

Power Juices & Smoothies

Eating healthy is one of our top priorities, but sometimes we feel tired of always eating the same food. Therefore, I want to give you ideas to keep you motivated and enjoying a healthy nutrition! Lets talk about power drinks.




In my daily practice, I get a lot of questions about fruit juices and their sugar content and I'd like to clarify this: one thing is refined sugar in processed food with no valuable nutrients but many other harmful substances, and another completely different thing is sugar in fruits which also provides us with a lot of vitamins, minerals, fiber and other beneficial substances. The fiber within fruits prevents the sugar to be released quickly into the blood stream. Fiber is a huge molecule of carbohydrates, too big to be digested (we don't absorb fiber), that acts as a net containing the free sugar (glucose and fructose) but releasing it slowly. This *net* is cut in small pieces or completely withdrawn from the juice depending on the type of juicer we use. A high amount of free sugar (without fiber) in our stomach triggers insulin and IGF-1 (insulin-like growing factor 1) levels to peak in the blood stream. Both molecules promote cell proliferation and tissue growth in addition to liberating pro-inflammatory substances. Although both molecules are produced by our body and we do need them, we don't want them to be present in high quantity. It is all a matter of balance! When we prepare fruit juices or smoothies, most of the fiber is taken out or destroyed (chopped) and the sugar is released quickly. That's the reason why I do recommend to have only 1 big or medium size fruit (or a handful of small fruits, like berries) together with 4-5 vegetables in one juice or smoothie, because vegetables are very low in sugar (and rich in minerals and vitamins). On the other hand, when we do eat a whole fruit, the fiber remains intact and can do its job, so you can enjoy all the fruit you want eating it as a whole.



Dr. Walker, a pioneer in green juices used to say: "Eat your fruits and drink your vegetables"!

The benefits of green power drinks

- * Vitamins and minerals: green leaves vegetables are food with the highest density of valuable nutrients on the planet. Although, in one green power drink, we can obtain the quantity of micronutrients recommended by the American Dietetics Association (ADA), this does not mean that there is no need to eat fruits and vegetables for the rest of the day! 
- * Alkalising effect: our blood's pH level should always be within a very narrow range: 7.35 -7.45. If we do eat more acidic foods than alkaline foods our body has to counteract the acidity in the blood stream by using substances in other tissues (such as calcium from our bones, for example), creating an acid environment outside the blood vessels.
- * Detox: veggie drinks are rich in water, easy-absorbed amino acids, simple carbohydrates and countless vitamins, minerals, antioxidants, phytochemicals and digestive enzymes.
- * Oxygenation of the blood: the German chemist doctor Richard Willstätter awarded with the Nobel Prize for Chemistry in 1915 for his investigations, discovered the molecular structure of chlorophyll, which is amazingly similar to the haemoglobin - protein responsible for transporting the oxygen in our blood.
- * Regulating bowel movements: Although juices and smoothies are not a good source of fiber - because it's withdrawn or chopped - they still do contribute to a regular bowel habit. A diet rich in fiber can cause abdominal distention (bloating) and even cramping pain if you are not used to it. For those who are new to a healthy diet I'd recommend to start with juices in stead of smoothies because they have almost no fiber.
- * Antioxidants: green veggie drinks are very rich in antioxidants and their main function is to inactivate free radicals. Free radicals are waste products from our natural metabolism, but also come from pollution, processed and refined foods.

Juices:

1. Juices are almost only water and a high concentration of micronutrients, such as vitamins and minerals, so there is almost no need to digest them as they are directly absorbed and in our blood after only 10-15 minutes! This makes it more suitable for people with nausea (to be sipped slowly, over about 1 hour so it does not cause the stomach to expand and trigger the vomit)
2. Although its fiber content is very low, it does contribute to our bowel movements because of its high content in water and its depurative properties.
3. Its low fiber content makes it more suitable for patients with obstructive bowel cancer.
4. It does give our digestive system a break, due to its quick absorption, so our liver can focus on detoxing our body.
5. Although, juicing makes taking high amounts of fruits and vegetables much easier it should NOT be considered as a substitution and therefore we will continue with our healthy diet throughout the day. However, it makes it so much easier and is a fun and very health option which also gives us a great deal of variety.
6. We can prepare juices with a blender or, if we consider the quality, we use a cold-press juicer, also called "masticating juicer". These will only extract the juice, separating the pulp/fiber almost completely.
7. Cold-press juicers do work slower avoiding therefore high temperatures which may destroy vitamins and enzymes, and also avoid the entrance of an excess of oxygen (which oxidizes our precious liquid).
8. We will take our juice as the first part of our breakfast, however, we should not consider it as a whole breakfast as it is low in proteins, fats and fiber. Also, because it is so easily digested, you may feel hungry soon after it.

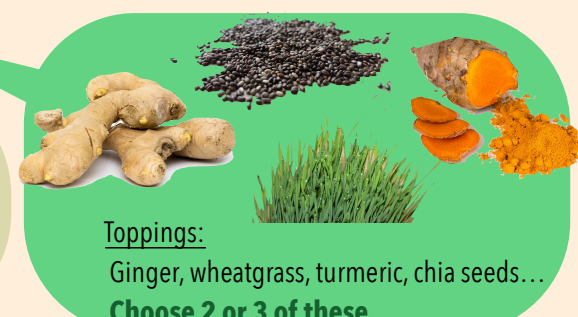
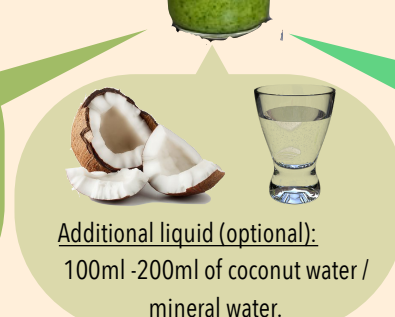
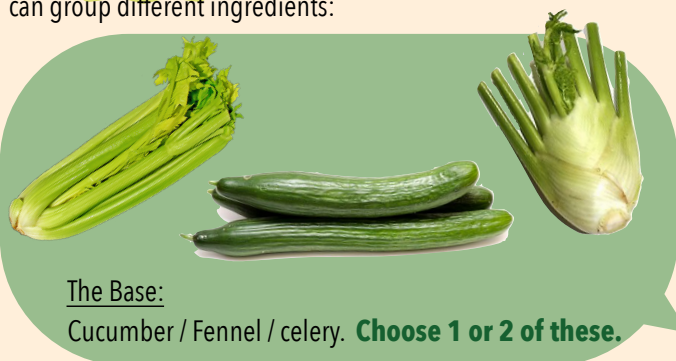
Smoothies:

1. We prepare smoothies with a mixer, which chops the fruits and vegetables. It does not withdraw the pulp/fiber from the juice, but it mixes it altogether.
2. This procedure leaves us with a drink which is more dense due to its higher content of fiber. This is not digested by us but by the bacteria in our bowel flora. It serves them as nutrients, contributing to a healthy bowel flora, which, in turn, has a lot of benefits for our health (better digestion, stronger immune system, etc)
3. Fiber does help lowering blood sugar levels and cholesterol levels.
4. Due to its fiber, smoothies are also digested and absorbed slower, taking between 20-30 minutes.
5. Smoothies give you the option to use ingredients that are not suitable for juices, such as avocados, bananas, mango or dates, for example.
6. A smoothie can provide you everything you need for breakfast, as it conserves the proteins, fats and fiber. It also keeps you satiated for longer.
7. Be aware! If you do have IBS, Crohn's disease, diarrhoea or you simply are not used to a plant based diet, veggie-smoothies are not the best to start with as your bowel flora is not used to it - it does not have the necessary bacteria.



What to put in your green power drink

Whatever you like!!! Be creative and try different combinations so you don't get tired of always having the same. To make it easier, we can group different ingredients:



Here you have some ideas



1 Apple
1 Celery branch
5 Kale leaves
1/2 Cucumber
* Optional: 1 tea spoon of chlorella

(Juice)



2 Beet roots
2 Celery branches
1/2 Cucumber
1/4 Lemon
* Optional: 1 tea spoon of chia seeds

(Juice)



3 Carrots
1/2 Cucumber
3 lettuce leaves
1 Peach
200ml Coconut water
*Optional: 1 date

(Smoothie)



1 Banana
1/2 Apple (Granny)
2 Handful of spinach
200ml of Coconut water
* Optional: Matcha tea

(Smoothie)



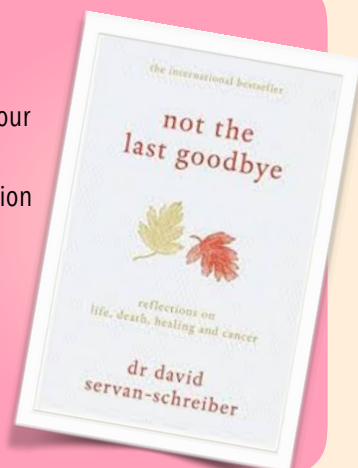
VERY IMPORTANT!! Try to buy as much as possible **ORGANIC** fruits and vegetables to reduce exposure to pesticides and herbicides.

For more info, have a look here:

<http://www.pan-uk.org>

BOOK RECOMMENDATION:

Dr David Servan-Schreiber completed his last book 8 weeks before he died of a relapse from his brain tumour diagnosed 20 years earlier. His previous book "*Anticancer - a new way of life*", number one international bestseller, is on the top of my recommendation list for patients and colleagues. This book is his own reflection about life, death, healing, and cancer. It touched me deeply.



References:

1. Patric Holford, *Say No to cancer*, Piatkus 2010 ISBN 978-0-7499-5411-6
2. Carla Zaplana, *Come Limpio*, 2018
3. Fernández Martínez, Odile; 2013. *Mis recetas anticáncer - Alimentación y vida anticancer*. ISBN 978-84-7953-437-0



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