

Chugging Your Nutrients

Discover The Power Of Juicing

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TRIBEST[®]
making healthy living easy



What we will cover...

- What Juicing Is
- Why You Should Juice
- Choosing the Right Juicer
- More About Green Star[®]
- Using Green Star[®]
- Questions

What is Juicing?

Juicing – A Definition

Blending vs. Juicing – Definitions

Blending vs. Juicing – Advantages

What Blender Companies Say

Blending vs. Juicing – The Verdict

What is Juicing?

JUICING is separating the liquid juice from the solid fiber of a vegetable, fruit, or plant.





What is Juicing?

Blending vs. Juicing - Definitions

Blending

- Liquefying the whole fruit or vegetable. The pulp stays in.

Examples:

Fruit Smoothies
Blended Salads
Blended Soups

Juicing

- Separating the liquid juice from the fiber of a fruit, vegetable, or plant.

Examples:

Carrot Juice
Apple Juice
Mixed Green Juice
Wheatgrass Juice



What is Juicing?

Blending vs. Juicing - Advantages

Blending

- Consuming whole foods.
- Lots of fiber without having to chew.
- Softer fruits like strawberries and bananas are difficult to juice and are better in smoothies.

Juicing

- Nutrients in most readily absorbable form.
- Body does not have to spend energy digesting fiber.
- Get more vegetables' worth of nutrients.
- Juice more types of produce without adding water.



What is Juicing?

What Blender Companies Say

- **Blending is the same as juicing!**
 - False: Definition of juicing is to separate juice and pulp.
- **Blending is better because you get whole foods!**
 - Blending does give you fiber.
 - Juicing as a supplement, not as a replacement.
 - Juicing gives nutrients in most easily absorbable form
 - Juicing is more nutrient dense.
 - Drink more vegetables and fruits in one glass of juice.



What is Juicing?

Juicing vs. Blending – The Verdict

- Juicing and Blending are both good.
- One is not necessarily better than the other, and each has its benefits.
- Do both!
- More vegetables and fruits = More nutrition!



Why You Should Juice

Benefits of Vegetables and Fruits

What Juicing Accomplishes

Enzymes

Live Food vs. Dead Food

Contributors to Juicing Movement

Quick Tips on Juicing



Why You Should Juice

The benefits of Vegetables and Fruits

- In the Garden of Eden – vegetables and fruits could sustain man.
- Large amounts of vitamins, minerals, and enzymes
- Health supporting and healing properties
- **Most of the nutrients are in the juice!!**



Why You Should Juice

What Juicing Accomplishes

- Vegetables' nutrients in a more concentrated form
4.4 lbs of vegetables = 1 quart of juice!
- Nutrients in a readily digestible form
- Nutrients in a *NATURAL* form



Why You Should Juice

Enzymes

- What are enzymes?
 - Enzymes are catalysts
 - Required to digest food
 - Produced by the body
- Why consuming enzymes is important
 - Body produces some, but not all, especially with age
 - Digestion = breaking down food + absorbing nutrients
- A Common example of enzyme deficiency



Why You Should Juice

Live Food vs. Dead Food

- Eat foods as close to their natural state as possible
- Cooking = Heating past 115°F
- Cooking destroys enzymes
- Cooking changes molecular structure of nutrients
- Avoid chemicals and highly processed foods
- Juicing is an excellent way to get a high amount of live nutrition!



Why You Should Juice

Quick Tips on Juicing

- Carrots and beets are a good base
- Use a variety of vegetables and fruits for a full spectrum of nutrients
- Include dark, leafy greens
- Want some kick? Add a sliver of ginger!
- Wheatgrass + Apple + Lime = Healthy + Delicious
- Experiment, experiment, experiment!



Choosing the Right Juicer

Citrus Juicers

Centrifugal Juicers

High Speed Masticating Juicers

Low Speed Masticating/Single-Auger Juicers

Twin Gear Juicers

Choosing the Right Juicer

Citrus Juicers

- Example: CitriStar® Citrus Juicer
- Price: \$20-\$100
- Cone and a filter to squeeze juice from citrus fruits
- Best option when juicing just oranges, lemons, limes, and grapefruit



Choosing the Right Juicer

Centrifugal Juicers

- Examples:
 - Jack Lalanne
 - Breville
- Price: \$50-\$400
- How it Works
 - High speed grater
 - Centrifugal force to extract juice
 - Some have continuous pulp ejection





Choosing the Right Juicer

Centrifugal Juicers

Pros

- Fast and easy to use
- Whole fruit versions

Cons

- Not versatile
- Not efficient
- High speed grater
 - May destroy nutrients
 - May lose enzyme activity
 - Friction → Oxidation
 - Juice browns right away
- LOUD!

Choosing the Right Juicer

High Speed Masticating Juicers

- Example: Champion
- Price: \$249 @ Hallelujah Acres
- How it Works
 - High speed horizontal grater
 - Grates food and squeezes pulp
 - Juice collected underneath
 - Pulp ejected continuously





Choosing the Right Juicer

High Speed Masticating Juicers

Pros

- Fast and easy for hard roots and hard fruits
- More efficient than centrifugal juicers
- More versatile than centrifugal juicers (can handle firmer greens)
- Food processing capabilities
Processes nuts and frozen fruits easily

Cons

- Has difficulty juicing some greens
- Cannot process wheatgrass
- High speed grater
- LOUD!

Choosing the Right Juicer

Single Auger Juicers

- Example: SoloStar-II
- Price: \$229-\$339
- How it Works
 - Low RPM horizontal plastic screw
 - Cuts, crushes, and squeezes produce
 - Juice collected underneath
 - Pulp ejected continuously





Choosing the Right Juicer

Single Auger Juicers - Variations

Single Stage

- One juicing screen, one juice outlet, one step process
- More efficient than Champion

1st Generation

Dual Stage

- Two juicing screens, two juice outlets
- Juice extracted in two stages by juicer
- More efficient than Single Stage

2nd Generation

Dual Stage

- Two juicing screens, two juice outlets
- Juice extracted in two stages by juicer
- Differences in screens
- Most efficient and most versatile of single auger juicers

Choosing the Right Juicer

Single Auger Juicers

1st Generation Dual Stage Juicers

1st Stage
Coarse Screen

2nd Stage
short fine screen



2nd Generation Dual Stage Juicers

1st Stage
Combination Screen

2nd Stage
Long Fine Screen





Choosing the Right Juicer

Singe Auger Juicers

Pros

- Versatile – can handle most vegetables and fruits
- Efficient
- Food Processing Capabilities
- Low-RPM
 - Preserves fragile nutrients
 - Preserves enzyme activity
 - “Live” juice
- QUIET!

Cons

- Plastic auger wears over time
- Juice must still be consumed right away

Choosing the Right Juicer

Twin Gear Juice Extractors



- Best juicing technology available!
- Example: Green Star
- Price: \$505 @ Hallelujah Acres
- How it Works
 - Two stainless steel gears
 - Vegetables grated, cut, crushed, and squeezed
 - Produce pushed through the front
 - Continuous pulp ejection
 - Juice collected from underneath



Choosing the Right Juicer

Twin Gear Juice Extractors

Pros

- Low-RPM
- Most Versatile
- Most Efficient
- Food processing capabilities
- Squeezing power gets more nutrient dense juice

Cons

- Can require a little bit of effort to process harder produce (frozen fruits, nuts, etc.)



More About Green Star®

Highlights

Advantages over other juicing technologies

Advantages over other dual gears



More About Green Star®

Highlights

- Original Twin Gear Juice Extractor in USA
- Heavy Duty Twin Gears
- 4 Packages
 - GS-1000: Basic Model
 - GS-2000: Complete Model
 - GS-3000: Deluxe Model
 - Green Power Gold



More About Green Star®

Green Star vs. Other Juicing Technologies

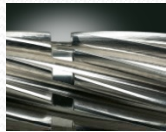
- Independent laboratory test compared Green Star vs
 - Centrifugal
 - High Speed Masticating
 - 2 Step Press
- Results
 - Green Star consistently extracted higher nutritional quality
 - Green Star's juice was more stable

More About Green Star®

Green Star vs. Other Dual Gears



- Pocket Recesses



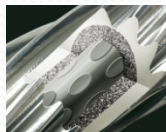
- Cutting Points



- Nylon Safety Buffer



- Outlet Adjusting Knob



- Magnetics and Bioceramics



Using Green Star[®]

Making Juice with Green Star

Tips on Specific types of Produce

Food Processing Tips



Using Green Star®

Making Juice with Green Star

Choose the right screen!

- Fine Screen
 - Smaller holes
 - For most juicing applications
- Coarse Screen
 - Has bigger holes
 - More pulp in the juice



Using Green Star®

Making Juice with Green Star

Juicing Hard Roots

- Examples:
 - Carrots
 - Beets
- Prep:
 - Wash and cut into long, thin pieces
 - Thicker carrots can be split lengthwise
- Screen:
 - Fine Screen
- Knob:
 - Regular knob
 - Tighten until snug
- Technique:
 - Juice one piece at a time
 - Apply constant pressure
 - If piece falls flat, push down and rotate plunger



Using Green Star®

Making Juice with Green Star

Juicing Apples

- Examples:
 - Use CRISP Apples (Fuji)
 - Do NOT use powdery apples (Red Delicious)
- Prep:
 - Wash and cut into small enough wedges to fit through chute
- Screen:
 - Fine Screen
- Knob:
 - Regular knob
 - Tighten until snug
- Technique:
 - Juice one piece at a time
 - Apply constant pressure
 - If machine backs up, loosen knob until pulp is ejected



Using Green Star®

Making Juice with Green Star

Juicing Wheatgrass

- Prep:
 - Wash and cut wheatgrass above the root
 - Grass should be cold and moist
- Screen:
 - Fine Screen
- Knob:
 - Regular knob
- Technique:
 - Start with outlet adjusting knob tightened
 - Feed in small bunches, tips first at a time
 - Once first drops of juice come out, loosen knob $\frac{3}{4}$ of the way (or remove it)
 - Continue to feed wheatgrass into the machine slowly in small bunches



Using Green Star®

Making Juice with Green Star

Juicing Mixed Produce

- Prep:
 - Wash and cut all vegetables and fruits so that they can fit easily through the chute
- Screen:
 - Fine Screen
- Knob:
 - Regular knob
- Technique:
 - Alternate between hard and soft produce
 - If hard produce is being used, keep the outlet adjusting knob tightened until snug.
 - If pulp ejection slows, juice a piece of carrot or beet to clear the juicer



Using Green Star®

Processing Food with Green Star

Using the Homogenizing Blank

- Standard on all models
- Processes food and lets it all fall through juice outlet.
- Great for:
 - Pâtés
 - Nut Butters
 - Mock Meats
 - Grinding ingredients
- Always feed in small bunches at a time.



Using Green Star®

Processing Food with Green Star

Using the Breadstick Set

- Standard with GS-3000 and GP-E1503
- Processes food and pushes it through the nose
- Extra processing for smoother consistency
- Food is pressed into a cylindrical shape
- Great for:
 - Sorbets
 - Smoother nut butters
 - Raw breadsticks (from soaked nuts, grains, etc.)
 - Mochi (rice cakes)



Using Green Star®

Processing Food with Green Star

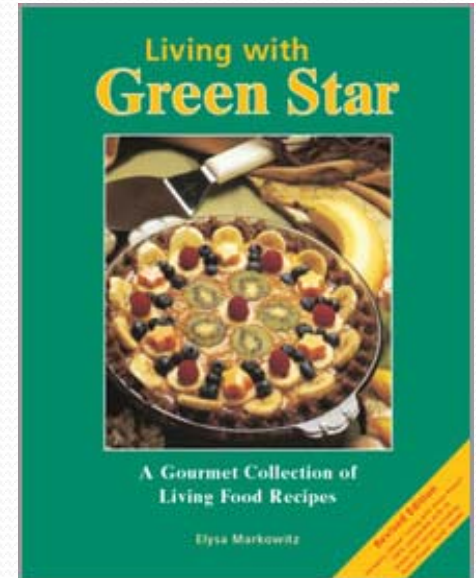
Using the Pasta Set

- Standard with GS-3000 and GP-E1503
- GS-3000 has 2 pasta settings – spaghetti, fettuccini
- GP-E1503 has 3 pasta settings – spaghetti, fettuccini, angel hair
- Presses premade pasta dough into noodles
- Does not use twin gears, pasta screw, pasta guide, pasta attachment

Using Green Star®

Processing Food with Green Star

- For recipes and tips on using all of the features of Green Star, check out *Living with Green Star* by Elysa Markowitz.



- First 100 webinar participants that purchase a Green Star Juice Extractor from Hallelujah Acres will receive a free copy.



Questions?



Thank You!