

Choosing a Juicer/Juicing Info

The best juicer is the one you will use! Understanding the different kinds are important in making the decision

First, Juicing vs Blending

Juicing keeps the soluble fiber in the juice, whereas *Blending* keeps both soluble and insoluble fiber in the juice.

To understand the difference

Soluble - absorbs water like a sponge and provides bulking matter that acts as a prebiotic to support good bacterial growth and digestive health. Also regulates blood sugar control and may lower cholesterol and slow the transit of food through the digestive tract and help fill you up. Soluble fibers include pectins, gums and mucilage. This is still present in the juice.

Insoluble - this adds bulk to your stool, helps keep bowels regular, fills you up and speeds the passage of food through the digestive tract. Insoluble fiber includes cellulose, hemicellulose and lignin. This is mostly removed from the juice but it may still be present in small amounts depending on the juicer you get.

Vitamix and **Blendtec** are the top rated blenders, although people do use the **NutriBullet** and **Ninja** and have liked them as well. Money savers are the NutriBullet and Ninja, however you have the ability to do a lot more with the Vitamix and Blendtec. Research what you may want to do with them when choosing your blender!

Juicers:

Centrifuge

This tends to be good first juicer for people, they tend to have a wider mouth making them a timesaver, but they do waste a lot of produce, making it a lot more waste and not as much juice. Pulp tends to be quite a bit more wet as it doesn't have the ability to squeeze.

Downside: the high speed spinning causes juice to oxidize much faster than it would with a masticating or twin gear juicer. Your juice will begin to break down so you need to drink it within 20-30 minutes of juicing it. The more you juice, you will start to notice the change in flavor as it oxidizes or you let it sit too long.

Masticating

Remember when we discussed the primary importance of chewing your food in the first stage of digestion? Well, this is why I really like masticating juicers! First, your juice is ground down, then it's pressed through a stainless steel screen.

Since these juicers run slower than centrifuge (but not that noticeably slower), oxidation is slower and your juice is kept better longer. This one can easily be kept 4 to 8 hours! Some people do say they have been able to keep it in a well sealed mason jar for a full day in the fridge (think - juice at night to take with you in the morning!)

Twin Gear Juicers

The best option out there! The produce is pressed between two gears (just like it sounds!) and the juice is squeezed out. Another slower juicer, this means oxidation is much lower and gives you more time with your juice.

Added bonus with this one, a lot of time these juicers do better with greens and can also make nut butters.

So what would I suggest?

Centrifuge - Breville Juice Fountain, Omega 4000

Masticating - Omega NC800, Champion, Hurom Slow Juicer

Twin Gear - Green Star Juice Extractor

Check out Amazon, eBay - online retailers tend to have them for a much better price! Omega juicers are on Facebook, and have great tips quite often on juicing!

Resource: <http://www.rebootwithjoe.com/the-facts-on-fiber-juice/>