Juicing vegetables is tasty, easy and beneficial for your health. Juicing vegetables is a great way to reward your body with nutrient dense vegetables, vitamins, minerals and powerful nutrients.

Many of my clients who first come to me, complain about feeling sluggish, tired, no energy, lack of sleep and often times they want to get into shape. One of the first things I recommend is a simple juice fast.

1. **Start with a Base**
   Before you add any leafy greens like kale, add a base. A base includes vegetables like romaine lettuce, celery, or cucumber. You want to add high water content vegetables. Adding celery, cucumber or romaine lettuce also makes your green juices taste better.

2. **Add Leafy Greens**
   Next you want to add some leafy greens. I love to add kale to most of my juices.

3. **Add Some Herbs**
   Add a handful of cilantro, parsley or basil to your juices. Herbs like cilantro and parsley are great for helping you detox.

4. **Add a Little Zing**
   Add some GINGER. Ginger has great anti-inflammatory properties.

5. **Add Lemon or Lime**
   Lemon is rich in vitamin C, which helps boost your immune system, helps remove toxins from your body and also helps keep your body's pH in an alkaline state.

**Bonus**

Add an apple or pear to sweeten it up!

When first starting to juice greens, you might be confused on what greens to juice and how to get a good tasty juice. You don't want the juice to be bitter or unbearable. Here are 5 tips for juicing greens.

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5 Tips for Juicing Greens!

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