

BLOG/REVIEW: Glass of Juice a Day

Judie Squires

Word Count: 448

I have been living a natural healthy lifestyle for about nine years now. Eating organic food has become more of a lifestyle than simply a diet. I have noticed that since the organic movement has become mainstream, organic choices are becoming more processed.

Always wanting to strive for fresher, more nutritious food, I started sprouting in a large mason jar just recently. Although a successful gardener, I have not yet mastered sprouting.

Sprouting and juicing are an important part of a healthy lifestyle.

There are many bottled organic juices on the market today. Sadly, many of their valuable nutrients are lost during the bottling and sterilization process. Drinking fresh pressed organic juices, will give you control over the quality, will taste better and will often save you money.

Although eating fresh organic fruits and vegetables in their natural state does provide a substantial amount of vitamins and minerals, to obtain the maximum benefits from them, they should be juiced. When simply eating organic raw fruits and vegetables, many

vitamins and minerals stay in the fiber which is expelled from the body. Juicing will give you that added vitamin boost.

Sprouts are an excellent healthy way to feed your family for very little money, especially during winter months when fresh greens are hard to find. Even if you can find organic greens year round, it is often transported long distances. A tub of salad greens that is picked a week ago, transported across the country, stored in a warehouse and sitting on grocery shelves is not nearly as vibrant and packed with vitamins as something you have grown yourself.

Sprouts are a live food. They are actually growing at the moment you serve them. They are packed with live nutrients and abundant enzymes.

With the right equipment, sprouts grow themselves with little to no effort and fresh juice can always be at hand.

For the highest quality fresh fruit, vegetable and grass juicers Raw Fruit Juicers has everything you need.

Raw Fruit Juicers also carries the FreshLife Sprouter. An automatic, easy to use sprouter that delivers a continuous supply of fresh water and air to provide clean, fresh, tender and natural live sprouts in the convenience of your own home.

And what's more, they have a practical, economical food dehydrator. Fresh foods are not always available or in season, one of the best ways to preserve a bountiful pick of fresh berries or that organic pineapple you purchased at peak is to dry them slowly locking in the flavor and nutrition for out-of-season eating enjoyment on cereals, as snacks and in trail mixes.

For a great on-line store with all of your healthy eating equipment visit Raw Food Juicers.

Judie Squires
Freelance Writer

Since 1999, Judie has been aggressively researching a wide range of subjects, particularly those pertaining to human health and environmental issues. Judie has written for local, regional and national publications.