

Juicing Guide: 9 foods you need to juice

1. Aloe Vera: It's good for the skin, not only because of its [hydrating and healing](#) properties, but also because it contains vitamins B, C and E, along with enzymes that promote circulation and rejuvenation of aged tissues. It also contains [folic acid](#), which can boost the immune system, along with antioxidants that can soothe an inflamed pancreas. Aloe Vera is also beneficial to the stomach and intestines and can support the digestive process.

2. Apple: This holiday staple is known for solving constipation issues. It also contains a fiber called pectin, which binds to toxins in your intestines during digestion and helps eliminate them from the body. It's also good for the liver because it contains malic acid, which softens gallstones and allows for their smooth passing. Apples also [contain vitamin A and C](#), potassium, calcium, iron and phosphorus. [Research](#) has suggested that eating apples can strengthen brain health and lower the risk of stroke, diabetes, heart disease and cancer.



3. Beet: The good ol' beet is known to support blood and liver cleansing, which can lead to a healthier skin. It also contains nitric oxide, which relaxes and widens arteries and blood vessels and encourages good blood circulation and pressure. It's rich in phytonutrients that have anti-inflammatory and antioxidant properties and contains betaine, which promotes the flow of bile to help with digestion. **Betaine** also assists your body in fighting inflammation, in addition to protecting the internal organs and preventing many chronic diseases. Beets are also **high in vitamins** A, B1, B2, B6 and C.

4. Carrot: Carrots are high in beta carotene, an antioxidant that prevents degeneration of cells and slows the aging process. It's also high in vitamin C, which contributes to collagen and potassium production. Carrots are good for helping flush out uric acid and toxins in the kidneys. **Research** also suggests that carrots are included in the group of antioxidant-rich fruits and vegetables that may reduce the risk of cancer and cardiovascular diseases.

5. Celery: This veggie is rich in luteolin, which supports brain function and reduces inflammation. Aside from that, **celery** leaves are a good source of vitamin A, while the stems contain vitamins B1, B2, B6 and C, as well as sodium, iron, potassium, calcium, folate, magnesium, phosphorus and essential amino acids.

6. Coconut: Considered to be one of the healthiest foods on earth, coconut is packed with "healthy" fats that can keep your thyroid healthy. Plain **coconut water**, a popular ingredient in many juice recipes, is known for its hydrating properties, since it's loaded with potassium and electrolytes. It also has less sugar than sodas, sports drinks and some fruit juices. Though coconut water is easier to use in making juices, the soft meat of a young coconut can also be a healthy option. **Coconut meat** contains fatty acids that won't affect your cholesterol and fiber that helps with digestion.

7. Cucumber: The cucumber is another fruit known for its hydrating properties. Since they are made up of over 90 percent water, cucumbers are your number one choice for reaching your hydration goals and keeping your skin healthy. Cucumbers are also naturally cooling and help fight inflammation. They also support your body's **digestion**, since they are rich in water and fiber.

8. Ginger: It's best known for its medicinal properties, often used when you've got nausea or an upset stomach. Ginger supports digestion, which means it can also protect the liver. It acts as a warming agent and circulatory stimulant, reduces inflammation and decreases congestion in the lungs. As an anti-inflammatory, it's also good for the thyroid. Ginger is known to contain over 12 [antioxidants](#), which makes it useful for treating many ailments.

9. Lemon: Like most citrus fruits, the lemon is known to be loaded with vitamin C and B vitamins. It has healing properties that support the thyroid. It also has an [alkaline effect](#) in the stomach and helps with digestion. Lemons contain vitamin C and B6, potassium, folate, flavonoids and limonene, a phytochemical that has anti-cancer effects.

10. Tomato: It's known to be a rich source of beta carotene and [lycopene](#), a powerful anti-oxidant that helps with brain function and the prevention of cell damage. [Tomatoes contain vitamins](#) C, B6 and K and potassium, betacarotene, niacin, biotin, phosphorous, calcium, zinc, iron and selenium and organic acids like citric and malic acids. [Studies](#) have also suggested that lycopene may decrease the risk of heart disease and some types of cancers. Lycopene has also been linked to lower body weight, body fat, BMI and cholesterol.

