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One of the best gifts you can give to your body is feeding it with essential vitamins and minerals. The best way to do this is by including fresh juices in our daily menu. The principal behind the intake of raw vegetables or fruits is that it will not lose its organic contents, while cooking takes away most of its natural value.

The consumption of juices made from carrot, broccoli, tomato, spinach, lettuce, cucumber, parsley, cabbage, orange, grape etc will revitalize our body as it contains nutrients, enzymes and antioxidants. Studies show that juices reach blood stream within thirty minutes, so they are easily absorbed and digested. Some of the common advantages of taking vegetables and fruits in the form of juice are that it will energize the body, improve immune system and helps in the removal of impurities and blocks.

It is sensible to diversify your fruit and vegetable intake in the daily diet as different colored contains different types of minerals, nutrients and antioxidants. For instance, green colored leafy vegetables like cabbage, spinach, and broccoli are rich in vitamin A, C, E and K. They also contains significant source of minerals like calcium, magnesium, iron and potassium. The carotenoids present in these vegetables helps to prevent age related eye infections like cataract and macular degeneration. A recent study showed that people who included spinach, collards and dark leafy vegetables in their weekly diet were less prone to such eye diseases compared to those who consumed it less than twice in a month. Moreover, leafy vegetables also prevent the body from developing cancerous cells and heart disease.

Red, orange and yellow colored fruits and vegetables such as pomegranate, melon, tomatoes, carrots and apricots are considered as goldmine of natural vitamins and minerals. They help the body to fight against cancer, while acting as neutralizing free radicals. If we check the use of these fruits and vegetables one-by-one, each will stand out on its unique features. Carotene, an antioxidant, in carrot makes it a good anti-inflammatory, anti-cancerous and anti-aging agent. Carrot juice also has antiseptic and anti-bacterial properties, so can use it to treat wounds and insect bites. Daily intake of carrot juice will reduce stress and maintain the working of digestive system in a normal way. Similarly, pomegranate juice can help in preventing lung cancer, prostate cancer and osteoarthritis. A recent study also explained pomegranate's ability to slowdown and prevent Alzheimer's disease. One of the interesting results from a research is that drinking pomegranate juice will prevent dental plaque.

So consumption of fresh fruits and vegetable will improve our health and make our body resistant to diseases. It is better to drink fresh fruits in the morning, as it can clean the stomach, colon and digestive tract. On the other hand, vegetable juices can be taken in the noon breaks or night before going to bed, this helps to improve energy levels and maintain body hydration. It is also advisable to sip the juice instead of gulping, because sipping helps the juice to mix with saliva easily, thereby early digestion and absorption in to the bloodstream.

But we should be careful while buying conventional fruits and vegetable, because it may contain pesticides and other toxic substances. It is better to buy from organic farms though cost will be little higher compared to normal market. Buying seasonal fruits and vegetables can also improve quality.

Health and fitness shows airing in different channels can give a better idea about how to improve health and stay calm. They also guide people on different food habits, regular exercises, importance of yoga and meditation etc. To follow a good life style, I watch shows related to this on my home

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