, food that has not earned the organic label is not less healthy than organically labeled food. The whole idea behind the organic designation is to let you, the consumer, know which foods are the cleanest and safest to eat. Use the following non-organic juicing tips to improve your juicing experience.

- Buy non-organic produce that appears on the Clean 15 list every year. This food has been found to contain the least amount of pesticides.
- Use a masticating juicer as opposed to a centrifugal model. Masticating juicers get more juice out of produce than masticating juicers, with organic and non-organic food.
- Don't spend a lot of money on your juicer. The Black and Decker JE2200B mentioned above is a great buy at about \$40.
- Clean your juicer frequently if you are juicing more than 20 or 30 ounces at a time. This improves your juice yield, whether juicing organic or non-organic produce.
- Look for sales. Buy non-organic produce when it is on sale.
- Juice as soon as possible to avoid waste.
- Drink juice within 48 hours to maximize your nutrient yield.
- Juice only what you can drink right away if at all possible. This means more daily juicing sessions, but also more health benefits.