

JUICING VS BLENDING GUIDE

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the **decadent detox**

#thecadentdetox

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We often get asked to weigh in on “juicing versus blending,” like it’s a contest or a prize fight.

There’s a place for both juices and smoothies in any healthy lifestyle. We drink juices and smoothies, with different benefits in mind, and recommend both.

Blending:

Smoothies and whole blended juices retain all of the nutrients contained in skins, piths, and sometimes seeds, as well as healthy fiber, which slows down the assimilation of sugars, assists with bowel regularity, and helps to bind and eliminate toxins.

Juicing:

Fresh juices, either with their pulp or strained, provide a more concentrated, nutrient dense food, and facilitate a less vigorous digestive process, reserving energy for detoxification and regeneration. That’s especially helpful in periods of illness or during a cleanse.

When juice fasting, we recommend drinking fresh juices strained to remove as much of the pulp as possible, and diluting the juices with filtered water.

Refer to our handy cheat sheet.

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JUICING



VS

BLENDING



ACTION

separates liquid from fiber

OPTIONS

masticating/slow-speed or centrifugal

TEXTURE

less pulp/fiber

PROS/CONS

- gentle on digestion so more energy for detox, repair, regeneration
- concentrated high-nutrient infusion
- gentle food to consume during periods of acute illness
- great option for fasting or cleansing
- less bulk so can pack more produce into drink
- high-sugar juices spikes blood sugar
- more clean up and waste if pulp is not utilized

ACTION

liquefies whole food with fiber

OPTIONS

conventional or high-speed

TEXTURE

full fiber

PROS

- satiating and can be a meal replacement
- fiber-rich to bulk up foods for digestive regularity
- fiber helps sweeps out toxins
- fiber allows for more sustained release of energy
- fiber aids slower assimilation of sugars
- retains nutrients in skins, piths, and seeds
- less clean up and waste

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