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Juicearian

Many people have heard of juice fasts as a means of detoxifying the body. Followers of a raw foods regimen also include juices as part of their nutrition. Nearly anything can be juiced - fruits and vegetables, primarily. It's a form of concentrated nutrition. Some raw foodists drink only fresh fruit juices.

In addition, fruit and vegetable juices are good sources of the traditional nutrients. Citrus fruits (grapefruit, oranges, etc.) provide a healthy portion of vitamin C. Carrot juice contains large quantities of vitamin A, in the form of beta carotene. A number of green juices are a good source of vitamin E. Fruit juices are a good source of essential minerals like iron, copper, potassium, sodium, iodine, and magnesium, which are bound by the plant in a form that is most easily assimilated during digestion.

While fruit and vegetable juices are the most common form of juice, wheatgrass juice has been getting a lot of attention lately because of the denseness of nutrients it contains.

You may not consider everything you just read to be crucial information about Rawfood Diet. But don't be surprised if you find yourself recalling and using this very information in the next few days.

The primary advantage of truly fresh wheatgrass juice - juice made from raw, live, soil-grown wheat grass, is the apparent high level of life force energy that it contains. It is one of the few truly fresh foods available (sprouts are another). The grass is alive and growing right up to the time it is juiced, and hopefully you are drinking it within a few minutes or so of juicing. Most of us get our green veggies from markets, and they were picked days ago and refrigerated - losing vitality the whole time.

(It is an even worse situation for fruit, which may be picked weeks before you eat it, and in some cases, held in cold storage for months - losing vitality the whole time.)

In contrast, one can grow wheatgrass indoors, and enjoy it when it is truly fresh.

In conclusion, drinking plenty of fresh fruit juices daily will cleanse your system, make you feel completely energized and last but not least, you will look beautiful. People will wonder what you are doing differently!

About the Author

By Anders Eriksson, now offering the **host then profit** baby plan for only \$1 over at [Host Then Profit](#)

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