

PLUS FABULOUS JOBS, HOLIDAYS, PUZZLES, NEWS AND REVIEWS

The Lady

16 JANUARY 2015

CALL THE MIDWIFE

Jenny Agutter and
the cast on wimples,
the Swinging Sixties
...and sisterhood



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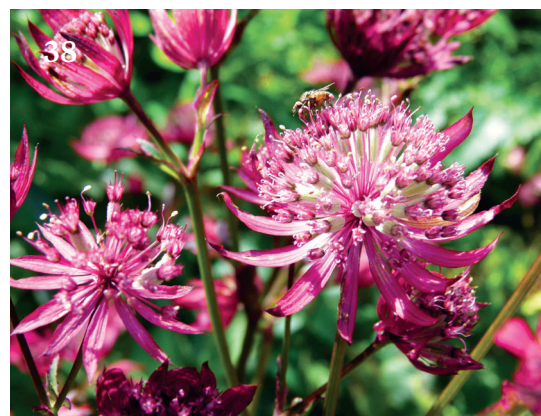
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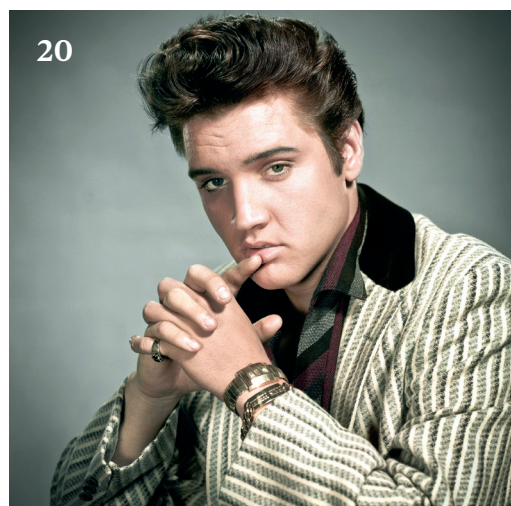
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Drink YOURSELF *well*

Feeling a bit run down? Juicing can turn your diet - and sense of well-being - around, says Liz Earle



Juicing has never been more fashionable. My first book on the subject, Liz Earle's Quick Guide To Juicing, published back in 1995, helped pioneer the subject and - far from being dismissed as yet another food fad - the popularity of juicing has soared, along with the raft of evidence to support its many health benefits.

I've been singing the praises of juicing for more than 30 years and am excited to share with you the many varied health, beauty and well-being benefits. Juicing is both quick and easy - it's just about the fastest, cheapest and most effective health habit I know. Once you start to see

(and feel) the benefits, including renewed energy, weight loss, clearer skin and increased vitality, you'll never look back! Juicing is one of the few modern health and beauty techniques that really has stood the test of time.

Juicing is just brilliant for boosting vitality and is an excellent way to increase natural energy levels, especially useful for those of us with hectic, overstressed lifestyles. It is also something that works for all ages and stages of life, from the first few sips of a baby's juice to nutritious, easy-to-digest formulas for the elderly or those convalescing after illness.

There's no surer way to get back ▸

Above from left:
Strawberries On
The Beat juice;
Liz Earle; Battery
Charge juice
Opposite page
and below: Skin
Sunrise juice and
Sprouting
Greens juice





From left: Gazpacho Juice, Beneficial Bug Boost, Super Green and Brain Food

on your feet or to absorb vitality-boosting nutrients in such an easily assimilated form – from the very young to the very old.

Welcome to the wonderful world of juicing – enjoy the sheer fun and great taste of fresh vitality on its way to you.

Sip sip hooray! ■

◆ *Juice*, by Liz Earle, with photography by Georgia Glynn-Smith and Patrick Drummond (Kyle Books, £14.99).



SKIN SUNRISE

Red peppers contain large amounts of vitamin C and A (beta-carotene), as well as B6 and magnesium, plus they taste really sweet, so are perfect for juicing. A touch of ginger adds a hint of spice.

- ◆ 3 carrots
- ◆ 1 apple
- ◆ 1 red pepper, seeds removed
- ◆ 2cm piece fresh ginger root, peeled

Juice all the ingredients, stir well and serve immediately.

SPROUTING GREENS

This is a seriously green juice – in colour and taste. If you choose only one skin-saving juice, I suggest you make it this one. Kale is a true skin super food, not only rich in vitamin K, but also highly prized for its omega-3 content and over 40 different flavonoids that make it both an antioxidant and anti-inflammatory. Broccoli sprouts have been shown to contain levels of sulforaphane 100 times higher than those found in the plant itself. Sulforaphane is a compound that improves the liver's ability to detoxify, an essential process for skin clarity and overall health.

- ◆ 4-5 handfuls kale
- ◆ 1 handful parsley
- ◆ 2 kiwi fruit, peeled
- ◆ 1 lime

- ◆ 1 handful broccoli sprouts
- ◆ ½ tsp spirulina

Juice all the fruit, vegetables and sprouts, and then stir in the spirulina before serving.

STRAWBERRIES ON THE BEAT

This juice can be given to children who are adverse to eating vegetables. The strong flavour of the strawberries will cover the fact that a little beetroot and carrot has gone into this drink. Beetroot is known for its antioxidant, anti-inflammatory and detoxification benefits, but you may want to warn children about their wee turning pink after drinking too much of this – something my own children find hilarious.

- ◆ 8-10 strawberries, one to decorate
- ◆ 2 carrots
- ◆ 1 small beetroot
- ◆ 1 small handful mint leaves

Juice all the ingredients and mix together. Pour over ice and serve with a whole strawberry.

BATTERY CHARGE

This beautiful juice makes a great way to start the day. Carrot juice contains high levels of beta-carotene, an antioxidant that can help oxygenate our blood, brain and body tissues. The addition of maca powder – rich in calcium, potassium and

iron – also promotes oxygen transport around the body to help fight tiredness.

- ◆ 3 carrots
- ◆ 1 garlic clove
- ◆ 1 orange, roughly peeled
- ◆ ½ tsp maca powder

Juice the carrots, garlic and orange, and then stir in the maca powder before serving.

GAZPACHO JUICE

If you like gazpacho soup you will just love this juice, as it has all the same ingredients. Tomatoes and red peppers both contain high levels of the carotenoid lycopene, a powerful phytonutrient that functions as an antioxidant to help protect against degenerative diseases, sunburn and skin damage. The garlic is entirely optional, but it is a great source of antioxidants, very cleansing for the skin and a useful anti-inflammatory.

- ◆ 1 red pepper, seeds removed
- ◆ 1 tomato
- ◆ ½ cucumber
- ◆ 1 garlic clove (optional)
- ◆ 1 small handful basil leaves
- ◆ 1 tsp extra virgin olive oil
- ◆ freshly milled black pepper, to serve

Juice all the vegetables with the basil leaves, and then stir in the olive oil. Serve with a sprinkling of freshly milled black pepper.

BENEFICIAL BUG BOOST

This juice includes some prebiotic-rich foods (Jerusalem artichokes and garlic) that help to 'feed' your friendly bacteria. Jerusalem artichokes are not really artichokes and do not come from Jerusalem – they originated from North America and are tubers, often called sunchokes, as they are a variety of the sunflower. Their flavour is similar to potato, but a bit nutty, and they are known to cause bad flatulence in some people,

although juicing doesn't seem to have the same effect.

- ◆ 1 small Jerusalem artichoke
- ◆ 1 garlic clove
- ◆ 3-4 broccoli florets
- ◆ 2cm piece fresh ginger root, peeled
- ◆ 2 carrots

Juice all the ingredients together, and then stir and serve.

SUPER GREEN

Although this is green, it is sweet and full of flavour that children will like, so it's a great juice for a boost of vegetables – not many children will eat spinach and celery knowingly! The pineapple will provide a little digestive support, while spinach and parsley are both rich in many vitamins and minerals that a growing body needs.

- ◆ 1 small handful parsley
- ◆ 1 celery stick
- ◆ 1 small handful baby spinach leaves
- ◆ 1 tangerine, peeled
- ◆ 1cm slice fresh pineapple, peeled, plus a wedge to decorate

Juice all the ingredients and serve poured over ice with a wedge of pineapple for decoration.

BRAIN FOOD

Feeding the brain is important throughout life, not just as we age. One of the easiest ways to recognise nutrition deficiency is from a change in mental functioning, and this applies to poor hydration too – just 2 per cent dehydration can affect both mental and physical performance – another reason to drink lots of juice. This one is rich in antioxidants, while the addition of chia oil gives a small boost of healthy omega fats too.

- ◆ 1 small handful blueberries
- ◆ 1 orange, roughly peeled
- ◆ 1 carrot
- ◆ 3-4 broccoli florets
- ◆ 1 tsp chia oil

Juice all the fruit and vegetables, and then stir in the chia oil before serving.