

To juice or not to juice, that is the question...

*DfC Nutritional Therapist,
Edel Drury, lists the pros and
cons of 2015's biggest trends...*

Juicing can be a great way to get essential vitamins and minerals into your body, when on the go or looking for something quick and easy.

Juicing can be used as part of a balanced diet. It can help regulate blood sugar levels (by not going long hours without consuming food).

Juicing is also great for those who struggle to eat something substantial in the morning.

Juicing Tips

- Make sure there is some protein included (handful of nuts and seeds)
- Make sure there are essential fats (avocado, coconut oil, flaxseed oil, hemp oil, sunflower oil etc.)
- Add as much raw vegetables as possible
- Whenever you're adding fruit don't forget the protein in the juice/smoothie

Adding protein to each smoothie or juice, helps balance blood sugar levels (so you avoid the blood sugar "roller-coaster")

When you take in foods that contain sugar (like fruit and carbohydrates) blood sugar levels increase, this gives you that spike in energy.

- What goes up must come down, that's why protein is so important, it prevents that massive sugar rush!

Essential fats are needed for optimal cell integrity, brain function, great for skin, hair, nails and energy. So when juicing, make sure you add in the essential fats which have been mentioned above.

ESSENTIAL FATS will not make you **FAT**, so forget the calories and look at the sugar content, because its the **SUGAR** that'll make us fat.



Juices and Smoothies to make you feel good

As the summer kicks in....hopefully there may be some nights out with BBQ's which may involve some alcohol, so here is a great Juice to help with recovery.

The Hangover Helper

- 1 large orange peeled
- 1 large handful of mixed berries (strawberries, blackberries, blueberries, raspberries)
- 1 Banana
- 100g of natural yoghurt (glenisk)
- 4 ice cubes
- Handful of nuts or seeds (grounded)

This juice is high in all the essential nutrients like potassium, vitamin c and folic acid which can all be reduced due to the consumption of alcohol.

Clear Skin Elixir

- 2 Apples
- 1 handful spinach
- 1/4 medium cucumber
- 1 stick celery
- 1/2 avocado
- 4 ice cubes

Very high in Zinc which is great for the skin, and plays a role in increasing stomach acid activity.

Workout Wonder

- 1/4 cucumber
- 1 stick celery
- 2 apples
- 1/4 lemon
- 1/2 avocado
- 1 handful of nuts or mixed seeds

This smoothie contains sodium and potassium which is needed for muscle contraction and can help prevent the buildup of lactic acid and cramps.

One for the Kids!

- 1 orange
- 1/2 banana
- 1 piece of pineapple
- 4 pieces of 80% of organic chocolate
- 3 tablespoons of Glenisk yoghurt full fat
- Ice

1 handful of mixed nuts and seeds contains calcium for their bones, protein for their muscles and essential fats to help with skin, brain and skin

DUBLIN
Fit Club

Edel runs ZUU & Pilates sessions from the DFC training base in Crumlin every Wednesday evening from 7.15pm.

Booking Essential.

Happy Training!

Brian & PJ

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