

Improve your health with homemade vegetable juices

Written by

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Fresh vegetables prevent cancer

We all know how important vegetables are for our body. They are rich in fiber which helps our digestive system. Scientists have also proved that they have vital substances that help prevent cancer.

Fresh vegetable juices are extremely healthy

for several reasons

The human body needs a daily intake of raw foods. Making juice out of fresh vegetables is, therefore, an excellent method to provide the body with this valuable nutrition. All the anti-radicals, fibers, vitamins and minerals your body needs in one glass. It is much easier than chewing the raw vegetable itself; and for many, it is also much tastier. Another important benefit is that as opposed to cooked vegetables, which have lost a significant percentage of their nutrients from the heat, raw vegetables maintain all their nutritional properties. Therefore, extracting vegetable juice is the ideal method to provide the body with this very important nutrition. Another advantage is that the high content of fructose found in fruit juice increases the insulin and blood sugar levels drastically. Vegetable juices on the other hand, DO NOT. This is a significant nutritional benefit. Carrots and beetroots are too fructose-rich, so they are the exceptions to the rule.

Unfortunately most people do not include vegetables in their daily diets.

There is one alternative which helps us increase their intake:

raw vegetable juices