

## Chapter 6

### Activity 1: Why Juice?

Write down the word that matches its definition with the benefit:

**Digestion.** Very little energy is needed to process fresh fruit and vegetable juice which makes things much easier on which bodily system?

**Chlorophyll.** Green juice is full of \_\_\_\_\_, a nutrient found in plants and is a powerful detoxifier. It strengthens the body, cleanses the liver, purifies and rebuilds blood cells, removes mold, kill parasites and eliminates myco and exotoxins from the body.

**Cancer.** One of the most famous health benefits of jucing is its powerful ability to prevent and cure \_\_\_\_\_. This is due to the immense amounts of antioxidants found in raw fruits and vegetables. These nutrients aren't found in many things except plants.

**Liver.** With jucing, a natural \_\_\_\_\_ cleanse occurs. This organ is responsible for cleaning the blood and eliminating toxins from the body.

**Hair.** With jucing, the nutrients will improve the quality of \_\_\_\_\_ to become stronger and healthier.

**Bones.** Numerous studies have found that one of the health benefits of jucing is that \_\_\_\_\_ get stronger.

**Depression.** Often (but not always) the cause of \_\_\_\_\_ is diet. jucing will help induce better moods.

**Weight Loss.** This is one of the most popular health benefits of jucing.

**Heart Disease.** The health benefits of jucing can help avoid what type of disease?