

## Finding The Perfect Juicer

The main reason why there is not a "perfect" juicer is because different fruits and vegetables have vastly different properties. This ultimately means that a juicing method which is effective for a particular type of fruit may not be the best choice for another. Staying healthy has recently been associated with consuming more fresh juices. But improving the juicing experience is a matter of knowing what works best for a particular produce and how a juicer can maintain its highly presumed qualities.

In particular, fruits have softer cell walls and therefore require a more gentle extraction method. Juicing apples, pears, watermelons, cantaloupes and pineapples can be an easy process if the peel is off and they are chopped into smaller more easily handled pieces. On the other hand, citrus fruits, like oranges, lemons, grapefruits, or tangerines, should be juiced along with their bitter outer surface -after grating away their outer rind. But keeping the white skin area is extremely important, according to nutritionists, since it is in there where the most valuable nutrients are contained. For that reason, most people use the common method of slicing the fruit in half and then pressing it against a reamer style juicer or a citrus press in order to extract the healthiest parts of a citrus juice.

Vegetables, on the other hand, are tougher to handle. Since they have fibrous, more rigid cell walls, these types of produce require more aggressive mechanical juicers that can extract their fluids. Scientists recommend that due to their lower acid content, vegetables have to be consumed immediately after their preparation. This is mainly supported because their enzyme activity lowers progressively with time -a 30 minute old juice has half of the enzyme activity found in a freshly made one.

If you think that a bottled or canned juice is healthier because of lack of discoloration -when an apple or a carrot becomes brown is a sign that the fruit or vegetable has been oxidized and can happen when one prepares a juice-you better think again. The difference is found in the juice's preparation and has to do with the fact that juice producers heat the juice in order to kill all the enzymes and thus, extending their color and lifetime. But, the one thing they cannot extend is their nutritional effect which is forever destroyed due to this heating process. The fresh, alive enzymes are one of the key reasons why making a fresh juice at home with a juicer can be so beneficial for one's health.

Easy to operate juicers can help those interested to reach and maintain a better state of health a quick and simple way of ensuring that their bodies receive enough nutrients daily. Juicers are useful tools when wanting to lose weight as various recipes can help people trick their stomachs into thinking they are full. But apart from them being an excellent way for people to maintain their desired weight, juicers have come to be considered a lifestyle choice, not just a particular appliance, due to their extremely desirable nutritional benefits.

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### About the Author

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