

# HEALTHY JUICES



Smoothies, Shakes,  
Infusions, and Other  
Healthy Drinks

Purifying and Weight Loss Cures



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# Book

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## HEALTHY DRINKS

### WATER

*No other beverage quenches thirst like fresh and pure water.*

#### WHAT WATER TO DRINK?

• **Drinking water:** It is the one legally suitable for human consumption. The laws regarding quality, in many countries, allow drinks that contain small but important quantities of numerous toxins such as arsenic, cadmium, or cyanide. The cumulative, toxic effects of small quantities of toxins consumed in drinking water are yet to be thoroughly studied.

• **Alkaline or ionized water:** It is created by treating drinking water through electrolysis or other electrical processes. According to proponents, the alkaline pH (close to 8) of this type of water makes it effective in neutralizing excessive acids in the blood. Anecdotal evidence and anti-aging claims are attributed to this water; however, sufficient scientific evidence is lacking to justify it.

• **Filtered water:** Water that has passed through a filter of activated carbon. These filters generally remove suspended particles and some organic compounds.

• **Distilled water:** Water that has been purified by distillation, removing all minerals and organic compounds. It is often used in medical and laboratory settings.

## PLANT-BASED MILK

### SOY MILK

*It is the most popular of all plant-based milk, and the richest in proteins.  
The use of packaged soy milk is recommended.*

Soy milk or soy drinks are the most nutritional of all plant-based milk. Their proteins are complete and their fats are healthy thanks to their omega-3 fatty acid content.

#### Properties

Besides those that are common to all plant-based milk (p. 28), soy milk:

- Contains 15 times more iron than cow's milk.
- Tends to be enriched with calcium (packaged), supplying the same proportion as cow's milk (about 120 mg per 100 ml). There is a production of non-transgenic brands.
- Is free of animal hormones, in contrast to present-day cow's milk that contains estrogens and other hormones.

#### Nutritional and Cancer Preventive

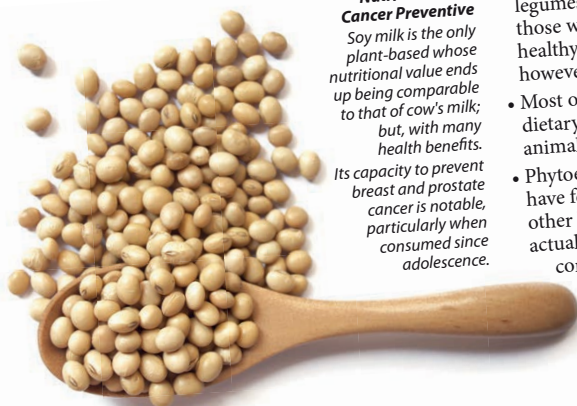
Soy milk is the only plant-based milk whose nutritional value ends up being comparable to that of cow's milk; but, with many health benefits.

Its capacity to prevent breast and prostate cancer is notable, particularly when consumed since adolescence.

- Protects against breast and prostate cancer (two of the most common) and against osteoporosis.
- It does not promote allergies, asthma, and the production of mucus, as occurs with cow's milk.

#### CLARIFICATION REGARDING PHYTOESTROGENS

- Although the name can lead to confusion, the effects of phytoestrogens are not those of animal-based estrogens.
- Phytoestrogens in soy do not promote cancer, as stated without foundation in some spheres—quite the contrary—their use against it. Numerous laboratory and epidemiological studies on humans have shown that soy consumption is associated with a lower risk of cancer.
- Soy isoflavones and other phytoestrogens are widely available in plant-based diets, particularly in legumes. If phytoestrogens were to have negative effects, those who consume excessive amounts of soy in a healthy diet would have a higher risk of cancer; however, reality shows exactly the opposite.
- Most of the negative studies on the dietary use of soy have been conducted on animals, and are not applicable to humans.
- Phytoestrogens in soy and other legumes have feminizing or carcinogenic effects. On the other hand, these effects are not observed in actual estrogens containing soy. Consumption is linked to a lower risk of cancer.
- Women who have soy in their diet can have soy at a normal amount.



Each Serving  
(250 ml glass or cup) Contains

Calories	Sugars	Fats	Saturated Fats	Sodium	Proteins	Fiber
131	9.7 g	4.2 g	0.5 g	0.12 g	8 g	1.5 g

Know the different characteristics of the drinks that are consumed on the daily basis and discover which of them are appropriate for you.

## ALCOHOL-FREE DRINKS

### ALCOHOL-FREE WINE AND

*Healthy alternatives to the alcohol version of these drinks.*

Those who do not want to do without the flavor of certain, typically alcoholic drinks such as wine and beer can now find non-alcoholic versions of those same drinks.

#### ALCOHOL-FREE WINE

Alcohol-free wine is a healthy alternative to the consumption of typical wine. It is produced through eliminating the alcohol in fermented wine. Alcohol-free wine differs from grape juice—called must—since it has undergone fermentation and it contains almost no sugars.

It is clear that the cardio-protective effect of wine is not due to alcohol; rather, to the polyphenols originating from the grapes.

Alcohol-free wine or, better yet, grape juice (must), protects the heart more than wine does without showing any of its many drawbacks.

#### Advantages

Exempt from the negative effects of alcohol (destruction of cells, increased risk of cancer, and liver damage, among others).

Preserves the resveratrol and polyphenols.

Compared to wine with alcohol, alcohol-free wine reduces the oxidative stress in the blood and prevents atherosclerosis or widening of the arteries.

#### ALCOHOL-FREE SANGRIA (P. 102)

Very refreshing drink made with fruit.

#### ALCOHOL-FREE I

Generally prepared with natural chemical products and artificial flavors. They have medicinal properties, but lack alcohol.

### BLOODY MARY

The name of this cocktail, BLOODY MARY comes from Queen Mary I of England (1516 - 1558), known as Mary Tudor, granddaughter of the Catholic king and queen of Spain. Queen Mary I sadly became famous for instituting Roman Catholicism in England, subjecting the country to papal authority and cruelly persecuting protestants.

The original BLOODY MARY is made with tomato and vodka; however, there are alcohol-free and stimulating versions that need to use vodka.

#### Ingredients (for one glass)

- 120 ml tomato juice
- 1 tablespoon lemon juice
- ¼ teaspoon Worcestershire sauce (see box)
- ¼ teaspoon herb salt
- ¼ teaspoon cayenne pepper
- 2 ice cubes

#### Preparation

- Place all ingredients in the cocktail shaker and stir.
- Serve in an appropriate glass, garnish with a celery stick and a wedge of lemon.

#### Properties

- Aperitif
- Heart protective
- Anti-carcinogenic
- Moderate in calories (approximately 80 per 125 ml glass)

#### Strong Flavor

A virgin BLOODY MARY (alcohol-free) is a strong-flavored and stimulating drink with all the properties of tomato juice.



## DRINKS WITH DRAWBACKS

### Cow's Milk

*A very suitable milk for calves.*



Cow's milk is one of the most widely consumed drinks in Western countries. Its nutritional value is very high, as it provides 18 of the 22 most important nutrients.

However, the fact that cow's milk is nutritional is not sufficient to be considered healthy. There is no question that cow's milk is recommended for calves considering that it was designed for them. Precisely for that reason, cow's milk contains three times the proteins and four times the calcium than human maternal milk.

Nonetheless, no matter how rich in nutrients it may be, cow's milk does not prove to be apt for humans, and it cannot be recommended as a healthy drink, not even for children and

milk, contrary to what has been stated and not only fractures but also cardiovascular diseases, aging, and mortality in general in proportion to milk consumption. The drawbacks of cow's milk have been confirmed in one of the major studies carried out worldwide regarding the effects of its consumption published by the *British Medical Journal* following up with nearly 100,000 individuals in twenty years.<sup>2</sup>

As other research has already indicated, the consumption of cow's milk in adulthood does not favor the mineralization of bones nor does it protect against osteoporosis; on the contrary, if it is consumed, the greater the risk of fracture.

2 Michaëlsson K, Wolk A, Langenskiöld S, Basu S, Waltherius H, Byberg L. Milk intake and risk of mortality in women and men: cohort studies. *BMJ*. 2014 Oct 2; 253:2269.

## DRINKS WITH DRAWBACKS

### COFFEE, TEA, MATÉ, AND GUARANA

*Drinks with caffeine, a psychoactive alkaloid especially harmful to pregnant women and to children.*

Drinks with caffeine are some of the most consumed around the world, and bask in advertising sponsored by large commercial firms. However, despite some studies that show the positive effects of coffee and tea, the reality pertaining to these drinks involves numerous, well-documented drawbacks, although rarely disclosed.

#### DRAWBACKS OF DRINKS WITH CAFFEINE

These are some of them:

- Sleep disorders.
- Gastritis and gastro-esophageal reflux (heartburn).
- Anxiety or hyperactivity (particularly in children).
- Cardiac arrhythmias.
- Anemia (coffee and tea interfere with non-heme iron absorption).
- Loss of calcium in urine.
- Gestational diseases.
- Physical and psychological dependency, possibly its most undesirable effect, manifested by:
  - Need to increase the dose to obtain the same effects, which is known as tolerance.
  - Withdrawal syndrome upon suspending its intake.

Sensitivity to caffeine depends on hereditary factors, which explains why it affects some people more than others.

Due to all of this, beverages with caffeine cannot be considered healthy and, if they are used, it should be extraordinarily, in very specific cases; yet, not in a habitual form.

There is a **caffeine-detoxification treatment** (see p. 252), recommended for all those who end up being harmed by the consumption of coffee, tea, maté or other caffeinated drinks.

#### COFFEE

The protective effect of coffee is due to the antioxidant polyphenols contained in it, but it is only manifested when fewer than three cups are consumed daily.

There is no linear dose-response relationship, in contrast to what occurs with truly healthy beverages.

However, many plant-derived, antioxidant sources exist; more effective than coffee itself, and without its drawbacks.

- A cup of coffee contains about 100 mg of caffeine.

#### Subjective Effect

Under the effects of coffee, a student reads more pages and feels that he is moving along faster; in fact, he retains

and absorbs less knowledge.

It has been already proven in the past that key faster after drinking coffee, but they make mistakes.

#### Alternatives to Drinks

Coffee, tea, maté, and other beverages do not provide any benefit that is not obtained from other drinks with caffeine, yet, non-addictive, such as these:

- Malt (p. 26) or chicory (coffee substitute).
- Rooibos tea (p. 306): Antioxidant, free, source of iron, does not contain caffeine.
- Medicinal plant infusions.
- Decaffeinated coffee.
- Fruit and vegetable juices.

## HARMFUL DRINKS

### ALCOHOLIC DRINKS

*There exists no minimum amount of alcohol to be safe. Any amount has harmful effects to physical and mental health.*

From the time Noah planted a vine and was inebriated by the fermented grape juice, alcoholic beverages have not ceased to cause all types of tragedy to mankind. Presently, we know that alcoholic drinks are the cause of:

- Cancer of the mouth, esophagus, stomach and breast, among others.

- Liver cirrhosis and other diseases.
- Traffic accidents.
- Violent behavior.
- Neurological and psychiatric disorders.

The only safe and healthy dose of alcohol is tolerance. The many risks associated with alcohol do not compensate in any way for the low alcohol content of some beverages.

#### ALCOHOL AND CANCER

Meanwhile, some studies have shown that doses of alcoholic beverages have a beneficial effect on the heart in specific cases. The same does not occur with all types of alcohol, which shows that, whether in moderation or not, alcohol increases the risk of cancer.

One of the studies that have been conducted demonstrated the cardiovascular benefits of alcohol in moderation. A study was conducted with 10,000 European individuals. The results show that moderate consumption of alcohol, in the esophagus, stomach, liver, and heart, among others, are significantly beneficial for moderate drinkers. In the *British Medical Journal*, it is stated that there is no minimum safe dose of alcohol consumption under which the risk of cancer is reduced, and that the net effect of any dose is harmful.

Consequently, the consumption of alcoholic beverages such as red wine should not be recommended with the objective of reducing cardiovascular mortality, as its protective effect is nullified by the cancer-causing risk.

1 Schüz M, Boeing H, Pischon T, et al. Alcohol consumption and the risk of cancer in eight European countries: a prospective cohort study. *BMJ*. 2011 Apr 7; 342:2147-2152.

#### No Alcoholic Drink Is Healthy

The promotion of wine as heart-healthy serves commercial interests more than scientific opinions.



## DRINKS WITH DRAWBACKS

### SOFT DRINKS

*Perhaps refreshing; yet, do not quench thirst or contribute to health.*

The so-called soft drinks, sodas, or soda pops are made with refined sugars such as corn syrup (high in fructose), coloring, extracts, and carbonic gas. Its habitual consumption is the cause of various undesirable effects among which the following stand out:

- Diabetes
- Obesity
- Kidney diseases, especially in the case of cola soft drinks<sup>1</sup>
- Low bone mineral density
- Osteoporosis

The Framingham study regarding osteoporosis showed that women who consume one cola soft drink per day, even if caffeine- or sugar-free, have 5.4% lower bone mineral density than women who consume fewer than one cola soft drink per month.<sup>2</sup> The phosphoric acid contained in these beverages is principally responsible for its decalcifying effect.

1 Celec P, Behulak M. Behavioural and endocrine effects of chronic cola intake. *J Psychopharmacol*. 2010 Oct; 24(10):1569-72. PubMed PMID: 19423611.

2 Tucker KL, Morita K, Qiao N, Hannan MT, Cupples LA, Kiel DP. Colas, but not other carbonated beverages, are associated with low bone mineral density in older women: The Framingham Osteoporosis Study. *Am J Clin Nutr*. 2006 Oct; 84(4):936-42. PubMed PMID: 17023723.

#### Consuming Soft Drinks, a Health Risk

There are many refreshing and healthy drinks as to not resort to soft drinks made with artificial ingredients.





# Drinks for Every Part of the Body

Juices, smoothies, broths, cold soups, infusions and other healthy drinks appropriate for restoring the health of every organ, tract or system in the body.

The healing power of plant-based foods is well known, particularly of fruits and vegetables. However, eating them whole does not always turn out to be easy. The fact of turning them into liquid usually makes them better received and easier to consume.

Additionally, juices contain less insoluble fiber than whole foods, which contributes to quick absorption of vitamins and antioxidants.

Each juice or smoothie presented in this chapter is the result of the right combination of fruits, vegetables and seeds. The healing powers of these ingredients are mutually strengthened for their

**Variations Are Allowed**  
Develop your creativity by replacing an ingredient or adding others to the drinks in this chapter. There are many possible combinations and the results are amazing.

## DRINKS FOR THE LIVER

### LIVER INFLAMMATION - 1

The excess of toxins, drugs, alcohol, and poor-quality fats can be remedied with vegetable and fruit juices.

Juice

#### LIVER CLEANSER

The liver, together with the kidneys, is the organ responsible for filtering many of the toxins and foreign substances that circulate throughout the blood. Alcohol, drugs, pesticides, and other contaminants should be neutralized in the liver. Modern life and a diet based on processed products signify added work for the liver, which can eventually suffer inflammation due to an overload. Fatigue, lack of energy, and skin rashes are some of the signs of liver inflammation.

The liver is a filter that needs to be cleansed, and there is nothing better for that purpose than the LIVER CLEANSER juice. Lombard cabbage or red cabbage, as well as carrots and apples have demonstrated in laboratory testing their capability to detoxify and protect liver cells.



#### Properties

- Hepatic (liver) protective
- Detoxifying
- Purifying
- Antioxidant
- Immunostim
- Stomach pro
- Anticarcino

#### Vitamin

Pe  
Vitamin A  
Vitamin C  
Vitamin E  
Vitamin K  
Potass  
Vita  
Vita  
Fol  
M

Smoothie

## DRINKS FOR THE NERVOUS SYSTEM

### DEPRESSION - 1

That we eat or drink has a definite influence on mood and mental health.

#### SMILE, PLEASE

A depressed mind requires an abundant supply of nutrients high in biological value, such as the ones contained in the SMILE, PLEASE smoothie.

- B-vitamins and vitamin E, from wheat germ and almonds.
- Folate from orange juice.
- Omega-6 and omega-3 essential fatty acids from linseed (flaxseed) or chia.

Additionally, blueberries round off this extraordinary assortment of nutrients containing neuroprotective anthocyanins (purple pigment). The SMILE, PLEASE smoothie invigorates the nervous system and the entire body due to its content of iron, calcium, and other indispensable minerals for a good mood.

#### For a Good Mood

All the ingredients of the nutritious and delicious SMILE, PLEASE smoothie help to overcome depressive states and to maintain a positive mental attitude.



Natural beverages have properties for the prevention and treatment of the most common diseases of each organ of our body.



Vegetarian All



Gluten-free  
Suitable for celiac sufferers



Diabetes Recommended



Food Allergy  
No special warnings



Antioxidant Power  
7,113 GRAC units  
per serving (142% of  
Maximum Daily Value)



Acid Load (PRAL)  
-4.38 mEq/100 g

#### INGREDIENTS

For two, 250 ml servings

- 4 cups of spinach [about 30 g each]
- 5 carrots, medium [about 61 g each]
- 1 cup of blueberry juice [about 250 g]

#### PREPARATION

- Put spinach and carrots through juice extractor.
- Add blueberry juice and mix. If juice is not available, make a smoothie with one cup (about 150 g) of blueberries.



... but if you wish,



- Antioxidant
- Tonic
- Anticancer
- Nutrient
- Anticancer
- Alkaline

#### Vitamin

Pe  
Vitamin C (69.7 mg) ...  
Vitamin B1 (0.1 mg) ...  
Magnesium (14.7 mg) ...  
Selenium (11.7 µg) ...  
Vitamin B6 (0.35 mg) ...  
Folate (79 µg) ...  
Potassium (782 mg) ...  
Vitamin E (2.53 mg) ...  
Iron (2.61 mg) ...  
Zinc (1.64 mg) ...  
Vitamin B2 (0.177 mg) ...  
Niacin (1.931 mg) ...  
Calcium (114 mg) ...





## DRINKS FOR THE STOMACH

### HEARTBURN

To fight heartburn it is advisable to drink half a glass of antacid juice several times per day rather than a large glass all at once.

Juice

#### FIRE STOPPER

Those who suffer from heartburn describe it as a burning sensation in the pit of the stomach that, on occasions, travels to the throat. It is medically known as *gastro-esophageal reflux*, usually caused by a hiatal hernia in the esophagus.

The FIRE STOPPER juice neutralizes the excess of acidity in the stomach and, additionally, helps to close the sphincter or valve separating the esophagus from the stomach so that the acidic gastric juice does not rise. In summary, it is a good alternative to chemical drugs usually employed to combat heartburn.

#### Properties

- Antacid
- Alkalinizing
- Digestive
- Purifying
- Antidiarrheal

#### Vitamins and Minerals Per Serving

	% Daily Value
Vitamin A (513 µg)	57%
Vitamin C (15.1 mg)	17%
Vitamin B <sub>6</sub> (0.238 mg)	14%
Vitamin K (14.3 µg)	12%
Magnesium (23 mg)	5%
Calcium (33 mg)	3%

#### Half a Glass Several Times Daily

The FIRE STOPPER juice can be consumed at any time of the day, when heartburn is felt, but it is advisable to do so regularly, three to six times throughout the day.

Each Serving (250 ml glass or cup) Contains

Avoid Acidity



## DRINKS FOR THE URINARY TRACT

### URINARY INFECTIONS

Berry smoothies and juices help to avoid recurrent urinary infections.

Smoothie

#### URINARY SEDATIVE

The bacteria that usually cause the majority of urinary infections have the capability of attaching themselves to the inner lining of the bladder. From there, they easily multiply, bringing about the irritating, recurrent cystitis. Berries, blue, as well as, red (cranberry) have the ability to detach bacteria from the wall of the bladder, thereby helping to avoid recurring urinary infections.

Furthermore, coconut milk contains substances that have antibiotic and anti-infectious defense strengthening actions. All of that combined with lemon—powerful urinary antiseptic—makes the URINARY SEDATIVE smoothie an effective remedy against cystitis and other urinary tract infections.

#### Properties

- Antibiotic
- Immunostimulant
- Antianemic
- Antioxidant

#### Vitamins and Minerals Per Serving

	% Daily Value
Vitamin C (13.6 mg)	17%
Iron (2.08 mg)	12%
Magnesium (33 mg)	12%
Potassium (197 mg)	12%
Zinc (0.46 mg)	12%
Vitamin B <sub>6</sub> (0.044 mg)	12%
Vitamin B <sub>12</sub> (0.062 mg)	12%
Folate (16 µg)	12%



Smoothie



## DRINKS FOR THE REPRODUCTIVE SYSTEM

### INFERTILITY

Ensuring a supply of certain nutrients such as selenium and vitamin E proves to be essential for fertility.

#### ONE PLUS ONE EQUALS THREE

In the last decades, fertility has been decreasing in the human race. Some of the causes are poor diet, chemical pollution, and reproductive system infections.

Selenium is a small element that forms a part of an important group of antioxidant proteins. In a man, it is involved in the maturing process and the motility of spermatozoa. In a woman, it promotes the maturing process of the ova and the development of both the embryo and fetus.

Selenium and vitamin E are the two nutrients with greater involvement in the biological processes that promote fertility. The ONE PLUS ONE EQUALS THREE smoothie provides both nutrients, most importantly selenium, which tends to be the one greatly absent in the Western diet.

Brazil nuts are the known food richest in selenium. Two nuts provide the recommended daily amount of this nutrient. Avocados and wheat germ are good sources of vitamin E, in addition to B-vitamins. Also, orange juice is a good source or folate, also necessary for reproduction and health.

#### For Both Him and Her

If a couple that is seeking to have descendants drinks this smoothie...



Vegetarian All



Gluten-free Suitable for celiac sufferers



Diabetes Recommended



Food Allergy Warnings: celery



Antioxidant Power 1,448 ORAC units per serving (29% of Maximum Daily Value)



Acid Load (PRAL) -4.32 mEq/100 g



This work presents a practical way to purify the body through delicious natural drinks. In addition, it explains the benefits of the Detox Cure and how it can be applied to particular cases.

## CHAPTER 3

# The Detox Cure

*Also known as the purifying cure, it is the cure par excellence.*



## DETOX CURE

### THREE DAYS TO DETOXIFY

*A DETOX CURE can be practiced for three consecutive days per month, or one day per week.*

#### Day 1

##### BREAKFAST

**Grapefruit Juice** (p. 98)  
• Ingredients: white grapefruit juice.  
• 98 calories per 250 ml serving.  
Activates the enzymes in charge of detoxifying the liver.



##### MID-AFTERNOON

**Horsetail Infusion** (p. 247)  
• Ingredients: horsetail (stalk).  
• Hardly contributes calories.  
Promotes urine production and the elimination of toxins.



##### MID-MORNING

**Super Detox Juice** (p. 96)  
• Ingredients: carrots, apple, celery, lemon.  
• 130 calories per 250 ml serving.  
Promotes the elimination of disease-causing toxins.



##### DINNER

**Total Purifying Broth** (p. 246)  
• Ingredients: celery, broccoli, onion, carrot, parsley, garlic.  
• Hardly contributes calories.  
Alkalizes the blood and thereby promotes neutralization and elimination of acidic toxins.



##### LUNCH

**Andalusian Gazpacho Cold Soup** (p. 84)  
• Ingredients: tomatoes, cucumber, sweet bell pepper (red), onion, bread, garlic, olive oil, table salt, lemon juice.  
• 183 calories per 250 ml serving.  
Rich in vitamins and phytonutrients that cleanse the blood



## VARIANTS OF THE DETOX CURE

### FRUIT CURES

*A satisfying and low-hunger causing DETOX CURES can be accomplished using whole fruits and juices.*

suming only fruit (in the juice, or whole) for one, five days. It allows the amount of smoothie, juice, or

cure should not exceed periods of cures are added; in any case, they under the supervision of

it cures are the same as

on to all fruit cures: promote the elimination because of their they neutralize many e toxins.

r consuming only

one type of food, in this case fruit, creates boredom as in any diet having only one kind of food (mono diet).

• **Healing:** Allow emphasis on the properties of one particular type of fruit.

• **Preventive:** It precludes cancer and premature aging.

#### Fruit Cures Produce Weight

The boredom of a mono diet in this case based on one type of fruit allows for a lower intake of calories than a varied diet. The result is a notable weight loss.





## DETOX CURE FOR SPECIFIC CASES

### CAFFEINE DETOXIFICATION

*Helpful in the case of caffeinated drinks:  
coffee, tea, maté, energy drinks, and others.*

As with nicotine in tobacco, caffeine (see p. 44) is an alkaloid with a great capability to develop dependency that for many turns into a real toxin. Due to the negative effects caffeinated drinks have on the body, and how widely used they are worldwide, many people stand to benefit from a specific purifying Detox cure, whose objectives are:

- To eliminate caffeine from the body, particularly from the cerebral neurons it stimulates.
- To repair or neutralize as much as possible the damage caused by this substance.
- To invigorate the nervous system in order for it to do without the artificial stimulus from caffeine.

During a caffeine detoxification cure, a certain withdrawal syndrome is produced, manifested through headaches and sleepiness. These symptoms are usually light and spontaneously disappear within days. Frictions, showers, footbaths, jet-showers, saunas, and other hydrotherapy techniques relieve symptoms caused by coffee deprivation.



#### Alleviating a Headache

A hot or alternating temperature footbath (alternating hot and cold water) best relieves a headache associated to caffeine deprivation than painkillers.



#### Substituting Caffeine

The artificial stimulation provided by caffeine can be substituted by healthier alternatives such as drinking a glass of orange juice and brushing

## DETOX CURE FOR SPECIFIC CASES

### TOBACCO DETOXIFICATION

*Consuming juices, smoothies, and infusions speeds up the elimination of the many toxins from tobacco smoke.*

#### Lots of Water

Nicotine is water soluble and eliminated through urine. In addition to the suggested drinks, the tobacco Detox cure requires an intake of four to six glasses of water.

treatments, and spiritual and psychological. All of the elimination channels (see p. 23) function at full capacity to achieve a total detoxification.

#### HOW TO ELIMINATE THE MAIN TOXINS IN TOBACCO

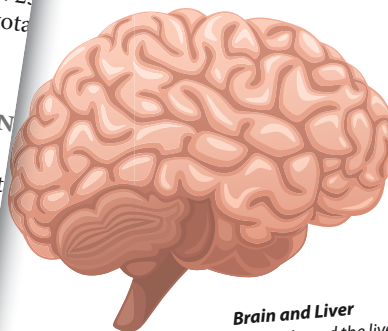
- **Carbon monoxide:** Is eliminated via the pulmonary pathways through deep breathing.
- **Nicotine:** Is eliminated through urine and skin. Good hydration based on water and juices promotes its elimination.
- **Tar:** It is primarily imbedded in the lungs and its removal takes many years. However its carcinogenic effects can be partially neutralized by means of juices and smoothies rich in antioxidants such as those recommended for the detoxification cure.



## DETOX CURE FOR SPECIFIC CASES

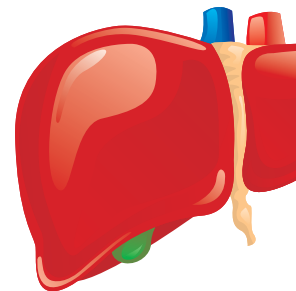
### ALCOHOL DETOXIFICATION

*Although alcohol is not eliminated with urine, the intake of certain drinks contributes to neutralizing its effects.*



#### Brain and Liver

The brain and the liver are the organs most affected by alcohol consumption. The healthy drinks in this detoxification cure help to repair, as much as possible, the damage caused by alcohol.



Ethyl alcohol is a potent toxin to all cells, including microorganisms (for that reason it is used as a disinfectant). There are two types of

The objectives of an alcohol detoxification cure are:

- To neutralize, as much as possible, the effects of alcohol in the body, and in the liver.

A description of the benefits and preparation of some purifying cures for various diseases.

CHAPTER 4

# Healing through Drinking

*There is nothing like liquids to cleanse and heal the body.*

The DETOX CURE from the previous chapter rids the body of a good portion of damaging toxins, which is already a benefit for good health. However, when certain disorders exist, a specific cure is required such as those shown in this chapter.

All of the cures suggested herein are comprised of healthy beverages, albeit some solid foods may be included.

## SOLID FOODS DURING CURES

Although the cures from this chapter are primarily liquid-based, some solid foods can be consumed, if desired (see which on p. 227).

Especially avoid the foods indicated on the attached table.

## OTHER DRINKS DURING CURES

In addition to the proposed beverages for each

## GENERAL CONTRAINDICATIONS

It is not recommended to follow any of the cures in this chapter, in the following cases:

- Childhood
- Pregnancy and breastfeeding
- Thinness (Body Mass Index lower than 18.5)
- Serious or debilitating illnesses

## PRECAUTIONS

Generally, those who suffer from any of the above conditions should consult a health professional. To avoid potential interactions between the cures and drugs, special prudence is required when taking:

- Oral anticoagulants (see p. 19)
- Anti-retrovirals
- Drugs derived from the Digitalis family
- Anti-epileptics
- Anti-cancerous chemotherapy

## HEALING THROUGH DRINKING ANTICHOLESTEROL CURE

*Increasing the level of antioxidants is as important as decreasing the level of HDL cholesterol (the "bad" one).*

The majority of foods containing cholesterol, or that cause its increase, are solids: meats in general, particularly those that are processed or cured (sausages, cold cuts, bologna, etc.), aged cheese, saturated fats, trans fats, etc. Therefore, simply based on consuming only liquids for a certain period of time, such as those in the anticholesterol cure, many possibilities already exist that its level in the blood will decrease.

## INDICATIONS

- Excess cholesterol (more than 5.2 mmol/l of total cholesterol)
- Excess of triglycerides (more than 1.71 mmol/l)
- Metabolic syndrome (excess weight, diabetes, obesity, and arterial hypertension)

### Menu for a One-day Anticholesterol Cure

#### BREAKFAST

##### Clear Blood Smoothie (p. 106)

- Ingredients: guava, linseed (flaxseed), soy milk.
- 154 calories per 250 ml serving.

*Lowers triglycerides and cholesterol.*



#### LUNCH

##### Cholesterol Under Control Smoothie (p. 100)

- Ingredients: oat flakes, apple, strawberries, cinnamon powder.
- 127 calories per 250 ml serving.

*Lowers cholesterol and protects the heart.*

(p. 32)

serving.  
allergy



#### MID-AFTERNOON

##### Plant-based Quinoa Milk (p. 33)

- Ingredients: quinoa.
- 100 calories per 250 ml serving.

*Nutritional and easy-to-digest, non-allergenic.*

#### DINNER

##### Black Currant Juice (p. 224)

- Ingredients: black currants.
- Hardly contributes calories.

*Traditionally used for heart health.*



## HEALING THROUGH DRINKING CURE AGAINST ARTERIAL HYPERTENSION

*Tomato is one of the essential ingredients for a cure against hypertension with a greater tension-regulating effect.*

Many hypertension sufferers take medication to control their blood pressure measurements. However, the condition can hardly be managed with medication alone. Certain dietary habits and lifestyle also need to be modified. A cure against hypertension based on healthy beverages can mark the start of a new way of eating that ends up being compatible with the maintenance of normal blood pressure.

## INDICATIONS

- Arterial hypertension (more than 130/80 mmHg)

### Menu for a One-day Anti-arterial Hypertension Cure

#### BREAKFAST

##### Anti-inflammatory Lemonade (p. 244)

- Ingredients: lemon juice, turmeric powder, cinnamon powder.
- Hardly contributes calories.

*Eliminates toxins and combats arterial hypertension.*



#### MID-MORNING

##### Tomato Juice (p. 168)

- Ingredients: tomatoes, olive oil.
- 130 calories per 250 ml serving.

*In addition to breast milk.*



#### MID-AFTERNOON

##### Virgin Mojito Cocktail (p. 39)

- Ingredients: mint, guava, pineapple juice (substitute for syrup cocktail, p. 39).
- 70 calories per 125 ml serving.

*Delicious drink that helps with digestion.*



#### DINNER

##### Andean Corn Soup (p. 227)

*Coconut milk.*

## HEALING THROUGH DRINKING ANTIALLERGIC CURE

*The antiallergic cure renders effect on any type of allergy, whether digestive, respiratory (asthma) or skin related.*

It does not immediately eliminate symptoms; rather, it prevents them from becoming a stop to an excessive immune system.

First and foremost is to avoid products that can trigger or exacerbate allergies, to consume foods that do not cause manifestations.

This is precisely accomplished by the antiallergic cure based on healthy beverages.

## INDICATIONS

- Digestive, respiratory, or skin allergies

### Menu for a One-day Antiallergic Cure

(p. 32)

serving.  
allergy



#### MID-AFTERNOON

##### Plant-based Quinoa Milk (p. 33)

- Ingredients: quinoa.
- 100 calories per 250 ml serving.

*Nutritional and easy-to-digest, non-allergenic.*

#### DINNER

##### Black Currant Juice (p. 224)

- Ingredients: black currants.
- Hardly contributes calories.

*Traditionally used for heart health.*





## HEALING THROUGH DRINKING

# ANTI-CANCER CURE - 1

*These drinks are not intended to cure cancer, but to reduce the risk of suffering from it, as well as to complement other treatments.*

The protective effect of different plant-based foods against cancer is well proven, both in laboratory studies and epidemiological studies in humans. The anti-cancer cure makes it possible to consume these protective foods in the form of beverages.

### ADVANTAGES OF PREVENTION OF

Juices and other healthy beverages have several advantages over solid foods:

- They turn out to be easier to consume.
- They allow a greater intake of vegetables against cancer; for example, to eat five medium-sized servings of vegetables to obtain a high dose of anticarcinogenic compounds, one must drink a glass of vegetable juice available to anyone.
- Allow consumption of foods, in their natural state, in their healing power. (Whole, raw vegetables like cabbage) is a good source of juice.



### Also Helps against Colon Cancer...

- Reduce or eliminate the consumption of meat, especially processed or cured meats (cold cuts, sausages in general, and ham). These types of meats contain nitrosamines, powerful carcinogens.
- Reduce or eliminate alcohol consumption, associated with several types of cancer of the digestive tract.
- Increase the intake of vegetable fiber by consuming whole wheat bread and grains.
- Avoid constipation.
- Practice systematic physical exercise.

## HEALING THROUGH DRINKING

# IMMUNE-STIMULANT CURE

*Its objective is to increase defenses so that the body itself can fight off infections.*

The immune system comprises a complex network of organs, such as the spleen, thymus, tonsils or the appendix; of tissues, such as the lymph nodes; and of cells, such as leukocytes and lymphocytes (white blood cells). They all work in concert to detect intruders in the body, whether viruses, bacteria or foreign substances, and to destroy them through an attack by specialized cells or via molecules called antibodies. Furthermore, the immune system stores memory of such invaders in order to immediately recognize them next time they enter the body. Maintaining this alertness and defense system in good working order requires the presence of specific nutrients:

- Vitamins, such as C or D (can be obtained from sunlight)
  - Minerals, such as selenium or zinc (present in walnuts, oleaginous nuts, and legumes) and also in vegetable juices
  - Antioxidants, such as anthocyanins (purple-colored) or beta-carotene (orange-colored)
- Juices and other beverages of the immune-stimulant cure provide the majority of the above-mentioned nutrients in a simple and enjoyable manner.



## HEALING THROUGH DRINKING

# ANTI-CANCER CURE - 2

*Breast and prostate cancer, two of the most common types of cancer, can be prevented with regular juice-based cures.*

### Menu for a One-day Anti-cancer Cure

#### Against Breast Cancer

##### BREAKFAST

##### Whole Lemon Lemonade

Smoothie (p. 244)

- Ingredients: whole lemon.
- Hardly contributes calories.

*The limonene content in the lemon peel curbs the growth of mammary tumors in experimental animals.*



##### LUNCH

##### Breast Shield Smoothie (p. 172)

- Ingredients: broccoli, strawberry milk.
- 123 calories per 250 ml serving.

*Broccoli is possibly the most researched vegetable due to its preventive effect on breast cancer. Together with strawberries. Various studies confirm the preventive effect of soy on this type of cancer.*

##### MID-MORNING

##### Safe Breasts Juice (p. 174)

- Ingredients: pomegranate, carrots, linseed (flaxseed).
- 279 calories per 250 ml serving.

*In laboratory studies, the polyphenols from pomegranates inhibit the growth of breast cancer cells, strengthened by the antioxidants from carrots and the phytoestrogens from flaxseed.*



##### MID-AFTERNOON

##### Apple Juice (p. 174)

- Ingredients: apples.
- 123 calories per 250 ml serving.

*The antioxidants in apples are cancer-preventive.*



## HEALING THROUGH DRINKING

# ANTI-AGING CURE

*Improves physical, intellectual, and sexual performance.*

It causes... is the... body throughout... everything that... mination of those... oxidant smoothies, aging.

Manifestations of aging... whether due to... ations to maintain... as this can occur... too old also benefit

It must not be forgotten that it is not avoid aging in this life. However, it can be curbed or delayed through... as this cure, and thereby the quality of life is increased.

### INDICATIONS

- Premature aging
- Loss of sexual desire or capacity, especially in men and in women
- Decrease in physical or intellectual performance

### Slow Down Aging...

or DETOX CURE (p. 226).

• Consumption of antioxidant fruits and vegetables.

• Avoidance of tobacco, alcohol and other drugs.

• Avoidance of emotional stress.

• Adopt an optimistic attitude toward life.

### Natural Pigments

All the natural pigments...





# Losing Weight through Drinking

*Losing weight and detoxifying the body at the same time turns out to be possible with a cure based on juices and other healthy beverages.*

Losing weight when overweight or obese requires much more than limiting the intake of calories. Exercising, facilitating liver function, drinking more water and, above all, replacing meals with healthy drinks are necessary.

Yet, in order to lose weight it is essential to burn more calories than those ingested. And this is where beverages and thermogenic spices come into action (see pp. 304 to 309), as they increase the production of body heat and energy expenditure, primarily through burning fat.

We must emphasize that the proposed weight-loss cure based on juices and healthy drinks does not only consist of consuming fruits and vegetables that are consumed in the products that are no longer meats, aged cheese, fried foods, enhancers and other additives and processed products.

## Double the Benefit

The benefit of a juice-based weight-loss cure is twofold: both due to what is drunk, as well as to what is not eaten.



This chapter goes into detail about the great variety of weight loss drinks. In addition, it is explained the way to enrich them with other ingredients in order to get better results.

## LOSING WEIGHT THROUGH DRINKING FLATTEN THE ABDOMEN

*Abdominal obesity is not only the most striking, but also the most dangerous to health.*

One of the most desired results of a weight loss cure is a flat stomach to reduce abdominal circumference, whose girth is greater in men and 85 cm in women, increasing the cardiovascular risk.

However, it is not solely important to reduce abdominal circumference, but also the risk factors usually associated with a sedentary lifestyle, excess intake of calories, and a diet low in fruits and vegetables.

**FIVE GOALS TO REACH**  
To reduce abdominal girth, these goals must be simultaneously met:

- 1. Reduce caloric intake:** The weight loss can be achieved in any of its variations (one slimming day, one day based on drinks, or two days, see p. 322), easily achieves its goal.
- 2. Burn fat:** Several drinks and spices increase the burning of body fat (see p. 304).
- 3. Avoid constipation:** Retention of stool in the intestine can be relieved with laxatives (see more on p. 264):  
• "All Things Eiber" (p. 132)

## LOSING WEIGHT THROUGH DRINKING DRINKS TO LOSE WEIGHT

*Drinking to lose weight is easier and more enjoyable than following a solid food diet.*

### Do Not Add Sugar

Do not add sugar or caloric sweeteners such as maple syrup (see p. 25) to the drinks of the weight-loss cure. Instead, non-caloric sweeteners such as Stevia can be used.



### Green Juices: Ideal for Weight Loss

Juices from green vegetables provide many vitamins, minerals, antioxidants, and few calories; therefore, they are ideal for weight loss.



## LOSING WEIGHT THROUGH DRINKING REPLACING MEALS WITH SMOOTHIES

Following certain rules, it is possible to lose weight by substituting complete meals with smoothies, especially if they have been enriched with healthy ingredients.

These are some of the factors that increase the slimming effect of smoothies and make them a substitute for solid foods:

- **Fewer calories:** In general, a smoothie has fewer calories than a solid-food meal with a smoothie. A smoothie with 500 less calories are consumed.
- **Monotony:** Smoothies end up being monotonous than a varied diet, for which a smaller amount of food is consumed.
- **Satiety:** Smoothies are so satiating than many solid foods.

### CAUTION

- Smoothies can be deficient in nutrients, although in some cases they are recommended in the smoothies prepared from a nutritionist.
- A consumption of smoothies is not necessarily healthy dietary habits.
- The gain of weight gain in addition to the calories consumed.





## THERMOGENICS

### FAT-BURNING JUICES

*Thermogenic or "fat-burning" drinks increase the production of bodily heat, and with it the burning of accumulated fat.*

Thermogenesis means "production of heat." The body burns energy-producing nutrients (carbohydrates, fats, and proteins, in this order) to create bodily heat. Normally, 10% of the caloric intake from foods is used to produce heat. This percentage can increase slightly by consuming juices, infusions, spices, and thermogenic supplements such as those mentioned in these pages. With thermogenics, the following can be accomplished:

- Slightly increase bodily temperature.
- Encourage heat loss through the skin.
- Burn more fat to produce bodily heat.
- Burn more calories.
- Speed up metabolism.

Thermogenic beverages and products have a fat-burning effect, as the body reserves of carbohydrates are scarce, stored fat is burned in a matter of a few days, especially if physical exercise is done.

Caffeine also has a thermogenic effect, but due to its many side effects (see p. 252), especially because it causes addiction, we do not recommend it in the weight-loss cure.

#### GRAPEFRUIT JUICE

A great ally in weight-loss cures (see p. 290). Although its effect might have been exaggerated, it certainly contributes to regulating metabolism, in addition to reducing cholesterol and triglyceride levels in the blood. It can be consumed freshly squeezed, combined with other fruits and vegetables.

All citrus fruits have a lipolytic effect (fat-burning), but grapefruit has it more than any other. Its enzymes speed up metabolism and



## WEIGHT-LOSS CURE

### GENERAL ADVICE

*Before starting a weight-loss cure, certain precautions must be taken for an effective and pleasant outcome.*

#### WITH A LIVER CLEANSING

ing that enters through our mouths absorbed into the blood initially passes in the liver. A heavily loaded diet, ly associated with excess weight as well the consumption of toxic substances or overloads hepatic function, the body's chemical laboratory. An overloaded liver adequately processes proteins, fats, and hydrates, slows down metabolism, and notes the accumulation of bodily fat. der to be successful, every weight-loss cure ld be preceded or at least linked to a liver-nsing cure (see p. 262).

#### AY ACTIVE

ile undergoing a weight-loss cure, carrying t physical exercise is important, not only to rn more calories, but also to eliminate toxins by eans of perspiration.

#### PROMOTE THE ELIMINATION OF TOXINS

For a weight-loss cure to be successful, it must promote the elimination of toxins through the body's four natural cleansing channels (p. 232):

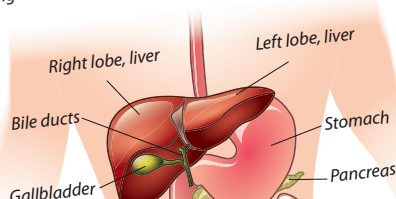
- Lungs
- Intestine
- Kidneys
- Skin

#### DRINK MORE WATER THAN THE USUAL

Water is the most important drink for weight loss. It has been observed that the simple fact of increasing the intake of water throughout the day contributes to reducing bodily weight in obese patients.<sup>1</sup>

<sup>1</sup> Stookey JD, Constant F, Popkin BM, Gardner CD. Drinking water is associated with weight loss in overweight dieting women independent of diet and activity. Obesity (Silver Spring). 2008 Nov;16(11):2481-8. PubMed PMID: 18787524.

*Cleansing the liver is fundamental in order to combat excess weight.*



## WEIGHT-LOSS CURE

### DEFEATING THE ADDICTION

*A cure based on healthy juices and beverages offers very good benefits when addiction to food is overcome.*

The addiction to food becomes overwhelming, identified in our lives on juices and other products, successful.

#### CHARACTERISTICS OF FOOD ADDICTION

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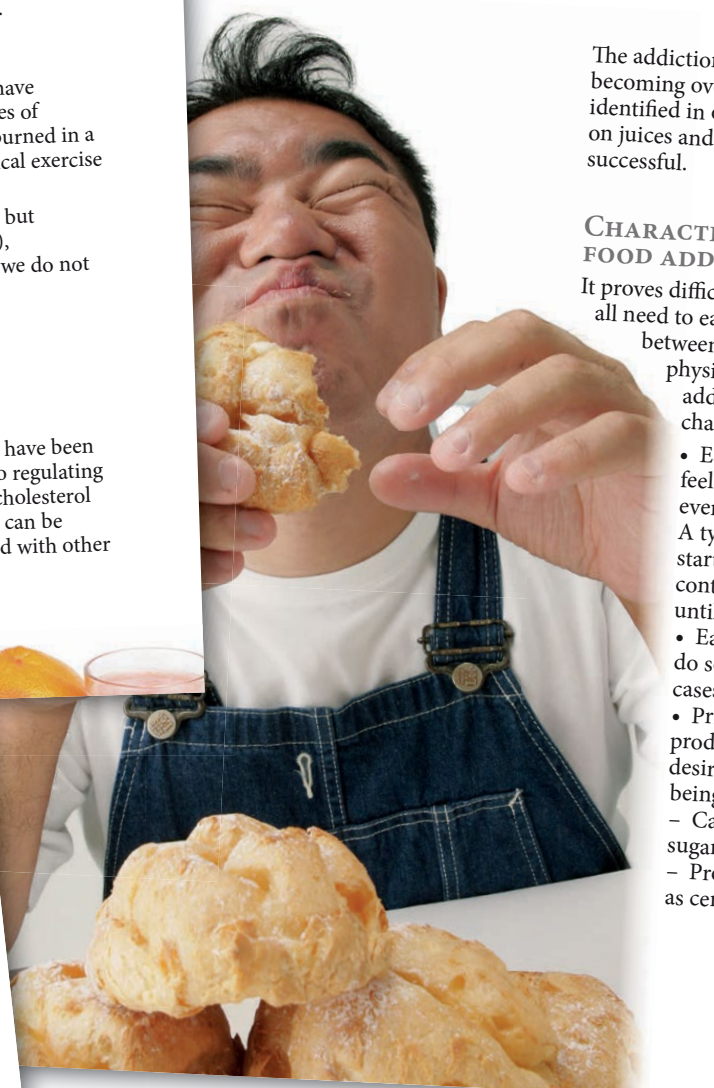
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## WEIGHT-LOSS CURE

### LOSING WEIGHT IN THREE DAYS

*A method for rapid weight loss: A one or two-day cure may electively be carried out.*

d weight-loss is generally advised re occasions in which an uction of body mass is necessary. ss can have a psychological effect o is unable to lose weight through o who becomes discouraged in the s.

ht-loss cure contributes to upon realizing that weight loss is

ss lies in maintaining or even t attained after the three-day ust be avoided once a cure has rder to prevent the onset of as it is also known, a "yo-yo" oses to metabolic disorders in (see the paragraph What Weight-loss Cure, p. 315).

#### OPTIONAL SOLID FOOD

If a drink-based, weight-loss cure ends up being excessively restrictive, some solid foods can be added; their consumption should always follow the weight-loss beverage.

The following solid foods are the most suited for the cure (see p. 312).

- Salads
- Fruits
- Seeds and nuts
- Germinated (sprouted) grains or legumes
- Dextrinated or twice baked bread

#### OTHER DRINKS DURING A CURE

For the duration of a cure, any of these beverages can be freely consumed, in addition to those indicated for each day:

- Water, plain or with lemon juice (see p. 244).
- "Grapefruit Juice" (see p. 98).
- "Chia Water" (see p. 178).

Healthy Juices includes practical tables of alternative ingredients, units of measurement, and nutritional daily values.

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**Cabbage or curly cabbage without the heart (kale)**



It also includes useful indexes of diseases, type of drink, ingredients, medicinal properties, and a general alphabetical index in order to ease the search of information.

## ALTERNATIVE INGREDIENTS

When an ingredient is not available, certain alternative ingredients can be used in its place.

Ingredient Used in This Work	Alternative Ingredients
Acai	<ul style="list-style-type: none"><li>• Black currant</li><li>• Acerola (West Indian Cherry)</li><li>• Blueberry</li><li>• Black grape</li></ul>
Almond	<ul style="list-style-type: none"><li>• Cashew</li><li>• Pecan nut</li></ul>
Apple	<ul style="list-style-type: none"><li>• Jujube</li><li>• Ambarella, golden apple (<i>Spondias dulcis</i>)</li></ul>
Apricot	<ul style="list-style-type: none"><li>• Mango</li><li>• Peach</li></ul>
Avocado	<ul style="list-style-type: none"><li>• Watercress</li></ul>

## UNITS OF MEASUREMENT AND ABBREVIATIONS

**°C:** Celsius degrees (Centigrade).  
**Calorie:** In this work it is equivalent to a kcal (kilocalorie).  
**°F:** Fahrenheit Degrees.  
**g:** Gram. 1 g = 1,000 mg = 1,000,000 µg.  
**J:** Joule. Unit of energy in the International System of Units. 1 J = 0,000239 kcal.  
**kcal:** Kilocalories. Unit of energy in the International System of Units (SI). The unit of energy in the IS is the Joule (J). 1,000 J. 1 kJ = 1,000 J = 0.239 kcal.

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## NUTRITIONAL DAILY VALUES

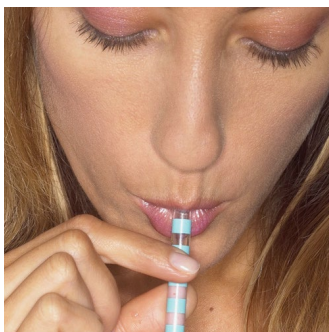
Daily value is understood as the necessary daily amount of each nutrient in a standard diet of 2,000 calories.

Daily Value Used as Reference for the GDA Tables

Nutrient	Daily Values
Sugars	90 g
Fats	70 g
Saturated Fats	20 g
Sodium	2,400 mg
Proteins	50 g
Fiber	25 g
Folate	400 µg

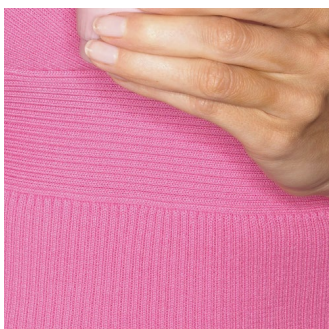
Daily Value Used as Reference for the "Vitamins and Minerals" Boxes

Nutrient	Daily Values
Calcium	1,300 mg
Iron	18 mg
Magnesium	420 mg
Phosphorus	1,250 mg
Potassium	4,700 mg
Zinc	11 mg
Copper	0.9 mg
Selenium	55 µg
Vitamin A	900 µg RAE
Vitamin E	15 mg
Vitamin C	90 mg
Vitamin B <sub>1</sub>	1.2 mg



# HEALTHY JUICES

People's health is being damaged more and more by the contemporary lifestyle. In spite of counting on the best monetary resources, millions of human beings around the world face serious health problems that could be prevented. For that reason, it is important to discover the healthy power of drinks, which, apart from delighting us with their delicious flavors, contribute to the well-being of the body and help to combat and prevent many disorders.



**GEORGE D. PAMPLONA-ROGER** is a physician and surgeon and an expert in Public Health. Through his professional life as a surgeon, he has come to know the human body well, both inside and out. And with his broad-ranging experience as an educator in the field of healthcare, he has an excellent ability to communicate and reveal scientific knowledge, making its many complexities easy to understand. Dr. Pamplona-Roger authored the *Encyclopedia of Medicinal Plants* and the *Encyclopedia of Foods and their Healing Power*, which have been translated into major languages from all over the world and published by Editorial Safeliz, in addition to other printed works.

