

The Truth About Juicing

Juicing first came into popularity in the 1990s as a way to promote the immune system and cleanse the body of harmful toxins.

Juicing proponents claim that juices' nutrients correct imbalances created by unnatural foods.

Other advocates recommend juicing as a way to add more plant-derived nutrients to the diet.

This treatment method is frequently used to sustain the body during long fasts or as part of the popular Gerson regimen. But decades after its entry into the dieting nomenclature, juicing's impact on human health is being brought to light by many researchers.

JUICE VS. WHOLE FRUIT

In a recent study by the Harvard School of Public Health, people who ate at least two servings each week of certain whole fruits — particularly blueberries, grapes, and

apples — reduced their risk for type 2 diabetes by as much as 23 percent in comparison to those who ate less than one serving per month.

Conversely, those who consumed one or more servings of fruit juice each day increased their risk of developing type 2 diabetes by as much as 21 percent, according to the study. The researchers found that swapping three servings of juice per week for whole fruits would result in a seven percent reduction in diabetes risk.

THE SQUEEZE ON JUICE

Overall, juicing is considered safe when it is used as part of a healthy diet. A diet high in vegetables and fruits has been shown to reduce cancer risk and to improve over-



all health. But there is no convincing scientific evidence that extracted juices are healthier than whole foods, according to the American Cancer Society.

Some vitamins are destroyed by the heat used to draw out juices from fruits and vegetables.

Also, juice extractors remove the critical fiber-containing pulp from the raw food, which results in less fiber intake.

Health professionals recommend eating the pulp from the juiced vegetables and fruits, which helps keep enough fiber in the diet.