

Title:  
Choosing A Juicer

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874

Summary:

There are many advantages to eating fruit and vegetables raw. Water-soluble vitamins (such as  
But for some nutrients, cooking (and juicing) is more nutritious, because it makes the nutrient

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Article Body:

There are many advantages to eating fruit and vegetables raw. Water-soluble vitamins (such as  
But for some nutrients, cooking (and juicing) is more nutritious, because it makes the nutrient

For example, research has shown that we absorb approximately 3-4% of carotenoids from raw carrot

Juicing fruit and vegetables is an excellent way to combine the advantages of both raw and cook

What are the benefits of a juicer over just eating fresh fruit and vegetables?

The use of fresh fruit and vegetable juices in both normal and therapeutic diets has long been

Fresh juices are an invaluable supplement to any person's diet. Indeed there are therapies tha

What are the advantages of a juicer over bought juice?

Making fresh juices from your own juicer provides you with the same live enzymes that are avai

Juicers can vary dramatically in price, so what should you look for in buying a juicer?

In order to extract juice from fruits and vegetables, it is necessary first to break down the

So what is a centrifugal juicer?

This is an inexpensive juicer and is widely available. It merely grates fruits and vegetables,

That doesn't sound very appetising. Are masticating juicers any better?

Masticating juicers provide richer, more flavourful, nutritious juices. They are altogether mo

This is far more efficient than centrifugal action. A good masticating juicer will extract up

Masticating juicers - like the popular American champion juicer - use a rugged cutter, spinning

There are also slower masticating juicers that use a single auger or twin gears, revolving at

You can also juice wheatgrass with a manual masticating juicer. A good one can be relatively i

The price of a good juicer may seem quite high, but the quality of the juice produced, and the

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