

Benefits of Fresh Juices

Greens

Cold-pressed organic fruits, leafy green vegetables and herbs are full of live enzymes, oxygen, and phytonutrients. Green juices are a complete and vital natural energy source– highly recommended as a part of a healthy lifestyle.

- Kale:
 - Contains more easily absorbed calcium than milk! Kale is high in fiber, rich in Lutein, a major anti-cancer phytochemical, and is one of the best sources of beta-carotene, an antioxidant believed to be a major player in the battle against cancer, heart disease, and certain age-related chronic diseases. It is also rich in Vitamin C and Vitamin A.
- Spinach:
 - The benefits of spinach are endless. A dark, leafy green, spinach possesses several important phytochemicals, including Lutein. It also contains lipoic acid, which helps antioxidant vitamins C and E regenerate. Some other highlights include being a great source of vitamin K, magnesium, protein, and iron, as well as a blood sugar regulator.
- Parsley:
 - One of the most potent disease-fighting spices, it aids in blood purification, fatigue, digestive restoration, and is great for clear skin– due to high concentrations of beta carotene and chlorophyll
- Romaine:
 - One of the most nutritious salad greens and an excellent source of A, B, and C vitamins, manganese and chromium. As an antioxidant, it battles certain cancers, heart diseases, and cataracts.
- Celery:
 - Celery is the best natural diuretic and aids in kidney, liver, and pancreatic detoxification. The potassium content in cucumbers makes it highly beneficial for conditions of high and low blood pressure.
- Spirulina:
 - Spirulina is a microalga containing high amounts of protein, essential amino acids, essential fatty acids and vitamins and minerals.

Roots & Fruits

Packed with minerals and enzymes, our Roots & Fruits are aimed at cleansing the blood and strengthening the body on a deeply cellular level. Carrots, beets, and sweet potatoes all contain powerful healing qualities that can combat free radicals, detox the liver, and strengthen bones and teeth.

- Apple:
 - Apples are filled with vitamin C, antioxidants, and soluble fiber. They are also a great way to lightly sweeten an otherwise tart juice.
- Carrots:
 - An excellent source of antioxidants and beta-carotene, carrots are easily assimilated into our bodies. They play a vital role in fighting cancer in the body and provide optimal immune support.
- Beets:
 - Beets are blood-builders. They detoxify the blood and then renew it with minerals. Combined with carrots, consuming beets is a great way to heal the liver and kidneys.
- Sweet Potatoes:
 - Sweet potatoes contain carotenoids that help stabilize blood sugar levels and lower insulin resistance, making cells more responsive to insulin. This can ultimately help boost your metabolism.
- Watermelon:
 - Watermelon is a valuable source of lycopene, one of the carotenoids that have actually been studied in humans. Research indicates that lycopene is helpful in reducing the risk of prostate, breast, and endometrial cancers, as well as lung and colon cancer. The seeds of the watermelon are a great source of protein.
- Pear:
 - Pear contains an immense array of beneficial vitamins and minerals, including A, B1, B2, C, E, folic acid and niacin. It is rich in copper and potassium and has a high pectin content which lowers cholesterol levels.
- Pineapple:

- We love pineapple because it is not only delicious, but loaded with anti-oxidants, manganese, and an enzyme called bromelain, which is an anti-inflammatory agent.
- Ginger:
 - This super root contains many healing properties. Benefits include aiding in digestion, circulation, and inflammation. It is the ultimate warrior in fighting nasty cold and flu symptoms and is considered to have many anti-cancer properties.
- Grapefruit:
 - Grapefruit is a vitamin C powerhouse. The same lycopene that gives tomatoes their red hue helps grapefruits in fighting cell damage in the body. While lycopene and limonoids inhibit many forms of cancer, pectins in the fruit provide soluble fiber to lower cholesterol and prevent kidney stones.
- Lemon:
 - An incredible fruit. Lemons are a natural antiseptic, clearing bad bacteria out of the system. They have an incredibly alkalizing effect on the body, and as they stimulate the digestive system they purify the liver and clear out toxins. We recommend adding lemon to everything!
- Orange:
 - The orange is low in calories, contains no saturated fats or cholesterol, but is rich in dietary fiber and pectin.