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Real juicing is good for us all, and especially for seniors

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There can be all sorts of problems with eating for seniors. The difficulty with declining appetite or increasing immobility is that the substitutes for real food can bring on other problems due to the chemicals or additives in those food alternatives.

On the other hand, even those people whose appetite is fine may have a little less interest in cooking, may be inclined to buy packaged meals, which are inevitably heavy in the fats, salts and sugars that are in all packaged foods and about which there is plenty of evidence as to their potential harmfulness.

So, one of the best alternatives is juicing. There are several juicing machines, which vary in price and style of use, some of which are easier to clean. All have in common the benefits they provide and books of instructions and recipes.

One thing is certain, only organic fruit and vegetables can go into a juicer. This is because of the intensity of the juice produced, which will include the pesticides non organic produce surely carries.

People worry that organic produce is expensive but, as a nation, we discard more than a quarter of the food we purchase. So, the trick with organics is to only buy what we can consume and waste little or nothing. The other caveat with juicing is that what is juiced must be consumed right away for its full potential.

Make your juice and then drink it to enjoy its robust flavour and goodness. This is also a very economical way to ingest most of what you need, basically, by way of fruit and vegetables.

There is no need to peel anything. On the contrary, the peel is generally the best part of the fruit. This includes the heavy peels of oranges. Cut them up and put them through. Orange peel has many very beneficial minerals and vitamins. In fact, just juicing the pulp of oranges provides much less benefit and too much sugar, which is why bottled orange juice is criticized for its high sugar content, even when no sugar is added.

Celery is great in juicing but strip the strings off the stalks for better results.

Even some seeds pass very well and also contain nutrients otherwise missed through processed food. The seeds of apples should be left out if apples are favourites. They should be for their antioxidants and how they help reduce the risk of cancer, diabetes and heart disease. ?An apple a day,? as the old saying goes.

Bananas cannot be juiced ? as they have no juice, as such, but they make a wonderful addition to the juice, if you put juice and banana into the blender. Or just eat them as a soft solid.

Avocados, likewise, cannot go in the juicer, as they also have no juice. They are still important to eat ? and easy. Consume them a half at a time with a squeeze of lemon. Wrapping the other half with wax paper and twisting it to eat even the next day is fine. Just scrapping a thin layer from the surface to expose the fragrant green pulp beneath ? it is as good as freshly cut.

Some vegetables, like cabbage, need to be softened and juiced with boiling water but any juicer will come with copious recipes and instructions. It is a good idea, if possible, to make getting acquainted with your juicer a team effort. However, once understood, the juicer will be your friend and a tremendous daily addition to your menu.

The way to conquer what might seem a lot of work is to do the juicing at the same time every day as much as is reasonable. To get into the routine and feel the benefits, rather surprisingly soon, is to feel easier about the work involved in cleaning the juicer itself. Some are easier than others and the best thing to do is to shop around.

For the purposes of this article, we are recommending juicing once a day as a boost to whatever else is part of a person's diet. Juicing replaces what is lost in anyone's daily intake. What it means is consuming more fruits and vegetables than one might readily be able to eat.

Truly, in this day and age of diminished nutrition in all our foods, juicing is the best and most delicious aid to taking in the nutrients we need. Juicing is good for us at any age. Because, in general, all juicing is raw and freshly consumed, what we are drinking is the best those fruits and vegetables can offer us.

Add to this no smoking, exercise on some level, even as simple as walking every day when possible, socializing ? volunteering and a person can live better and even depend less on the medical system.