

Super Youthening



Juice & Reverse Premature Aging

Bring On The Liquid LifeForce!

An introduction to juicing

By Julie Hutton

"I can truthfully say that I am never conscious of my age... I feel more alive, alert, and full of enthusiasm today than I did when I was 30 years old.

I AM AGELESS!"

*Norman Walker
The Natural Way to Vibrant Health*

Norman Walker's boast in the comment above, indeed the whole of his life, is a wonderful testimony to vibrant living and a healthy diet. No wonder this remarkable Anglo-American is credited with being the first Westerner to advocate juicing at the heart of a healthy nutrition program.

Norman Walker died peacefully in his sleep, age 99

He started juicing way back in the 1920s, inventing and marketing his own juicing machine (the Norwalk Press Juicer, which is still available today) in the following decade. This, and a series of high-energy nutrition books sparked a dietary revolution that is still gathering pace today, based on what the doctor termed *living foods*.*

In very broad terms, by *living foods* he meant unprocessed foods, principally raw vegetables and fruits. But the dietary breakthrough he gave us was the concept of separating the **easily absorbed, concentrated liquid goodness** of these foods from their more digestively challenging and fibrous pulp.

Why Juice?

Welcome to juicing. And thank you, Dr Walker!

These are heart-felt thanks - because juicing is now a core part of my own diet. It is **my Liquid LifeForce**. And I want to share with you its many benefits and some great tips on how to enjoy and make the most of this fabulous shortcut to health and vitality.

Actually, it took around 60 or 70 years before Dr Walker's idea started to catch on in a big way. That's because we now know far more about the life-giving, healing and energizing properties of raw foods, especially veggies.

A tomato, for example, contains **10,000 different chemical compounds**, which are only now being analyzed and properly understood.

At the same time, people like the National Cancer Institute urge us to consume more and more vegetables. Broccoli, for instance, contains a substance that may prevent or even cure breast cancer.

This 'eat more' recommendation makes for an uncomfortable equation: Eight or nine servings of fruit and vegetables a day into one human body can be a challenging piece of math! The average American daily intake is 1-1/2 servings of veggies and zero fruit.

Yet, we need this volume to extract enough of the critical ingredients that we know, beyond a shadow of doubt, are good for us.

Major juicing benefits

- It enables us to easily take in the recommended amount of daily fruit and vegetable nutrition and in far greater variety
- **It strengthens the immune system**
- Juicing eliminates the first critical part of the digestive process by breaking down and **extracting the key ingredients for you**. Freshly juiced fruit and vegetables can contain **massive amounts of nutrients and chemicals** that researchers believe facilitate rapid healing and cellular regeneration.

*Including *Fresh Vegetable and Fruit Juices; What's Missing in Your Body?* (1978)



- Together, these substances can **slow down** or even **reverse premature aging** and many diseases. In sufficient variety and quantity, they contain virtually all of the other **vitamins, trace elements and nutritive chemicals** our bodies need.
- Juicing **repairs cellular damage**.
- Unstable hormone, cholesterol and triglyceride levels can be brought within healthy ranges; blood pressure improves and body fat percentages decline.

Over time, juicing becomes integrated into **a healthy eating program that becomes habitual**, not easily abandoned like a fad diet. Isn't it great to know that juicing can make all these things happen inside of us?

My personal experience also reveals a lot of tangible and very visible benefits – changes I can genuinely, physically feel since I started juicing.

1. I'm more **energetic and optimistic**.
2. **Harder and stronger fingernails**, which had been splitting, bending and folding like paper.
3. My **hair is shiny** and has stopped graying (other people report thicker hair growth and reduced hair loss).
4. My skin is healthier and looks **more youthful**. And **pinker and healthier gums**.

Others experience achieving their **weight loss goals** and **dramatic health improvement**.

What are you waiting for? Let's get juicing!

For suggestions on the best juicer to buy and what specific vegetables to use see the free eBook on juicing at www.JulieHuttonCoaching.com/Products/Juicing1.pdf



About the Author:

Julie Hutton is a 20+ year veteran transformational life consultant, working personally with clients globally via phone, Internet, and in person in the Seattle/Bellevue area of Washington State.

She started juicing in response to a health crisis many years ago, and, as a result of her interest, began developing her www.SuperYouthening.com program.

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