

Vegetable Juicing for Everyone:

A Special Interview with Dr. Andrew Saul

By Dr. Joseph Mercola

DM: Dr. Joseph Mercola

AS: Dr. Andrew Saul

DM: Vegetable juice: an enormously helpful tool to improve your health. But how to do it easily and simply? Hi, this is Dr. Mercola, helping you take control of your health. Today I am joined by Dr. Andrew Saul, who's been a guest here many times before. But this time, we're going to discuss his book, *Vegetable Juicing for Everyone*. He's been a life-long juicer and has lots of practical tips for us to help us understand how we could integrate this useful tool into our lives. Welcome and thank you for joining us today, Dr. Saul.

AS: Oh, it's a pleasure. Thank you for the invitation. I have been juicing a mighty long time. My father juiced and my children got juice. They were raised on juice. By the way, that's what the book is about. The whole sordid story of what it's like to raise your kids with juicing when the neighbors think you're crazy and your relatives are sure. Now, my grandchildren are juicing.

DM: Wow.

AS: And it's just a riot. The kids are one and a half and three. They get up on the counter and they want to be in on this. They not only juice with their mothers' supervision, of course, but they just drink it right down. We use the word "scarf." They just scarf it right down. [It's] a lot of fun encouraging people to realize that juicing is so easy. In the 39 years that I've been working with folks and teaching, and in the natural health area, the one thing I've seen that's helped more people more consistently is vegetable juicing.

DM: That is a very profound statement. Thank you for stating that. Can you help us understand why that might be? First, maybe expand on that comment and then some of the science behind why that might actually be occurring.

AS: Yes. It comes really from the work of Dr. Max Gerson, who had terrible migraine headaches. This was back in the late teens and 1920s. Dr. Gerson's migraines weren't going away. He found that if he improved his diet, they were less severe. But if he juiced vegetables, his migraines went away.

This is where my training in science has been helpful to me. Because the one thing I learned teaching health, nutrition, biology, cell biology, and biochemistry is it's an arbitrary line between your insides and your outsides. Your skin is just kind of a marker. The environment outside us, the environment inside us, it's really not that big a deal. There's a constant interplay. Ninety-eight percent of the atoms in your body are new every year. Now, do you want them to come from gelatin, cow hooves, and the viscera of animals? Or do you want it to come from plants? That's your choice.

The advantage here is that when people juice, they see results. And I'm telling you, most people when they start juicing, see results easily within a week and very often within a couple of days. Now, here's

why juicing is important. Everybody says, “Well, why don’t I just eat the vegetables?” And I say, “Go ahead.”

DM: Right.

AS: But you won’t. In America, we don’t do that. We don’t eat fruits and vegetables. We just don’t chow down on broccoli and the other things that we should be eating. Secondly, even if you did in good faith, it would be difficult to sit down and eat a five-pound bag of organic carrots. That’s a lot of carrots. It would be difficult to sit down and eat 3 to 4 heads of broccoli, 10 cucumbers, or all that kale. Now, I have kale growing all over my yard and I know what it’s like to have a lot of kale. Actually I’ve got a packet of cabbage seeds one year and there was one kale seed in it. This is the funny part. From that kale plant, I now have kale all over the yard.

DM: What type of kale is it? Russian kale or curly kale?

AS: I don’t know. It’s free kale.

DM: A dino kale?

AS: It’s just plain ‘ole kale. But when you get into this, it becomes kind of fun because you realize just how vibrant you feel when you do this. It’s so simple. Your great-grandmother would have agreed. In fact, most people will agree if you say, “Should I eat more vegetables and do some juicing?” They’d say, “Oh, yeah, you totally should,” but they’re not going to do it. Sitting down and eating that big plate of vegetables is hard to do.

The advantage of the juicer is, first of all, it reduces that awesome pile of vegetables into a few manageable glasses. That means you get a nice, easy-to-take, and quick food concentrate. People who say “I don’t have time to juice,” are not being honest with you. It takes no more time to prep your veggies, juice them, and drink it down than it does to do any other basic simple meal. And the vegetable juice meal is far better. It has zero cholesterol, practically zero fat, lots of fiber, lots of minerals, and lots of vitamins, and you can do it yourself. Plus it tastes great.

Now, the juicer does a good job of concentrating the nutrients. But it also does a good job of making them available. This is the second reason. First, you’ll increase your quantity of vegetables if you juice. That’s a definite. The second is that when you juice, you break down the cell walls and you release these nutrients and liquid solution. When you drink that, you absorb it.

People that have irritable bowel syndrome, even Crohn’s disease, or all kinds of problems with their gastrointestinal (GI) tract, they can handle vegetable juice. But you could not give them a whole lot of raw food very easily because it might really be difficult. Therefore, juicing is a soothing and efficient way to get lots of nutrients in you in a short time and the absorption is tremendous.

DM: Well, good. Let’s go into some of the specifics, too. Because I’m really curious about how you got your family involved with this. But let’s talk about the raw materials, because the juice that you’re going to be drinking can only be as effective or as high-quality as the quality of the vegetables that you’re inputting. Let’s talk about that first.

AS: Right.

DM: Because that’s going to be a key element.

AS: It sure is. This is where Dr. Gerson’s daughter, Charlotte Gerson, who I think is 92 now, [comes in]. She is the reigning empress of juicing. There is no question about it. Charlotte says, “It’s got to be

organic.” And she’s right. Organic produce is very, very important. The price of organic produce can be a problem for some. Do the best that you can. But bear in mind that the more of us that buy organic, the lower the price will come because the farmers are going to produce more of it. The market is there if you vote with your dollars. The price of organic is going down.

DM: And even better, grow it yourself.

AS: You bet.

DM: Like you do.

AS: This morning, I was out working the back 40.

DM: Right.

AS: My 40 square yards of garden. I’ve been digging potatoes, picking cucumbers, and of course, there’s always the kale. Your own organic food is cheaper and it’s really tasty. When you go out there and pick those beans, you can eat them five minutes later. When you juice the zucchini that you grow in your own garden, the flavor is fabulous. I raised my kids on those. I am here to tell you that if it doesn’t taste good, they’re not going to buy it. It’s got to taste good. This is why we don’t shy away in my house from beets, carrots, and relatively high-glycemic vegetables because they are so tasty. The same with apples.

I don’t mean that you should have only those. But the fact is a lot of people are not going to scarf down (there’s that word again) a pint of kale juice, a lettuce juice, a sprout juice, or a chard juice, but they will if you put in a couple of apples, if you mix carrot with broccoli, or if you mix cucumber and beet with cabbage. It’s whole different world. In order to get America and the whole world juicing, we have to remember that it’s got to be good, fresh produce – organic produce. Just say no to GMO. Make sure that you grow as much as you can. If you really want to make an impact on this world, the answer is self-reliant production of your own food.

DM: Yeah.

AS: If we had an acre of land per person in the world, our hunger problem would be over. Helen and Scott Nearing up in Vermont and then in Maine... I met Helen Nearing many years ago. What a wonderful woman. They were the homesteaders who advocated that people grow everything for themselves. They said you can feed a family of four on less than an acre. That’s good.

DM: Yeah, I would agree. An acre is pretty extreme. That’s a lot of land.

AS: It sure is.

DM: Because if you know what you’re doing, an acre of four would be more like a quarter acre. You can grow a lot of food in a quarter acre. That’s one of my new passions now. One of my upcoming books will be how to grow food with minimal effort because that’s the key.

AS: Right.

DM: We got to minimize the effort. And not only grow good food that you can pick that’s got to be what most organic will be, but even higher quality than organic. If you can optimize that microbial soil life so you can get that nutrient density into the food, I mean, it’s just unbelievable what you can do.

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I'm really excited about promoting that, because I couldn't agree more with you. We're totally on the same page with this. Ideally, you should be growing your own food. If you can't for whatever reason, there are things such as community gardens that you can pitch in and help grow.

AS: That's a good point. If you don't have a community garden, it's time to start one.

DM: Start one, right.

AS: I know churches that put these on their front lawn. You have all kinds of opportunities to get your community growing a garden. I think the best thing to do is remember what Dr. Albert Schweitzer said: "Not only is example the best way to teach, it's the only way to teach."

If you have a garden – and I do. I live right on Main Street, on a college town. It's pretty funny. I'm out in the back there working the back 40 as it were. My entire backyard is barn and garden. And we're right in the middle of the village. You got to realize just how much fun this really is. I just love it because people walk by and not only do they see all the vegetables and the crazy guy out there in the floppy hat, but they also see all the flowers that I have growing there. It's a beautiful spot, it's a healthy spot, and it's good exercise.

I used to teach in prisons, in two New York State penitentiaries. I was just appalled at the garbage they would give those inmates and how expensive it was to buy this processed junk. I'm thinking to myself as I'm walking across the compound. I'm looking around and there is all this empty land. It's surrounded by three layers of electric fence, 12-foot fences with razor wire, motion detectors, cameras, and all kinds of things to keep people in. I thought to myself, "You know, this is a really good place for a garden." There is not a woodchuck, rabbit, or deer that's going to get pass that outer perimeter. I mean, it's just not going to happen.

And you've got all these people, all this land, and all this time on their hand. Back in the 1930s, there were such things as prison farms. Lest I be misunderstood, I am not talking about cool-hand-Luke type of operations here; I'm talking about compassionate, educational, and vocational use of land where prisoners learn about agriculture, they raise their own food, they're healthier, they get exercise, they learn a trade, an important trade, and they save the taxpayers' money. Now, you bring in juicers and you're going to have actual correction institutions. And I think, what a concept.

It costs a lot of money to put a prisoner in jail. One quarter of the inmates at New York State are TB-positive. I worked at a women's prison, and half of the inmates were HIV-positive. They're more like hospitals than prisons now.

Now, you might say, "Now, where is he going with this on juicing?" I'm coming right back to this basic point: juicing is good for everybody. It's good for your little kids; it's good for your grandparents. Little kids like it because it tastes good and it's easy to drink. Grandparents like it because they don't need their teeth. Everybody wins on this one.

It's too simple to work. No, it's not. This can be done. We can change the world by doing this. And the only way we're going to have healthcare right away in this country, the only way we're going to have healthcare for every American is when every American takes responsibility of their own health.

DM: Yes. I'm particularly fond of that approach, too, with the inmates, especially the men who have tuberculosis. If during the summer, they're able to garden with their shirts off and really expose large amounts of the surface of their skin to the sun... We know that vitamin D was the treatment of choice. Sun exposure specifically was the treatment of choice prior to the advent of drugs. That's why they had TB sanatoriums, to treat TB with the sun.

AS: Imagine doing all this – helping people really get better and well and saving the taxpayer a huge amount of money. Most people don't realize that it costs between 50,000 and 100,000 dollars a year to incarcerate an inmate. It's very, very expensive. You can buy an awful lot of juicers and seeds for that kind of money. We already have the opportunity. We just need to have the political will to see it through.

Start with your own family. My kids would come to the table and they'd look at me. I'd hand them the juice and they'd say, "How much of this stuff do I have to drink?" And my answer was, "Here's your 12-ounce glass or your 16-ounce glass of juice. You drink this and then I'll give you whatever you want within reason for your meal." Just that simple.

DM: That was the strategy?

AS: That was a good strategy. It worked.

DM: Did you fine-tune it all based on the feedback?

AS: Yeah, it worked. My daughter is co-author of the book, *Vegetable Juicing for Everyone*.

DM: Okay.

AS: She was the one who, when she was in college one Christmas, said to me, "Dad, I do not want a juicer for Christmas." Three years later, she said, "Dad, could I have a juicer for Christmas, please?" My father juiced. My children juiced. My grandchildren juice. And everybody can. This is a good idea. By the way, don't let anybody try to buffalo you or give you baloney that in some way vegetable juices are not necessary or they're not a good idea. There is no downside to this. There is no way you can hurt yourself juicing vegetables unless you drop a very large cabbage on your toe.

DM: I was juicing maybe 10 or 15 years ago. I was particularly inspired by some of my patients who just looked radically healthy for their age. I said, "What are you doing?" They said, "Well, I'm juicing." I said, "Oh, there's the clue." I said, "I'm going to start this juicing." And I started growing my own food. This was about 15 years ago. It was prior to Y2K.

I grew a lot of Swiss chard. I didn't realize that you didn't need many Swiss chard plants because you can pick it and it grows right back. I had a lot. I was drinking a lot of Swiss chard juice every day. And boy, I developed a sensitivity to it to the point where I got nauseous even thinking about Swiss chard. Maybe you can address that – how to mix it up and how to avoid getting sensitized to a specific vegetable.

AS: I think the best thing to do is to look at the animal kingdom. We notice that very few animals only get one thing. Koala bears have a thing for eucalyptus leaves. Monarch butterflies seem to like milkweed. Elephants are nuts about acacia leaves. But basically, omnivores – and humans probably are omnivores – we eat a lot of things. We're not really vegetarian, but we're not really carnivorous. We're kind of in between. Our dental structure kind of verifies that. We have wimpy, little front teeth that are not in any way designed for eating and ripping apart animal viscera to eat raw meat. But we also have grinding teeth, which are not as well developed as, say, a horse or a cow.

I went with a vet once on rounds. He was cleaning the teeth of a horse. Now, that's an interesting thing to see. You know what's the funniest thing of all? I was expecting a high-tech, sophisticated horse cleaning toothbrush. And you know what it was? It was a giant 18-inch-long toothbrush that looked like it came from a novelty store. It was just a really big toothbrush. All right. Moving along here, what's good for animals is good for us. This is something we need to remember. First of all, no animal cooks its food. Ah...

DM: That's a clue.

AS: You could say no animal juices, but that's not true. Watch a cow or other ruminants, and they really do. They fletcherize. They chew that food into oblivion, then they bring it up later, and they chew it again. Now, that is, in a manner of speaking, like having a mechanical assist. It's like having a blender or a juicer built right in the [inaudible 17:56]. We find that animals thrive on plant material... Juicing is not something that we do in the wild. But eating cooked food, processed food, junk food, and GMO food is definitely something we're not doing.

We're not going to get away with this. If we can continue to eat badly, we're going to have sicker and sicker people on more and more drugs, who are more and more overweight, and who are dying. The suffering will be without parallel. A lot of people forget this: World War I, terrible, terrible tragedy. Four years of machine guns and artillery shells. Ten million dead in four years. In the two years following World War I, twice as many people died from influenza. That's primarily because of bad nutrition. We must change this right away.

People worry about a lot of things. They should stare down the bad dinner table, look at that plate, and see what's staring back at them. If you have to dust off your juicer, you're wrong. You got to go dust off that juicer, and start using it. It's so easy and you're going to feel great.

DM: Yeah. I couldn't agree with that sense a bit more. Let's get into some of the specifics. You had mentioned that if it doesn't taste good, you're not going to likely be drinking it or certainly your kids won't, which is one of the key lessons you learned. One of the things I found in my juicing experience is that some of the healthiest vegetables to juice are also some of the bitterest. Dandelion greens would be one, or mustard greens. Collards aren't too bad. Those you have to take in smaller quantities and you have to balance off that bitterness.

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Typically what I use is something like... My favorite is lime, but you can use cranberry. You can certainly use apples. I'd like to keep the sugar content down, so I tend to stay away from those. I'm wondering if you can comment on the palatability issue because it really is an important one.

AS: Well, I think you've got it just right. If it tastes good, you're going to do it. And we want it to not be too sweet. That's a matter of a progression. I think it's a continuum. There are some folks that are really into juicing. For them, we say, "Okay, let's really go for these green drinks. Let's do it like Dr. Mercola said. That's great." But for people that we're just bringing into this – and I work with a whole lot of these people – they're coming in and when you give them that first glass of juice, it had better be good. Now, cabbage juice is fantastic for the gastrointestinal tract.

DM: Yes.

AS: And beet juice, as folk medicine has told us for a long time, is a good blood builder. There's actually something to that. When we have a product like beet juice (if you kill the beets), you have something that is remarkably sweet. Now, it looks awful but it tastes great. When you have something like cabbage, it looks kind of nice. It's nice and green, but it tastes terrible. If you mix them together, now it tastes awful and it looks bad. So, carrots to the rescue, apples to the rescue, or Concord grapes to the rescue – whatever it takes.

People say to me, "What should I juice?" My answer is anything you can eat raw. Play around with it. Have some fun. Just try everything. People enjoy this. I have a Facebook site called The Megavitamin Man. People go on there, and they talk about the different things that they're juicing. I find it extremely entertaining because they're just so clever. They're so creative.

Children love this. You just give them a whole bunch of things, and they're just like... Well, it's like a kid in the candy store, only healthy. They mix all the vegetables and they make their own little concoction. It's basically... It's like exercise. People say, "What's the best exercise for me?" My answer is the one you will do. What are the best vegetables for me? The ones that agree with you. If you try vegetables and they give you trouble, switch; there's plenty.

DM: I think that's a great strategy to introduce people into. But I think we also, as leaders in this field, need to hold out a goal or a model that they should strive towards, because otherwise they'll get stuck at the intro level, thinking they're doing themselves some good, but actually causing problems if they continue with that mode for long periods.

AS: Long-term, I think it's a good idea for people to have what I call a juice fast about once a month. I suggest people have between three and perhaps seven days every month where they have nothing but vegetable juices. It's a nice detox. It's a good cleanup. [It's] a nice tune-up. Now, this is so simple. People have been taught that anything that's simple and safe cannot possibly be effective. We've been taught to be consumers of pharmaceuticals. It's time to turn that around. Say no to drugs. Say yes to juices. Try it and see for yourself.

DM: Why don't we play devil's advocate for a moment. What about the individual who's relatively healthy and lean, as most healthy people are? They're not overweight. Obviously, two-thirds of the people in the United States are. But one-third isn't and a significant percentage is underweight. Are there any concerns or cautions you would advise someone who fits in that category? Because obviously the concern is they may lose even more weight.

AS: You can do anything wrong. Although it's difficult with juicing, a couple of things are common sense. The first is when you start juicing, you're going to go to the bathroom more often. Even if you use a juice extractor, which removes a lot of insoluble, roughage fiber, juice still contains soluble fiber. And soluble fiber, which is actually really good for you... It's a good way to lower your risk of heart disease and on and on and on. Soluble fiber is in there. You're going to find that you go to the toilet more often. People are going to go to the toilet more often simply because they're having more liquid.

A lot of doctors, including Ronald Reagan's personal physician, Dr. Ralph Bookman, said that people should have 10 glasses of liquid a day. If that liquid is water – good, clear, and pure water – that would be fine. But if it's vegetable juice, you've got all the nutrients in there as well.

The most important thing for people to keep in mind is that common sense rules. If you're heavy and you want to lose weight, do what Dick Gregory did: get juice fasting. He went from 308 to 135 [pounds]. He spoke at my college when I was a freshman in 1970. It was really weird because he was there to talk about politics. He was in the press room. I was three seats away from him. During the entire press conference, he was juicing his organic vegetables and drinking them. And no one asked him why.

In his contract, it actually specified what organic vegetables you had to have for him and in what quantity. Now, Gregory went from 308 to 135. But what he noticed more was that his family got healthy. Here's an example of something where someone who's heavy got thin. I've also seen people who are underweight, and when they started juicing as part of their dietary [habit], because of the nutrients that they get, I think it actually enhanced their ability to come up to the normal weight. It's funny how the body knows what it wants, isn't it?

DM: Yes, it is.

AS: Isn't it amazing that obesity is a uniquely human condition and in domestic pets? You can go out in the woods, and you'll never see a fat deer.

DM: Yeah.

AS: I've never seen an obese possum or starling. You just don't.

DM: Yes. That's so true. I believe that's an artifact of the Industrial Age, this processing of food that we do. But just to comment on the 8 to 10 glasses of water that many experts recommend. I believe that the key is to drink enough fluids so that your urine is light yellow. If it's any darker, you're not drinking enough. But then the question becomes, well, what water are you drinking?

You mentioned that the vegetable juice qualifies as water. It certainly does. Not only is it qualified water, but it's the absolute, best, supreme, and highest quality water. You're saying, "Why?" Well, because it's structured water. There's a lot of research... Structured water is living water, high-energy water. It's actually different from regular water. It's not H₂O; it's H₃O₂. And vegetables make magnificent structured water. So, you get that for free. Fresh, fresh structured water. This is the best water you can possibly drink. You're far better off drinking that than drinking tap water.

AS: That's for sure.

DM: Yeah. Let's talk about the juicers for a moment, because obviously, you're not going to create a juice without a juicer. There are basically two different types. Why don't you give us your insights and experience with the different juicers?

AS: Well, one lady who couldn't afford a juicer just used her blender and pushed everything through cheesecloth.

DM: That's another point. Right. The difference between blenders and juicers. I was just talking about juicers. But yes, differentiate between those two first.

AS: Right. Well, the type that gives you the total juice, that is basically a very, very powerful blender. There's much to be said for that because nothing is lost, nothing is thrown away. And there is every value in having the complete food and just pulverizing it. The problem with that is not everybody likes it that way. It's kind of a thick, baby food-like consistency.

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Dr. Christopher Gian-Cursio, a naturopath in New York State, who was jailed several times for practicing medicine without a license, which made him interesting for me. I met Dr. Chris when he was in his 80s. What a character. He would put people on blended solids. He'll have a mega salad, put it through the blender, and eat it. That was to improve absorption. It was just that simple. That's one option. You can do the blended salad.

You can get the blender-type of juicer. If you can handle that, if you like the taste, and if you don't mind the consistency, fine. I don't think you can get away with that with the average teenager. But you might very well do well with that for someone that is elderly. They would be having some kind of soft food anyway. Why not give them soft raw food? The other type of juicer could be either a centrifugal juicer extractor...

DM: But before we go to the other two. The other downside of that, if I'm not mistaken, is it limits the amount of vegetables you can eat. Because if you have all the fiber in there, most... I mean, there's some value in fiber but not as much as in the vegetable juice. You can only consume so much food or drink so much. If you're going to have the whole thing, you're not going to be able to drink more vegetable juice.

AS: That's right. You'd be getting relatively more fiber and you're going to feel full a little sooner. However, I think that the odds of somebody doing any harm that way are pretty low. If we remember, this is not a contest to see how much juice you can hold; what this is is between you and your waistline. That's what it comes down to.

I had a gym teacher in high school, who said, "If you want to know if you're physically fit, let's see if you can touch your toes right here, right now." Over the years, I've learned that something else is to look at your waistline. If your pants are getting bigger and your belt is going out, you're doing it wrong. If they're not, if you're a lean, mean fighting machine, then you're doing it right.

DM: Terrific.

AS: We have juice extractors now. They could be an auger style or a masticating type of juicer that chews it up and then pushes it through a strainer. Or they could be centrifugal, which is the cheapest and the most common type. They whirl around and separate it by that spinning process. There's also a grind-and-press juicer. The really expensive ones do that. They work like an apple cider mill. In fact, they work exactly like a cider mill.

I have made my own cider. I've done it with any kind of juice extractor. It's lots and lots of fun. Kids love it. Again, there's an upside to juicing. It's like, "Well, let's make cider." Oh, okay. Children like that. I would make my own cider press. I needed weight so you just step the kids on top of it. They're the weight. They're sitting there making cider. It's just a blast.

These different types of juicers are all good. They're all good. The one you will use is good. The grind-and-press type is very, very expensive. The Gerson people recommend that for very sick people. I think that's a good point.

DM: Is it called the Norwalk?

AS: The Norwalk is an example. It's the one that has the best reputation and probably the highest price. Norman Walker, a hero of mine, I really think that he really knew what he was talking about. What a wonderful advocate for juicing and natural diet.

Now, lower in price than that would be the masticating juicer. The masticating is the auger-type or the grinder, the horizontal grinder. They work very well. They tend to give you more juice than a centrifugal. You get more juice per five-pound bag of produce. This means that if the centrifugal juicer is cheaper, in the long run, it isn't. The masticating juicer costs more usually, but you get more juice. I would estimate a good solid 20 to 25 percent more juice from a masticating juicer than a centrifugal.

DM: And they're quieter.

AS: They are quieter, they tend to be very easy to assemble and clean, and they tend to be very durable. Now, the centrifugal juicers are all over the place. There are some that are very cheap. That's a good way to start. But as you spend more, you can get up there into the higher price range instead of the centrifugal juicer that does a very good job. Generally speaking, the centrifugal juicers are less efficient. But they look cool, they make a really neat sound, and they tend to be lower-priced.

DM: Okay, good. That gives people a range of different tools to implement this system. Let's talk about efficiencies that you found in your decades of juicing. Because clearly for most people, juicing several times a day is going to be a challenge. A more efficient way would be to compile it in one and then store and use it. If we can address that issue, I think that would be great.

AS: You bet. The first way to save time is to brush, don't peel. Brush your vegetables instead of peeling them. You'll clean them and still get a lot of nutrients that are closed up under the skin. The exception to this would be beets. If you don't peel beets, you're going to be sorry. Beet skins do not taste good.

The other exception would be vegetables that you had to buy that are not organic and that had been waxed. A lot of produce that you buy in the supermarket now has a "food grade wax" on it. The problem with that wax is that it seals in the pesticides as it seals in moisture. They get longer shelf-life. That's why they use it. And you cannot tell if a product is waxed because it's very, very thin and it's not glossy.

DM: Would it be safe to assume that almost any vegetable that's not organic is at risk of having the wax on it?

AS: Well, I can tell you right off that eggplant, cucumbers, and tomatoes are invariably waxed. Zucchini and squash, almost always. Carrots, no.

DM: Yeah.

AS: Turnips are. Turnips have a very thick coating of wax on it. You can actually scrape it off with your finger. Anything that you think is waxed or of doubtful origin, probably you want to peel it. But if it's organic, just brush the daylight out of it. It's a matter of taste – and beet skins taste bad.

Now, moving on, can you do all your juicing in the morning, take it with you to work, and drink juice all day? The answer is you can. But you will lose quality and you will lose taste. Fresh juice tastes better. That's the number one reason I think people should have all their juice at once. But if you don't want to do that, you can certainly juice in advance. Generally speaking, the masticating juicer will introduce less air into the juice than the centrifugal. People have told me that they get longer storage when they use a masticating or chewing juicer and not the centrifugal type.

The next trick is to fill the container all the way to the top. Don't leave any airspace. My little trick is to add vitamin C as ascorbic acid at the top because it's an antioxidant. You cap it up, and you're good to go for a number of hours. You can take this with you. People have said to me, "Well, maybe I can't take this with me." I say, "Well buy some commercial canned juice then," because that's better than nothing. It's better than soda. Do the best that you can.

AS: We have to keep this in mind: juicing is not just about preventing and treating illness; it's about your overall quality of life. If you're get up and go, it's get up and went. If you're tired all the time, the first thing to do is to down a liter to a liter and a half of vegetable juice. You're going to feel good. I can put down just under two quarts in one sitting. I'd rather pride myself on that. My daughter likes to say that she can chug a 16-ounce glass in just over three seconds.

DM: Wow. Well, two quarts, for those who haven't done the math, is half a gallon.

AS: Right.

DM: That's a lot of juice.

AS: And that is the capacity of an adult man's stomach.

DM: Yeah. Let me tell you about our revision. There's a device called the FoodSaver, which is typically used to suck out... It's a vacuum of sorts. It sucks out air from plastic bags that you then seal. But it also has an attachment that seals the vacuum that you can add another attachment to a Ball jar that will suck out the air from the top of a Ball jar and essentially create a vacuum seal to further eliminate the air. For

those who aren't familiar with it, it's what's going to cause a problem with the juice as the air oxidizes the nutrients in the juice.

AS: Right. It's the whole oxygen again. Now, one thing to remember is that having created that vacuum, you must remember you're not canning. You're not going to get long storage here.

DM: No. Yeah. You have to put it in the fridge.

AS: You have to drink it that day.

DM: That day, right.

AS: Because whenever you have an oxygen low or oxygen-free atmosphere like that, there is a risk of botulism.

DM: Yeah.

AS: We don't want that. The way to avoid that, by the way, is to simply drink the juice that day. But don't think you can put it in your fridge all sealed up like that and leave it for two weeks. That's not going to work.

DM: Yeah, it won't work. You may think it would be okay, but it's not. The other concern with that... And I'm not sure if you're familiar with this. But methanol is really the toxic component of aspartame. It's one of the reasons why it's so darn... It's the most toxic of all the artificial sweeteners. One of the arguments that the manufacturers of aspartame use is that, "Well, methanol isn't toxic; it's in natural foods like fruits and vegetables." Yes, that's true. But in fruits and vegetables it's bound with pectin.

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The problem is that once you process it like a juicer and then you store it, the methanol tends to dissociate and gradually increases over time. The problem with the methanol is that... That's wheat alcohol. Our body is not really adapted to detoxify that at all. It causes a lot of problems as it's eventually winding up into the brain into formaldehyde and denaturing a lot of protein and DNA. I'm wondering if that's another concern. If you have this juice, not only will you have less high density of nutrients and increased risk of botulism, but also this risk of methanol toxicity over time.

AS: Yeah. You're talking about what [inaudible 41:07] be there.

DM: Right.

AS: The methanol, the very same stuff that causes blindness and liver cancer. It's funny, isn't it, how a oncologists will try to tell you that the stuff that's in your food that's bad for you is not bad for you because there's other stuff that's worse for you. They're trying to tell you that they can do this and they're blaming nature. That is just a perversion of truth. It's just astonishing what people hear and what they are offered on television a part of a balanced diet. It's just a weird world we live in. Food stamps can be used to buy sugar-sweet cereals and boxes of doughnuts, but they can't be used to buy multivitamins for your child.

DM: Yeah. It's quite an irony there. Are there any other strategies or tips that you've acquired over these years of juicing and counselling people to incorporate this into their diet that you've learned, which you can share with us?

AS: Probably the best one is that you have to try it. I ask people to give it 90 days. I ask for a three-month fair trial. I say to them, "Look, prove me wrong. Let's go into this with no hypothesis." They go, "He

doesn't know what he's talking about. Juicing will not help me." Go in with all the skepticism you want, but do it anyway. Get on the wagon. Do it for 90 days. See how you feel. If you fall off the wagon, just get back on. If there's a day when you can't face the juicer and don't want to juice, then don't. It's not a big deal. You can skip a day. You can skip a week. But the point is don't skip out. Don't totally drop it. Come back home to it.

I know one lady who had chronic fatigue, chronic fatigue all the time unless she did lots of juicing. She didn't have it. Every time she called up and said she was feeling very tired, I ask her, "How's your juicing going?" And her answer always was, "Oh, yeah, I haven't been doing that for a number of weeks." There's the lesson. Give it a try. Give it a try with your kids and see exactly how well it works for you. Remember this: the big advantages of juicing are it concentrates, it improves absorption, and it provides you with easily absorbable raw food. The most important thing people need to keep in mind is juice is not a beverage. It's not like iced tea. It's not like soda pop. It is a food that happens to be in liquid form.

People will say, "Oh, I need more protein. If I drink a lot of juice, I won't get enough protein." Really? Have you ever looked at an ox, a hippopotamus, a rhinoceros? They're solid muscle. A cow? Solid muscle. And they're all vegetarian. They get their protein, which we eat, from vegetables. Therefore, vegetables obviously have protein. A lot of people think they don't, but they do. It's just that it's fairly low-density. You have to have a lot of volume. The way to get a lot of volume is to do the juicing because it concentrates it and makes it doable. Juicing is the best single way that people can improve their health.

The book that my daughter and I wrote, *Vegetable Juicing for Everyone*, is the story of what it was like for her to be raised by me, what it was like for me to raise my kids doing this, and all the weird things we went through when we went to family gatherings. People would look at us like we were weird. My son turned orange because he had too much carrot juice. They would have little carrot juice mustaches because of all the vegetable juice they had. But it's also the story of getting over gastrointestinal problems, it's a story of weight loss, and it's a story of having fun. This is something that you can do.

Ladies and gentlemen everywhere, everybody can do this. This is one of the most powerful ways to begin. And if I can say this, after 39 years, it's also well worth staying with it.

DM: Yes, indeed. Your book is a great resource, *Vegetable Juicing for Everyone*. It's available online and Amazon. It's a great resource for people to use as a guide to help them in addition to the information you presented here.

One of the helpful tools that I found... Because an objection that many people have is that it takes time. Clearly, it's going to take some extra time. I like to multitask things. Because once you get the juicing habit down, it's relatively a mindless task so you can do things on autopilot. I like to watch videos typically on my notebook. I watch a video while I'm doing the juicing. I've got to go through a lot of videos for the website. People can do that. Or they can watch the videos that we put on our website or interviews like this. There are always things that you can do to make it more efficient.

AS: Sure. And if you have a [inaudible 46:16] like I do, you can make a video of you juicing and put it on YouTube.

DM: Yeah. But you can only do that so many times. I mean, it's crazy. We're in information overload. There's always new information to learn. There always will be more knowledge that you can acquire. You've got a lifetime ahead of you, so you might as well make use of it.

AS: Right. We have to get back to basics. People tend to complicate things. Government always complicates things. The pharmaceutical industry, the medical profession, and the legal profession seem to make their living complicating things. We have to go back to the simple. We have all been taught that the simple is not scientific. It's not effective. It's really not a viable alternative. [But] yes, it is. The simple

solution is usually the best one. When you're looking around in your life for solutions, the simple ones usually work the best.

When we're looking at our health, it's just amazing how many people ask me, "What vitamin should I take?" They are eating a lousy diet, are overweight, don't exercise, and they eat a lot of junk. Now, it's good if they take the vitamins. My nickname's The Mega Vitamin Man. I'm into this. I work with Dr. Abraham Hoffer, as you know, and others in the field of orthomolecular or nutrition therapy. But really, what people need to do is to remember that supplements are just that. They're supplements. You still have to eat right. That means it's got to come out of the dirt. It's got to be good dirt, good seed, and you need a good quantity of it.

We need to get back to the land. It sounds kind of hippie-like, but the fact is truth is truth. It's always been a good idea to follow nature. We're way off that. We need to turn around, look at the animal kingdom, and take the knowledge that we see in healthy animals. What can we do to improve our life? [It's] very simple. Dr. Hoffer used to say it to children. He'd lean over to them and say, "No junk." Dr. Hoffer said there wasn't a single kid that misunderstood that.

DM: It's not that complex. There's no question.

AS: Kids get it.

DM: One question, sort of a follow-up on the protein comment on the vegetables. Yes, vegetables do have proteins. They just don't have a lot of them. What they even have less of though is fat, typically, in least the vegetables that you're going to juice. There are other vegetables that are very high in fat – or actually fruits like olives and avocados. But most vegetables... Are there any strategies you found or just don't necessarily recommend doing at all? Maybe to add some fat to the vegetable juice.

AS: You certainly can if you want. I don't think there is any reason why you wouldn't. I prefer to just eat the avocado and to eat the fruit. Fruit is a lot softer. It barely needs juicing. But it sure works nice as a flavoring agent. If you add the avocado, you will get body. You will get a milkshake-like body to the juice that you're making. There is so much out there.

There really are a lot of very good books on juicing. And I'd like to mention that my daughter's in my book, the *Vegetable Juicing for Everyone* book and is one of many good books. In fact, ours is fairly short and it has a lot of funny stories in it. It has a lot of motivations in it. If you want a really good book on the details of the medical value of juicing, really there are other books that are better than mine. But if you want to be entertained or if you want to get cousin Ed, Aunt Belinda, your kids, or your friends to start juicing, my book's fun to read.

DM: Yeah, it really is. We're both committed to a lifetime of educating people, informing, and giving them information. But ultimately it's about entertaining people first. Because if they're not entertained, they're not going to take the information you're offering.

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AS: It don't mean a thing if it ain't got that swing.

DM: That's right.

AS: It's so important to remember that everybody out there is searching. Everybody out there is in the same boat. We're all in this together and nobody gets out alive. We have an opportunity. Right now we can set a good example for our kids. If you're healthy, people will eventually ask you why. If you tell

them why, they might say, “Oh...” There’s always some that are going to say, “Really?” And they’re going to start doing it.

DM: Right.

AS: We have an opportunity with juicing here to have fun, get healthy, and save money all at the same time.

DM: Yes. Well, I really thank you for your commitment, your passion, and your willingness to share your information with everyone and for really being such a great model, because it’s difficult to listen to someone who’s overweight, heavy, and not following this. You really have to be applying this to your own life before you can start making recommendations to others. I really thank you for serving as a great model for this.

AS: It’s interesting you should say that. Over the year, my weight had kind of snuck up. And at one point, I was sitting around 236. Now, because I’m 6’3, I could get away with it. My doctor actually said as much. “You can carry it. But you’re a little heavy.” And then my blood pressure had been going up. I thought, “Oh, man, I got to take my own advice.” I started juicing, eating lots of salad, and doing, of course, what I should have done anyway. I brought my weight down 45 pounds. My diastolic came down like 15 numbers. It was spectacular.

We all have to take this advice to heart. It’s easy for me to talk; it’s much harder to do it. You and I, we all every day have to do this, because we need to be an example. As Dr. Schweitzer said, example is the only way to teach.

DM: Yeah. No one gets a Get Out of Jail Free card for this one. It’s not like accumulating wealth. You put the money in the bank and it stays there. You have to do this regularly. You don’t build up a reserve for the most part. I mean, you can for a few days but not much longer than that.

AS: Right.

DM: If you fall off the wagon, you’ll start going to...

AS: Speaking of time, one of the most certain investments is your health. The half hour a day that you might put into juicing – and I’m including prepping the vegetables and cleaning up when you’re done.

DM: Sure.

AS: That’s going to pay you back. That’s going to pay you back with years. Not only length of life.

DM: Quality.

AS: But also quality of life. Imagine what would happen if we had juicing in hospitals. Vegetable juicing...

DM: There’s a thought! If you see hospitals and prisons.

AS: And nursing homes.

DM: Nursing homes, gosh.

AS: Junior high school.

DM: Gosh.

AS: At medical association meetings.

DM: That is just a magnificent concept. It really is. I mean, it's a new strategy. It's a new goal to have America adopt this as a model because they desperately need this. They just don't know it.

AS: Remember that if you're not a health nut, what kind of a nut are you? We all need to be health nuts. Like Jack Lalane said. He said, "I'm a health nut. I'm a filbert." That's exactly how he put it. If man made it, don't eat it. That's mighty good advice.

DM: Yes, indeed. All right. Well, thank you again. It's always fun interviewing you because you're a load of good common sense, knowledge, and practical advice that's going to get us healthy. It's a really powerful characteristic to have and strive towards.

AS: We're having fun, but this is serious business.

DM: Yes, it is. We've talked about the hospital issue before, which you've written another book on and which many people who don't adopt these strategies wind up. Your risk for dying prematurely goes up dramatically if you wind up in a hospital. You've had some good strategies if that does happen for whatever reason, how to survive that encounter. But we don't want to be there. If you adopt these strategies, you can do that pretty easily. Your body self-corrects. It stays away from disease; it goes towards health spontaneously as long as you give it the food it needs. It's not like you have some master plan you punch in your computer to figure it out. It's on autocorrect.

AS: That's it. The first rule of building a brick wall is you've got to have bricks. If we give our body good nutrients, our body knows what to do with it. You can drive a very, very fancy car well, safely, and enjoy it and not be a mechanic in the same way that you can have a healthy body and not be a physician. In fact, my mother used to say to me, "I can't follow you around and make sure you do the right thing all the time." Neither can your doctor! In the end, it's up to you. This is the tough one. This is where the rubber meets the road. In the end, one of the few free choices we all have is what we will or will not eat in a given day.

DM: Yeah.

AS: Whether we will or will not exercise in a given day. My wife is wonderful about that because she gets me walking and I give her walking. That's a wonderful thing. You have support systems. Do this with friends. Have a juicing club. There are all kinds of ways that you can make this your daily routine. Be a health nut. You're going to be happier in the end.

DM: Okay. Sage advice. All right. Well, thanks again. For anyone who's interested in juicing and being entertained, having a quick read of your book, *Vegetable Juicing for Everyone*, that you wrote with your daughter is a great start.

[END]