

# Anti- Aging Juice Diet

Excerpted from  
"Juicing for Life"  
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## INTRODUCTION

Aging is not a disease, although many people think it is. The good news is that premature aging doesn't have to happen. While no magic elixir exists to reverse this process, research has shown that certain nutrients can help to slow the onset of visible signs of aging, can prevent many disorders, and can extend life expectancy.

Our Standard American Diet (SAD) accounts for the five leading causes of disease in America. It also contributes to accelerated aging more than any other single factor. SAD is high in refined carbohydrates, cholesterol, saturated fats, and processed foods. It is low in vegetables, fruits, whole grains, legumes, seeds, and nuts — all of which provide dietary fiber and most of our anti-aging vitamins and minerals.

In addition to SAD's overload of foods that tax the body and insufficient quantities of foods that feed the body, this diet also harms us by increasing the number of substances that are known as free radicals. Free radicals are produced within our bodies, are obtained from the environment, and are ingested with our food. In our food supply, they come from pesticides; fried, barbecued, and char-broiled foods; alcohol; coffee; and artificial additives. Free radicals are highly reactive molecules that can damage cells. This cell-damaging process leads to many disorders, and contributes to aging as well. Free radicals need to be detoxified, with the anti-aging nutrients like vitamins C and E, betacarotene, and the mineral selenium

which are found primarily in fruits and vegetables — foods that are in scarce supply in the Standard American Diet.

Clearly, a different diet is needed. Leslie and Susannah Kenton, in their book *Raw Energy*, state that raw foods have an enormous potential for improving not only a person's appearance, but also the quality of his or her life. For example, they cite the fact that uncooked foods are the reason why many health spas attract so many people. Two weeks on a raw diet, they note, make a person look years younger, with firmer flesh; softer facial lines; and skin, eyes, and hair that glow with vibrant health. Two years on a diet high in raw foods can completely transform a person's shape, and often can restore health, as well. If that's not enough to get you excited about raw foods, we guess you probably just don't get excited!

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## DIETARY MODIFICATIONS

- 1. Eat a diet that's rich in raw fruits and vegetables and their juices.** Ideally, 50% of your diet should be composed of raw foods from this category.
- 2. Increase the amount of gel-forming fiber in your diet by boosting your intake of flax seed oil; oat and rice bran; and pectins, which are found in fruits and vegetables.**
- 3. Try adding black currant juice to your diet.** This juice which is rich in flavonoids, has been shown to promote longevity.
- 4. Eat more cabbage, yogurt, and olive oil, all of which have been shown to increase longevity.**
- 5. Try eating thyme and lavender, which have been used traditionally to slow down the aging process.**
- 6. Reduce refined foods such as white flour and its products.** Yes, there goes your favorite sourdough bread, the morning donut, and the white-flour pasta! But the rewards are plentiful for eating whole grain breads, rolls, pastas.
- 7. Avoid refined sugar and its products.** This includes chocolate chip cookies, frozen yogurt, and your favorite candy bars. But think about the lines you won't get on your face because you said "no"!
- 8. Reduce your intake of saturated fats, cholesterol, and animal proteins.** And here's a surprise: butter is better than margarine. There are substances in margarine that have been shown in studies to contribute to cancer. You

can finally say that there is something that tastes better and is actually better for you. But don't celebrate with too much butter. The general guideline is no more than about four tablespoons of saturated fat per day.

**9. Make one or two days a week vegetarian.** Try making your main courses on these days from beans, lentils, split peas, and soybean products like tofu. In addition, use more of these vegetable proteins in your daily diet planning.

**10. Select only cold-processed or expeller-pressed vegetable oils, and increase your intake of fish oils.**

**11. Choose nutritious snacks such as nuts, seeds, nut or seed butters, raw vegetable sticks, whole grain crackers, popcorn without butter, and fresh fruit.**

**12. Reduce caffeine by eliminating or limiting your consumption of coffee, black tea, and chocolate.**

**13. Significantly reduce or avoid alcohol.**

**14. Avoid all processed foods as much as possible.**

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## NUTRIENTS THAT HELP

### **Vitamins C and E and the mineral selenium.**

Antioxidants that protect the cells from free-radical damage thus preventing premature aging. In other words, antioxidants gobble up the bad guys before they get your cells. **Food sources:** Spinach, asparagus and carrot — good sources of vitamin E. Kale, parsley, green pepper and broccoli — sources of vitamin C. Red Swiss chard, turnips, garlic and orange — sources of selenium.

**Beta-carotene and other carotenoids (over 500 have been identified).** Antioxidants that are converted by the body to vitamin A as needed. They are also beneficial in preventing shrinkage of the thymus gland, thus strengthening the immune system. **Food sources:** Carrot, kale, parsley and spinach — sources of beta-carotene and other carotenoids.

**Flavonoids.** Pigments found in plants that prevent free-radical damage. They too are considered antioxidants. **Food sources:** Grapes, rose hips, prunes, oranges, lemon juice, cherries, black currants, plums, parsley, grapefruit, cabbage, apricots, peppers, papaya, cantaloupe, tomato, broccoli, blackberries.

**Methionine and cysteine.** Sulphur-containing amino acids that may promote longevity. **Food sources:** Sulphur is abundant in beans, fish, liver, eggs, brewer's yeast and nuts.

## RECIPES

### Beauty Spa Express

4-5 carrots  
handful spinach  
1/2 cucumber  
small handful parsley  
1/2 apple

Bunch up parsley and spinach. Push through hopper with carrots and apple slices.

### High Calcium Drink

4-5 carrots  
3 kale leaves  
small handful parsley

Bunch up kale and parsley. Push through hopper with carrots.

### Fresh Complexion Express

2 slices pineapple  
1/2 cucumber  
1/2 apple

Push pineapple slices (with skin) through the hopper with cucumber and apple slices.

### Garden Salad Special

4-5 carrots or 2 tomatoes  
3 broccoli flowerets  
1 clove garlic  
1/2 apple  
1/2 green pepper

Push broccoli and garlic through hopper with carrots or tomatoes. Follow with apple and green pepper.

### Fruit Salad Cocktail

Bunch of grapes with stems  
1/2 apple  
1/4 lemon with peel

Push grapes and stems through hopper followed by apple slices and lemon wedge.



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## S U G G E S T

### B R E A K F A S T

Juice\*  
Raw fruit  
Whole grain toast w/nut butter  
(i.e. cashew, almond, hazelnut)  
Herb tea

### L U N C H

Juice  
Veggie sandwich on whole wheat  
Leafy green salad w/olive oil-based dressing  
Chicken soup w/thyme seasoning  
Seltzer water w/lemon wedge

### D I N N E R

Juice  
Beans and brown rice  
Homemade cole slaw  
Fruit salad

\*Choose from Suggested Recipes

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# ED MENU

## MID-MORNING SNACK

Juice  
Low fat yogurt

## MID-AFTERNOON SNACK

Juice  
3 cups plain popcorn

## EVENING SNACK

Juice

# PERSONAL MENU PLANNER

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

DATE \_\_\_\_\_

TIME \_\_\_\_\_

DAY \_\_\_\_\_