

Juiced

by DiAnne Malone



I have been juicing for over a year now and I love it! A lot of people wonder what the hoopla is all about. I can't really tell you that. I've never been an out and out fanatic about anything earthly. What I can tell you is how it works for me, the skeptic, the person who has to research a topic to death before I buy in.

I bought in, juicer and all. Who's That Lady Audience, meet my juicer.



I realize that she is an intimidating figure, but I just HAD to have her and now, there is no turning back. The reason why I became interested in the juicer in the first place is because of the movie "Fat Sick and Nearly Dead." That movie scared the pee-pee out of me. I just KNEW if I didn't start juicing that day, I would surely die. Ladies, I didn't die; however, after about a month of research I

broke down and brought a juicer.

There is a difference in the way you feel when you juice. I could ALMOST come off coffee. ALMOST. I heard one health nut, I mean expert say that juicing was like, "free basing nutrients." It's true, you can almost feel your cells being scrubbed clean.

So what is juicing? Well it's not what you do with that Nutribullet thing. It is literally putting fruit and vegetables in that beautiful baby of a machine I posted and squeezing every drop of juice out of it. The skin, pulp, seeds and stuff get pulverized and only the juice is left. It's straight nutrients. Take it to the head and feel the difference. Well not at first, though. When I first started juicing, 20 minutes after I drank my concoctions, my body just shut down. I got so sleepy. But after I researched the process, I found that the reaction was normal. After receiving such a big shot of nutrients in one serving (about a 10 oz glass), your body shuts down to process things and let the juice do its work. After that it is smooth sailing, I promise. ✚

