

The Juice Master

Yi-Hwa Hanna caught up with juicing guru, Jason Vale, to find out everything we've ever wanted to know about these delicious, healthy, make-in-a-machine concoctions

Once a self-confessed smoker, heavy drinker and junk food addict—he smoked 40-60 cigarettes a day, and the junk food made him fat—Jason Vale used to suffer from chronic psoriasis, eczema, acne and hay fever. Until he discovered juicing; now internationally recognised as “The Juice Master,” Jason has penned nine books (and counting!) on the subject (including bestsellers *Turbo-Charge Your Life in 14 Days* and *Juice Yourself Slim*) and released a number of successful CDs and DVDs, to boot.

Now healthy, and full of energy—he waved goodbye to his asthma, eczema and acne long ago, his psoriasis has improved by more than 90%, and he's fantastically fit—Jason claims juicing changed his life, and radically. “I know it's a cliché when people say this or that changed my life, but I can say with total confidence that without juicing, my life would be radically different to what it is today,” he writes in his book, *7 lbs in 7 days: Super Juice Diet*. We find out how it can change ours, too...

GHME: *Some people believe drinking juice is a “waste” of calories, and that we're better off eating actual fruit. Is this true?*

JV: I am a very big advocate of eating a well-balanced diet, one which includes eating fresh fruit and vegetables. This issue we have around many parts of the world is that we are not eating our fruit and veg, especially in their raw, natural state. This is why I drink a great deal of vegetables, as I simply don't like eating them. A raw carrot for example is not only is it quite bland, but your body has to work hard to extract the juice from the fibres and then remove the fibre. It's only the juice that feeds the cells, not the fibre. The juice from carrots is deliciously sweet and mixes well with juices from other vegetables such as celery, beet, spinach and cucumber. I try to persuade people to replace a meal with a freshly extracted juice, that way they don't add any more calories at all. [But] the whole “calorie” way of thinking is massively flawed—it's all about useable calories. With vegetable juices, what the body cannot use it simply



Jason Vale

flushes out, unlike the energy it cannot use from doughnuts, which it simply stores in fat cells. The juices I recommend are pure and freshly extracted, they are not “cooked” and like “sugar,” as the ones available in supermarkets are.

GHME: *We've also heard talk that juicing can decrease the amount of nutrients...*

JV: Personally, I've never heard this. All of the evidence shows that juicing increases the bio-availability of nutrients to the cells as it is known as “rapid nutrition.” You don't lose the fibre, as fibre can't and won't penetrate through the intestinal wall. Vegetables come as a package, [as] we can't carry liquid and nature is smart, it encased the liquid fuel we need in fibre so we can transport it anywhere.

GHME: *Fresh or frozen—what's better?*

JV: Always use fresh; 100% fresh where at all possible. Plus you cannot extract juice from frozen vegetables and fruits, as you'd have to defrost it. You can blend frozen fruits and vegetables—juicing and blending are two different things.

GHME: *Some personal trainers suggest avoiding all types of sugar when we're dieting—and that includes natural sugars found in fruit and juices. Do you agree?*

JV: This is a trend and is based on false thinking that all sugars are the same. I

have seen the incredible results firsthand on my retreats as well as the thousands of letters and emails I have had in over the years of juicing for rapid healthy weight loss. It works—every time!

GHME: *Are there any other myths about juicing that you would like to debunk?*

JV: 1. The sugars [in a juice] are not the same as those in a doughnut. 2. I'm a big advocate of juicing mainly vegetables, as this is where the true health benefits are. 3. We eat enough fibre and there is still soluble fibre in the fresh juice. It's only the juice within the fibres that feed you. 4. Calories are not a gauge of whether a juice or food will make you gain weight.

GHME: *What are your top 3 juicing tips?*

JV: 1. Use two apples as a base when making a vegetable juice. That way, whatever green vegetable you are juicing, it will always taste delicious. 2. Clean your juicer the second you have made your juice! 3. Get the right juicer; nothing will put a nail in your juicing coffin faster than getting the wrong machine. ■

SLIMMING SMOOTHIE

Drink yourself slim with Jason's delicious recipe.

INGREDIENTS

- 2 Golden Delicious Apples
- 2 stalks celery
- 1/3 medium cucumber
- 1 lime, peeled
- 3cm chunk ginger
- ½ avocado, ripe
- 1 small handful ice

Juice the apples, celery, cucumber, lime and ginger together. Place ice, juice & avocado into a blender, and blend until smooth. Best served: As a meal replacement for breakfast. “When you wake up, drink some hot water and lemon, and go for a run. If you work out on an empty stomach in the morning, you turn into a fat burning machine! You'll be amazed at what a difference a little workout and this smoothie (as a meal replacement) once or twice a day will have on your waistline and overall health,” Jason says.