

## **CARROT JUICE AND OTHER JUICES**

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A recommendation I added to Dr. Paul Eck's programs is for adults to drink 10-12 ounces (and no more) of preferably fresh or store-bought carrot juice daily. ***This is not one of the most important parts of a nutritional balancing program.*** Some people react badly to it, and they should not bother with it.

**Additions to carrot juice.** One can add a few spinach leaves or a Swiss chard leaf, a beet green, or a little fresh ginger root to the juice, but no more than this. It will cut the sweetness and add other flavors and nutrients.

DO NOT add fruit to the carrot juice. It is much too sweet, too yin, and unbalances the juice.

**For children,** DO NOT feed them any juice until age 10 or older. This is because many are fast oxidizers until about this age. The sugar in the juice is quite harmful for fast oxidizers.

Children need much less carrot juice than adults, based on their weight. Do not give more juice than this. Too much is too sweet and too yin in Chinese medical terminology for both children and adults.

**An alternative** to the carrot juice, if you get bored with it or it is not available is, 1 or 2 ounces of fresh or frozen wheat grass juice. Do not use dried wheat grass, as it is not as good. Have wheat grass juice only once or twice weekly.

### **REASONS FOR DRINKING CARROT JUICE, AND NOT OTHERS**

1. Carrot juice adds many extra minerals to the diet. Most people need these minerals desperately.

2. Carrots are a red-colored root, and this is much more yang than green juice, for example, which I do not recommend.

3. Carrots appear to have a very bioavailable form of calcium that is also very helpful for almost everyone. There are few excellent sources of calcium today. Most dairy products are pasteurized and homogenized, and most dairy, even if raw, is hybridized and not as good as it was formerly.

4. The juice is an excellent source of other nutrients including vitamins A (beta carotenes), B, C, E, and others.

5. Other juices are much more yin. This is always harmful, no matter what other benefits the juice provides. Wheat grass juice is more yin, but one only drinks one or two ounces of it, so it is less of a problem.

### **CAUTIONS WITH JUICING**

**1. Use a vegetable juicing machine, and NOT a Vitamix or other blender because:**

A. Blenders do not break up the carrots enough to extract enough of the nutrients.

B. They mix the juice with too much water and air, which is not desirable.

C. They leave the pulp intact, which is not desirable in this case. Examples of acceptable juicers are the Champion, Omega, Bevel, Greenstar and others. Any of these will work. Each have advantages and disadvantages.

**2. Do not add fruit to your carrot juice.** It unbalances it, and makes it much more yin in Chinese medical terminology.

**3. Never give carrot juice to a baby or to a child under about 10 years old.** It is too sweet and too yin for most children.

**4. You must limit carrot juice to 10-12 ounces daily.** More will make the body too yin, interferes with digestion, and upsets the blood sugar.

**5. Have your carrot juice ALONE.** The reason is that it is a bad food combination to have it with anything else. Have carrot juice at least 15 minutes before a meal, or at least an hour after a meal.

**6. Do not drink other liquids at the same time with carrot or wheat grass juice.** For example, never have milk with it. Have the juice alone and then wait at least 10-15 minutes before eating or drinking anything else.

**7. Do not have green juice.** It is too yin. You may add one or two spinach leaves or one Swiss chard leaf to your juice, but that is all.

**8. Do not add other things to the carrot juice.** The only exceptions are perhaps a small slice of ginger or a tiny bit of another herb. Do not add green superfoods, protein powders, vitamins or anything else to your carrot juice.

**9. Look for organically grown carrots.** This is not a guarantee of quality, but it is usually much better.

**10. Orange skin and eyes.** A downside to drinking carrot juice is that it may cause your skin to become slightly orange. This is completely harmless. In fact, some people like it, as it makes a person look a little sun tanned.

**11. People with a lot of yeast problems or extreme sugar sensitivity may not tolerate carrot juice well.** Solutions are:

1. You may skip the carrot juice in this case.

2. Drink less of it, if this is tolerable.

3. Drink a little when you make it, and leave the rest in the refrigerator and drink it some hours later.

As one's health improves, tolerance to the sugar in the carrot juice will improve.

**12. Itchy eyes.** One or two people report itchy eyes after drinking carrot juice. This is also most likely a result of the sugar in the juice irritating the liver or intestines. Once again, if this is a real problem, skip the juice, or reduce the amount. The problem will likely vanish as your health improves.

**13. Moldy carrot juice.** A few people have reported that they tolerate fresh carrot juice, but do not feel well on store-bought juice. This can be because carrot juice that is not fresh can become moldy. Check the date of manufacture and avoid older juice.

Another possible reason for this problem is that some carrots are not as healthful as others. It is possible the carrots used in the bottled carrot juice or store-bought juice were not as good as those used in the fresh juice. Look for organically grown carrots, although even these vary in quality.

**14. Drink carrot juice as soon after making it as possible.**

**15. Wash all carrots with a vegetable brush before making juice, but do not peel them.**