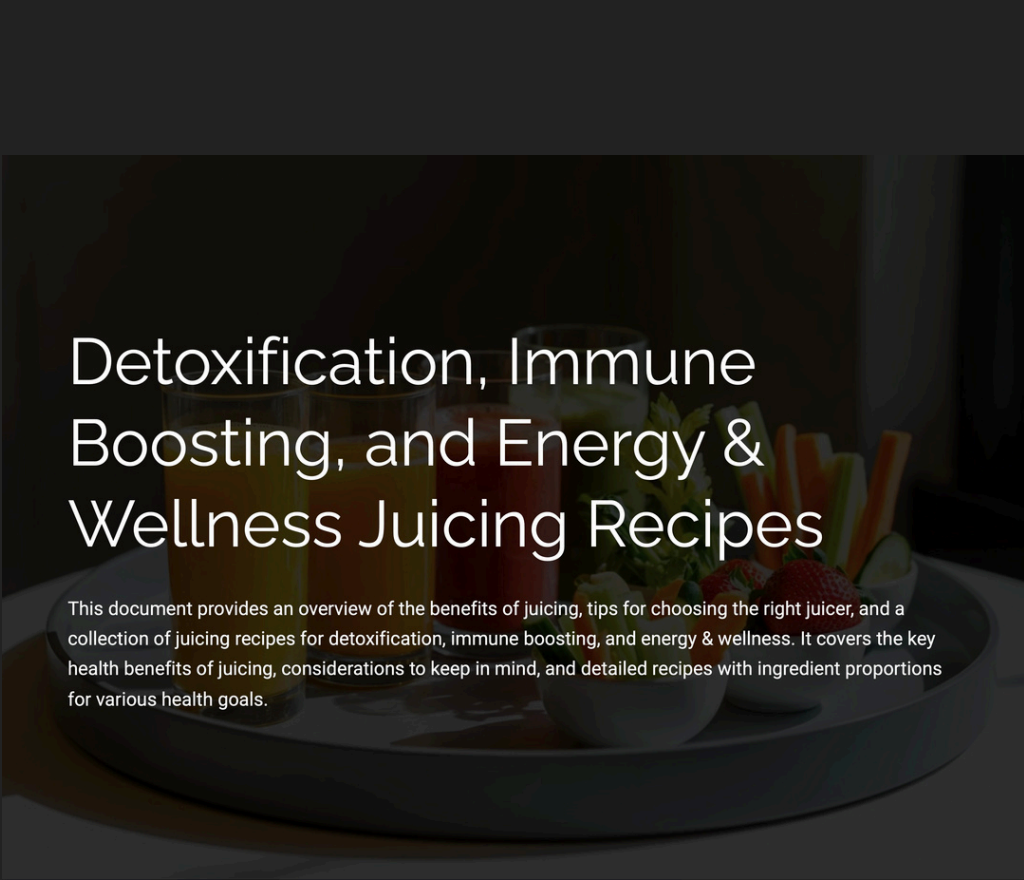


ZING!
LUMINOUS &
LOVELY
Liquid Lunches

by Sarah Merron

A photograph of a white tray containing several glasses of fresh juice in various colors (yellow, orange, red, green) and a bowl of fresh vegetables including carrots, celery, and strawberries. The background is dark and slightly blurred.

Detoxification, Immune Boosting, and Energy & Wellness Juicing Recipes

This document provides an overview of the benefits of juicing, tips for choosing the right juicer, and a collection of juicing recipes for detoxification, immune boosting, and energy & wellness. It covers the key health benefits of juicing, considerations to keep in mind, and detailed recipes with ingredient proportions for various health goals.

*Don't just eat to live—
juice to thrive!*

Key Benefits of Juicing

Juicing offers a variety of health benefits by providing a concentrated source of vitamins, minerals, and other nutrients from fresh fruits and vegetables. Here's an overview of the key benefits of juicing:

1

Boosts Nutrient Intake

Juicing extracts the liquid from fruits and vegetables, concentrating their nutrients into a form that is easy to consume. It provides essential vitamins (like vitamin C, A, and K), minerals (such as potassium, magnesium, and iron), and antioxidants. It allows people to consume more produce than they might typically eat, enhancing nutrient density in their diet.

2

Supports Detoxification

Juices made with detoxifying ingredients like beets, cucumber, lemon, and parsley help to support the body's natural detox pathways, particularly in the liver and kidneys. These juices can help remove toxins, reduce bloating, and encourage better digestion and skin health.

3

Boosts Immune System

Fresh juice can help strengthen the immune system thanks to its rich supply of vitamins, particularly vitamin C, which is vital for immune function. Ingredients like ginger, turmeric, and moringa have anti-inflammatory and antioxidant properties, further supporting the immune response.



Sips sips hooray! Healthier choices are here to stay!

Healthy Gut & Weight Management

1 Improves Digestion

Juices with ingredients like ginger, mint, and pineapple contain enzymes and compounds that can help soothe the digestive system, reduce inflammation, and improve gut health. Juicing removes insoluble fibre, making the nutrients easy to absorb, which can be beneficial for individuals with sensitive digestive systems.

2 Increases Energy Levels

Fresh juices provide a quick source of natural sugars, vitamins, and hydration, all of which can boost energy levels. Ingredients like spinach, kale, and beets are rich in chlorophyll and iron, which help increase oxygen flow in the blood and boost stamina.

3 Promotes Weight Loss

Juices can be used as a low-calorie, nutrient-rich addition to a weight loss plan. By providing essential vitamins and minerals without added sugars or unhealthy fats, they help to support metabolism and reduce cravings. Green juices are particularly popular for this purpose.

"Incorporating juices into a balanced diet can aid in weight management by promoting satiety while providing low-calorie, nutrient-dense options."

Obesity Reviews

Improve Hydration & Reduce Inflammation

1 Enhances Hydration

Many fruits and vegetables have a high water content, so juicing helps improve hydration, especially when incorporating ingredients like cucumber, celery, and watermelon. Proper hydration is essential for overall body function, including skin health, metabolism, and energy levels.

2 Improves Skin Health

The vitamins and antioxidants found in many juices, particularly vitamins A, C, and E, can support collagen production, reduce oxidative stress, and promote clear, glowing skin. Juicing can help combat the effects of ageing, improve complexion, and reduce inflammation.

3 Reduces Inflammation

Certain ingredients, such as ginger, turmeric, and leafy greens, have potent anti-inflammatory properties. Chronic inflammation can contribute to a wide range of health problems, including heart disease, arthritis, and digestive issues. Juicing these ingredients regularly may help reduce inflammation in the body.

"Juices contribute to hydration and can be a refreshing alternative to sugary beverages, supporting overall health."

Journal of Human Nutrition and Dietetics

Clarity & Cardio

1 Convenience and Absorption

For people with busy lifestyles, juicing provides a quick and convenient way to consume a variety of fruits and vegetables. Additionally, juicing breaks down the cell walls of plants, making it easier for the body to absorb nutrients quickly without the need for digestion.

2 Supports Mental Clarity and Mood

Nutrient-dense juices, especially those high in antioxidants and essential vitamins, may improve mental clarity, focus, and mood. Ingredients like ashwagandha are adaptogens that help reduce stress, while others like blueberries, Indian gooseberries and spinach are high in brain-supporting antioxidants.

3 May Improve Cardiovascular Health

Fresh vegetable juices, particularly those that include ingredients like beets, celery, and leafy greens, can help support cardiovascular health by reducing blood pressure and improving circulation. The nitrates in beets, for example, have been shown to support heart health and enhance blood flow.

“Regular consumption of vegetable juices is associated with lower blood pressure and improved cardiovascular health due to their high potassium and antioxidant content.”

American Journal of Clinical Nutrition





Build Healthy Habits

Regular juicing can motivate people to adopt healthier eating habits in general. It's often seen as a gateway to a healthier lifestyle, encouraging people to incorporate more whole fruits and vegetables into their diet and to be more mindful of their overall nutrition.

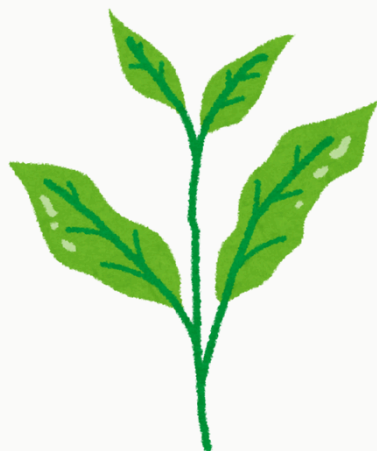
*Keep eating
healthily: nobody
wants to be a
hungry monster!*



Considerations When Juicing

- **Lack of Fibre:** Juicing removes most of the fibre from fruits and vegetables. While this can make the nutrients easier to absorb, fibre is important for digestive health, so it's essential to ensure you're still getting enough fibre from other food sources.
- **Sugar Content:** Some fruit juices can be high in natural sugars, which can lead to blood sugar spikes. It's generally a good idea to focus on vegetable-based juices or use low-sugar fruits like berries and green apples.

Juicing can be a powerful tool for improving overall health, boosting energy, and supporting various body systems, but it's best when used as part of a balanced diet that includes whole foods.



"The phytonutrients found in fresh juices provide a variety of health benefits, from boosting energy to supporting cardiovascular and immune health, making it a key component of a balanced diet."

**Dr. Michael Greger, MD,
author of How Not to Die**

Finding the Right Juicer for You

When choosing the best juicer, it's essential to balance **value for money**, ease of cleaning, and robustness. Start by determining your budget and the types of juices you plan to make, as some juicers, like **centrifugal models**, are faster and more affordable but may struggle with leafy greens. **Masticating juicers**, though pricier, are excellent for extracting high yields and preserving nutrients.

For **ease of cleaning**, look for juicers with fewer parts, dishwasher-safe components, or self-cleaning features, as this will save time and effort.

Robustness is crucial for longevity, so consider materials like stainless steel and check customer reviews for durability.

Investing in a juicer that strikes a balance between affordability, convenience, and long-term performance will provide the best value for money.

*Juice it up! It's like a party
in a glass and everyone's
invited!*



Juicing Recipes: Introduction

These proportions are designed to make about 1-2 servings (roughly 16-20 ounces of juice), but you can adjust them depending on the size of your juicer or blender.

Detox: Green Cleanse Juice

- Kale: 1 cup
- Cucumber: 1 medium
- Celery: 2 stalks
- Lemon or Lime: ½, peeled
- Moringa powder: 1 tsp
- Ginger: 1-inch piece
- Green apple: 1





Detox: Liver Detox Juice

- Beetroot: 1 small or ½ medium
- Carrot: 2 medium
- Celery: 2 stalks
- Parsley: ¼ cup
- Lemon or Lime: ½, peeled
- Turmeric: 1-inch fresh root or ½ tsp powder
- Moringa powder: 1 tsp

Detox: Cucumber Cooler Detox

- Cucumber: 1 large
- Mint: 10-12 leaves
- Lemon or Lime: ½, peeled
- Moringa powder: 1 tsp
- Spinach: 1 cup





Immunity: Immune Power Shot and Ginger Immunity Booster

Immune Power Shot

- Orange: 1 medium, peeled
- Lemon or Lime: ½, peeled
- Ginger: 1-inch piece
- Turmeric: 1-inch fresh root or ½ tsp powder
- Moringa powder: 1 tsp
- Honey: 1 tsp (optional)

Ginger Immunity Booster

- Carrot: 3 medium
- Orange: 1 large, peeled
- Ginger: 1-inch piece
- Turmeric: 1-inch fresh root or ½ tsp powder
- Moringa powder: 1 tsp



Detox: Ginger Citrus Flush and Turmeric Gut Cleanse

Ginger Citrus Flush

- Grapefruit: 1 large, peeled
- Orange: 1 large, peeled
- Lemon or Lime: ½, peeled
- Turmeric: 1-inch fresh root or ½ tsp powder
- Ginger: 1-inch piece
- Moringa powder: 1 tsp

Turmeric Gut Cleanse

- Pineapple: 1 cup (about 1/4 medium pineapple)
- Cucumber: 1 medium
- Turmeric: 1-inch fresh root or ½ tsp powder
- Ginger: 1-inch piece
- Moringa powder: 1 tsp

Immunity: Berry Citrus Immune Tonic

- Blueberries: ½ cup (You can substitute Indian Gooseberries - Amla - for Blueberries)
- Strawberries: ½ cup
- Lemon: ½, peeled
- Turmeric: 1-inch fresh root or ½ tsp powder
- Ginger: 1-inch piece
- Moringa powder: 1 tsp



Immunity: Citrus Moringa Vitality and Golden Immunity Juice

Citrus Moringa Vitality

- Grapefruit: 1 medium, peeled
- Lemon or Lime: ½, peeled
- Orange: 1 medium, peeled
- Moringa powder: 1 tsp
- Ginger: 1-inch piece

Golden Immunity Juice

- Carrot: 2 large
- Turmeric: 1-inch fresh root or ½ tsp powder
- Ginger: 1-inch piece
- Lemon or Lime: ½, peeled
- Moringa powder: 1 tsp



Energy & Wellness: Moringa Super Green Energy

- Spinach: 1 cup
- Kale: 1 cup
- Cucumber: 1 medium
- Green apple: 1
- Moringa powder: 1 tsp
- Lemon or Lime: ½, peeled



Energy & Wellness: Ashwagandha Revitalizer

- Ashwagandha powder: 1 tsp
- Banana: 1 medium
- Almond milk: 1 cup
- Spinach: 1 cup
- Moringa powder: 1 tsp



Energy Boost: Ginger Citrus Energizer and Beet & Carrot Energizer

Ginger Citrus Energizer

- Orange: 1 large, peeled
- Grapefruit: 1 medium, peeled
- Lemon or Lime: ½, peeled
- Ginger: 1-inch piece
- Moringa powder: 1 tsp

Beet & Carrot Energizer

- Beetroot: 1 small or ½ medium
- Carrot: 2 large
- Orange: 1 large, peeled
- Moringa powder: 1 tsp
- Ginger: 1-inch piece



Energy & Wellness: Turmeric Energy Elixir

- Orange: 1 large, peeled
- Ginger: 1-inch piece
- Turmeric: 1-inch fresh root or ½ tsp powder
- Moringa powder: 1 tsp
- Spinach: 1 cup



Mind & Body Soother: Calm & Clarity Ashwagandha Blend

- Ashwagandha powder: 1 tsp
- Blueberries: ½ cup - (You can substitute Indian Gooseberries - Amla - for Blueberries)
- Banana: 1 medium
- Almond milk: 1 cup
- Moringa powder: 1 tsp



Skin Wellness: Glowing Skin Juice

- Cucumber: 1 medium
- Pineapple: 1 cup (about 1/4 medium pineapple)
- Ginger: 1-inch piece
- Turmeric: 1-inch fresh root or ½ tsp powder
- Moringa powder: 1 tsp
- Spinach: 1 cup



Energy & Detox: Alkalisng Green Juice

- Kale: 1 cup
- Cucumber: 1 medium
- Lemon or Lime: ½, peeled
- Moringa powder: 1 tsp
- Turmeric: 1-inch fresh root or ½ tsp powder

Gut Health: Digestion Booster Juice

- Pineapple: 1 cup (about 1/4 medium pineapple)
- Ginger: 1-inch piece
- Mint: 10-12 leaves
- Moringa powder: 1 tsp
- Turmeric: 1-inch fresh root or ½ tsp powder



Calm & Detox: Stress Relief Juice

- Carrot: 3 medium
- Apple: 1 medium
- Celery: 2 stalks
- Ashwagandha powder: 1 tsp
- Moringa powder: 1 tsp

These quantities should give you a balanced flavour and ensure that each juice is packed with nutrients.

Feel free to adjust the amounts depending on your taste preference or to suit your health goals!

ABOUT SARAH MERRON

Sarah Merron has 25 years' experience as a practising healer and a corporate background.

Since 2008, Sarah Merron has been guiding individuals to unlock their potential and lead happier lives of purpose. As an NLP Trainer and Self-Leadership Coach, she has empowered countless individuals from diverse backgrounds, including business pioneers, entrepreneurs, nurturing parents, and dedicated athletes.

To formalise her holistic health knowledge, she is also studying a 3-year Diploma in Nutrition with the College of Naturopathic Medicine. Find out more at www.sarahmerron.com.

