

Dr. Mao's Secrets of Longevity 5 Healing Juice Drinks

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Just Juice It!

Be sure to make the juice fresh before drinking, as nutrients are lost the longer the juice sits around. Also, blenders do not separate the juice from the plant fibers, and this means that, aside from making the juice chunky, the fibers may lock some of the nutrients and prevent them from being absorbed by the body.

A juicer will separate the juice from the fiber, allowing the body to easily absorb the nutrients, as they have been released from the fibers. Of course, you should not miss out on the health benefits of juice just because you don't have a juicer. A blender will work in a bind. Also, these days, there are several health stores and cafes that can make any fresh juice you want while you wait.

1. Celery Juice to Lower High Blood Pressure

High blood pressure is often the root cause of stroke, heart disease, and kidney failure. A time-tested Chinese remedy for this condition is celery juice, which can be made with a blender or a juicer. Two to three 8 oz glasses a day for a month can help prevent high blood pressure or restore it to normal. Additionally, celery is known to prevent gout and other arthritic conditions. Studies have found that this stalk is packed with over a dozen anti-inflammatory agents, including apigenin, a cox2-inhibiting compound similar to some anti-inflammatory drugs. Get the benefits without the side effects!

2. Sunburn Soother

Sunburn can include symptoms of itching, painful blistering, redness, and swelling. When you are sunburned, it is incredibly important to rehydrate the body with fluids. Mix 12 ounces each of pineapple and black cherry juice together to help reduce inflammation and heat. Bromelain - found in pineapples - is a mixture of protein-digesting enzymes, which contain active substances that help reduce inflammation and aid in digestion.

The secret to the health benefits of cherry juice lies in the deep red skins. These skins contain the antioxidant compound called anthocyanins, which help the body relieve inflammation. As added bonuses, these compounds also protect you against heart disease and cancer and have been found to keep diabetics healthy. Drink two to three cups daily to soothe the burn.

3. A Juicy Hearing Aid

An ancient remedy for improving hearing is made from garlic and onions, carrots, and parsley. Put 2 oz of water in a blender with 1 medium-sized chopped onion, 2 chopped carrots, and a generous bunch of parsley. Take out the pulp and keep the juice. Press the raw garlic to get garlic oil, and add to the juice. The garlic will help to increase blood flow to the auditory nerve, and the carrots and parsley are rich in vitamin C, and niacin, which naturally help improve your hearing function. Drink this juice on a daily basis for a month. If you prefer a more liquid juice, feel free to water this mixture down or add it to other juices.

4. Bright Eyesight Essence

An age-old Chinese folk remedy for clearing the vision is a blended juice made from celery, peppermint, and Chinese parsley. Research has caught up with this wisdom, and we know that luteolin, an antioxidant bioflavonoid found in many herbs and foods, included the three ingredients to this juice has been found to provide the best protection of cell DNA from radiation.

Evidence shows that luteolin helps protect the eye from UV radiation damage, as well as from glycation, a process in which sticky sugar molecules bind up protein, which can cause damage to the retina. Luteolin also promotes healthy blood sugar levels and regulates insulin sensitivity. Blend together celery, peppermint, and Chinese parsley in a blender with a little water or a juicer. Drink this fresh juice daily to see well into the future!

5. Heartburn Helper

Juice one medium raw potato in a juicer or a blender, put through a strainer and mix the juice with a cup of warm water. Drink this on an empty stomach in the morning when you first wake up. It will coat and sooth your stomach, as well as reduce acid.

These juices are not meant to replace any medications that you may be taking for conditions. Rather, they can supplement treatments you are already receiving and generally keep you body in good working order.

I hope you find the ways to drink to your health! I invite you to visit often and share your own personal health and longevity tips with me.

May you live long, live strong, and live happy!

-Dr. Mao