

## **Juicing for Weight Loss** by BestOfJuicing.com

There are many different ways to lose weight, and what works best for one person may not be the best solution for another. Juicing for weight loss, particularly when vegetable juices are emphasized, is one way to ensure that you choose a healthy weight loss regimen that does not sacrifice good nutrition.

Vegetables are low in fat and calories, so replacing higher calorie foods with vegetable juices is very beneficial to a weight loss regime. **Vegetable juicing** can also provide a concentrated source of nutrients in a convenient way. But the benefits of juicing for weight loss do not stop there. There are specific foods and even spices that you can include in your juices that may help to support the fat burning process when you are trying to lose weight. Since vegetables are very low in calories and sugar, they are the best choice if you are juicing for weight loss. Avoid fruit juices as much as possible since they are much higher in sugar and total calories.

### **Controlling Your Appetite**

Drinking a glass of vegetable juice before each meal can help curb your appetite if you choose the ingredients with some care. Avoid herbs like coriander and basil, which can actually stimulate your appetite. Instead, the best vegetables to use when juicing for weight loss are “negative calorie foods” – those that require more calories to digest than they contain. **Dark greens, cabbage, broccoli, carrots, and cabbage** are among the best vegetables to use in juice recipes for weight loss. Also consider using asparagus, cucumber, and celery, which are natural diuretics that can alleviate water retention.

In addition, carrot juice and parsley juice can help to maintain blood sugar levels, which will help prevent hunger. Since carrot juice is sweet, it can also help to satisfy sugar cravings. Another vegetable to try in juices if you have a sweet tooth is **Jerusalem artichoke**. However, although it reduces sugar cravings, Jerusalem artichoke is bland, so it best combined with carrot, parsnip or lemon juice to bring out its flavor.

### **Spices to Stimulate Your Metabolism**

In addition to vegetables that support fat burning, there are a number of spices that can help stimulate metabolism as well. As you might expect, these include “hot” spices like cayenne, allspice, pepper, cardamom, cinnamon, and coriander.

### **Fat Burners**

Cumin, chili powder, garlic powder, and onion powder are other spices you can use to support the fat burning process when you are juicing for weight loss.

In addition to being an effective part of a weight loss regimen, juicing promotes health in a variety of other ways as well. The concentration of vitamins, minerals and enzymes that juicing provides gives the body extra stamina as well as a boost to the immune system that can be of great value when you are trying to lose weight. When juicing for weight loss or for health in general, try to keep as much of the

beneficial fiber from the vegetables in the juice. You can do this by keeping as much of the fiber-rich pulp in the juice as possible.

### **Thyroid and Weight Loss - Recommended Juicing Ingredients**

Hypothyroidism is rampant in the U.S. and unfortunately many overweight people don't know they have low thyroid function.

If you suspect you have a sluggish thyroid because... you always feel exhausted, irritable, are normally constipated, your skin and hair feel dry, and it's very hard for you to lose weight, consult your doctor and rule out thyroid problems.

If you know that your thyroid is underactive and would like to add juicing to your diet in an effort to be healthier and lose weight, there are certain vegetables and fruits that are recommended such as carrots, celery, alfalfa, sprouts, parsley, watercress, apples and grapes. Would you like to learn about tasty foods that are proven fat burners and that support your thyroid health