

The author shares his secrets of juicing combinations that helped him beat hypertension naturally, after a life-threatening bout with prescription drugs. Loaded with bonus material on how to stay healthy and prevent high cholesterol, cancer, diabetes and other diseases.

Miracle Juicing Unleashing The Secret To Vibrant Health

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Miracle Juicing

Unleashing the Secret to Vibrant Health



Joseph K. Dumizo

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INTRODUCTION

God purposely created us in his image and provided everything we need to nourish our bodies for optimum health. We were made to have normal blood pressure, normal heart function, normal weight, normal everything, and live disease free. He methodically designed our self-healing bodies to be able to thrive in this earthly environment. He created us with a built-in doctor or pharmacist called the immune system that is constantly defending, building, repairing and rejuvenating our bodies. When we are stressed, when we abuse our bodies by addiction, expose ourselves to environmental pollution and fail to nourish it with the right foods, the cells in our body start to deteriorate. This is when the unpleasant degenerative diseases start to show up. To be healthy we have to maintain six pillars of health, as they have been called, namely: nutrition, hydration, exercise, stress management, relaxation and positive motivation.

Good health begins with what we put in our mouths. The food that you eat is just one part of a much bigger picture for maintaining optimum health, but it does play a critical role. The closer food is to its natural state, the higher its nutritional value and its benefit to the body. The life nutrients in foods are what give life to your body. The trillions of living cells in your body need life-giving foods to survive and keep you in good health. Good health means everything in your body is functioning normally, such as your weight, digestive health or hair growth. Without good health, life will be miserable and all the money and achievements one has accumulated will be meaningless.

If you follow a healthy eating regimen with a diet rich in nutritious vegetables and fruits, coupled with lifestyle changes that include good nutrition, hydration, regular exercise, stress management, relaxation and positive motivation, you can prevent

many diseases, and even reverse a degenerative medical condition.



The best way to get the nutrients from fruits and vegetables is by juicing. My juicing formula will help return your body to a vibrant state of excellent health in a relatively short period of time. It would also keep you in top physical, mental and emotional shape, filled with energy for the rest of your life, provided you continue to follow the simple life-enhancing changes embedded in the six pillars of healthy living.

Why Juicing?

- Juices are loaded with vitamins, minerals, and phytonutrients that are easily assimilated within fifteen minutes of drinking. The juice is quickly distributed throughout the body to build, heal, repair and restore optimum health.
- Juices cleanse your blood, which is your lifeline. Clean blood loaded with nutrients will ensure a healthy, long life.
- Juicing helps to pre-digest food so that it can be easily absorbed by the body.
- Juicing removes indigestible fiber. If you eat a carrot, you may only get 1% of the beta-carotene, but if you juice, you will assimilate 100% of the important beta-carotene.
- Juicing allows you to get more of the nutrients your body needs, since it's unlikely you can eat several pounds of fruits and vegetables daily.

- Fresh juices are a tremendous source of enzymes. Enzymes are your body's workforce that facilitates digestion, absorption, conversion of food into body tissue, and production of energy at the cellular level.
- Store-brand juice is pasteurized (heated to kill germs). Pasteurization also kills the beneficial natural enzymes found in fruits and vegetables. Additionally, water, corn syrup, sweetener and preservatives are added to these juices, thereby diminishing their nutritional value.
- Vegetable and fruit juices detoxify by acting like a liquid Drano that flushes dead cells out of your body and dissolves plaque buildup.
- Vegetable and fruit juicing helps to reduced cholesterol, dissolves clogged arteries, reduces the risk of heart attack, reduces blood pressure, dissolves kidney stones, cleanses liver, prevents cancers, increases energy and provides many other health benefits.

Eating natural foods by juicing is a nutritious way to get the whole food, pure and fresh, into our bodies. I discovered these healing powers by juicing selected fruits, vegetables and herbs after taking prescription drugs for hypertension that almost killed me. This miraculous juice combo is a "cure all," a potent healer that will rid your body of toxins, normalize all bodily functions and return you to your true state of perfect health. To stay healthy, follow the lifestyle recommendations in this book. I encourage you to read the whole book to appreciate fully the life-changing information before getting into juicing.

Chapter 1

The Beginning

When I started taking medication for my hypertension in the fall of 2005, I thought it was the right thing and the best thing to do—a marvel of our technological advancement in science and medicine that all diseases can be treated and pandemics can be avoided. Or so I thought.

On January 1, 2006, I got the dreaded call from Cameroon, West Africa, informing me that my mother had died. As you can imagine, there was no New Year celebration that day as we mourned and started plans for me to travel to Cameroon to lay my mother to rest. It was difficult for me to concentrate on anything at that time other than dealing with the thought that I had lost my mother forever. It's one of those defining moments in life where you face the reality of the journey on this earth that is all about life from the cradle to the grave.

My mother had died at the ripe age of 86. She lived a good life, and for that reason, it was necessary to be thankful to God for what she had done for us. I asked myself several times during that day why I was crying for the long, productive life she had lived. I thought to myself that maybe I was not so much crying about her, but about my situation where at the age of 46, I was hypertensive and on medication. My mother had never been on drugs, was never sickly, and she died peacefully in her sleep. There is no right way to die, but if there were a model on how to die, it should be when one is close to or above 100 years and transitions to our Maker peacefully without sickness or disability after accomplishing what one has come to do on this planet. That

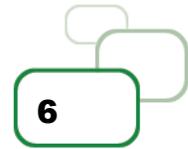
might sound like wishful thinking today, but in the Bible we know that Adam lived 930 years, Noah 950 years and Methuselah lived the longest, a whopping 969 years. How was that possible when they did not have the advanced medical technology and the healthcare system we have today?

When I went to Cameroon that January 2006 to bury my mother, I made sure that I had enough medication. I was taking the ACE inhibitor for my high blood pressure. With the stress of planning for a funeral, my medication was very important to me at that time.

After making the final arrangements to remove my mother from the morgue in Bamenda General Hospital for burial the next day, I went home for dinner with friends and family. The atmosphere, in keeping with our culture, was festive, with no crying, no sad faces. In our Cameroonian culture, when someone dies, especially at that age, we turn the occasion into a death celebration. We celebrate when a child is born and also rejoice and celebrate when that person leaves this earth. The women had already started cooking for the reception to take place after the burial the next day.

While I was sitting at the table eating, I started sweating and felt funny. My brother was talking to me and it sounded like he was fading out. The lights started to dim, shortness of breath kicked in and I was gasping for air. I got up slowly and went to the window to open the glass to let in more air. As I staggered toward the window, I saw my brother's mouth moving up and down, but I could not hear his voice. Then the lights went out.

The next thing I experienced was my brother picking me up from the floor and saying in panic, "Joseph, Joseph! What is it? Please don't do this to us!" His voice was faint at first and gradually became louder, as if someone were increasing the volume. I saw



the lights come back on again, and I was sweating profusely. There was panic in the house and great concern for what had just happened. The thought of burying two family members at the same time was too much to bear. I was rushed outside to get more air. My niece, Elizabeth Moni, was with me and took over my medical care. She is a nurse and was able to diagnose what the issue was. She said I was stressed and dehydrated and my body had just shut down to recharge. This had never happened to me before and it scared me. My heart was racing and I felt sick and uncomfortable. The family surrounded me and started praying. If God was sleeping in Heaven, He would have woken up because the prayers were very loud, mixed with emotion and anxiety.

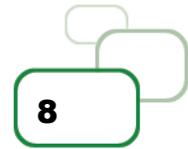
Everything shifted from my mother's funeral to my well-being. It was at that time that my niece learned about the medication I was taking. She knew the drug and what it does. It is a diuretic, and since I was not replenishing the water that the drug was taking out, the outcome was predictable. Drinking water at that time was not something that I was used to doing. Nobody had ever told me the importance of drinking water.

I felt like I was going to die and we made the decision at 1 A.M. to go to the hospital, which was in the city of Bamenda, more than an hour's drive. We drove straight to the home of the director of the hospital, Dr. Wefuan, who happened to be married to our relative, Mary Wefuan. Dr. Wefuan checked my blood pressure and it was 165/108. He gave me some medication and calmed me down. It was around 4 A.M. that I went to bed but barely slept after such a scary moment. As the morning sunlight came in, I woke up and was surprised to be still alive. The rest of my family came in that morning, fearing the worst, and were relieved to find me ready for the funeral.

Around 10 A.M., we took my mother out of the mortuary and proceeded to my hometown of Babungo for the traditional wake keeping, as it is called, and the church service and burial. I was still out of sorts and decided to go home and lie down for a few hours of sleep while the ceremony proceeded, at the urging of my siblings and other family members. They could see from my eyes that I was not all right. It was awkward, but the chance of fainting again was very real and I did not want panic and distraction at my beloved mother's home-going service. So I went home and slept for two hours and joined the service at church fully recharged. The burial and the reception were befitting for my mother. There was a sense of relief that evening as I came home. I was feeling fine, but I knew there was a problem. I started making arrangements to cut the trip short and come back to America to attend to my health.

While traveling to the airport, there were times it felt like the fainting was coming again. I drank a lot of water to regain myself. I missed my plane and the only other scheduled flight was three days away. I did not have three days so I booked a flight with another airline and paid the full fare just to get back the next day. I arrived home to see a much-stressed wife and panicked boys, wondering what was going to happen to me. The next day I went to my doctor to narrate the whole ordeal.

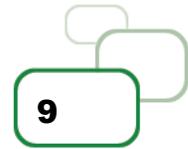
What I experienced at my mother's funeral was the first dramatic reaction to my medication. From that experience in Cameroon, I learned firsthand the full negative effects of the water pill. Secondly, I learned about the need to drink water daily and the danger of dehydration. These were important lessons that lay the foundation of this book.



Some Background

The incident at my mother's funeral took place after I had been on medication for about three months. I had been borderline hypertensive since 2000, and in 2005 my blood pressure started rising to atmospheric levels unlike anything I had experienced before. The high blood pressure was accompanied by high cholesterol, causing general malaise, tension headaches and sleepless nights. I did what most prudent health-conscious people would do. I went to my doctor for diagnosis and treatment of my blood pressure. My doctor prescribed a lifestyle change of diet and exercise and referred me to the government-recommended DASH DIET, which stands for "Dietary Approaches to Stop Hypertension." Like many of us, I was expecting an instant cure from my doctor, not a lifestyle change of diet and exercise. However, I embarked on the DASH DIET Plan, but realized that I could only eat so much fruit and vegetables on a daily basis, and what I was eating was not enough to make a difference. I needed another method to get more of the fruits and vegetables into my body but did not know how to achieve that. Frankly, my body was not used to this sudden change of diet and was craving the processed, dead food that was a staple of my diet. Without any knowledge of the power and benefits of juicing, I opted for the easy way out by accepting drugs to cure my hypertension.

Until that time, I have been relatively healthy all my life. I had never been admitted to the hospital. I had taken medicines such as aspirin for pain and headache; antibiotics for colds, flu and sore throat; and vitamin supplements. In short I believed I was healthy and did not have time messing around with this diet thing. I wanted an instant cure so I could go about living my life. The high blood pressure at that time seemed to me like an annoying thing that needed to go away fast. I had so much going



on and could not tolerate any interference. I was surprisingly arrogant, and needed a quick fix.

My doctor agreed that without any visible progress with the diet, a prescription was necessary. He started me with the diuretic high blood pressure medicine (that was to lead to the ordeal at my mother's funeral). This drug was one of the ACE inhibitors that prevent the formation of a chemical in the blood called angiotensin that increases salt and water retention in the body. The angiotensin chemical causes blood vessels to constrict. ACE inhibitors work by relaxing the blood vessels to enable smooth blood flow through the circulatory system, which reduces high blood pressure. This diuretic drug, commonly known as the water pill, helps to remove water and salt from the blood, thereby reducing blood pressure. The drug literature was promising despite the side effects, which I ignored at the time or thought it did not matter. I was amazed that a drug could go into my body and do these marvelous things.

I was happy with the prescription, and thought to myself that this high blood pressure would go away. I had the solution in a pill, the problem was solved—case closed. Little did I know that this was the beginning of my health crisis, of medical trials and tribulations of a magnitude I had never experienced in all my life. After a couple of weeks on the drug, I started experiencing some of the negative side effects listed in the drug literature. They were mild in the beginning, but increased in intensity over time. These side effects were:

- Severe chest pain
- Stomach upset
- Dizziness
- Palpitation
- Cough
- Heartburn

- Fainting
- Nausea

I convinced myself that these side effects were just a bump in the road, and that they would go away in due time and everything would be all right. The pain seemed to be building, but I persevered for some time. However courageous I was, my chest pain was so severe one evening, coupled with palpitations that I ended up in the ER at midnight. My blood pressure was high and my heart was racing. After running blood tests, an EKG and chest X-ray, I was told that I was okay, except that my potassium levels were low. I was given some pills to take and encouraged to stay on my blood pressure medication. I was not so sure what to believe after such a scary experience. I wondered why my potassium levels were low. I have never had that problem before. I learned about potassium and other minerals in the body when I was taking a biology class in college. Of course at that time, the goal was to take the elective course and pass the class in order to graduate. I started asking myself what potassium does and where we get it from. Why was my chest pain so severe that I ended up in the ER for the first time in my life? Why was my blood pressure higher than before, even though I have been taking medication for several months?

The next day I went back to my doctor to complain about the harsh reaction to the drug and the ER visit. My doctor replaced the drug with another high blood pressure medicine, a diuretic-sparing drug to replace the ACE Inhibitor. This new drug was a calcium channel blocker. Calcium channel blockers work by keeping calcium from entering the muscle cells of the heart and blood vessels. This allows blood vessels to relax, slows the heart rate to reduce blood pressure, angina or chest pain. Angina is caused by clogged arteries that restrict the supply of blood and oxygen to the heart muscles.

I was beginning to wonder why this medication was any better than the first one. I questioned why it was necessary for a drug to slow my heart rate. What was wrong with the heart rate that God gave me, the same heart rate that had worked so well until I started taking drugs? This drug was going to open and clear the clogged arteries that were restricting oxygen and blood supply to my heart muscles. Why were my arteries suddenly clogged and causing chest pain? I have never been diagnosed with clogged arteries before. Could this have been caused by the first drug? There was no need for alarm at that time since I had a new drug to fix the problems caused by the first drug, the Ace Inhibitor. All I wanted was to get back on schedule to reduce my blood pressure. My thinking at that time was very simple: If you have a disease, you take drugs and the problem will go away. I read the new drug literature and realized that this medicine also had its own side effects:

- Dizziness
- Palpitation
- Flushing
- Fatigue
- Constipation
- Fluid retention and swelling
- Headache

I was now beginning to pay attention to the medicines I was taking and to their side effects. I reviewed the literature on the Ace Inhibitor and realized that while in the course of taking water out of my body, it was also depleting my supply of electrolytes and minerals such as potassium. I found out through research that low potassium levels can cause palpitation. I also found out that I could replenish my potassium by eating bananas or plantains. That was amazing to me to discover that there is a food remedy to a deficiency I might have in my body. Could there

be more solutions from food? This was the beginning of my health education.

The ACE inhibitor, as I've mentioned, is a diuretic drug that takes water out of the blood to help reduce blood pressure. Now, one of the side effects of the calcium channel blocker was retention of fluid in the body. While the first drug took bodily fluids out, this new drug kept it in. I did not understand the wisdom of that and began to wonder if this was a chemical experiment. It is necessary to note here that people respond to medication differently. I believe I fall in that category of people who will most likely experience the negative side effects of any drug regimen. It also appeared that my body's reaction went beyond the listed side effects.

However, this was no time for questions. I had to remain loyal to this drug cocktail because defeating the blood pressure was a priority and the pills were on a mission to knock down the pressure. As time went on, my stomach was beginning to show its displeasure with the medications. Heartburn and acid reflux became prominent. I was beginning to get upset with my body. I thought my body should be a loyal subject and take whatever I give it and should work without question, but my body was not listening and did not want those drugs. Unfortunately for me, there were more drugs on the way.

To help me deal with the new secondary illness, my doctor prescribed medication for heartburn and acid reflux. This condition was aggravated by the ACE inhibitor and made worse by the new drug, even though heartburn was not a common side effect. I read the drug literature and much to my surprise, this new medication had its own side effects:

- Headache
- Nausea
- Diarrhea

- Constipation
- Body/muscle pains

It was not long before some of these side effects were added to my inventory of secondary illnesses coming from the entire drug regimen. I noted to myself that this medical malaise had begun when I started taking medication to reduce my blood pressure.

It was now evident that these drugs had created a chaotic internal environment which ironically made me tense, irritable, sleepless, constipated and much to my surprise, kept my blood pressure high. I was shocked to realize that the cure was worse than the disease and these illnesses were so severe that they nullified the intended cure the drugs were supposed to accomplish.

A few weeks later, I had another visit to the ER for the same complaint. Once again I was checked, the blood work was fine, but the blood pressure remained high and my heart rate was high. Potassium levels were normal this time, a positive improvement since I added bananas to my diet. This was confirmation that food can really be medicine. I went to my doctor again after the ER visit and despite these ailments and complaints to my physician; I was encouraged to stay on these medications, because the alternative to no treatment was risk of sudden death from heart attack or stroke. The fear of such an outcome was enough for me to stay the course.

The combined drugs were creating havoc in my body, and during the course of the year I made a total of eight trips to the emergency room, only to be given different brands of drugs to treat my conditions. My constant chest pains and frequent visits to the ER necessitated the need to consult a cardiologist, as the stress on my body was beginning to affect my heart. The cardiologist prescribed a different brand of drugs and urged me to

continue taking high blood pressure medicine. I was given a heart-monitoring device to evaluate my heart risk at any time. I faithfully carried the device around for the two-week trial period. The results did not show any heart damage, but there were signs that the heart muscles were beginning to harden due to the high blood pressure. I continued the drug regimen, but since these drugs did not work for me, my doctor changed the prescription again to another brand. The results were the same—more pain, heartburn, digestive disorder and little change in my blood pressure.

To add more fuel to the fire, I was also diagnosed with *H. pylori*, the bacteria that cause stomach ulcers. My doctor prescribed a two-week antibiotic regimen, which I followed religiously. Three months after treatment, I went back to my doctor to check the status of the *H. pylori*, and it was still positive. My life was now changing from living to managing sickness. I was extremely concerned and asked myself how this all had started. I had gone to my doctor for high blood pressure treatment, but ended up managing several diseases with a parade of the best drugs money can buy. All these drugs, with no relief in sight, what a system! This was no longer making any sense to me. Something was not right; either it was me or the drugs.

After almost a year of taking medication, my conditions had not improved and I was even sicker than when I had started. I was asking myself why me, and why now? The answer was within and all around me, but I did not know. What was the missing link? This went on and on until one day my wife asked me how many drugs I was taking. I counted seven different drugs, much to my amazement. Worse yet, I was experiencing most of the side effects of the various drugs. One evening, as I was wondering what was really wrong with me, and why were these drugs not working, a thought awakened me. The banana had worked and I

was able to stop taking the potassium pill. Maybe there is a food remedy to address this condition without drugs.

The drugs were not the solution I was seeking. I was ingesting substances foreign to my body, and my body reacted negatively with other ailments. If I were taking the right nutrient, my body would have been fine with it. It was beginning to look simple to me. If you eat the right food, you feel fine, but if you eat the wrong food or something that is contaminated, you will experience stomach upset, diarrhea, cramps or vomiting. My body has been sending me a message about the drugs, and I was not listening. I thought the drugs were the answer to treat my conditions, but what my body really needed were natural nutrients from fruits and vegetables to heal itself.

The next day I discontinued taking the medications and put an end to the vicious cycle of drugs and disease. While that was a dangerous decision, my rationale was that the drugs were poisonous to my body and were slowly killing me. Since I was not improving, I was voluntarily committing suicide by continuing to take these drugs. I wanted an alternative, but I did not know what that would be. There was one thing I knew I could do. I got down on my knees and prayed to God for divine guidance to find a solution to my medical predicament. It was clear to me that the solution was not drugs.

In order to find a remedy I needed to educate myself on diseases in general, how they occur, what conditions allow sickness to develop and the effects on the body.

Chapter 3

Make Natural Food Your Medicine

Looking at this table, what side would you want to be on?

Health Care	Disease or Sick Care
Juicing Exercise Carbs, proteins, fats Fruits and vegetables Rejuvenating your body Positive motivation in Life A Vibrant healthy lifestyle Pain free, purposeful living	Drugs Surgery Lab test, MRI Digestive disorder Hospitalization, Diabetes High blood pressure, Stroke Chemotherapy, Colonoscopy Heart Attack, Cancer, Death

I would predict that all humans would like to be on the “health care” side. That is the real healthcare and it is preventive in nature. If you are eating the right diet and maintaining a healthy lifestyle, you will always be on this side. However, if you keep eating the wrong food and live a stressful and poor lifestyle, you will find yourself on the sick care side. Once there, you are at the mercy of the “disease care” industry. I believe it’s a misnomer to call some physicians, hospitals, drug manufacturers, pharmaceuticals and the medical establishment in general as being part of the healthcare system. They are not in the business of caring for your health; they are caring for your sickness or your disease. The only person who can truly take care of your health is YOU. It’s your body, your health, your life, and it starts with what you put into your mouth.

As I've said, this book was written to share my successful healing experience using God-given natural herbs, vegetables and fruits. The information contained in the book validates the need to maintain a balanced natural diet of carbohydrates, proteins and fats. The intent is to help you achieve optimum health naturally by increasing your intake of fruits and vegetables in juice form. Eat what your body needs and together with physical and emotional balance, your health will be enhanced significantly. This regimen of selective vegetables, fruits and spices are blended together to produce a potent nutrition that the body uses to function at its best. When the body is fed with the right foods, it will do what it was designed by our creator to do—**STAY HEALTHY.**

Think about this for a moment. Your car manufacturer designed your vehicle with certain specifications and gave you a manual on how to operate your car. It also specified the type of fuel the car needs. Some cars run on premium, leaded or unleaded gasoline, while some run on diesel. Try filling your tank with water when it needs gas. Well, it just won't run. Mix gasoline with oil in your tank and see what happens! If you fill your tank with regular unleaded gas even though the manufacturer calls for premium, the car's performance will be sluggish, slow and won't perform smoothly. Additionally, if you don't change the engine oil in your car, it will perform poorly and will eventually malfunction and die.

That applies to us, too, if we don't use the proper fuel God designed for our bodies. Some of us take better care of our cars than our bodies. Are you giving the right fuel to your body daily? Do you regularly change your body's oil and filter? Put another way, how often do you detoxify or clean your internal environment? How often do you clean and add new fuel to power your body? Do you know that food is the fuel that runs your body?

Our God-given bodies will function optimally with the addition of a daily regimen of natural vegetables and fruits. Without these natural nutrients life will not be sustainable in the long run. Juicing makes it much easier to achieve the intended goal of better nutrition for better living.

The Bible supports vegetables as food and medicine:

12) Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13) Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see. 14) So he agreed to this and tested them for ten days. 15) At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. 16) So the guard took away their choice food and the wine they were to drink and gave them vegetables instead. (Daniel 1:12-16)

Let your food be your medicine because you are a one and only unique individual, unduplicated elsewhere in the world. Your health depends on your understanding of this uniqueness and eating the right foods that enhance your health. Even if you are taking medicines, the effectiveness of the treatment might be enhanced with a rich diet of fruits and vegetables.

Modern medicine works on the premise that one size fits all. We know that one size does not fit everyone. What may work for someone, may not work for you. Hence the saying "One man's food is another man's poison." While some of the medicines might work for some people for some time, you may be among a percentage of people (like me) for whom certain drugs won't work. If you fall into that group, then natural juicing is for you. However fresh juicing is beneficial for overall health maintenance and prevention of diseases for everyone. As the saying goes, "An

ounce of prevention is worth a pound of cure.” In this day and age, a complete cure for certain diseases with drugs is not guaranteed and the diseases could be life threatening as well as expensive. (Been there, done that.) Why wait to cure a disease with medicines when you can prevent it by just eating right?

Medicines don't really cure you; they only assist the body to heal itself if they are made from natural ingredients. However, they must have the right natural ingredients consistent with the needs of your body. Remember, the doctor (immune system) is already living within you and will treat every disease. If that is the case, then why do we still get sick? Here are a few simple answers:

- We are not giving our bodies the proper fuel it needs to do its work.
- We eat foods processed with chemicals that wreak havoc in our bodies.
- We overload our natural defense systems with exposure to environmental toxins.
- We don't regularly clean out the junk in our digestive tract that creates diseases.
- We live a stressful lifestyle with little or no exercise.

All these factors make us weak and vulnerable to diseases. When diseases strike us, we run to our doctors for drugs that provide a temporary bandage without finding out the real cause of the disease. If drugs were a total cure, then hospitals would be empty, there'd be fewer visits to doctors' offices, there would be fewer sick people and there would be no need to stay on drugs forever.

What are the ingredients of the drugs we take and where do they come from? Are they made from the natural fuel or nutrients your body needs to heal itself? There is a Biblical reference that might

suggest the fact that synthetic remedies are not necessarily the answer in most cases:

***"And a certain woman, which has had an issue of blood twelve years, and had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse."* (Mark 5:25-26)**

This passage is similar to what I went through. It's necessary to note that Jesus did not heal anyone with drugs. Why are Christians still sick and why do they take drugs to heal themselves? You can't blame God for your disease because He has already given the right foods to power our bodies to maintain optimum health, but we are too busy to follow His plan. We can be healthy and disease-free if we maintain God's diet.

The Improper Diet

The standard American diet is the diet of choice for most Americans. This diet is deficient in nutritional value and creates imbalances in the body that lead to diseases such as cancer, high blood pressure, heart disease, stroke, digestive disorders and other ailments. These diets are disproportionately high in foods that are harmful and low in foods that are beneficial to the body. The standard American diet or the "SAD" diet is:

- High in processed foods such as white flour, white rice, white salt, white sugar and canned foods.
- High in saturated fats from animal and dairy products.
- High in trans fats from hydrogenated oil, shortenings and margarine.
- High in chemicals and preservatives used in food processing.
- Low in fiber such as fruits and vegetables.
- Low in complex carbohydrates such as beans, brown rice, yams, potatoes and whole grains.

- Low in plant-based foods such as vegetables.

The standard American diet for breakfast could be any of these choices: cereal with milk; doughnut or muffin with tea; coffee or orange juice; bagel with cream cheese; or egg/sausage/muffin from a fast-food restaurant. Eggs, grits, bacon, pancakes, toasted bread, home fries and then a mid-morning soda, coffee or candy is not unusual.

Lunch could be any one of the following: turkey or chicken sandwich with chips and a soft drink; fast-food burger with extra cheese, large fries, and a "super-sized" soft drink; fried chicken with macaroni and cheese, or mashed potatoes with gravy and a soft drink. Pizza, cheese steak or meatball sandwiches are also frequent lunch menu items, as is salad loaded with fixings and unhealthy dressings. This is often followed by an afternoon snack of a candy bar, chips, salty mixed nuts or pretzels from a vending machine with another soft drink.

Dinner is often a frozen dinner like meat and potatoes with a roll and margarine; or else it's pasta, lasagna, pizza, fried chicken, hamburger, pork ribs with some green beans or salad for the health-conscious. Drink is often store-brand juice, lemonade or soda. This is topped off with ice cream for dessert.

This is a poor diet and the driving motivation for this way of eating is CONVENIENCE. The convenience factor is made possible by the proliferation of frozen or canned foods, or of fast-food restaurants and other eateries that make food look and taste more delicious than its nutritional value to the body. America has developed to the point at which home cooking is going out of style. Take a ride on Saturday or Sunday in your town or city and see the long lines at fast-food restaurants and other eating places. This is happening on weekends when we have free time from work to stay home and enjoy a home-cooked meal. Most people don't cook or have the time to cook a nutritious meal. The

closest thing to cooking is to heat the TV dinner or canned food in the oven or microwave. At this rate, I predict homes of the future will have only ovens and microwaves, with no need for stoves.

While America has one of the highest standards of living in the world, with the best healthcare system and medical technology, the standard American diet has created a health crisis, resulting in an increase in preventable deaths compared to other countries. Countries that eat plenty of plant-based foods that are low in fat, high in fiber and high in complex carbohydrates have a lower incidence of high blood pressure, high cholesterol, heart attacks, cancer, diabetes and digestive disorders than America.

I believe most Americans never saw or heard of these warnings from the Surgeon General's Report:

"Food sustains us. Yet what we eat may affect our risk for several of the leading causes of death for Americans, notably, coronary heart disease, stroke, arteriosclerosis, diabetes, and some types of cancer. These disorders together now account for more than two-thirds of all deaths in the United States.... But for most of us the more likely problem has become one of overeating—too many calories for our activity levels and an imbalance in the nutrients consumed along with them. Although much is still uncertain about how dietary patterns protect or injure human health, enough has been learned about the overall health impact of the dietary patterns now prevalent in our society to recommend significant changes in those patterns."

Dr. C. Everett Koop, 1988 Surgeon General's Report

White Flour

Wheat is the most popular cultivated crop in the world, the foundation of many foods such as bread, cereal, pasta, bagels, crackers, cakes, noodles, rolls, biscuits, hamburger buns, cookies, pudding, gravy and muffins. Wheat grain is made up of three parts: the endosperm or starchy part, the germ or protein part and the bran or fiber part. White flour is made from the endosperm. Whole grain or whole meal flour is made from the entire grain that includes the endosperm, bran and germ. Germ flour is made from the endosperm and germ only.

Whole wheat in its natural unrefined state provides beneficial vitamin and mineral nutrients such as vitamin B1, B2, B3, E, folic acid and minerals such as calcium, phosphorus, zinc, copper and iron, as well as fiber.

Unfortunately for us the health benefits of wheat are destroyed during processing; the nutrient-rich parts that include the bran and the germ are extracted to make flour. When wheat grain is blended, the color is brown or yellowish.

To make white flour, flour mills use various chemicals such as nitrogen oxide, chlorine, chloride, nitrosyl and benzoyl peroxide mixed with various chemical salts to bleach the wheat flour in the same way detergent uses bleach to whiten your clothes. Oh yes, you are reading this right! This bleaching turns the brown yellowish grain color to white. Other chemicals are added to extend its shelf life.

In the process of making flour white, most of the beneficial vitamins, minerals and dietary fiber are destroyed. What is left is a fattening starch loaded with chemicals devoid of nutrients. The government requires millers to "enrich" the white flour with synthetic vitamins and minerals to add back what has been taken out. Does this make any sense to you? The enriched vitamins are

not natural. That's what you get from foods made from white flour, including white bread. This is why health-conscious vegetarians and some nutritionists consider store-bought white bread as "dead bread." Meals made from white flour are lifeless and nutrient-deficient. These foods don't digest well and create digestive disorders such as constipation, heartburn, acid reflux, and contribute to high cholesterol and clogged arteries leading to high blood pressure and heart attack. Do you see the connection?

To get the most nutritional value from wheat products, buy 100% organic whole wheat flour that is unprocessed, unbleached. If possible, make your own bread. Additional information is provided at the end of the book under Resources.

White Sugar

Sugar comes from the sugar cane plant grown mostly in the warm, tropical regions of the world. When the juice is extracted from the plant, it goes through a refining process that boils, spins, filters and separates the syrup into sugar crystals that are brown in color. This process strips away all the natural vitamins, minerals, protein, fiber and water contained in the cane juice. Why go through this process to create an unhealthy product? The reason is it is against the law to sell unrefined sugar, which is actually healthy for you. Is this making any sense to you?

To turn the brown sugar crystals into white sugar, phosphoric acid, sulphur dioxide and calcium hydroxide are added. It is filtered again using carbon dioxide to remove the molasses. Finally, it is bleached with chlorine that turns the color white. This creates a chemical product that is 99.96% sucrose. White sugar is a chemical product that has no nutritional value. God has provided us with natural sugars such as fructose, found in fruits and honey, maltose found in grains, and lactose found in milk. These natural sugars are loaded with enzymes and are beneficial to our body, unlike white sugar.

Processed white sugar is an unnatural product that is harmful to the body, and too much sugar consumption can lead to degenerative diseases. In a 1973 study published in the American Journal of Clinical Nutrition by A. Sanchez et al, titled "Role of sugars in human neutrophilic phagocytes," November, 1180-1184, it is demonstrated that consuming 100 grams of simple sugar suppresses the immune system by lowering white blood cell activity for up to five hours. Samples used were white sugar, processed honey and orange juice. The study further showed that sugar affects the immune system within ten minutes of consumption. Lowered white blood cell activity has a negative impact on the immune system and impairs its ability to fight bacterial and viral infections. The study also revealed that processed honey and store-bought juices are loaded with sugar.

High sugar consumption from foods and soda can cause the following problems:

- a suppressed immune system, by causing the pancreas to produce large amounts of insulin to break down the sugar
- a suppressed release of growth hormone in the pituitary gland that impairs immune function
- increased overgrowth of intestinal parasites such as Candida and yeast organisms
- increased anxiety, irritability and hyperactivity, especially in children
- depleted potassium, magnesium and calcium levels in the body that can cause heart disease
- tooth decay
- more cholesterol produced by the liver that is deposited in the veins and arteries, a risk factor to high blood pressure and heart disease
- excess sugar in the liver that is converted into triglycerides and stored as fat in the body. This is a risk factor for arteriosclerosis (hardening of the arteries)

- diabetes and increased weight gain

Can we totally avoid sugar? That may not be possible for those with a sweet tooth. However, you can take steps to reduce your white sugar intake. You may use alternative sweeteners such as honey, molasses, organic brown sugar, maple syrup or unrefined sugar cane syrup.

There is another natural sweet choice from the herb kingdom called stevia. This herb is actually sweeter than refined sugar, with no chemicals or calories, and it will not raise blood sugar levels. It is widely used in South America, and is available in health food stores.

White Rice

When rice is harvested, it is processed through the huller or husker mill to remove the outermost layer of the grain, and this produces brown rice. Brown rice is loaded with nutrients such as vitamin E, thiamin, riboflavin, niacin, vitamins B1, B3, B6, phosphorus, potassium, selenium, magnesium and iron.

To make white rice, the germ and the inner husk (bran) is removed through additional milling to reveal the white grain. In the final steps, the grain is polished with bleaching chemicals such as glucose or talc to produce pure white rice. The end result is a refined starch with an extended shelf life that is devoid of its natural nutrients.

The milling process that converts brown rice into white rice destroys the following nutrients:

- 80% of the vitamin B1
- 67% of the vitamin B3
- 90% of the vitamin B6
- 50% of the manganese

- 50 of the phosphorus
- 60% of the iron
- All essential fatty acids and fiber

The U.S. government requires that all processed foods be “enriched” with vitamins B1, B3 and iron. However, the enriched vitamins and minerals from synthetic sources cannot substitute the original God-given nutrients. The main purpose of this process is to extend its shelf life, and to change a natural food into a commercial product for profit. While it takes longer to cook brown rice, the health benefits outweigh the inconvenience. You may also consider other whole grain varieties of rice that are not processed.

Eating foods devoid of life-giving nutrients will have a negative impact on your health. These foods are high in calories and low in vitamins, minerals and fiber. Feasting on these types of foods will lead to weight gain and make you susceptible to disease. The circle of food and sickness starts with what we put in our mouths. Inadequate food or nutrients is clearly one of the primary causes of diseases. Did our creator design a better diet for us? Let’s explore the link with some biblical references.

The Divine Diet

Just about any sickness or disease that affects you is self-inflicted and can be traced to diet and lifestyle. The most important thing you need to constantly remind yourself is that we were created in the image of God, and all his creations are perfect. God’s design for our body and the required diet was and still remains “FLAWLESS.” It is our lack of understanding that is the cause of diseases. Food should not be perceived as just something to fill our stomachs, nor decorated with artificial colors and spices to whet our appetite. Natural seed-bearing food should be regarded as the fuel that runs the body. This command is stated in the Bible (New International Version) as follows:

Then God Said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." (Genesis 1:29)

Foods from seed-bearing plants such as grains, nuts, vegetables, fruits, beans, are loaded with vitamins, minerals and fiber. They are very healthy when consumed in their natural state without any processing. Green plants or vegetables are the foundation of the human diet. We call these energy producing foods carbohydrates.

And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground—everything that has the breath of life in it—I give every green plant for food. And it was so." (Genesis 1:30)

The Lord also created animals and birds and gave them green plants or vegetables as their food source. Other biblical passages recommend those plant-eating animals and birds as good food for us. Our creator certainly provided the food we need to nourish our bodies. There is no mention in the passage about man-made processed food or drugs.

To complete a balance diet, the Lord gave us proteins and fats.

Everything that lives and moves will be food for you. Just as I gave you the green plants, I now give you everything. (Genesis 9:3)

It's clear that God intended for us to have a balanced diet of carbohydrates, proteins and fats that provide the vitamins, minerals and fiber that will nourish and sustains us. Other passages in the Bible specifically identify the good foods we are supposed to be eating and those we should avoid. Refer to the Resources at the end of the book.

God in His infinite wisdom uniquely designed the foods He made for you with a variety of nutrients that your body needs to remain healthy. It is vitally important to understand this message.

The more you eat God-made natural foods, the healthier you will become. On the other hand if you consistently eat man-made processed foods, you will develop sickness and disease because you are eating foods that were not designed to sustain your life.

The biblical passages make reference to living food because these foods have the natural life-giving nutrient God created. What is the nutritional value of pasta, cheese, ice cream, pasteurized milk, white flour, white bread, white rice and canned foods? During the processing of these products, the natural enzymes and nutrients are destroyed and unnatural chemicals are added to extend their shelf life. As a result, they are no longer living foods; they are dead foods. The body considers anything that you ingest that does not have any life nutrient as poison. It actually tries to get rid of the toxin instead of digesting it. This makes the body work much harder just to keep you alive.

If you fill your gas tank with low-grade leaded gasoline when the car manufacturer recommends premium gas, you will get a very sluggish performance that could lead to serious engine malfunction. Worse yet, if you add diesel fuel to the tank of a gasoline engine, your car will not run. Most of us are doing this to our bodies. We are giving low fuel to our bodies and making it worse by adding the wrong fuel altogether and still expecting our bodies to perform for us. You can trick the body for some time, but you can't fool the body all the time, to paraphrase Abraham Lincoln's famous quote. It knows better. It tries to warn you with messages such as pain, digestive disorder, high blood pressure, cancer, tumors and other ailments. We misinterpret these messages as diseases and run to the doctor for drugs that do not



address the cause of the problem. Remember disease simply means you are in ***dis-ease; you are not at ease with your body. You are out of balance; something is not functioning properly.*** And since you contributed to the condition, it is possible to find out its cause.

We are going against nature daily with the so-called civilized diet that is build on taste, glamour, and convenience rather than the nutritional value. Eating natural living foods will provide the fuel to power the living cells that make up your body. With the proper fuel, your body performs as God intended and you stay healthy. That is simple, and it's not a mystery, and you don't have to be a doctor or scientist to understand that.

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