

” Juice Revolution offers all the benefits of a juice diet without any hassle.

I started a JUICE REVOLUTION

When Fiona Stander, current owner of Juice Revolution's husband decided to go on a seven-day juice detox, at first she was sceptical. He convinced her to join him, though, and she emerged a week later feeling cleaner, leaner, lighter and more energised than ever. This was the beginning of her very own Juice Revolution. Wellness magazine got the inside story from Fiona.

How and why did you choose juicing?

Juicing chose me the day my husband came home a few years ago and announced he was going on a juice detox. At first I was a little doubtful about living on fruit and vegetable juice for a week but I decided to join in and show my support. A week later I felt amazing. We had tried other ways to improve our lifestyle and get healthier as a couple but nothing compared to the honesty and purity of raw juice. Juicing soon became a part of everyday life and, before we knew it, my own business.

What has juicing taught you about health and wellbeing that you couldn't have read in a book?

I've learnt that healthy living is a journey that often takes sacrifices. It can impact those around you, too. Only someone on a special diet like a vegan, a high protein eater or someone who is sugar-free would know what it's like to go to a dinner party with your own bakkie of food. Imagine going with a bottle of juice! The benefits of these sacrifices, though, are enormous, and those close to you will come to understand why you make the choices you do when they see you glowing with health.

How often do you juice?

I do a juice cleanse every three months and in between I drink at least one juice a day, usually for breakfast.

How does juicing fit into your family life?

In more ways than one! I run my business from our smallholding in the Winelands, where we also grow some of the produce we use in our juices. We juice on a daily basis to fit in with our lifestyle, whether

it be for a meal, before a sports event, a cleanse or a healthy snack. We drink wheatgrass shots regularly and I'm proud to say that it's grown and juiced by my three boys: 11-year-old Dylan, and my seven-year-old twins Reuben and Daniel.

What is your top piece of health and wellness advice for other entrepreneurs who balance career and family?

As women, we are so entrenched in caring for the daily demands of work and family we neglect ourselves. Too often we are pencilled in at the bottom of our unending to-do lists. As a result we falter under tremendous physical and emotional stress, totally drained of energy. We need to put self-nurturing back at the top of our to-do lists. Making sure our diets are as healthy as possible and that we take in optimum nutrition is one way to this.

What is the biggest lesson you have learnt since starting the Juice Revolution?

Juicing is for everybody, from kids to the elderly, from ill people to athletes, from students to professionals, and from overweight people to models.

If you weren't leading a Juice Revolution in South Africa, what would you be doing?

I would be sleeping a lot more!

Right now Fiona is busy completing a two-year course towards a Natural Juice Therapy Certificate. At the same time, she runs Juice Revolution, which makes juicing super easy for people looking for the benefits of cold pressed fruit and vegetable juice.

What is Juice Revolution?

Juice Revolution offers all the benefits of a juice diet without any hassle. We send you everything you need to juice every day for the period you choose. We extract your juice using one of the best slow juicers in the world, blast freeze it immediately to lock in all the flavours, and deliver it to your door across South Africa. What makes Juice Revolution truly unique is the way the company supports you throughout your journey through clear guidance, daily coaching, herbal teas and key supplements to support the process.

Why juice?

Juicing is an easy way to take in more fruit and veggies. Today's diet tends to be lacking in vitamins and minerals and even those of us careful enough to avoid processed foods and to get in a seven-a-day could use a little boost. That's sometimes easier said than done, though. Think about how long it would take to crunch through four large carrots. Instead, you could pack them into one glass of juice.

Only fresh will do

Not just any kind of juice will do, though. Most prepared juice you buy in the shops has been pasteurised to make it last longer. Being treated at high temperatures during pasteurisation can kill vitamins and minerals and can also kill enzymes that help us digest our food. Exposure to heat and air can also kill important antioxidants that prevent disease and ageing, as well as enzymes that help digestion.

The right ingredients

Juicing organic, seasonal, local, fruit and veggies gives you the most benefit. They're likely to be more nutritious because of the way they're grown and, because they're in season and local, they spend less time in transit getting to you, which, means less time spent losing vitamins and minerals. With juicing the number one rule is: the fresher, the better. Another very important aspect is your juicer.



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RECIPE

FLU FIGHTER JUICE RECIPE

Makes around two glasses of juice.

This is the perfect juice recipe for winter. Lemon is packed with vitamin C, ginger is an age-old remedy for colds and flu and the old adage about an apple a day keeping the doctor away might be true after all. Apples contain quercetin, a natural antihistamine, vitamin C, and free radical fighting nutrients.

INGREDIENTS

- 1 LEMON
- 2CM SLICE OF GINGER
- 3 MEDIUM CARROTS
- 4 STALKS OF CELERY
- 3 APPLES



1. Peel the lemon before juicing.
2. Then add ingredients one by one.

Note: Juicing is quite powerful. If you take regular medication for a chronic illness, check in with your doctor before starting a juice cleanse to make sure none of the ingredients in the juices you're drinking or the supplements you might be taking will affect the way they work.

Equipment

The right equipment is almost as important as the right ingredients. The two most popular types of juicers use centrifugal force to juice and masticate vegetables, respectively. Juicers that use centrifugal force are more cost effective, but not as powerful as masticating juicers. They can't juice wheatgrass, for example, but are fine for basic juicing, and good for beginners. Masticating juicers tend to be pricey, but their benefit is that they use a slow grinding motion that cold presses juice, keeping temperatures down and preserving more goodness. They're also capable of extracting more juice than centrifugal juicers from fruit and veggies.

Supplements

Some people choose to supplement their diets when they go on a juice cleanse or detox to further boost the nutritional benefits their bodies are getting. Fiona Stander recommends probiotics to help improve gut health and spirulina and sea vegetables to add B vitamins and iron and zinc, which many people are deficient in. Iron and B vitamins are good for boosting energy levels, while zinc is good for preventing colds and flu.



Flu symptoms?

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