

Getting the Nutrition Out Of Your Food



Dale and Bonnie

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What is whole food juice?

- Whole food juice is the combination of the juice and fiber from either fruits or vegetables prepared in the Vita-Mix machine.
- The speed and tremendous force of the Vita-Mix Super 5200 stainless steel blade tips travel at 240 m.p.h. at high speed and the customized hammermill and cutting blades literally pulverize food down to the cellular level.



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What is whole food juice?

- All the vitamins, enzymes, and nutrition comes to you intact with full flavor in Vita-Mix whole food juice

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Q: Why is a Vita-Mix juice better than extracted juice?

- A: Vita-Mix juice includes both the juice and pulp from your produce.
- The pulp contains valuable nutrition that is missing in extracted juice. Vita-Mix juice helps make it easy to get the FDA recommended 5 to 7 servings of fruits and vegetables we need daily for a healthy diet.

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Q: Can extracted juice be made in the Vita-Mix machine?

- A: Yes, extracted juice can be made in the Vita-Mix machine by straining the whole food juice through cheesecloth.
- An added bonus is that clean-up is so much easier than a juice extractor!

Q: How is whole wheat ground in the Vita-Mix machine?

- A: The Vita-Mix Whole Grains Cookbook recommends grinding 1-3/4 cups of whole kernel wheat berries at a time, which is the amount it takes to make a loaf of bread.
- For further instructions, refer to the Whole Grains Cookbook, which is included with your Vita-Mix Super 5200 and the 32 oz. dry blade container, which can be purchased separately.

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Q: Does the Vita-Mix Super 5200 bake the bread?

- A: No.
- The Vita-Mix prepares the bread dough for rising and baking in less than 5 minutes.
- This time includes the time needed to grind your choice of whole grains into flour.
- The Vita-Mix machine will mix and knead the dough, which can be put in a bread pan to rise and bake in your oven.

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Q: Can the Vita-Mix machine grind pastry-fine flour?

- A: The Vita-Mix Super 5200's variable speed control makes it possible to grind grains into many textures including the fine texture needed for pastry flour.

Q: Do Vita-Mix juice recipes require adding liquid when making juice?

- A: Yes, when making juice in the Vita-Mix machine water and/or ice is added.
- My “Juice” Recipe - 10 Oz each
 - Whole Grapes
 - Strawberries
 - Blueberries
 - Bananas

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Q: Can I just throw in any whole fruits and vegetables?

- A: Indiscriminate combinations of fruits and vegetables can produce results that do not taste good.
- The Vita-Mix machine comes with Recipes for Better Living Cookbook which includes over 300 kitchen-tested recipes.

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Q: Do some of the recipes in your cookbook address special dietary needs?

- A: Included in the cookbook is a wide variety of recipes that address a broad range of eating habits.
- Whether you are trying to lose or gain weight, control your fat intake, have food allergies, or are simply trying to add more fruits, vegetables or soy into your diet, you will find delicious recipes you can enjoy.

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Q: Do some of the recipes in your cookbook address special dietary needs?

- Check the recipe section of Vita-Mix website often for new recipes.
- Also, be certain to sign up to receive the Vita-Mix whole food lifestyle newsletter.
- You will get the latest nutrition news, recipes and special private offers.

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Q: How can you make chunky soup in the Vita-Mix machine?

- A: Start with last night's leftovers!
- For example, take a few strips of cooked chicken or a small baked potato and add them to your smooth Vita-Mix soup using the variable speed setting #1.
- Chop and mix for just a few seconds for a hearty chunky soup.

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Dale - On Compromised Digestion

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Learn - Know the Warning Signs of Digestive Problems

- Address the Problem - Early and Avoid Serious Health Challenges
- Stomach Action - Assist with Vita-mix
- Step By Step Recipe
- Test yourself

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Know the Warning Signs of Digestive Problems

- Allergy Symptoms
- Constipation
- Gas
- Notice Stool
- Bruising
- Teeth and Gum Problems
- www.precancers.com

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Breaking Down The Fiber

- Vita-Mix Can Liberate the Nutrients Locked in the Cells
- Digestion only Starts with Breaking Down the Food
- Further Digestion into Amino Acids and other Nutrients Require The Food Particles to Be Small Enough

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Test for a Month

- If Your Digestion is Compromised...
- Figure Out with the assistance of the Vita-Mix
- (Nothing Goes In Without a Visit to the Vita-Mix)
- Notice any Changes in how you feel

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After You Test

- Continue Using the Vita-Mix
- Consider Testing Betaine HCL Capsules
- Supplement Pancreatic Enzymes

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**Research Proves the Best Way to
Consume Carotenoids to Prevent
Heart Disease, Lung and Prostate
Cancer, Age Related Macular
Degeneration and Cataract
Formation**

11/17/2003

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**Health Research and Studies
Center in Los Altos, California
published results from a recent
study of plasma carotenoid values
of three different preparation and
consumption methods of
vegetables.**

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The three most common methods

- for individuals to consume vegetables are as a whole raw food, as juice from a juice extractor or processed by a Vita-Mix machine.
- Researchers tested for four Carotenoids: Beta-Carotene, Lycopene, Lutein/Zeaxanthin and Beta Cryptoxanthin.
- Results of the research found:

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***Vegetables prepared in a Vita-Mix machine provided the greatest intake of Beta Carotene into the body. Beta Carotene prevents heart disease, lung and prostate cancer.**

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*** Vegetables prepared in a Vita-Mix machine provided the greatest intake of Lycopene. Lycopene prevents lung and prostate cancer.**

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*** Vegetables prepared in a Vita-Mix machine provided the best intake of Lutein and Zeaxanthin. Lutein and Zeaxanthin provides protection against age related macular degeneration and age related cataract formation.**

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***Vegetables prepared in a Vita-Mix machine provided the greatest intake of Beta Cryptoxanthin.**

Beta Cryptoxanthin plays a role in vision, growth, reproduction and bone development.

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The Vita-Mix preparation method yielded very positive results,

- often surpassing the juice extractor, with the most significant results being the one for Lycopene.
- The Vita-Mix machine ruptures the cell walls of fruits and vegetables to release the nutrients trapped within the cells walls. Research proves the Vita-Mix preparation results in higher levels of beta-carotene and lycopene than juice extractors or the whole food.
- Beta cryptoxanthin absorption was also good for Vita-Mix preparation, similar to eating raw food and higher than the juice extractor.

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Another significant finding

- according to Researcher Gene Spiller, Ph.D. is that the Vita-Mix machine made beta-carotene absorbable while leaving the fiber present.
- The fiber intake from the vegetables prepared in the Vita-Mix machine added valuable nutrients for prevention of constipation, hemorrhoids, colon (large bowel) cancer and diverticular and other colonic diseases.

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The Vita-Mix machine helps

- to remove excess cholesterol (soluble fiber) and to manage metabolic diseases such as adult-onset diabetes.
- The Vita-Mix machine pulverizes the skin and seeds of fruits and vegetables to provide additional nutrients that the juicing method does not.

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Vita-Mix Corporation is a quality-based organization providing a high level of value and benefits to our customers by creating, producing and/or marketing high performance, durable, reliable, innovative equipment to the consumer market.

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Questions

- www.RoadToHelp.com

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