

Juicing: it's the future..!

By Louise Clarke

IF, LIKE me, you are catching yourself coming backwards; eating on the run, or not at all which is the usual order of the day, this is definitely not good for you. If you are a very busy person and don't have the time to eat properly during the day, why not be prepared for the day, enjoy all your vitamins and nutrition in one fall swoop and get a juicer...?

Juicing is probably the single most important step we can take toward improving our health and well being and that of our families and what is great is that it is probably the quickest, simplest and most efficient way

of consuming five portions of fruit and vegetables per day.

THE IMPORTANCE OF FIVE-A-DAY

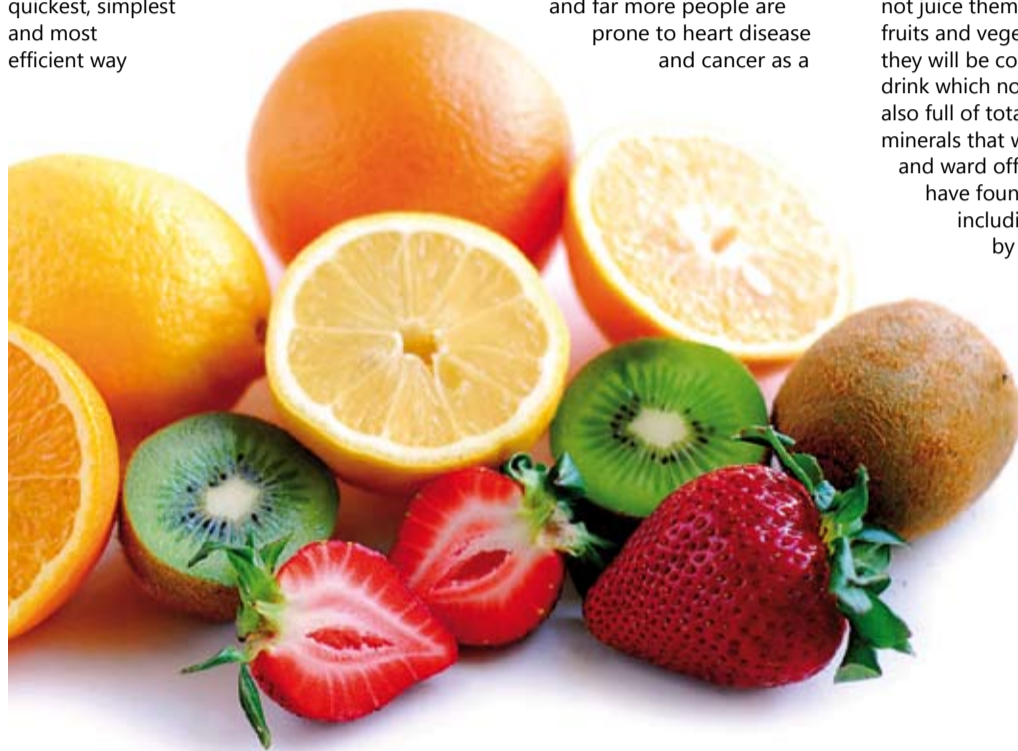
We are constantly told by the medical profession and media outlets that we must eat five portions of fruit and vegetables every day to keep our bodies properly fuelled. The 21st Century diet has degenerated to the point that some families only ever eat junk food, laden with calories, sugar and fat, and some people, especially children, never eat fresh fruit and vegetables. This has the effect of lethargy, weight problems and far more people are prone to heart disease and cancer as a

result. Fruit and vegetables contain all the essential nutrients our bodies need. These not only enable our bodies to function properly, but also go a long way to ward off diseases.

NATURAL VITAMINS

The problem is that five portions is a lot to carry around every day and for maximum benefit they should ideally be eaten raw, as cooking kills off much of the nutritional value. Whilst many people could eat five portions of raw fruit every day, few actually do and it is far more difficult to eat raw vegetables than raw fruit. So, why not juice them...? By putting a variety of fruits and vegetables through a juicer, they will be converted into a delicious drink which not only tastes good, but is also full of totally natural vitamins and minerals that will fill the body with energy and ward off disease. Recent studies have found that almost every illness, including cancer, can be helped by drinking fruit and vegetable juices on a regular basis.

This month, RTN has a FABULOUS offer on Juicing Jack machines! For just 99€ you can own an amazing machine that will allow you to convert the delicious fruit and vegetables that is available in abundance here in Spain into a delicious juice. So what are you waiting for...? Get Juicing!



Charity calendar looks great!



A sneak preview of the calendar

THIS WEEK, RTN, was proud to get a sneak preview of The Bikini Bash Charity Calendar for 2011.

The calendar, which will be sold to benefit 12 local charities, will be officially launched at the Mind, Body and Sol Exhibition at the five star La Finca Golf and Spa Resort in Algofra on Saturday 24th and Sunday 25th October.

The Calendar is proving to be a huge success with fantastic support from local businesses on the Costa Blanca, who have placed advertising on it to ensure that it becomes an informative and useful calendar as well as something to look at every day of the year!

Charities could earn a potential €900 each from the sale of the calendar and in total it is hoped that a total of €10,800 will be raised.

THANK YOU

The Calendars will be on sale for just €3 available from local charity outlets as well as in many local businesses on the Costa Blanca; just in time for Christmas, making it an ideal Christmas present!

SOL TV would like to say a big thank you to everyone involved in the project from the local businesses which have supported it, to the models and the calendar photographer, Paul Sellers, from Simple Treasures Fotografic.

The 'Making of the Charity Calendar' documentary is being made as we speak and will be broadcast in November on SOL TV, plus on SOL TV's brand new website scheduled to be launched in December, www.solproductions.tv.

Businesses, if you wish to be part of the calendar, there are still some box adverts available: print deadline is 5th October, so please contact the SOL Team on **966 761 050** or email office@solproductions.tv

Berry Berry

- Handful of blackberries (fresh or frozen)
- Handful of blueberries (fresh or frozen)
- Handful of strawberries (fresh or frozen)
- ½ pineapple
- 250 grams of soya milk or soya yoghurt

A variation of this is the most popular recipe on our 3 day detox program. It tastes amazing and is also packed with goodness. The soya yoghurt or milk is a healthy alternative and the taste of the berries removes the after taste some people complain of with soya products. Juice the pineapple and then put in the blender with the other ingredients. We are sure it will become one of your favourites also.

Blackberries Contains vitamin C and E, fibre, potassium, iron, calcium, manganese, beta-carotene and phosphorous. They are beneficial for heart and circulation problems.

Blueberries contain beta-carotene, vitamin C, calcium, magnesium, phosphorous, tannins (help kill viruses and bacteria), and anti-oxidants. They are anti-bacterial, anti-viral, disease fighting and anti-aging

Strawberries contain vitamin C and E, ellagic acid, folic acid, beta-carotene, potassium, iron and antioxidants. They are anti-viral, anti-cancer, and effective against gout, rheumatism and arthritis. They are a great cleansing juice and good tonic for the liver.

Pineapples contain vitamin C, potassium, iron and folic acid. Their juice cleanses the intestines and also helps to boost the immune system.



"We are very excited to provide juice recipes for RTN every week. Juicing has been a passion of ours for several years and hope by sharing these recipes with you, it may encourage you to treat yourself to a new juicer and join in. The reason we love juicing so much is because it's the easiest and quickest way to get the required nutrients and vitamins into the body to nourish all the vital organs."

Andy and Carol,
The Kamala Centre



These recipes are supplied by The Kamala Centre. If you have any questions please do not hesitate to contact us at The Kamala Centre on office@thekamalacentre.com or call us on **965 985 869**. If you would like a copy of any of these recipes you can download them at our website www.thekamalacentre.com

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