Final Essay

Get Juiced on Juicing

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Juicing is the grinding of fruits and vegetables with industrial machine. Why do some people

choose to juice, when they can simply eat whole fruits and vegetables? There are lots of

debate between juicing or eating whole fruits and vegetables. The main difference between the

two is digestion. According to the Living and Raw Foods website, juicing removes the

indigestible fiber that is present in vegetables. Much more of the nutrients are then absorbed by

the body as compared to eating whole vegetables. Not everyone, however, are fond of fruit and

vegetable juices. Choosing between drinking or eating fruits and vegetables is a personal

preference that differs from one person to another. Moreover, the process of finding the right

type of juicer can get tedious, because there are different types of juicer with different price tags.

Why is juicing so popular, despite the high cost of a juicer? Is juicing really worth the try?

 According to Jillian Michaels, drinking 100 percent fruit and vegetable juices and eating

whole fruits and vegetables are both beneficial to people’s health. However, drinking fruit and

vegetable juices is costlier than eating whole fruits and vegetables. You will need a juicer to

grind the fruits and vegetables, before you can drink them. A juicer may cost $100 and above,

depending on its type and functions. Eating whole fruits and vegetables, on the other hand, does

not require any type of machine or other electronic equipment. Whole fruits and vegetables can

simply be washed before eating them.

 Drinking fruit and vegetable juices is more time consuming. All fruits and vegetables must

be thoroughly washed before putting them inside the juicer. Depending on the type of fruit and

vegetables, you may need to peel off the skin before you can put them on the juicer. After the

grinding of fruits and vegetables, you will be left with a mess which requires more time for

cleaning. Eating whole fruits and vegetables, on the other hand, requires less time for cleaning

because most fruits and vegetables only need to be washed before they can be eaten. Some fruits

and vegetables do not require cooking; however, it still creates less of a mess compared to the

process of juicing. Eating whole fruits and vegetables only requires a person to clean the kitchen

and wash the utensils. Although drinking fruit and vegetable juices is costlier than eating whole

fruits and vegetables, it is easier for people to digest juices. According to Pauline Hanuise of

Mind Body Green, “good digestion is necessary four your body to perform properly”. It is

estimated that fresh fruit and vegetable juices can be assimilated in 20 – 30 minutes, because

they are so easy to digest and absorb (Calbom and Keane, 1992, p.19). People who have a hard

time digesting their food might prefer to drink them for easier absorption.

 Drinking fruit and vegetable juices and eating whole fruit and vegetables both provide our

bodies with nutrients that we need. Drinking fruit and vegetable juices is a costlier option than

eating whole fruits and vegetables The choice between drinking fruit and vegetables juices and

eating whole fruits and vegetables is based on personal preference, which may differ from one

person to another.

 The process of finding the right type of juicer is also based on personal preferences. There

are different types of juicer, each priced accordingly depending on its functions. Before you buy

a juicer, you must study the types of juicer first to ensure that it meets your budget and needs.

Centrifugal juicers are the most popular and the most affordable juicer out on the market. It gets

the job done easily and quickly; however, a centrifugal juicer does experience difficulty in

extracting grassy and leafy foods like parsley, wheatgrass, lettuce, and spinach. Another

disadvantage to a centrifugal juicer is that it is a little loud. A centrifugal juicer is ideal for

people who are on a budget and those who are not planning to juice on grassy and leafy foods

that much.

 Masticating juicers, on the other hand, have less difficulty in extracting leafy foods.

Masticating juicers use a screw-type auger to grind, crush, and chew fruits, vegetables, and leafy

greens. A masticating juicer may cost more than a centrifugal juicer, because it can also be used

to make baby food, fruit sorbet, and sauces. The disadvantage of a masticating juicer is that it

takes longer to make juices, compared to a centrifugal juicer.

 A triturating juicer is the most expensive juicer, compared to a centrifugal and a

masticating juicer. A triturating juicer is similar to a masticating juicer because both types of

juicer can be used to make baby food, fruit sorbet, and more. A triturating and masticating juicer

also has a screw-type auger to grind, crush, and chew produces. The only disadvantage to a

triturating juicer is its high price tag.

 Before deciding on the best type of juicer, study its functions first and see to it that it fits

your budget. Choosing the right juicer may be tiresome and confusing; however, it is well worth

the money if you are able to find the right type of juicer to meet your needs.

 Despite the high cost of a juicer, juicing remains to be popular across the globe due to the

media. Juicing is heavily advertized on social media sites and on the internet. Juicing is also

endorsed by famous celebrities such as Jessica Alba and Nicole Richie. A documentary film

about juicing was also featured in Netflix. The film is called “Fat, Sick, and Nearly Dead”

created by Joe Cross. Social media sites such as Facebook and Twitter promotes juicing by

having juicers share their experiences on juicing and tweet about them for all their social media

friends to see. Through word-of-mouth marketing, satisfied juicers tell other people how much

they benefit from juicing.

 Jessica Alba and Nicole Richie are two examples of celebrities who promote juicing.

Jessica Alba is always seen in public with a bottle of green juice in her hand. The green juice

favored by Ms. Alba is made up of kale, cucumber, and celery. Ms. Alba accredited her physique

to her juice diet. Nicole Richie promotes “Healthy Pressed Juice”. Healthy Pressed Juice is a

company that offers home delivery of its vitamin and mineral-packed juice cleanse combos.

Nicole Richie is one of Pressed Juicery’s first customers.

 Aside from Jessica Alba and Nicole Richie, there are foreign celebrities that also promote

juicing. Aubrey Miles, a celebrity in the Philippines, endorses “Detoxifybar”. Detoxifybar are

detox juices that also provides home delivery, similar to “Healthy Pressed Juice”. Ms. Miles

drinks a bottle of detoxifybar everyday and swears by its healthy benefits.

 Joe Cross, the man who filmed the documentary “Fat, Sick, and Nearly Dead” went on a

juice cleanse for 60 days, in order to turn his life around. Joe Cross was suffering from an

autoimmune disease; his doctor said he could die if he did not change his lifestyle. Before the

juice cleanse, Mr. Cross was an unhealthy eater, consuming pizza and fatty foods almost every

day. After Joe’s 60 days juice cleanse, he lost so much weight and claimed to have felt better

than ever. Mr. Cross has a personal blog where he shares his positive experiences with juicing.

 Is juicing worth a try? Or is it just a food fad that is not worth the time? Lauren Slayton, a

nutritionist in New York, specializing in weight management and sports nutrition since 2001

recommends juicing to those who hate eating whole vegetables. Fruit and vegetable juices are a

great alternative for those who are not fond of eating fruits and vegetables.

 According to Anthony Balduzzi, “one should use juicing as a healthy comprehensive

weight loss program, not a regular meal replacement” (Wischhover, 2013). The human body

needs calories for fuel. Juices are not very high in calories; they are rich in vitamins and minerals.

 According to a registered dietitian, Judy Barbe, “Healthy eating is healthy eating, not just

drinking”. Fruit and vegetable juices are full of vitamins and minerals, but people still need fiber.

The skin of fruits and vegetables are loaded with fiber; however, most people peel off the skin of

fruits and vegetables for juicing. Without fiber, energy will crash.

 The choice between drinking fruit and vegetables juices or eating whole fruits and

vegetables is a personal choice that may differ from one person to another. There are pro’s and

con’s to drinking fruit and vegetables juices and eating whole fruits and juices. Finding the right

type of juicer may also vary from one person to another. There are 3 types of juicer: Centrifugal,

Masticating, and Triturating Juicer. Each juicer has its own functions and a different set of price.

The choice of juicer will depend on a person’s budget and needs.

 All the hype on juicing is a result of the media’s exposure and celebrity endorsements.

Social media sites such as Facebook and Twitter have introduced juicing to numerous people

across the world. Celebrities such as Jessica Alba and Nicole Richie have been promoting juicing

by speaking highly of it to the media and being seen with a bottle of juice in their hands.

 There is no harm in giving juicing a try, just as long as it will not be used as a meal

replacement. People still need solid foods for protein or fat, to help them feel fuller and

energized.

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