

Chapter 6

Activity 1: Why Juice?

Match the definition with the benefit:

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

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 toxins from the body.

One of the most famous health benefits of juicing 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.

With juicing, a natural _____ cleanse occurs. This organ is responsible for cleaning the blood and eliminating toxins from the body.

With juicing, the nutrients will improve the quality of _____ to become stronger and healthier.

Numerous studies have found that one of the health benefits of juicing is that _____ get stronger.

Often (but not always) the cause of _____ is diet. juicing will help induce better moods.

This is one of the most popular health benefits of juicing. _____

The health benefits of juicing can help avoid what type of disease? _____

Word Bank

Chlorophyll

Cancer

Hair

Bones

Digestion

Liver

Heart Disease

Depression

Weight Loss