

WISH

World Integrated Systems in Health
Dr. Sandra J. Bevacqua

Vegetable Juicing –

1. Choosing a Juicer

Vegetable juicing is beneficial to the body in part because it balances the low pH (acidity) that most of us have due to diets rich in animal fat, sugars, starches, processed foods and cooked meats. We all need about one pound of vegetables for every 50 pounds of body weight to balance our pH. Juicing helps you accomplish this easily. Maintaining the proper pH is crucial for cancer prevention as cancer thrives in a low pH or acid environment.

I have been evaluating juicing machines for about 12 years and have come to the conclusion that nothing comes close to the value and performance of the Omega 8001 Juicer. I realize that there are many other juicers on the market that have received rave reviews, but in my kitchen the Omega wins.

2. What Should You Look for in a Juicer?

Juicers need to operate at low speeds so they won't damage the juice by introducing too much oxygen or by making it too foamy. It should be quiet so that it won't interfere with normal activities or increase the noise pollution that we already are experiencing. Your juicer should also be versatile and easy to clean.

3. Your Juicer Should Have Low Speeds to Protect Your Vegetables

Inexpensive juicers are centrifugal and spin at very high speeds to do their juicing. Common masticating and centrifugal juicers and blenders operate at high speed, anywhere from 1,000 to 24,000 RPM. The high speeds heat up the juice and cause damage to some of the perishable nutrients in the vegetables.

The Omega 8001 is a single gear machine that turns at a slow 80 RPM's to ensure that nothing is lost through heated elements in your juice. There is no wildly spinning basket or destructive, high-speed chopping blade. Therefore, heat and impact shock are virtually eliminated and oxidation is significantly reduced. The result? More of the delicate nutrients survive!

This low speed also helps the single gear machines foam far less than a double gear style juicer like the \$800 Angel juicer.

4. Many Juicers Make Juicing Tedious With Long Cleanups

Not all juicers are the same when it comes to ease of operation and cleaning. Being easy to clean might not sound like an important choice but it just might have the most influence on your juicing plans.

Poorly made juicers will require extensive cleaning to keep them well maintained. Even expensive juicers, like the \$800 Angel which is stainless steel and uses twin gears, or the \$2,000 Norwalk juicer

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can take up to 30 minutes to clean properly. Most people find that when it takes that long to clean up their juicing machine they just don't juice.

A quality juicer can be cleaned in less than five minutes. Cleaning the parts of the Omega juicer requires little more than a quick rinse under the tap. This makes them enormously easy to keep clean. This quality design has cut my cleaning time in half while giving me more flexibility in my juicing options.

5. Some Juicers Only Juice Vegetables

Many masticating and centrifugal juicers have a hard time juicing wheat grass and leafy green vegetables. Many people actually purchase separate wheat grass juicers because the typical centrifugal juicers can't do that.

Unlike most current popular juicers, the Omega 8001 is designed to extract all types of green juices. It produces high volumes of green juice without clogging and the pulp comes out relatively dry. Consider using the pulp in soups (raw or cooked) or in your favorite baked food recipes.

The Omega juicer is made of F.D.A. approved polycarbonate and melamine which are semi-permanent and extremely hygienic. It is equipped with low-speed milling type screw which preserves as much flavor and nutritional value as possible. (Other high-speed juicers can destroy natural flavor and nutritional value of vegetables and fruits.)

The versatile and Omega 8001 has over five completely different functions.

- Vegetable Juice Extractor
- Fruit Juicer
- Seasoning Mincer/Chopper
- Meat/Fish Mincer
- Food Mill

It has only 4 parts to disassemble so it is very easy to clean and put away or reassemble for other functions.

You can get some ideas for juicing on my Fresh Vegetable Juicing page. You can also get some solid knowledge on juicing from the books in the WISH bookstore at <http://astore.amazon.com/wOc8-20>.