



## Juicing or blending?

Why would you want to spend £300 or more on a juice machine when you can buy a perfectly decent blender for £30 to £40 at an electrical store?

### Juicing is the best.

The pure and simple reality is that juicing (rather than blending) is the most effective way to get low sugar, alkalising nutrients into your body efficiently. A juice extractor effectively does the work that your digestive system would do, in order to allow you to absorb the nutrients from vegetables and low sugar fruits.

### But what about the fibre?

Juice machines do strip away the fibre, but that is something that would happen in your digestive tract anyway. The waste product from a juice machine can be composted and would mainly end up leaving your body.

Fibre can be beneficial to help provide the peristaltic movement in the bowel that results in elimination, but the large quantities present in smoothys and raw soups are likely to leave our digestive systems over-loaded.

<p>Juicing</p> 	<p>Blending</p> 
<ul style="list-style-type: none"> <li>- Ultimate nutrient extraction.</li> <li>- Need to use a masticating or twin gear juicer.</li> <li>- Juice is easily absorbed into the blood stream and does not require further digestive “work”.</li> <li>- effective optimum nutrition, quickly</li> </ul>	<ul style="list-style-type: none"> <li>- Good for making raw soups and green smoothys, but the product needs to be eaten (not drunk!)</li> <li>- smoothys or soups still need to be fully digested. Consuming large quantities of blended food can lead to digestive discomfort.</li> </ul>

### Conclusions and recommendations:

For de-toxification, cleansing and building healthy body tissue, spending your money on a powerful, reliable juice machine that will deal with leafy greens and wheatgrass, broccoli stalks and cucumbers is a priority.

Green powders can be used while travelling and as a back-up, but the ultimate alkalising tonic is made from juicing green vegetables, grasses and low sugar fruits.

If you can only afford one piece of equipment prioritise the juice extractor. Read my guide to juice machines [here](#).

If you can afford a juice machine and a blender spend more on the juice extractor. You can buy a good quality reliable blender for £50-£80.