

Carrot Juice

If the carrots are organic, scrub the outer skin and remove the top and bottom tip. If the carrots are not organic, remove the skin, top and bottoms and trim to fit the feeding tube of your juicer. Run 1 pound of carrots through the juicing machine. Serving size is 250grams. Carrot juice is the number one juice in our diet. It contains natural vitamins B, C, D, E, K and beta carotene, a precursor of vitamin A, as well as calcium, phosphorous, potassium, sodium, and many other minerals and trace minerals.

Carrot juice contains calcium and magnesium, which helps to maintain the intestinal walls and helps to strengthen bones and teeth.

Carrot juice acts as a cleanser for the liver, explaining why we sometimes get a little orange tint in the palms of our hands when first starting to consume carrot juice. The body is simply releasing toxins from the liver to be removed from the body. Contrary to popular opinion, turning orange is not a sign of too much vitamin A. The pro-vitamin A (beta carotene) in carrot juice is converted to vitamin A within the body. If you feel your skin is turning too orange, simply cut back a little on your consumption or dilute the carrot juice slightly with other vegetable juices or an apple.

