

Smart Eating

26 November 2013



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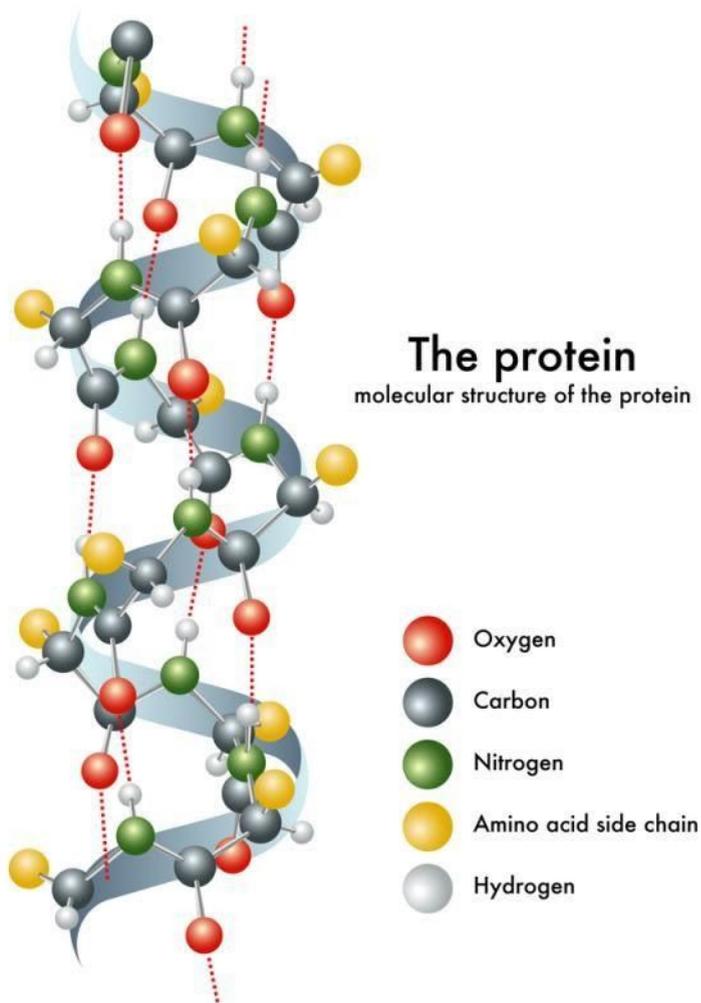


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PROTEIN

Protein is essential for many bodily processes, including tissue building and repair. Protein is made up of smaller components called amino acids. A complete protein has all the amino acids necessary to make up protein.

Protein is the building blocks of the body and is required for tissue repair. Protein is broken down into 20 amino acids. Nine of the 20 amino acids are essential and must be consumed in the diet. A complete protein contains the nine essential amino acids, and an incomplete protein is missing one or more essential amino acids.



Not all proteins are created equal:

- It is not surprising that some foods generally contain more protein than others.
- Meat, poultry, fish, eggs, dairy products, and nuts provide more protein (per gram) than grains, fruits, and vegetables.
- An exception to this is legumes such as dried beans, lentils, peas and peanuts.
- Foods with the same amount of total protein can contain different combinations of amino acids.

- Most individual plant foods are not complete proteins – they only have some of the amino acids. Soy is one of the only complete vegetable proteins.



Complete and Incomplete protein:

Food proteins can be categorized based on their amino acid mixtures.

- In general, meat, poultry, eggs and dairy products are complete protein sources.
- Plant products are incomplete protein sources. Example, corn protein is low in lysine and tryptophan – these are its limiting amino acids. Another incomplete protein source is wheat, which lacks sufficient lysine.

Protein in the body is broken down into 20 amino acids (AA). 11 of these AA's can be made in the body from certain nutrients. 9 of these 20 amino acids are essential, meaning they must be consumed in the diet. If you have beans alone, they are not a complete protein as it is missing one or more of the essential nine but contains the amino acid such as lysine. The same goes for rice (missing the amino acid lysine). By combining the 2 food groups together, that contain the missing amino acids, you now have a complete protein. This is why traditional vegetarian diets always consume legumes with rice rendering them a complete protein.

For example, rice contains low amounts of certain essential amino acids; however, these same essential amino acids are found in greater amounts in dry beans. Similarly, dry beans contain lower amounts of other essential amino acids that can be found in larger amounts in rice. Together, these two foods can provide adequate amounts of all the essential amino acids the body needs.



CURIOUS HAT

For vegetarians, DO YOU HAVE TO EAT THE PROTEIN COMBINATION FOODS IN THE SAME MEAL?

How much protein should we be eating ?:

- The Recommended daily intake for protein is 0.8 grams/kg per day for adults.
- That means a woman who is 57kg should consume around 46 grams of protein per day.

Recommended Dietary Allowance for Protein	
	Grams of protein needed each day
Children ages 1 – 3	13
Children ages 4 – 8	19

Children ages 9 – 13	34
Girls ages 14 – 18	46
Boys ages 14 – 18	52
Women ages 19 – 70+	46
Men ages 19 – 70+	56

Here are examples of amounts of protein in food:

- 1 cup of milk has 8 grams of protein
- A 3-ounce piece of meat has about 21 grams of protein
- 1 cup of dry beans has about 16 grams of protein
- An 8-ounce container of yogurt has about 11 grams of protein
- Grams of protein in 100 grams cooked:

Red beans – 7.8

Brown rice – 2.5

Healthy Vegetarian:

Although all plant foods contain all eight essential amino acids (the ones that cannot be manufactured by the body), these appear in patterns that apparently make them less usable by than the protein in eggs, milk, and meat.

Being a vegetarian has many benefits on all levels including health, spiritual and religious benefits. Studies show, on average, that vegetarians have a lower risk of heart disease, Type 2 diabetes, and cancer. Although this is found in diets including mostly plant based foods from fruits, vegetables, legumes, nuts, seeds,

soy and whole grains. Being a “healthy vegetarian” requires some education and attention. A wide variety of nutritious plant foods are available to select from right and food combining can help to ensure you meet your nutrition requirements.

Some good plant sources of protein include:

- Legumes such as beans, peas, lentils, chickpeas
- Green leafy vegetables
- Nuts and seeds
- Soy products including soy beverages, tempeh and tofu
- Whole grains including wheat, oats, millet, rice, barley and quinoa.

Vegetarian Proteins:

- Legumes such as beans, peas, lentils, chickpeas, red beans, black beans, kidney beans, adzuki beans etc
- Eggs
- Nuts and seeds
- Soy, tempeh and tofu
- Whole grains oats, millet, rice, barley and quinoa, amaranth and
- Whey protein
- Yogurt and paneer
- Hemp and hemp protein
- Chia Seed

Complete:

Soy, Quinoa, Egg, Dairy, tempeh, tofu, miso and edamame, or fresh green soybeans, Amaranth

Non-complete:

Legumes (beans), Rice, Grains, Oats, Buckwheat, Millet

The Nine Essential Amino Acids:

Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine

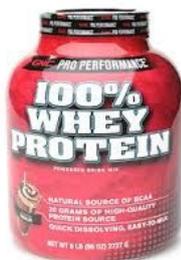


In order to determine the amount of protein that is optimal for your body, use the following formula that is based on a vegetarian recommendation:

Multiply kg by .9= Protein recommendation in grams

Protein Powders:

Whey protein:



Plant Based Protein:





CURIOUS HAT DO VEGETARIANS BENEFIT FROM PROTEIN POWDERS?
IT IS FROM A PACKAGE?? PROCESSED?



Tips for Being a Healthy Vegetarian

Eating a healthy and balanced vegetarian diet is easier than you may think and it doesn't have to be just lettuce leaves and baked beans!

Contrary to the perception that plant-based diets are dull and boring, this style of eating permits the enjoyment of a wide variety of foods, flavours and textures, while enhancing energy levels and overall health.

Studies have shown that, on average, vegetarians have a lower risk of heart disease, Type 2 diabetes, and cancer. However, eating a balanced diet when you are vegetarian usually requires a little extra attention.

Because vegetarians take out certain foods from their diets, they often need to work to add in foods that will provide the nutrients found in meat products.



CURIOUS HAT Type II diabetes is the number one disease in India. Indians are mostly vegetarian?

Iron

Women need to consume more Iron rich foods to avoid becoming anemic. Iron transports oxygen around the body, as it is a component of hemoglobin found in red blood cells. The other component of blood cells is protein. Non-hemoglobin iron is found in egg and plant foods. Iron absorption requires certain co-factors such as Vitamin C, Vitamin A and beta-carotene. These are found mostly in fruits and vegetables. Using vinegar with iron rich foods, or lemon juice will enhance Iron absorption. Caffeine and tannins from tea will inhibit the absorption so avoid these around the time of consuming Iron.

Vegetarian source of Iron: Black strap molasses, kale, black beans, navy beans, kidney beans, lima beans, pinto beans, lentils, soy beans, organic apricots, red Chinese dates, prunes, tofu and spinach.



If you are taking iron supplement, take it with a glass of juice (carrot, orange) will help the absorption.



CURIOUS HAT

WHY ARE MOST VEGETARIANS ANEMIC ?

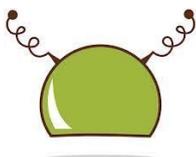
Vitamin D-Sunlight

B12 (RDA-2.4 mcg)

Needed for blood formation, healthy nerve function, intrinsic factor in the gut, DNA synthesis, cognitive function, circulation and cell division. Deficiency can lead to permanent brain damage, hearing loss and nerve damage.

The controversy on B12 is that vegan sources can not be converted to an active form in the body and supplementation should be considered. Some studies have shown nutritional yeast to contain active B12. Other sources that contain B12 (but possibly not able to be utilized by the body) are Spirulina, mushrooms, chia seeds.

Active B12- Eggs



CURIOUS HAT

SO, HOW DO VEGETARIANS GET THEIR B12? We don't want the nasty consequences!

Omega 3 (RDA 1.6 grams)

Omega 3 contains EPA and DHA that both have different and vital roles in the body.

EPA- Reduce inflammation in the body and benefit circulation. Required for healthy hair skin and nail growth, important for vision health, reduce LDL cholesterol, are needed for hormone formation,

DHA- required for healthy vision, cardiovascular health, cognitive function, neurotransmitter pathways, gray matter structure of the brain, nervous system protections and memory.

Sources: flax (linseeds) seeds, Chia seeds, Inca seeds, Spirulina, Walnuts and Cod Liver oil, grass fed Eggs, Hempt seeds.



CURIOUS HAT WHAT ABOUT GHEE? We Indians love Ghee!

Legumes

Legumes (pulses or beans), are a great for vegetarians to eat having a powerful combination of nutrients, providing protein, iron, zinc, folate and fibre. Aim for 1 - 2 serves of legumes per day. One serve of legumes is equal to ½ cup cooked legumes.

Sources: kidney beans, lentils, chickpeas, baked beans, soybeans and foods containing these such as burgers, falafel, soups, curries, dhal, dips Hummus) and spreads.

Meat Substitutes

Fake meat substitutes almost all eat products on the market these days such as bacon, mince, sausages, even chicken wings. To make these meat substitute palatable, they contain high sodium, preservatives, artificial colors and flavors and chemicals. Mostly these products contain genetically modified ingredient such as soy and corn and high levels of gluten and MSG.

Snack on Nuts

Nuts and seeds are a source of healthy or “good” fats and also provide essential nutrients like vitamin E, magnesium, selenium, protein and fibre.

Types of nuts and seeds include walnuts, cashews, almonds, brazil nuts, pistachios, hazel nuts, sesame seeds, sunflower seeds, pumpkin seeds and nut spreads such as peanut butter, almond paste and tahini.

Eating a handful of nuts (30g – 50g) most days is beneficial for a healthy heart.

Eat Beneficial Fats

Good fats are needed for healthy cell membranes and are precursors to hormone like compounds known as eicosanoids. These eicosanoids play a role in numerous bodily functions such as reproduction, blood pressure and decreasing our response to inflammation. DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) are the beneficial fats found in omega 3. DHA is found mostly in marine sources. Omega 3 fats have anti-inflammatory properties helping to lower blood pressure and triglycerides (sugar fats), regulate heart rhythm and help to prevent the formation of a blood clot.

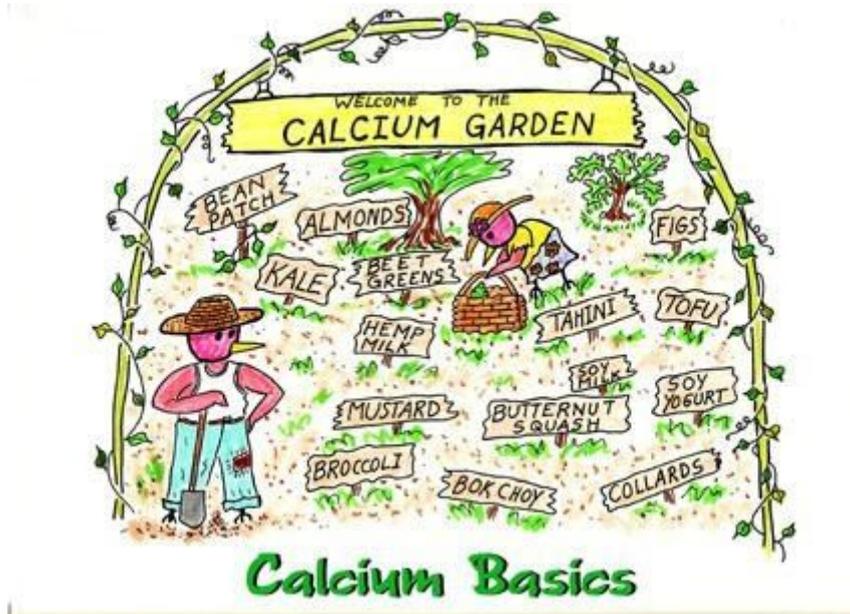
Omega 3 are the most important fats to include in the diet as we are generally lacking them in the daily food that we eat.

Limit Carbohydrates

As a vegetarian its very easy to become low in protein foods in the diet and consume excess carbohydrates. Carbohydrates are sugars and can affect our health if we over consume them in the diet. It takes time and preparation to focus on getting the diet in a idea balance of protein, fats and carbohydrates. Its important to have healthy fats and protein with most meals. Some vegetarians may find it hard to include enough protein in their diet and choosing to add protein powder (usually in a breakfast smoothie) is an easy option.

If you are wanting something easy to bring along to a B.B.Q. make your own chick pea, kidney bean or lentil patties and roasted eggplant.

Calcium



The question of calcium:

Where will I (my child) get my calcium if I avoid dairy products?

Although calcium is found in innumerable foodstuffs, we have been brainwashed to believe that it is only in milk. But how do cows and elephants maintain their bone structure and their size? It is certainly not by drinking some other animal's milk. They do so by eating their natural foods, that is, leaves, grass, and other vegetable matter.

Synthetic hormones such as **recombinant bovine growth hormone (rBGH)** are commonly used in dairy cows to increase the production of milk. Because the cows are producing quantities of milk nature never intended, the end result is mastitis, or inflammation of the mammary glands. The treatment requires the use of antibiotics, and traces of these and hormones have been found in samples of milk and other dairy products. Pesticides and other drugs are also frequent contaminants of dairy products.

Calcium is a mineral that the body needs for numerous functions, including building and maintaining bones and teeth, blood clotting, the transmission of nerve impulses, and the regulation of the heart's rhythm. Ninety-nine percent of the calcium in the human body is stored in the bones and teeth. The remaining 1 percent is found in the blood and other tissues.

How does the body acquire calcium?

The body gets calcium it needs in two ways. One is by eating foods that contain calcium. Good sources include dairy products, which have the highest concentration per serving of highly absorbable calcium, and dark leafy greens or dried beans, which have varying amounts of absorbable calcium.

The other way the body gets calcium is by pulling it from bones. This happens when the blood levels of calcium drop too low, usually when it's been a while since having eaten a meal containing calcium. Ideally, the calcium that is 'borrowed' from the bones will be replaced at a later point. But, this doesn't always happen. Most important, this payback can't be accomplished simply by eating more calcium.

How can I recognize if I am deficient in calcium?

If you have a calcium deficiency, you may develop twitching, nerve sensitivity, brittle nails, insomnia, depression, numbness, and heart palpitations. Painful muscle cramps in the calves may occur often during pregnancy, particularly in women who are deficient in calcium.

The myth behind dairy products being the best source of calcium is outdated. Dairy does contain large amounts of calcium, but it is not the easiest to digest and utilize in the body. The calcium in dairy has to compete for absorption with large proteins and can often cause irritation to the gastrointestinal tract. If you

consume low-fat dairy products, it is even more difficult to uptake the calcium. The fat found in dairy is what is require for absorption, so by removing the fat, it is harder on the body to digest. Plant based foods containing calcium absorb more readily and that means you can eat less to use more.

Vegetarian sources of Calcium: Eggs, Seaweed (Nori), Tofu, Sesame, dark-green leafy vegetables (collard, turnip, and mustard greens; and bok choy), Chickpea, pepitas, dried figs, basmati rice, sprouts, Sesame seeds, sunflower seeds, brazil nuts, almonds, rice and rice milk.

According to the Office of Dietary Supplements of the National Institutes of Health, the amount needed varies by age group but not by sex. The chart below contains their recommendations:

Male & Female Age	Calcium (mg per day)
0 to 6 months	210
7 to 12 months	270
1 to 3 years	500
4 to 8 years	800
9 to 13 years	1300
14 to 18 years	1300
19 to 50 years	1000
5 1+ years	1200
Pregnant/Lactating Women	1000

Nut/Seed (1 ounce)	Calcium Milligrams
Almonds (23)	70.0
Brazil nuts (6 to 8)	45.0
Cashews (18)	10.0
Chestnuts, Chinese boiled	3.0
Chestnut, European boiled	13.0
Chestnuts, Japanese roasted	10.0

Coconut meat, dried unsweetened	7.4
Hazelnuts/Filberts (21)	32.0
Flaxseeds (tablespoon ground)	18.0
Macadamias (10 to 12)	24.0
Peanuts, dry roasted	15.0
Pecans (19 halves)	20.0
Pine nuts	2.0
Pistachio (49)	30.0
Pumpkin seed (142)	12.0
Sesame seed, roasted	37.0
Sunflower seed, roasted	16.0
Walnut, black	17.0
Walnut, English (14 halves)	28.0
Watermelon seed, dried	15.0

Bean 1 cup	Calcium Milligrams
Adzuki Beans (Aduki)	64.0
Black Beans	46.0
Black-eyed Peas (Cowpeas)	39.0
Cranberry Beans	88.0
Fava Beans (Broadbeans)	61.0
Garbanzos (Chickpeas)	80.0
Great Northern Beans	120.0
Kidney Beans	50.0
Lentils	38.0
Lima Beans, large	32.0
Mung Beans	15.0
Navy Beans	126.0
Pink Beans	88.0
Pinto Beans	79.0
Soybeans	175.0
Split Peas	27.0

Grain 1 cup	Calcium Milligrams
Amaranth	276.0

Barley, pearled	17.0
Buckwheat groats (kasha)	12.0
Bulgur Wheat	18.0
Hominy, canned	16.0
Millet, hulled	5.0
Oat bran	22.0
Rice, brown (long grain)	20.0
Rice, white	16.0
Rice, wild	5.0
Wheat, sprouted	30.0
Wheat bran, crude	42.0
Wheat germ. toasted	51.0

Calcium in Fresh Vegetables (cooked)		
Vegetable	Serving	Calcium Milligrams
Artichokes	medium	54.0
Asparagus	1/2 cup	21.0
Beans, Green	1 cup	55.0
Beet greens	1 cup	164.0
Beets, sliced	1 cup	28.0
Bok Choy (Chinese Cabbage)	1 cup	158.0
Broccoli, chopped	1/2 cup	31.0
Broccoli, Chinese	1 cup	88.0
Broccoli raab (Rapini)	1 bunch	516.0
Brussels Sprouts	1/2 cup	28.0
Cabbage, Green	1/2 cup	36.0
Cabbage, Red	1/2 cup	32.0
Cabbage, Savoy	1 cup	44.0
Carrots, sliced	1/2 cup	23.0
Cauliflower	1/2 cup	10.0
Celeriac	1 cup	40.0
Celery	1 cup diced	63.0
Chayote	1 cup	21.0
Collards	1 cup	266.0
Corn, Sweet	1 large ear	2.0
Dandelion Greens	1 cup	147.0

Eggplant	1 cup	6.0
Kale	1 cup	94.0
Kale, Scotch	1 cup	172.0
Kohlrabi,slices	1 cup	41.0
Leeks	1 medium	37.0
Okra, sliced	1/2 cup	62.0
Onions	1 cup	46.0
Parsnips	1/2 cup	29.0
Peas	1/2 cup	43.0
Peppers, green bell	1/2 cup	6.0
Potato medium, baked with skin	2 1/4" x 3 1/4"	26.0
Potato, boiled with skin	1/2 cup	4.0
Snow Peas	1 cup	94.0
Spinach	1 cup	245.0*
Squash, Acorn	1 cup cubed	90.0
Squash, Butternut	1 cup cubed	84.0
Squash, Crookneck	1 cup cubed	40.0
Squash, Hubbard	1 cup cubed	35.0
Squash, pattypan (summer scallop)	1 cup sliced	27.0
Squash, Spaghetti	1 cup	33.0
Squash, Winter	1 cup	29.0
Sweet Potato	1 medium with skin (2" x 5")	43.0
Swiss Chard	1 cup chopped	102*
Tomato, Stewed	1 cup	26.0
Turnip mashed	1 cup	26.0
Turnip greens	1 cup chopped	197.0
Zucchini	1 cup sliced	23.0

Calcium in Fresh Vegetables
(raw)

Vegetable	Serving	Calcium Milligrams
Artichoke	medium	56.0
Asparagus	1 cup	32.0
Beans, green	1 cup	41.0

Beans, kidney (Sprouted)	1 cup	31.0
Beans, mung (Sprouted)	1 cup	14.0
Beans, navy (Sprouted)	1 cup	16.0
Beets	1 cup	22.0
Broccoli	1/2 cup	21.0
Broccoli, Chinese	1 cup	88.0
Brussels Sprouts	1 cup	37.0
Cabbage, Chinese (Bok choy) shredded	1 cup	74.0
Cabbage, Chinese (Pe tsai) shredded	1 cup	59.0
Cabbage, green shredded	1 cup	28.0
Cabbage, red shredded	1 cup	32.0
Cabbage, savoy shredded	1 cup	24.0
Carrot, chopped	1 cup	42.0
Cauliflower	1 cup	22.0
Celeriac	1 cup	67.0
Celery, chopped	1 cup	40.0
Chayote, 1" pieces	1 cup	22.0
Collards, chopped	1 cup	52.0
Corn, Sweet	1 large ear	3.0
Dandelion Greens, chopped	1 cup	103.0
Fennel	1 medium bulb	115.0
Kale, chopped	1 cup	90.0
Kohlrabi	1 cup	32.0
Leeks	1 cup	53.0
Lettuce, butter shredded	1 cup	19.0
Lettuce, green leaf shredded	1 cup	13.0
Lettuce, iceberg shredded	1 cup	13.0
Lettuce, red leaf shredded	1 cup	9.0
1 cup	16.0	
Mustard Greens, chopped	1 cup	58.0
Okra	1 cup	81.0
Onions, chopped	1 cup	37.0
Parsnips, sliced	1 cup	48.0
Peas	1 cup	42.0
Peppers, bell, chopped	1 cup	15.0
Radish, red sliced	1 cup	29.0
Radish, White Icicle	1/2 cup	14.0
Snow Peas	1 cup	27.0

Spinach	1 cup	30.0*
Squash, acorn cubed	1 cup	46
Squash, butternut cubed	1 cup	67
Squash, crookneck cubed	1 cup	27
Squash, hubbard cubed	1 cup	16
Squash, spaghetti	1 cup	23.0
Sweet Potato, cubes	1 cup	40.0
Swiss Chard*	1 cup	18.0*
Tomato	3 inch	18.0
Turnip, cubes	1 cup	39.0
Turnip greens	1 cup	104.0
Zucchini, chopped	1 cup	19.0

Calcium in Fruits (raw)		
Fruit	Serving	Calcium Milligrams
Apple	2 per pound	13.0
Apricot	1 medium	5.0
Avocado, California	1 medium	18.0
Avocado, Florida	1 medium	30.0
Banana	9 inch	8.0
Blackberries	1 cup	42.0
Blueberries	1 cup	9.0
Boysenberries	1 cup frozen	36.0
Cantaloupe	1 cup cubed	17.6
Casaba Melon	1 cup cubed	14.0
Cherimoya (Custard Apple)	1 fruit	25.0
Cherries	1 cup	19.0
Cranberries	1 cup raw whole	8.0
Currants, Black	1 cup	62.0
Currants, Red/White	1 cup	37.0
Durian	1 cup chopped	15.0
Feijoa	1 med. trimmed	8.0
Fig	1 large (2.5") fig	22.0
Gooseberry	1 cup	38.0
Grape, Red or Green	1 cup	15.0
Grapefruit, Pink	1	15.0

Grapefruit, Red	1/2	27.0
Grapefruit, White	1/2	14.0
Guava	1 cup chopped	30.0
Guava, Strawberry	1 cup chopped	51.0
Honeydew	1 cup cubed	11.0
Jackfruit	1 cup siced	56.0
Kiwi	1 large	31.0
Kumquat	1 medium	12.0
Lemon	1 fruit 2 3/8 "	22.0
Lime	1 lime 2"	22.1
Loganberries	1 cup frozen	38.0
Loquat	1 medium	3.0
Mango	1 cup sliced	16.0
Mulberry	1 cup	54.6
Nectarine	1 fruit 2.5"	9.0
Orange, Florida	1 fruit 2 5/8"	61.0
Orange, navel	1 fruit 2 7/8"	48.0
Orange, valencia	1 fruit 2 5/8"	60.0
Papaya	1 cup cubed	34.0
Peach	1 medium 2 2/3"	9.0
Pear	1 pear medium	16.0
Persimmon	1 fruit 2.5"	7.0
Pineapple	1 cup diced	20.0
Plum	1 plum 2 1/8"	4.0
Pomegranate	1 fruit 3 3/8"	5.0
Prickly Pear	1 medium	58.0
Quince	1 medium	10.0
Raspberries	1 cup	31.0
Sapodilla	1 medium	36.0
Sapote (marmalade plum)	1 medium	88.0
Starfruit (carambola)	1 fruit 4.5"	4.0
Strawberries	1 cup whole	23.0
Tangerine (mandarin orange)	1 fruit 2.5"	33.0
Watermelon	1 cup diced	11.0

Calcium in Dried Fruits

Fruit	Serving	Calcium Milligrams
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Apples	1/2 cup	6.0
Apricots	1/2 cup halves	36.0
Banana chips	1 1/2 ounces	8.0
Cranberries, dried sweetened/TD>	1/3 cup	4.0
Currants, zante	1/2 cup	62.0
Dates, deglet noor	1/2 cup pitted chopped	34.5
Dates, medjool	1 date	15.0
Figs	1/2 cup chopped	120.5
Peaches	1/2 cup halves	22.4
Pears	1/2 cup halves	22.5
Persimmons, Japanese	1 fruit	8.0
Prunes	1/2 cup pitted	37.5
Raisins, dark	1/2 cup	36.0
Raisins, golden	1/2 cup	43.5

Calcium in Nut/Seed Butters

Nut/Seed (1 Tablespoon)	Calcium Milligrams
Almond	43.0
Cashew	7.0
Peanut	7.0
Sesame Tahini	64

Calcium in Milk Substitutes

Beverage 1 cup	Calcium Milligrams
Soy milk, fortified	200.0 to 368.0
Soy milk, unfortified	93.0
Rice milk, Fortified	250 to 300
Almond, Fortified	200 to 300
Hazelnut, Fortified	300
Hempmilk	460

Calcium in Soy Products

Product	Serving Size	Calcium Milligrams
Baked Tofu Medium to Extra Firm	3 ounces	100 to 150
Tofu with calcium Medium to Extra Firm	3 ounces	100 to 150
Tofu Soft or Silken	3 ounces	20 to 40
Tempeh	3 ounces	60
Textured Vegetable Protein TVP	1/4 cup	80
Soy Yogurt	8 ounces	150 to 300

Calcium in Miscellaneous Products		
Product	Serving Size	Calcium Milligrams
Blackstrap Molasses	1 tablespoon	172
Orange Juice, Fortified	8 ounce glass	300



CURIOUS HAT WHAT ABOUT CALCIUM SUPPLEMENTS?

Recommended books for reading:

1. Food and healing by Annemarie Colbin
2. Complete book of Juicing by Michael T. Murray, N.D.