



However, it does not bind to zinc, magnesium or copper (the essential minerals you need) so it's an intelligent algae. The normal dose is one teaspoon in the juice. However, about 30 percent of people cannot tolerate chlorella, so if it makes you nauseous you should definitely avoid it. The advantages of chlorella are:

- Provides a high source of chlorophyll
- Adds magnesium and protein
- Binds to heavy metals and pesticides

If you have high iron or vitamin D levels, you will want to avoid chlorella, as it is loaded with both of these nutrients.

Add spirulina which is an algae that has many similar benefits and is a good balance to chlorella. However, it does not bind to heavy metals like chlorella.

Consider a protein powder. In my opinion, whey protein is the best type of powder because it is the most complete protein, and the easiest to digest. Although whey protein is from milk and many people have lactose intolerance or an allergy to dairy, the major protein in milk that causes an allergy is casein. Fortunately, whey protein does not contain casein, so most people digest whey protein quite well. Please avoid soy protein powders, which are the most popular protein powders, but I cannot recommend due to the negative effects unfermented soy has on your body.

Add some garlic. I like to add one clove of garlic in my juice, as it incorporates the incredible healing potential of fresh garlic. I strongly advise you to do this regularly to balance out your bowel flora. The ideal dose is just below the social threshold where people start to notice that you have eaten garlic. One large clove, two medium cloves, or three small cloves is the recommended dose.

Add oil. But not just any oil! I highly recommend cod liver oil in the winter months and fish oil in the summer. If you live in a primarily sunny climate, however, I wouldn't advise taking cod liver oil as cod liver oil has a level of vitamin D that can prove toxic to those in very sunny climates. The dose for cod liver oil or fish oil is one teaspoon for every 25 to 40 pounds of body weight. Please note that cod liver oil can raise your vitamin D levels to unhealthy ranges, so ideally you should have your doctor monitor your vitamin D levels with a blood test while taking cod liver oil. The reason why adding oil (fat) to your vegetable juice may be helpful, is that fat can help you better absorb the vitamin K - which is a fat soluble vitamin -- from your juice. Vitamin K is very important for adhering calcium into your bone matrix to help you build stronger bones. Additionally, new research suggests that vitamin K significantly reduces calcification in your arteries.

#### Lesson 4: Make your juice taste great.

If you would like to make your juice taste a bit more palatable, especially in the beginning, you can add these elements:

- **Coconut:** This is one of my favorites! You can purchase the whole coconut or use unsweetened shredded coconut. It adds a delightful flavor and is an excellent source of fat to balance your meal. Coconut has medium chain triglycerides, which have many health benefits. Lauric acid (the major fatty acid from the fat of the coconut) has been recognized for its unique properties related to its antiviral, antibacterial, and antiprotazoal functions. Coconut also contains capric acid, which has antimicrobial components. Natural coconut fat in your diet helps normalize your body lipids, protects against alcohol damage to your liver, and improves your immune system's anti-inflammatory response.
- **Cranberries:** You can also add some cranberries if you enjoy them. Researchers have discovered that cranberries have five times the antioxidant content of broccoli, which means they may protect against cancer, stroke and heart disease. In addition, they are chock-full of phytonutrients, and can help women avoid urinary tract infections. Limit the cranberries to about 4 ounces per pint of juice.
- **Lemons:** You can also add half a lemon (leaving much of the white rind on). If you are a Protein Nutritional Type, you will not want to use lemons as they will push your pH in the wrong direction.
- **Fresh ginger:** This is an excellent addition if you can tolerate it. It gives your juice a little "kick"! And, as an added boon, researchers have found that ginger can have dramatic effects on cardiovascular health, including preventing atherosclerosis, lowering cholesterol levels, and preventing the oxidation of low density lipoprotein (LDL).

#### Lesson 5: Drink your vegetable juice right away, or store it very carefully.

Juicing is a time-consuming process, so you'll probably be thinking to yourself, "I wonder if I can juice first thing in the morning, and then drink it later?" This is not a good idea. Vegetable juice is very perishable so it's best to drink all of your juice immediately. However, if you're careful, you can store it for up to 24 hours with only moderate nutritional decline. **To store your juice:**

- Put your juice in a glass jar with an airtight lid and fill it to the very top. There should be a minimum amount of air in the jar as the oxygen in air (air is about 20 percent oxygen) will "oxidize" and damage the juice.
- Wrap the jar with aluminum foil to block out all light. Light damages the juice.
- Store it in the refrigerator until about 30 minutes prior to drinking, as vegetable juice is best consumed at room temperature.

Most people juice in the morning, but if that does not work out well for your schedule, please feel free to choose whatever meal works best for your lifestyle.

#### Lesson 6: Clean your juicer properly.

We all know that if a juicer takes longer than 10 minutes to clean, we'll find excuses not to juice at all. I find that using an old toothbrush works well to clean any metal grater. If you buy a high-quality juicer, the whole process should only take about 5 minutes. Whatever you do, you need to clean your juicer immediately after you juice to prevent any remnants from contaminating the juicer with mold growth.

~Dr. Mercola

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### Exercise of the Week: Part 1 of 4

## Total Body Tightening

With so little time to get in shape, you need to hit everything--hard.

For carving a solid core, Pilates is king. But it also makes a great total-body workout. Pilates challenges big and small muscles from your tootsies all the way up to the base of your noggin. The result is a longer-and leaner-looking you.

"It's resistance training, pure and simple, because you work with your own body weight in every move," says Alycea Ungaro, owner of Real Pilates in New York City. Do these four moves (other 3 moves to follow in next newsletters) three days a week for a smashing silhouette.

## Move 1: The Roll Down

**Works:** core, glutes (butt), and hamstrings



Sit on the floor with your knees bent, feet hip-width apart and flat on the floor. Grab the backs of your thighs and suck in your navel so your torso forms a C. Keeping your back rounded, slowly roll back as low as you can with your feet planted on the floor. Take three deep breaths. Return to start. Repeat twice without resting.

Look for Move 2 in next week's issue



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