



Juicing for Good Health Workshop Notes 2016

Presented By

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Medical Disclaimer

The information on this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. The entire contents of this handout are based upon the opinions of Health By The Bay, unless otherwise noted

In all cases of ill health

- ALWAYS seek a professional opinion
- NEVER self-diagnose and/or self-medicate

CONTINUE taking prescribed medications. Discuss any changes you would like to make to your prescribed medication regime with your doctor/healthcare practitioner first.

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Overview

At Health By The Bay our focus is to help you build your **Core Health**, the driving engine of your body, in an accessible and sustainable manner. We achieve this by find what sits underneath the symptoms i.e. the underlying causes that are blocking your engine. Our approach is to clear the different layers that sit on top and deal with the issues that sit underneath symptoms as they appear. This process allows us to implement strategies that will give you lasting results.

One of our fundamental strategies for healing is food and as we have embraced

“Let food be thy medicine and medicine be thy food.”

— Hippocrates

Food is the fuel that our body requires so you can perform your day to day functions as well as repair itself from the wear and tear of daily life. However, we you do not feed it adequately or give the food it needs it will start to tap into your reserves until they are exhausted. This is where illness begins for most people as your body get stressed out and is crying out for the fuel it needs.

Has our food changed?

It is obvious that the today's modern diet is significantly different to what people ate back in the sixties and so on. Since then we had an explosion of fast food and artificial flavours hit our daily diet which has become part of our daily lives. Our desire for faster and easier ways to prepare meals and/or cook has driven a lot of us towards take aways, dining out, packet dinners, etc.

To compound the issue the mass production of agriculture has seen a number of changes to our food source which includes:

- Soil degradation
- Genetically Modified Food (GMO)
- Pesticides

Soil degradation

Agricultural practices have changed since the industrial revolution and the increase level of production. Previously areas that were harvested were not used till the next season to give the plot time to rest, however, now a day the same plot is used for the season harvest. This has led to the decline in soil quality include loss of organic matter, decline in soil fertility, decline in structural condition, erosion, adverse changes in salinity, acidity or alkalinity, and the effects of toxic chemicals, pollutants or excessive flooding.

What this basically means is that foods produced in these fields do not have the same level of nutrients and minerals that it used to have. Effectively even when you are eating healthy you could effectively be mal-nourished.

Genetically Modified Food (GMO)

Genetically modified food is a source of great controversy, yet most of us are eating it every day. If you cook with canola oil, snack on biscuits and chocolates, drink soy milk or eat tofu, you're probably tucking into " Frankenfood".

Imported food is even more likely to be genetically engineered. Chips, tacos, fried foods and confectionery are likely to contain GM corn or potato from the US, American maize tends to be GM, and so does sugar beet, often used as a sweetener.

Is it safe? Well there is no consensus amongst scientists and most say there is no clear evidence. There have been no studies tracking the long-term effects GMOs may have on humans. Researchers fear that the health risks may include: Exposure to allergens, antibiotic resistance, endocrine disruption, reproductive disorders and accelerated aging.



Are GMO foods nutritional? According to the owners of GMO food and some scientists, GMOs can be modified to have greater nutritional value than the organism would have naturally. Personally, science is still learning how our bodies work and what they need, so we find it hard to believe that we already created superfoods.

Note: please do your own research on this issue.

Pesticides

Chemicals such as pesticides, antibiotics and hormones are used in plant and animal farming to boost production and ensure adequate food supply. Food Standards Australia New Zealand (FSANZ) sets the maximum allowed limits for agricultural and veterinary chemical residues present in foods in Australia (both domestic and imported foods).

According to Choice Magazine"

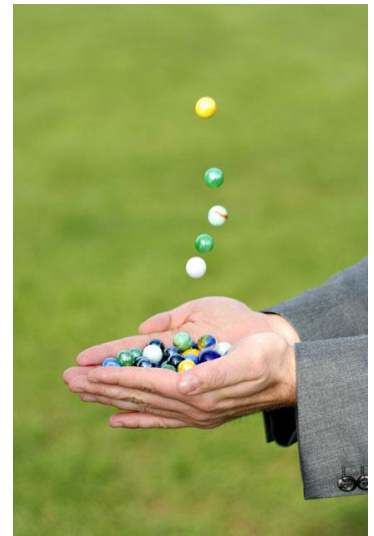
- There's no convincing evidence that pesticide residues are bad for your health at the very low levels permitted in fruit, vegetables and other foods.
- Research isn't conclusive — pesticides once thought safe have been subsequently banned, or their use restricted.
- About 300 different pesticides are registered in Australia for use on fruit and vegetable crops. There's no convincing evidence that pesticide residues are bad for your health at the very low levels permitted in fruit, vegetables and other foods.
- Research isn't conclusive — pesticides once thought safe have been subsequently banned, or their use restricted.
- About 300 different pesticides are registered in Australia for use on fruit and vegetable crops.

The issue we have is that we look at impact of these toxic chemical in isolation and we do not have a clue as to what is the total impact when they are all added together. We call this the marble effect, if you image each extra artificial chemical that your body has to process is a marble and your hands as your body. Your body can easily handle quite a few chemical and be able to process them.

According to Dr Mariann Lloyd-Smith, Senior Advisor to the Australian National Toxics Network and she said

*“Since World War II, approximately **80,000 new commercial synthetic chemicals** have been released into the environment, with approximately 1500 new chemicals released annually.*

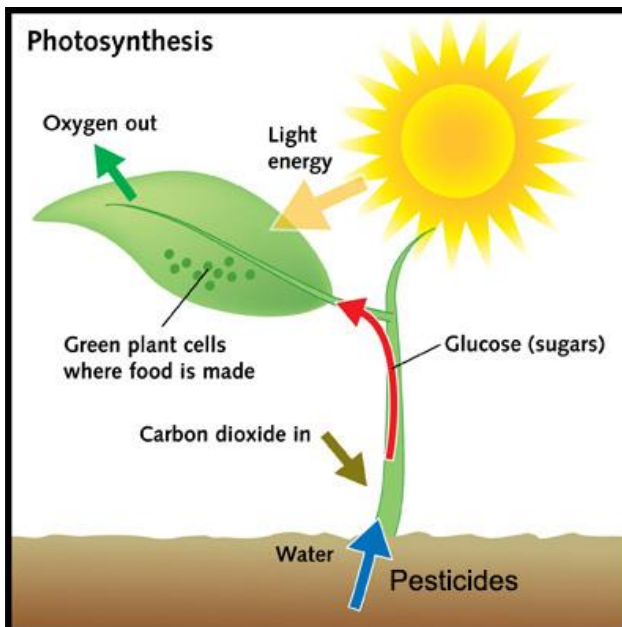
Most of these have not been adequately tested for their impacts on human health or their particular impacts on children and the developing foetus.”



Given this scenario our hands (bodies) are not capable or designed to handle this bombardment of chemicals. It is this bombardment that has led to Multiple Chemical sensitivity. According to [QLD health department](#) Multiple Chemical sensitivity can cause many symptoms. These include fatigue, asthma, shortness of breath, rhinitis, blocked nose, sinus pain, sore throat, earaches, dry or sore eyes, nausea, bloating, diarrhoea, constipation, headaches, confusion, memory problems, depression, anxiety, hyperactivity, sleep disturbance, joint pain, muscle pain, rashes and palpitations.

Impact of pesticides on food

Plants aren't just coated with pesticides, plants soak up pesticides; root vegetables in particular are vulnerable as well as fruits and veggies with thin "skins" as they lack the proper physical barriers needed for



protection. No matter how much you wash them you can't get rid of the pesticides that are now throughout your food.

The [National Institutes of Health's recent studies](#) have found, "Only 5–10% of all cancer cases can be attributed to genetic defects, whereas the remaining 90–95% have their roots in the environment and lifestyle."

According to the Pesticide Action Network, ["90% of lettuce tests positive for 47 different pesticides and 57 different chemical residues."](#)

National Pesticide Information Network

<http://npic.orst.edu/health/residue.html>

[http://www.choice.com.au/reviews-and-tests/food-](http://www.choice.com.au/reviews-and-tests/food-and-health/food-and-drink/safety/pesticides-in-fruit-and-veg.aspx)

[and-health/food-and-drink/safety/pesticides-in-fruit-and-veg.aspx](http://www.choice.com.au/reviews-and-tests/food-and-health/food-and-drink/safety/pesticides-in-fruit-and-veg.aspx)

EWG's 2015 Dirty Dozen

Nonorganic apples once again topped The EWG's Shopper's Guide to Pesticides in Produce report, making it the fourth year in a row the beloved fruit earned the unfavourable spot.

Kale, collard greens, and hot peppers were frequently contaminated with insecticides that are particularly toxic to human health, prompting their "Dirty Dozen Plus" status.

1. Apples
2. Peaches
3. Nectarines
4. Strawberries
5. Grapes
6. Celery
7. Spinach
8. Sweet Bell Peppers
9. Cucumbers
10. Cherry Tomatoes
11. Snap Peas (Imported)
12. Potatoes

+ Hot Peppers

+ Kale/Collard Greens

EWG's 2015 Clean 15

It's not all bad news! These produce picks contained the lowest pesticide levels.

1. Avocados
2. Sweet Corn
3. Pineapples
4. Cabbage
5. Sweet Peas (Frozen)
6. Onions
7. Asparagus
8. Mangoes
9. Papayas
10. Kiwi
11. Eggplant
12. Grapefruit
13. Cantaloupe (Rockmelon)
14. Cauliflower
15. Sweet Potatoes

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Dirty DOZEN™

Shopper's Guide to Pesticides in Produce™

| | |
|-----------------|--------------------|
| APPLES | PEACHES |
| CELERY | POTATOES |
| CHERRY TOMATOES | SNAP PEAS |
| CUCUMBERS | SPINACH |
| GRAPES | STRAWBERRIES |
| NECTARINES | SWEET BELL PEPPERS |

⊕
HOT PEPPERS &
KALE/COLLARD GREENS

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Clean FIFTEEN™

Shopper's Guide to Pesticides in Produce™

| | |
|-------------|---------------------|
| ASPARAGUS | MANGOES |
| AVOCADOS | ONIONS |
| CABBAGE | PAPAYAS |
| CANTALOUPE | PINEAPPLES |
| CAULIFLOWER | SWEET CORN |
| EGGPLANT | SWEET PEAS (FROZEN) |
| GRAPEFRUIT | SWEET POTATOES |
| KIWI | |



Why Juice?

The main reason people should Juice comes down to bioavailability.

Bioavailability is the amount of a substance that becomes available (reaches the systemic circulation so that it is available to the target organ) to a body for biological uses when introduced in this case via ingestion.

Juicing concentrates the healthy compounds from the plants and/or fruits allowing you to benefit from them more effectively. When you juice vegetables the liquid juice virtually bypasses your digestion process, allowing the nutrients carried in the vegetable juice to be absorbed directly into your bloodstream and provided to your body at the cellular level.

Difference between Juices and Smoothies

Smoothies and juices are pure nutrients in a glass. They're both loaded with nutrients, give you an energy boost, and taste fabulous. But they're not the same thing. The difference lie in the machines used to make each drink:

- Juicing is the process of extracting the liquid content of whole foods through a special juicing machine and discards the indigestible fibre. Without all the fibre, your digestive system doesn't have to work as hard to break down the food and absorb the nutrients. The fibre is then discarded or can re-used in other foods such as cakes, soups, etc.
- Unlike juices, smoothies consist of the entire fruit or vegetable, skin and all and contain all of the fibre from the vegetables. However, the blending process breaks the fibre apart (which makes the fruit and vegetables easier to digest) but also helps create a slow, even release of nutrients into the blood stream and avoids blood sugar spikes. Smoothies tend to be more filling, because of the fibre and generally faster to make than juice.

Note: Try to drink your juice or smoothie straight away. After 15 minutes, light and air will destroy much of the nutrients. If you can't drink it straight away, transfer to a dark airtight container until you're ready.

| <i>Juice</i> | <i>Smoothie</i> |
|---|--|
| <i>No fibre</i> <i>Up to 70% nutrition per glass</i> <i>Has soluble fibre only</i> <i>Fast energy release</i> <i>Higher sugar and more quickly absorbed</i> | <i>Whole food</i> <i>Insoluble & soluble fibre</i> <i>Slow energy release</i> <i>Combines fruit and veg often</i> |

Juicing for Health

Arthritis

Fruits and vegetables believed to be effective for those with arthritis pain include:

- ginger
- pineapple
- papaya
- blueberries
- grapefruit
- spinach
- grapes
- plums
- kale
- pears
- bok choy
- sour cherries
- pomegranate
- cauliflower
- raspberries
- strawberries
- onions
- apples
- carrots
- beets
- garlic
- lettuce

Pineapple, Carrot & Celery Juice

5 carrots
2 stalks of celery
4 oz pineapple
1 tsp lemon juice

Papaya Orange Juice

¼ papaya, peeled
1 large orange, peeled

Papaya Blueberry Juice

2 cups blueberries
¼ papaya, peeled

Broccoli Carrot Juice

1/2 cup fresh broccoli, cut in pieces
3 medium carrots, roots only
1 apple, core removed
1/2 lemon, peeled

The Naked Kitchen <http://www.thenakedkitchen.com/>

Detox:

The Green Cucumber

- 1 cucumber
- 1 large cup of spinach
- 1 large cup of parsley
- 1 celery stock
- 1/2 medium lemon, peeled

Refreshing Renewal

- 2 stalks of fennel
- 1/2 a cucumber
- 1/2 a green apple, cored
- 1 handful of mint
- 1 inch piece of ginger root

Ginger Root Boost

- 1 inch slice ginger root
- 1 lemon, peeled
- 6 carrots (feel free to add the green tops)
- 1 apple, cored

Veggie Mix

- 3-4 carrots
- 2 celery stalks
- 1/2 a beet
- 2 broccoli florets
- 1/2 a lemon, peeled

Veggie Mix

- 3-4 carrots
- 2 celery stalks
- 1/2 a beet
- 2 broccoli florets
- 1/2 a lemon, peeled

Cucumber Beet

- 1 cucumber
- 3 carrots
- 1 beet
- 2 stalks of celery
- 1 handful of parsley

Note: *Cucumber and bell pepper are good sources of silicon which is recommended to strengthen skin hair and nails. Studies show that foods high in silicon reduce signs of ageing, improving thickness and reducing wrinkles!*

Stress: Original V8 Recipe

- 2 large Carrots
- 3 stalks Celery large
- 1/2 Cucumber
- Parsley - 2 handfuls
- 1/2 medium Capsicum
- Spinach - 1 cup
- Tomatoes - 3 medium whole

Some of the ways this juice benefits the body:

- Celery calms the nerves because of the high calcium content & helps in controlling high blood pressure. Raw celery should be eaten to reduce high blood pressure.
- Tomato improves heart health by helping lower blood pressure due to its high content in potassium. It also prevents the oxidation of cholesterol, which is one of the first steps in the formation of atherosclerotic plaques.
- A recent study also shows that certain protein compounds in spinach are beneficial in lowering high blood pressure.
- Capsicum juice can significantly help to reduce cholesterol. The concentrated anti-oxidant fights oxidative stress that is the main culprit in oxidizing the LDLs in our blood. In the process, it also retards the development of atherosclerosis (hardening of the arteries) and lower blood pressure.

Spinach and Depression

Spinach is a great source of Manganese & Magnesium. Manganese and magnesium are two powerful allies in your depression-healing lifestyle. Manganese helps synthesize the fatty acids necessary for a healthy nervous system and is also involved with the synthesis of B vitamins, amino acid formation and the prevention of mood swings due to low blood sugar. Magnesium is crucial in helping manufacture the enzymes that support brain metabolism. In a study, the National Institute of Health found that a deficiency in magnesium reduces levels of mood-calming serotonin. Tryptophan is an essential amino acid that your brain converts to soothing serotonin. Tryptophan also helps you get that good night's sleep that is so essential to controlling depression because the serotonin that tryptophan produces is itself converted into melatonin, the sleep-inducing hormone.

Popeye Power

- 2 apples
- ½ cucumber
- 1 lime
- Spinach

Recipes

CARROT PULP MARMALADE

Ingredients

- 3 oranges
- 4 cups of water
- 3 cups of carrot pulp
- 4 tablespoons of lemon juice
- 3 cups of honey
- 1/2 teaspoon of ground ginger
- 1 package of store-bought dried pectin

Instructions

Peel all three oranges and cut the rinds into very narrow slices. Cook the slices in four cups of water until they're tender ... then let sit at least seven hours (or overnight).

Once the peelings have had a chance to stand for seven (or more) hours, add the carrot pulp to them and boil for 10 minutes. Next, chop the oranges into a bowl and remove all seeds. Then introduce the oranges, lemon juice, honey, and ginger to the pulp/peelings mixture and boil for 20 minutes more.

If—after 20 minutes—the marmalade has begun to jell on its own ... terrific! Pour the mixture into hot, sterile canning jars and seal. Otherwise—if the jam hasn't thickened—you should stir in the dried pectin at this point. (I don't know why, but sometimes you'll need the pectin and sometimes you won't. All I can say is, when in doubt . . . use the pectin.) Boil the pectin-enriched marmalade for another 10 minutes, stirring constantly. Remove from heat, but continue to stir for an additional seven minutes. Finally, pour the marmalade into hot, sterile canning jars and seal.

Carrot Pulp Dip

- 2 cups carrot pulp,
- 1 large avocado, and
- 1-2 tablespoons lemon juice (depending on how tangy you like it)
- Mash until well incorporated.

Top it with a combination of anything you like e.g. Dulse flakes, olives sauerkraut, chopped green onion, chopped tomatoes, chopped capsicum, and fresh herbs such as chopped parsley or coriander. The dip is a blank canvas on which to add your own unique toppings and seasonings.



Raw Carrot Cake - <http://thereluctantrawfoodist.com/pulp-rocks-or-what-to-do-with-juicing-pulp/>

Incorporate into stuffing for chicken or meat dishes

Juice fasting

http://www.all-about-juicing.com/Juice_Fast.html

Spiced Candied Orange Peel

Yield: 4 cups

Ingredients

- 4 oranges
- 2 1/2 cups sugar
- 2 cups water
- 1 vanilla bean, split down the middle
- 10 whole black peppercorns
- 6 cardamom pods, smashed
- 4 cinnamon sticks
- 3 cloves
- 1 cup sugar for coating

Instructions

Cut the orange into quarters. Use a spoon to scoop out the fruit but be sure to leave as much of the white pith attached as possible. Slice the peel into thin slices about 1/4 inch thick or smaller.

Place the orange peels in a large saucepan and cover with cold water. Bring to a boil and simmer for 3 minutes. Drain and repeat this process 2 more times using fresh water each time (do not skip this step because it removes the bitterness from the peel).

Clean the saucepan with soap and water. Add the water, sugar, vanilla bean, peppercorns, cardamom pods, cinnamon sticks and cloves. Bring to a boil, stirring occasionally to dissolve the sugar. Reduce to a simmer and add the orange peels. Simmer on low heat, stirring every 10-15 minutes, until the fruit becomes slightly translucent, 1 1/2 to 2 hours.

Line a baking sheet with parchment paper and a cooling rack. Using tongs, remove the orange peels from the syrup, shake off any excess liquid and move to the rack to finish draining. Don't discard the syrup, it's wonderful in drinks. Allow the candied orange peels to dry overnight.

Toss with sugar before serving.

Raw Banana Peel Upkari

<http://www.ruchikrandhap.com/2011/11/raw-banana-peel-upkarisaute-kelyachya.html>

- Peel of 4 raw bananas (chopped)
- 1/4tsp Turmeric powder
- Salt
- 1/2tsp Mustard seeds
- 1/2tsp Urad dal (Black gram)
- Few curry leaves

Grind:

- 2tbsp Grated coconut
- 1tsp Cumin seeds
- 3 Green chillies (optional)
- 4 Garlic cloves

Instructions

Grind all the ingredients under the list 'to grind' as fine paste and keep aside.

Meanwhile cook the chopped raw banana peels in water with turmeric powder and salt until they get cooked. drain the water.

Heat the oil, let splutters the mustard seeds, urad dal and curry leaves, now add the cooked raw banana peels, grounded paste and salt(if needed) and cook until the raw bananas get well coated with grounded paste.

Serve as side dish with rice and dal.

Raw Banana Peels Stir-fry/Kaya Tholi Thoran

Serves 2

<http://priyaeasytastyrecipes.blogspot.com.au/2013/03/raw-banana-peels-stir-frykaya-tholi.html>

Ingredients

- the peels of 4 Green bananas
- 1/2 onion finely chopped
- 1/4 tsp turmeric powder
- 1/2 tsp tamarind paste or 1 tbsp tamarind juice
- salt to taste

Seasoning

- 1/2 tsp mustard
- 1/2 tsp urad dal
- 5-6 curry leaves
- 1 clove garlic crushed
- 1 tsp vegetable masala powder * see notes
- 1/2 onion finely chopped
- 1 tbsp oil for frying

Instructions

1. Wash & place each peel on a cutting board - green side down, scrape out the white fleshy portion. The green surface is fibrous and not edible.
2. Mince the white portion of the peel and place it in a wok and add enough water to cover it, salt to taste, 1/2 a chopped onion, turmeric & tamarind paste/juice and cook it on a medium flame till half the water has dried up. Stir in between to avoid it from sticking to the bottom of the pan. When the peels have partially cooked. Turn off the flame & keep it aside
3. In another heavy bottomed pan heat the oil, reduce the flame and toss in the mustard. When it stops spluttering add the urad dal, curry leaves and crushed garlic. Stir it, taking care to see that the contents do not burn. Add the remaining 1/2 chopped onion and fry till translucent. Add the vegetable masala powder (you can turn off the flame to avoid burning).
4. Add the pre-cooked peel mixture and its water. Check salt to taste & allow cooking for a further 2 minutes on a slow flame. Serve hot with rice or chapattis.

Notes

To peel a raw banana run a knife along the length of the banana, making a shallow slit all the way down taking care to see that the inside flesh is not bruised. Once you have made several slits, gently use the tip of the knife to remove the peel off the flesh. Use flesh to make chips.

Use any masala powder that is suitable for vegetables or a blend of spices or may even use Bafat powder.

Kanchakalar Khosha Bata

is a traditional Bengali dish typically had with hot steamed rice. <http://www.archanaskitchen.com/indian-recipes/chutneys/1353-kanchakalar-khosha-bata-a-traditional-bengali-raw-banana-peel-chutney>

Ingredients

- 2 raw bananas
- 6 cloves of garlic
- 1 green chilli
- salt to taste

Seasoning

- 2 tablespoons mustard oil
- ½ teaspoon nigella seeds
- 1 dry red chillies

Method

Cook the 2 raw bananas until very soft. Once cooked, peel the skin. For this recipe we will be using the cooked and peeled skin.

Blend the banana peel and the remaining ingredients into a smooth paste. Transfer to a bowl and keep aside.

In a small pan; add the mustard oil. Once the oil is heated; add in the kalonji and the dry red chillies. Sauté on medium flame until the red chillies are roasted and browned. At this stage add in the peel paste and sauté on low heat for 2 to three minutes until the raw smell goes away.

Serve the spicy and delicious Kanchakalar Khosha Bata with hot steamed rice.

Lemon Lime Ginger Ale Recipe



This is one of my favourite homemade juice recipes, especially come summer time. The lemons and limes give you a serious boost of vitamin C, not to mention a lovely, refreshing zing wonderfully complemented by the ginger. And you get all the sweetness you need from the apple and the grapes. The whole juice is just lovely!

Ingredients:

handful of grapes
1 apple, cored and sliced
½ inch fresh ginger (less if you find the taste too strong)
1/2 lime
1/4 lemon
sparkling mineral water

Directions:

Remove the grapes from the stem. Juice the apple and ginger together, then juice the rest of the fruit. Pour the juice in a large glass and fill to the top with sparkling water and serve with ice.

Source: fitandcool.com - [Photo CreditShareTweet](#)

Power Gulp



A lot of these recipes are health driven, starting with this wonderful green juice. The veggies mix beautifully with the fruits, coming together to create a crisp, sweet, refreshing drink that really boosts your energy. Thanks to the kale, especially, you get so many nutrients – it's a super juice made from a super food! Drink this if you're pregnant or around your period, especially if you get really bad cramps.

Ingredients:

- 1 cup sliced kale (from about 3 large leaves)
- 1 cup seedless green grapes (about 28)
- 1 English cucumber, thickly sliced
- 1 small Granny Smith apple (4–6 ounces), cored and cut into chunks
- 1/2 cup water

Directions:

In a blender, combine kale, grapes, cucumber, apple, and water; blend, scraping down sides occasionally, until smooth. Strain juice and, if desired, thin with additional water. Before serving, garnish with a fresh kale leaf and a cucumber slice (optional). Refrigerate up to 2 days (shake before serving).

Source: health.com - [Photo CreditShareTweet](#)

Homemade Vegetable Fruit Juice



Vegetables and fruit go together so well in juices. If you're worried about including veggies, don't be – the fruits lend all the sweetness you need. Besides that, both carrots and kale are actually quite sweet, and they lend a lovely, earthy flavour that perfectly complements the apples, oranges, and berries.

Ingredients:

2 gala apples
2 large carrots
1 orange
3-4 large kale leaves
1 cup blackberries

Directions:

Juice all ingredients into a large measuring cup or bowl.
Strain if you have a picky drinker who like thin juices. Serve immediately.

Source: divascancook.com - [Photo CreditShareTweet](#)

Blueberry Bust – The Antioxidant Supreme



Just as the name suggests, this juice is packed full of helpful antioxidants. They come from the blueberries, although the strawberries do their part as well. The mango provides a much needed dose of tropical flavour, so you'll probably never want another juice. Besides, a glass a day will keep you looking and feeling young and gorgeous.

Ingredients:

1 cup fresh blueberries (or frozen, thawed)
1 cup (about 5) fresh strawberries, halved (or frozen, thawed)
2 cups peeled and coarsely chopped mango (from a 1-pound mango)
1/4 cup water

Directions:

In a blender, combine blueberries, strawberries, mango, and water; blend, scraping down sides occasionally, until smooth. Strain juice and, if desired, thin with additional water. Before serving, garnish with sliced mango, blueberries, and strawberries (optional). Refrigerate up to 2 days (shake before serving).

Source: health.com - [Photo CreditShareTweet](#)

Homemade Good Morning Juice



You'll definitely be off to a good morning with this juice! The spinach is so good for you, and gives you a huge vitamin boost to get your day started off right. The carrots and strawberries provide just enough sweetness to balance out the wonderful tartness of the apples – but then, I prefer Granny Smiths myself.

Ingredients:

3 large and/or extra-large strawberries, rinsed and greens removed

3 medium apples, gala, golden delicious, fuji and empire apples work best to keep it sweet. Use macintosh or granny smith if you prefer a bit of tartness.

3 raw large carrots - the long skinnier type is what juices best. The thicker carrots tend to cause the juicer to bounce all over and isn't that great on the blades.

1 cup of Fresh Baby Spinach OR Full-grown Spinach, rinsed & bunched together - no chopping needed

Directions:

Rinse apples, spinach, strawberries and carrots.

Remove stems and greens from apples and strawberries.

Peel one layer off of carrots after rinsing. Turn on Juicer.

Bunch spinach in your hand (using a 1c measuring cup really worked well too) to make as much of a ball as you can, which is actually easier with the baby spinach. Stuff the spinach in the juicer and using the plunger push it all the way through. Add the remaining ingredients in the same manner, pushing through with the plunger.

Detox



Root vegetables are so good for you, so they're perfect to include in your homemade juices. You might not think this juice tastes sweet, but it's delicious! Carrots and beets, in addition to being huge vitamin powerhouses, have inherently sweet flavours that mix flawlessly with the apple. Yum!

Ingredients:

2 tablespoons peeled and chopped fresh ginger (1/2 ounce)
1 medium beet (8 ounces), scrubbed and coarsely chopped
4 medium carrots (8 ounces total), scrubbed and sliced
1 medium apple (8 ounces), cored and cubed
1 cup water

Directions:

In a blender, combine ginger, beet, carrots, apple, and water; blend, scraping down sides occasionally, until smooth. Strain juice and, if desired, thin with additional water. Refrigerate up to 2 days (shake before serving).

Source: health.com - photo [ShareTweet](#)

Smoothie recipes

12 healthy smoothie recipes

1. [Kiwi Smoothie](#) via *Taste of Home*

If you're interested in keeping the almond flavor, but don't want to use extract, add a small spoonful of almond butter or a splash of almond milk. Between frozen fruit and yogurt, this smoothie will be thick and delicious without the ice.

2. [Pineapple Coconut Smoothie](#) via *PBS*

Why not give a weekday morning a boost with a little Caribbean virgin pina colada action? Using light coconut milk will make this more waist friendly and try toasting some flaked coconut and sprinkling it on top.

3. [Chocolate Cherry Smoothie](#) via *Food.com*

Just because these smoothies are for breakfast, doesn't mean a little chocolate can't be in the party. Keep the cherries mostly frozen for a thicker drink.

4. [Green Tea Smoothie](#) via *Eat, Live, Run*

The list of healthy benefits of green tea are long and varied but having hot tea throughout the summer isn't exactly refreshing. Enter this frothy smoothie with strong brewed tea and almond milk. To make this smoothie thicker, either freeze the melon or add a handful of ice.

5. [Banana-Oat Smoothie](#) via *Martha Stewart*

If you're looking for a filling boost of protein then this is the breakfast smoothie for you. Top with walnuts or swap the honey for maple syrup for delicious variation.

6. [Coffee and Banana Smoothie](#) via *Health*

This smoothie is great for those mornings when your brain is still thinking of bed but your body is headed to work. With a filling banana and a hit of caffeine, you'll be set to take on the day. Adding a dash of cocoa powder will make this smoothie extra special.

7. [Creamsicle Breakfast Smoothie](#) via *Eating Well*

This recipe starts with coconut water which is an excellent source of electrolytes and potassium. Basically this is a decadent kick of energy to kick start your morning.

8. [Tofu Fruit Smoothies](#)

via *Cooking Light*

This is a great dairy free option. The tofu will create a silky and filling drink with lots of protein. If you aren't a fan of white grape juice, try using pomegranate juice instead.

9. [Gingery Berry and Oat Smoothie](#)

via *Real Simple*

Do your immune system some good with a shot of antioxidants from blueberries and ginger. This recipe would

be great with frozen peaches too. Feel free to swap the brown sugar for honey or agave syrup.

10. [Green Goddess Smoothie](#) via *Women's Health*

This is your low calorie (less than 200 calories per serving), nutrient-packed, take-on-the-day energy smoothie. The recipe calls for low-fat vanilla frozen yogurt, but for breakfast you might want to use nonfat vanilla Greek yogurt instead.

11. [Raspberry Blackberry Smoothie](#) via *allrecipes.com*

Tart berries like raspberries and blackberries will jump start your morning. Because of the seeds, you should allow the smoothie to blend longer than usual, or you can strain it. Topping this smoothie with a little granola will make for a lovely weekend brunch appetizer.

12. [POM Breakfast Smoothie Recipe](#) via *Smoothieweb*

This is an ultimate healthy smoothie. Pomegranate juice, almonds, protein powder, and banana all mixed together in one tasty treat. If you prefer almond butter, you could use a tablespoon of that instead of the raw almonds.

Tips to reduce Waste

Easy ways to minimise land fill

Plan

Weekly/monthly

Seasonal cooking and buying

Fridge Fest - what's in the fridge/garden?

Storage: (Aus Gov't Living Greener.com.au)

- Storage 3-4 fridge and (Choice says 5 degrees and avoid overcrowding)
- minus 15-18 Freezer

Scraps - POV

Freeze:

- Juicer pulp
- Left overs
- Green waste - take to place with compost/worm farm/garden

Banana Peel Uses

- Clean silver ware and leather shoes
- Whiten teeth
- Clean plant leaves
- Deter aphids - bury dried it cut up banana peels 5cm deep around the base of the plant
- Meat tenderiser
- Haemorrhoid help
- Compost accelerator
- Relieve minor skin irritations: insect bites, itchy dry skin, bruises, acne
- Remove splinters and warts

Soil fertiliser

Dry out banana peels on screens during the winter months. In early spring, grind them up in a food processor or blender and use it as a mulch to give new plants and seedlings a healthy start. People, who grow roses and plants like staghorn ferns, also use banana peels; simply cut up some peels and use them as plant food around your established plants.

Attract butterflies and birds

Bring more butterflies and various bird species to your backyard by putting out overripe bananas (as well as other fruits such as mangos, oranges, and papayas) on a raised platform. Punch a few holes in the bananas to

make the fruit more accessible to the butterflies. Some enthusiasts swear by adding a drop of Gatorade to further mush things up. The fruit is also likely to attract more bees and wasps as well, so make sure that the plat-form is well above head level and not centrally located. Moreover, you'll probably want to clear it off before sunset, to discourage visits from raccoons and other nocturnal creatures.

Eat Banana Peel for Better Health

Dr. Paul Haider

Great for Depression – Did you know that ripe Banana Peels are great for depression? Banana Peels are packed full of serotonin which boost your mood and help you feel happy, just like prozac and lots of other mood enhancing drugs... according to a study at the University of Taiwan. Studies show that if you eat two Banana Peels a day for three days you have a net increase of 15% in your serotonin level – Wow!

Sleep Better – At the same time Banana Peels are full of lots of tryptophan that help you get a good night's rest.

Lower Cholesterol – And Banana Peels have more soluble and insoluble fiber than what you find in the banana itself, that means Banana Peels lower your cholesterol... thus helping to prevent cardiovascular disease, strokes, and cancer.

In fact there are been some people who have started the process of eating Banana Peels daily and thus lowered their LDL or bad cholesterol, and total cholesterol all the way back to normal, and they also detoxed their body at the same time... and found their mood greatly enhanced.

Cardiovascular Health – And Banana Peels can help eliminate atherosclerosis from your body by preventing cholesterol from sticking to the walls of your arteries.

Weight Loss and Obesity – And because Banana Peels are full of fiber they also fill you up and thus can help with weight loss and obesity.

Banana Peel Tea - boil peels in water and drink

Wrinkles - it is said that regularly applying banana peel to your forehead and cheeks can tighten the skin and reduce wrinkles

Whole Banana Smoothie

Take one whole banana and add 1 1/2 cups of any kinds of milk you want, 1/2 teaspoon of vanilla, and a 1/2 cup of ice cubes or more and blend in a powerful blender... it tastes great!

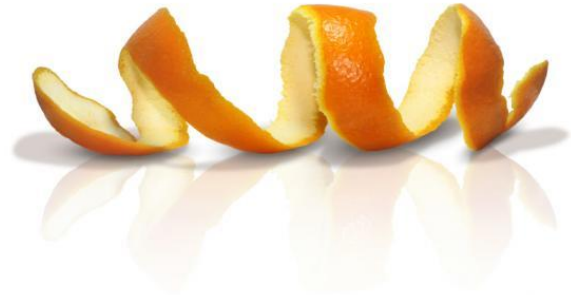
Orange peels

http://www.gov.pe.ca/photos/original/wi_orangepeel.pdf - full of great ideas!!!

Ayurveda, orange peel is tikta (bitter) and it improves digestion and removes sluggishness in the abdomen. It helps to remove gas, heartburn, vomiting and acidic eructation. It works well in perking up appetite and relieving nausea.

Due to its pacifying properties, orange peel powder helps dissolving phlegm in respiratory systems and alleviate cough, asthma etc.

Beneficiary aspects of orange peels come from its essential oils, which have anti-microbial and anti-inflammatory properties. Essential oil d-limonene has ability to defuse stomach acids and maintain normal intestinal movements. It also promotes normal liver function.



Studies have shown that orange peel can dissolve cholesterol and triglyceride. That means consumption of orange peel can benefit obese persons who have high cholesterol levels. It has a flavonoid known as hesperidine, which is said to be effective against colon cancer and osteoporosis.

Essential oils from orange peels are sedative in nature so can be used to calm nerves and induce sleep. Use orange peels in baths or simmer in a pot for uplifting your mood and drive away insomnia.

Beauty Properties of Orange Peels

Oily skin responds well to application of orange peels. It balances the skin oils and makes skin smooth and soft.

Dried orange peel beads act as natural exfoliators and remove dead cells and blackheads gently and naturally, bringing a glow to the skin.

Orange peels help in removing dark spots and blemishes.

Due to its cleansing, anti-inflammatory, anti-bacterial and antifungal properties, it works well against pus filled pimples and acne.

To remove damp or musky odour from house and fill it with beautiful fragrance, it can be boiled in water with clove or cinnamon.

Orange Peels in Cooking

Make Orange zest - it enhances the taste and flavour of many dishes.

Dried orange peels can absorb humidity from brown sugar

Sweet candies made with orange peel can tickle your taste buds and improve your appetite and the vitamin c in them would protect you from the onset of many ailments

Dry your orange peels and use as kindling. They're naturally flammable and burn longer than your ordinary stick.

Insect repellent:

Mix orange peels and water, spray the solution outside your home, will prevent ants from coming in.

Similar thing goes for using orange peels to keep flies away. Hang up orange peel around your patio and it will keep them away.

Cat and mozzie repellent

Orange Peel Cleaner:

1. Fill a glass jar with orange peels (any variety of orange works well). Wash the peels well before eating, but you do that anyway, right? You want clean oranges for your cleaner and for your body's sake.
2. Pour in vinegar to cover the peels. If you're not eating a pile of oranges in one sitting, just cover the peels with vinegar as you go, filling the jar over time. When it's full to the top, move to the next step.
3. Cap the jar, set it in a dark spot, and wait at least 2 weeks, or 1 month for full potency.
4. Strain the vinegar, compost the softened peels, and use the vinegar for household cleaning and disinfecting.
5. Are you new to cleaning with vinegar? There are so many uses for the stuff, we're not going to list them all here – Vinegar Tips has 1,001 tips for you. This orange vinegar is especially powerful thanks to the limonene the vinegar has liberated from the peels. Use caution when cleaning painted, varnished, or other delicate surfaces!

Misc

Avocado shells: Seedling pots: Scooped-out avocado shells make perfect biodegradable "pots" to start seedlings in before you plant them in the garden.

Home-made Potpourri

Crushed egg and nut shells - snail and slug deterrent

Pickled rinds: In a pickle: All kinds-o-rinds can be pickled and eaten as a delicious condiment. Most recipes for pickled watermelon, lemon, orange, and even pumpkin rind involve a simple mixture of vinegar, sugar, and spices, and some can simply be stored in the fridge rather than canned once prepared.

Watermelon Rind

One serving provides 2% of the daily recommended intake of vitamin C and 1% of the vitamin B-6 your body requires every day. This makes watermelon rind good for your skin and immunity, as well as the health of your nervous system.

- [Fitday: Watermelon Rind](#)
- [University of Maryland Medical Center; "Vitamin C"; June 18, 2009](#)
- [Linus Pauling Institute: Vitamin B-6](#)
- ["Mother Earth News"; "Recycle That Watermelon Rind"; S. Kruse; May/June 1976](#)
- [Food.com: Watermelon Rind Jam](#)

Sautee chopped watermelon rinds in olive oil -- season them with salt and pepper for added flavour, or get creative by using a mixture of red chili flakes, paprika and coriander.

Use watermelon rinds, along with carrots, potatoes and parsnips, to add bulk and nutritional value to stews, or juice watermelon rinds for a nutrient-packed beverage.



Watermelon Pickle - <http://www.taste.com.au/recipes/1625/watermelon+rind+pickle>

Watermelon Chutney - <http://www.epicurious.com/recipes/drink/views/Watermelon-Rind-Chutney-109655>

Tokhmeh Roasted Watermelon Seeds

- Dry the watermelon seeds in the sun.
- Sprinkle a little salt water on a baking sheet, and over 1 layer of the watermelon seeds.
- Roast in a slow over oven, turning occasionally, until crunchy (about 10 minutes).
- Salt and enjoy

Miscellaneous

Darken grey hair: Boil potato peels in water for about a half-hour, strain and let cool. Rinse your hair with this water after shampooing and it will gradually darken grey hair, without the use of harsh chemicals.

Pistachio garden soap: Make a heavy duty bar of soap by pulverizing pistachio shells with a little water in the blender, then mix with melted glycerin soap - or any other you prefer.

Vodka infusions: All kinds of fruit skins, particularly citrus rinds, can be added to vodka to create a great infusion. Just add peels and let it steep for a week or two.

Products

| | |
|-------------------|---|
| Bentonite Clay | <p>is known for its highly absorptive properties and its ability to adsorb (attach to) and bind with certain substances.</p> <p>A good quality Bentonite has high absorptive properties and a high cation exchange or drawing power, it has a very fine, velveteen feel and is odourless and non-staining. While it contains a wide variety of trace minerals, these minerals are not absorbed from applying clay to the body. High bonding between these minerals prevents absorption. It is however one of the most effective natural cleansing and purifying agents available.</p> |
| Zeolites | <p>Zeolites are volcanic minerals that were formed around 300 million years ago. The classical definition of a zeolite is a crystalline, porous alumino-silicate. There are about 45 natural zeolites and their properties depend on conditions during formation. Not all perform in the same way.</p> <p>Zeolites act as ion-exchange agents, which due to a unique configuration of alumina and silica oxides have a high negative charge. They are graded on the basis of their cation exchange capacity. The higher the exchange capacity the better the drawing power will be.</p> |
| Fruit & Veg Cloth | <p>Specially designed to remove unwanted residues, the Fruit & Veg Cloth keeps your five-a-day as clean as can be! Use the rough side to remove dirt, pesticides, preservatives and wax from fruit and vegetables and the light green side to dry and remove dirt particles.</p> |

Ailment & Suggested Juices

<http://www.juicingcafe.com/juice-cures>

| | |
|------------------------------------|--|
| Anaemia | Apple, asparagus, beetroot, blackberry, carrot, celery, dandelion, fennel, black grape, lettuce, parsley, prune, spinach, strawberry, turnip, watercress. |
| Antibiotics | (ie after treatment with) Apple, cranberry, cucumber, garlic, onion, papaya. |
| Arthritis | Apple, carrot, celery, cucumber, fennel, grape, grapefruit, parsnip, potato, spinach, strawberry, turnip. |
| Asthma | Carrot, endive, parsnip, radish, spinach, turnip. |
| Bad breath | Apple, carrot, cucumber, lemon, spinach. |
| Bladder disorders | Beetroot, cabbage, carrot, cucumber, dandelion, endive, parsnip, spinach, watercress. |
| Blood pressure (high) | Beetroot, cabbage, carrot, cucumber, kiwi, orange, papaya, parsley, pineapple, spinach. |
| Blood pressure (low) | Beetroot, carrot, celery, cucumber, spinach, watercress. |
| Bones and teeth | Broccoli, cabbage, carrot, dandelion, kale, parsnip, tomato, turnip, turnip top. |
| Cancer | Apricot, asparagus, beetroot, blackberry, blackcurrant, broccoli, carrot, celery, endive, grape, kiwi, mango, melon, orange, peach, potato, radish, spinach, strawberry, turnip, watercress. |
| Catarrh | Beetroot, carrot, celery, cucumber, ginger, radish, raspberry, spinach, turnip, watercress. |
| Colds | Apricot, carrot, ginger, grapefruit, kiwi, lemon, lime, orange, pepper, pineapple, potato, strawberry, tomato. |
| Colitis | Apple, beetroot, cabbage, carrot, cucumber, papaya, spinach. |
| Constipation | Apple, cabbage, carrot, lettuce, papaya, peach, pear, pineapple, prune, spinach. |
| Cystitis | Cranberry, pear. |
| Diabetes | Asparagus, Brussels sprout, carrot, celery, endive, lettuce, parsley, spinach. |
| Digestive system | Beetroot, carrot, celery, cucumber, endive, grapefruit, lemon, papaya, pear, pineapple, radish, raspberry, watercress. |
| Eye trouble | Asparagus, beetroot, broccoli, carrot, celery, cucumber, dandelion, endive, fennel, parsley, peach, spinach, turnip. |
| Fatigue | Beetroot, carrot, lemon, lettuce, orange, raspberry, spinach, watercress. |
| Fatty degeneration | Beetroot, carrot, cucumber, spinach. |
| Fever | Celery, cucumber, grape, grapefruit, lemon, lime, orange. |
| Fluid retention | Asparagus, carrot, cranberry, cucumber, dandelion, melon, parsnip, pear, radish, watermelon. |
| Gall bladder and gallstones | Apple, beetroot, carrot, celery, cucumber, dandelion, radish, spinach, watercress. |

| | |
|-----------------------------|--|
| Gout | Apple, beetroot, carrot, celery, fennel, lemon, lime, orange, parsley, pineapple, spinach. |
| Haemorrhoids (piles) | Apple, carrot, grape, pear, potato, spinach, turnip, watercress. |
| Hair | Asparagus, broccoli, cabbage, carrot, cucumber, kale, lettuce, parsnip, pepper, watercress. |
| Hay Fever | Beetroot, carrot, celery, endive, kale, parsnip, spinach. |
| Headaches | Apple, beetroot, cabbage, carrot, celery, fennel, spinach. |
| Heart disease | Beetroot, blackberry, carrot, dandelion, endive, papaya, pepper, pineapple, raspberry, spinach, strawberry. |
| Hernia | Cabbage, carrot, celery, cucumber, parsley, spinach. |
| Indigestion | Beetroot, cabbage, carrot, cucumber, lettuce, papaya, peach, pineapple, spinach, tomato. |
| Insomnia | Carrot, celery, lettuce. |
| Kidney disorders | Apple, asparagus, beetroot, broccoli, cabbage, carrot, celery, cranberry, cucumber, endive, grape, melon, potato, watermelon. |
| Liver disorders | Apple, asparagus, beetroot, carrot, celery, dandelion, endive, grape, grapefruit, kale, lemon, lime, papaya, parsnip, pear, potato, spinach, watercress. |
| Lymph circulation | Apple, beetroot, celery. |
| Menstrual Problems | Beetroot, fennel, watercress. |
| Morning sickness | Ginger, peach. |
| Nails | Cucumber, parsnip, pepper. |
| Nervous system | Asparagus, carrot, celery, fennel, lettuce, spinach. |
| Pregnancy | Beetroot, carrot, cucumber, dandelion, grapefruit, kale, lettuce, parsley, parsnip, peach, spinach, turnip, watermelon. |
| Premenstrual Tension | Blackberry. |
| Prostate trouble | Asparagus, beetroot, carrot, cranberry, lemon, lettuce, pear, spinach. |
| Rheumatism | Apple, asparagus, beetroot, carrot, celery, cucumber, grape, lemon, orange, strawberry. |
| Sexual drive | Asparagus, beetroot, carrot, celery, cucumber, watercress. |
| Skin disorders | Apple, asparagus, beetroot, broccoli, cabbage, carrot, dandelion, endive, grape, grapefruit, kale, lettuce, lime, melon, orange, parsnip, pepper, potato, radish, spinach, strawberry, tomato, turnip, watercress, watermelon. |
| Throat problems | Carrot, ginger, lemon, lime, pineapple. |
| Travel sickness | Apple, ginger. |
| Ulcers | Beetroot, cabbage, carrot, papaya, potato, spinach. |
| Viral infections | Carrot, celery, citrus fruits, garlic, parsley, pineapple. |
| Varicose veins | Asparagus, beetroot, carrot, celery, grapefruit, parsley, potato, spinach. |
| Weight loss | Apple, beetroot, carrot, celery, cucumber, dandelion, endive, fennel, grape, grapefruit, lemon, lettuce, lime, orange, papaya, parsnip, pineapple, radish, spinach, tomato, watercress, watermelon. |

Some combos with ailments

<https://www.knowyourgut.com/powerful-juice-recipes-for-13-common-ailments/>

<http://cognitivedimension.wordpress.com/2012/05/14/juice-recipes-for-ailments/> ***

<http://www.all-about-juicing.com/health-conditions.html> ***

Growing Food from scraps

<http://www.thegreencycler.com/2013/dont-buy-them-re-grow-them-15-fruits-and-vegetables-you-can-grow-from-scrap/>

Fruit scrap vinegar <http://thenourishingcook.com/how-to-make-fruit-scrap-vinegar/>

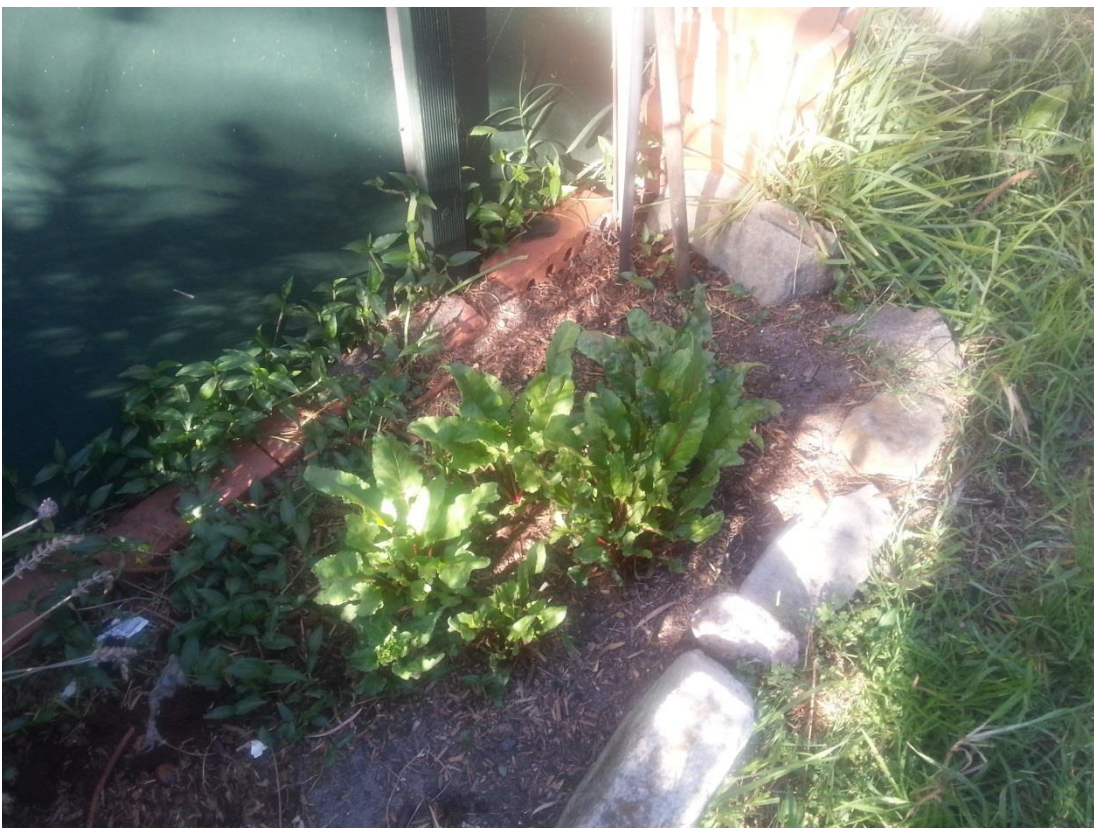
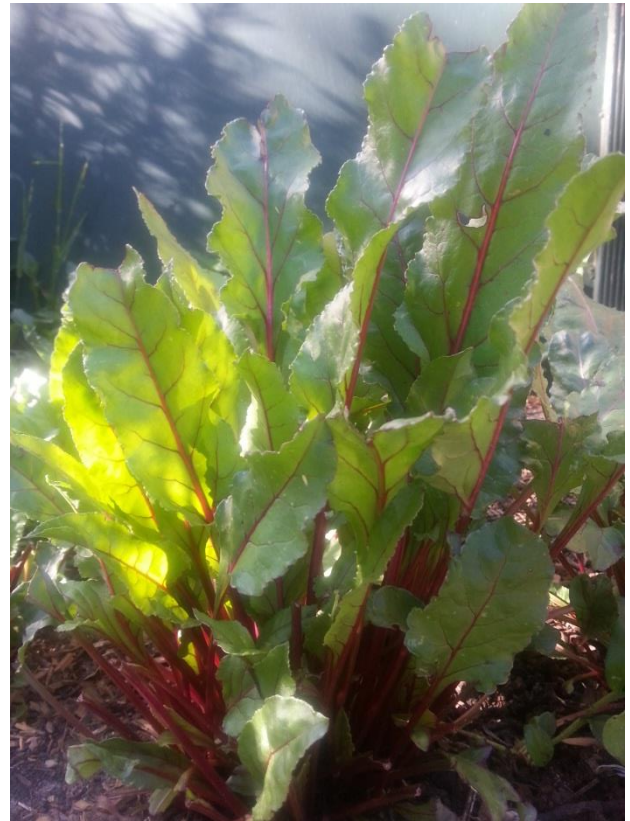
<http://www.buzzfeed.com/arielknutson/vegetables-that-magically-regrow-themselves>

Gardening in small spaces

<http://www.apartmenttherapy.com/gardening-without-a-garden-10-ideas-for-your-patio-or-balcony-renters-solutions-167221>

<http://www.pinterest.com/christinsadler/balcony-apartment-gardening/>

<http://www.urbanorganicgardener.com/apartment-gardening/>



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