

BEAUTY health documentary

JUICE UP!

Fresh fruit juices can do much more than just provide temporary sustenance on the go. **Sanjana Salunkhe** lists out the nutritional benefits of juicing

The juicing craze has been around for a while, with everyone, from celebrities to health buffs, propagating its benefits. Freshly squeezed fruits especially are not only delicious, but are also easy to digest and ideal for the modern eat-on-the-go lifestyle. Despite their many benefits, the jury is still out on whether fruit juices are really healthy. We speak to experts to bring you the low-down.

"Not all fruit juices have health benefits to offer, so you have to be choosy when picking the fruits. Also, focus on extracting only fresh juices without leaving out the pulp for maximum benefits," says Kejal Seth, nutritionist and founder of Nutrivity. in. Anything consumed in moderation can >



WATERMELON JUICE

"Watermelons are mostly water—about 92 per cent—but this refreshing fruit is rich in nutrients with significant levels of vitamin A, B6 and C, lycopene, antioxidants and amino acids," says Patwardhan. It is also one of the most hydrating juices.

TIP
DRINK WATERMELON JUICE WHEN WORKING OUT. AS THE CITRULLINE IN IT HELPS REDUCE MUSCLE SORENESS.

in it also keeps your circulatory health in check.

It is a natural diuretic that prevents kidney stones by helping the body remove waste through increased urine production.

The vitamin C in the juice relieves muscle soreness. It has been proven to repair the tendons and ligaments to help heal wounds faster.

It also plays an important part in maintaining skin health and acts as an anti-ageing barrier.



KIWI JUICE

Another fruit juice that is packed with antioxidants is kiwi. It also provides several health benefits and is an excellent combination of vitamin C, minerals and phytonutrients. "It is also known as the happy fruit for the substantial supply of serotonin (happy hormone) that it provides, and helps people with depression," says Munmun Ganerwal, nutritionist and fitness consultant, founder, Yuktahaar.

TIP
YOU CAN PLACE KIWI IN A PAPER BAG FOR FOUR DAYS TO SPEED UP RIPENING.

WHY YOU SHOULD HAVE IT

Kiwi juice is known to reduce negative emotions by 30 per cent. The serotonin content in kiwi boosts energy levels and neurochemicals in the brain, helping people suffering from depression and anxiety.

The vitamins in the juice help in lowering cholesterol levels and fighting free radicals.

The polysaccharides in the juice double the collagen synthesis in the body, which maintains the skin, muscles, bones and tendons as we age.

Kiwi also carries a carotenoid and an antioxidant called lutein, which is incredibly beneficial for skin health as it offers protection from UV A and B rays.

DIY RECIPES

Kiwi lemonade



- Peel the kiwi and put it in the blender.
- Squeeze fresh juice out of lemons and add to the blender.
- Blend and pour into a glass over ice cubes.

Watermelon fizz



- Cut the watermelon into pieces and put them in the blender.
- Extract the juice and add a touch of fresh basil or mint.
- Pour into a glass along with ice cubes.

Cranberry crush



- Rinse the cranberries and add them to boiling water until they pop.
- Add diced apples in the blender with the boiled cranberries.
- Pour into a glass with ice cubes. **1**