**5 Benefits of Juicing**

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So you’ve been making some big changes in your life, and have decided to cross over into the threshold of the super healthy. Juicing is one of the single best things that you can do for your body, mind and spirit. There are many benefits to adding vegetable juice to your regimen, and it really requires no sacrifice. Here are five of the effects of juicing and how it can change your life.

1. **Liver Detox**

Our liver performs countless important functions that keep you alive and in good health. Our liver takes the toxins that we ingest and absorb and cleans them for us. Unfortunately the majority of us are unkind to our livers. While we live our daily lives we engage in behaviors that damage our essential organ such as drinking alcohol, not watching our acetaminophen intake, and even contracting some viruses. If our liver shuts down, then we could find yourself needing dialysis treatments to clean your blood, and with a drastic loss of quality of life.

There are certain nutrients that are needed in order to keep our liver healthy and productive and all of these can be found in fruit juice. Vitamin B, vitamin C, beta-carotenes, and antioxidants are all natural liver scrubbers, and when we juice we ingest tons of them (1). Now doesn’t a cup of juice sound better than dialysis?

1. **Improved Heart Health**

The Center for Disease Control says that every year 935,000 people have a heart attack (1). WebMD conducted a study and discovered that only 32% of people met their recommended vegetable goals (2). These numbers are astounding, and you can’t help but wonder if we just ate more vegetables, would the number of heart attacks bottom out? One of the causes of heart disease is free radicals that eat away at the walls of your arteries. Antioxidants fight these effects, specifically vitamins C and E. They are known to lower your triglyceride levels and prevent your blood from clotting. Vitamin C can be found in most fruits and vegetables. Vitamin E is available in spinach, kiwi, and blackberries.

Of course we know that weight is also a factor in most cases of heart disease, and juicing is known to help us lose weight by making sure that we fill up on nutrients instead of empty carbs.

1. **Increase Your Amount of Energy**

If our body is running off of actual vitamins and minerals, we’ll feel the natural energy boost that comes with it. Every time we drink a delicious and nutritious cup of juice we feel it radiating through our body and hair follicles. A cup of juice can have the same effects as a cup of coffee, but without the subsequent crash and possible headache that can accompany it.

1. **Have a More Alkaline Body**

The benefits to having a more alkaline body are almost endless. We already know about the increase in heart function, but there is an increase in brain function as well. We will be able to think clearer and be more focused. Also, having an alkaline body works better than any anti-aging cream on the market. It has been shown to slow down the aging process, and even guard against the development of cancer.

1. **Get Sick Less Often**

Antioxidants and vitamins are essential to a healthy immune system. Everybody knows about the benefits of Vitamin C, but let’s not forget about Vitamins A and E also. The chlorophyll found in green leafy vegetables is loaded with revitalizing antioxidants and phytochemicals which also has anti-cancer properties.

These are just five of the benefits, but the more research you conduct, the more you will find. It seems that the benefits are endless. Juicing might be the best decision that you can make.

Sources: 1. http://www.webmd.com/digestive-disorders/picture-of-the-liver2. http://www.cdc.gov/HeartDisease/facts.htm 3. http://www.webmd.com/food-recipes/news/20070319/americans-eating-fewer-vegetables