

Dr. Jacqueline's Micro Broccoli Juice Guide



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The Wellness Trinity



Dedication

I dedicate this Micro Broccoli Juice Guide to you. It is my sincere wish for you to find the answers to your health and wellness challenges so you can live the best life that you can live!

-Dr. Jacqueline, D.N.M., H.E.D., C.P.T.





Disclaimer: The content in this book is not intended to diagnose, prevent, treat or cure any diseases. Please consult your health professional if you feel need to seek their opinions on the information given to see if it is right for you.



Why Juicing?

In a world where we are overworked, undernourished and filled with toxins, juicing is a great way to increase nutrients that help keep us healthy by addressing deficiencies, and decreasing toxins and infections.

Juicing is like taking a high-quality multivitamin if done right. When we drink fresh pressed juice, the nutrients go straight to your bloodstream and feeds the cells because of its ability to bypass digestion. In that respect, it is almost the closest thing you can get to an IV injection.

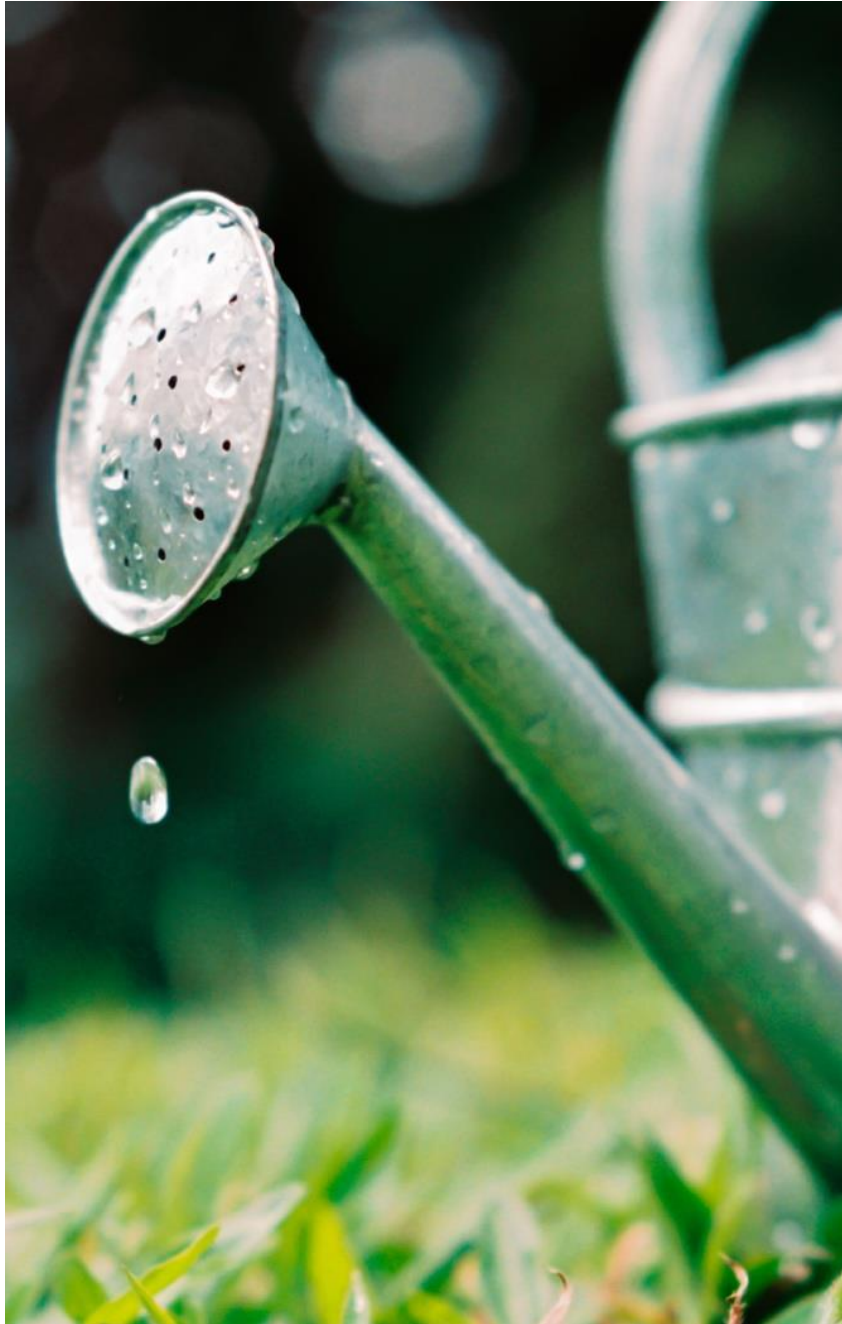
Juicing helps people look and feel younger because of its ability to cleanse and detoxify the body. Raw juices purify the blood and body tissues and neutralize the waste products of metabolism. They also help to repair cells and build new tissue.ⁱ

I personally have seen my skin look much healthier and more vibrant during the times I am actively juicing. Juicing is definitely a part of my personal anti-aging regime.

Juicing and juice fasting are great ways to help the body recover from illness caused by toxins and nutritional deficiencies.

Juice fasting helps the body enhance autophagy. During autophagy dead cells are used to build healthy new cells. In other words, the body quickly eliminates dead cells and also stimulates the building of healthy new cells. This balance between cell breakdown and cell replacement not only helps eliminate toxins that cause illness, normalize metabolism, and restore cell oxygenation, but also leads to our fountain of youth!ⁱⁱ







Broccoli Microgreens

Broccoli Microgreens are little power houses just like other microgreens. Broccoli and other cruciferous vegetables have a compound called glucoraphanin which turns in to a compound called sulforaphane when it is chewed and digested in the body. Sulforaphane has been shown in animal studies to fight cancer by activating enzymes that flush out toxins from the body. It enhances the livers ability to eliminate carcinogens and kills stem cells that give life to a cancer.

When the broccoli microgreen is 5-6 days old it has 100 times the amount of sulforaphane than when the plant is fully grown.

Several institutions in the U.S. and China conducted a study that showed that drinking a ½ cup of broccoli sprout juice a day increased the rate of excretion of benzene, a carcinogenic air pollutant, by 61%, which showed that broccoli sprout juice is also great for neutralizing toxins that come from pollution and affect cardio and respiratory problems.ⁱⁱⁱ

After much trial and error with buying microgreens from the store and farms, we discovered that they are much more affordable and fresher when you grow them at home. The good news is, it's EASY!!!





How to grow broccoli microgreens

Supplies you need:

Organic Broccoli Sprouting Seeds



*****Water your plants with
filtered water only due to
the contaminants in tap
water.**

Jute Fiber Microgreen Mats



Watering Can



Microgreen Trays



Water Mister





How to Grow your Broccoli Microgreens



1. Trim the Jute Fiber Mats to fit the Microgreen trays inside the white mesh part.
2. Water the Jute Fiber Mat on both sides until it is pretty wet. You can put the mat in the solid green tray to help the water soak it up, then put it back on the mesh tray.
3. Spread 2 tablespoons of broccoli sprout seeds evenly over the Jute Mat then spray the seeds with the water mister until they are pretty wet.
4. Cover the microgreen tray with another tray. They grow well under pressure and in the dark. This is called germination.
5. Mist the seeds 2x/day for about 3 days or until they start take root in the mat and grow a little. At that point, expose them to indirect sunlight. This is the point where they will start to become green.
6. Lightly water once a day with the watering can, Mist them another time during if they seem dry. Some days you might find they are still a bit wet and a light mist or even no watering is necessary. (You don't want to over water them.
7. Use a sharp knife or scissors to harvest the broccoli microgreens when they are about 2-3 inches tall. This usually is about 5-7 days after the germination.
8. Toss the Jute fiber mat. Do not try to reuse the mat.

*It is very important to have air flow in the room so you may need a **fan**.

*The microgreens need indirect sunlight. If that is not available, you may need to get **full spectrum lights**.

*The temperature in the room is ideal at 70 degree Fahrenheit (the lowest being around 55 and highest about 85 degrees Fahrenheit).



Other Vegetables & Herbs for Juicing



Ginger

Ginger has detoxification properties that help with excess mucus production, and other cold and flu symptoms. It has many positive benefits for the gastrointestinal tract including aiding in digestion, alleviating stomach and colon spasms, constipation, stopping intestinal gas, nausea and killing certain parasites.

It is also great for relieving headaches, and aches and pains caused by poisons.

The tryptophan in ginger helps to calm the central nervous system.^{iv} Tryptophan also builds serotonin which makes a person happy and it also builds melatonin which people need to sleep and detox their brain.





Turmeric

Turmeric is known for its anti-inflammatory and beautifying effects. Research has shown that it can help diabetics and cancer. Curcumin is a flavonoid in Turmeric that is responsible for the anti-cancer and anti-inflammatory effects.

It is wonderful for a soft, supple, and smooth skin with color in its complexion, because it helps to purify the blood. Healthy blood creates healthy skin and increases a person's energy.

Turmeric is also beneficial for stimulating the liver and forming new red blood cells. ^v The liver is one of the most important organs for detoxification.





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Carrot

Carrots are filled with beta-carotene which is precursor to Vitamin A. Vitamin A is a powerful antioxidant and free radical scavenger. It is important for building a strong immune system and stimulating T-Cell lymphocytes.

Vitamin A protects skin cells and is essential for the mucous membrane lining the gastrointestinal, respiratory, reproductive and urinary tracts.^{vi} It is important for cell development and good vision.^{vii}

Carrots also have a lot of potassium which is an electrolyte vital for heart health.^{viii} Drinking carrot mixed with celery juice has been found to decrease blood pressure within 15-30 minutes.^{ix}





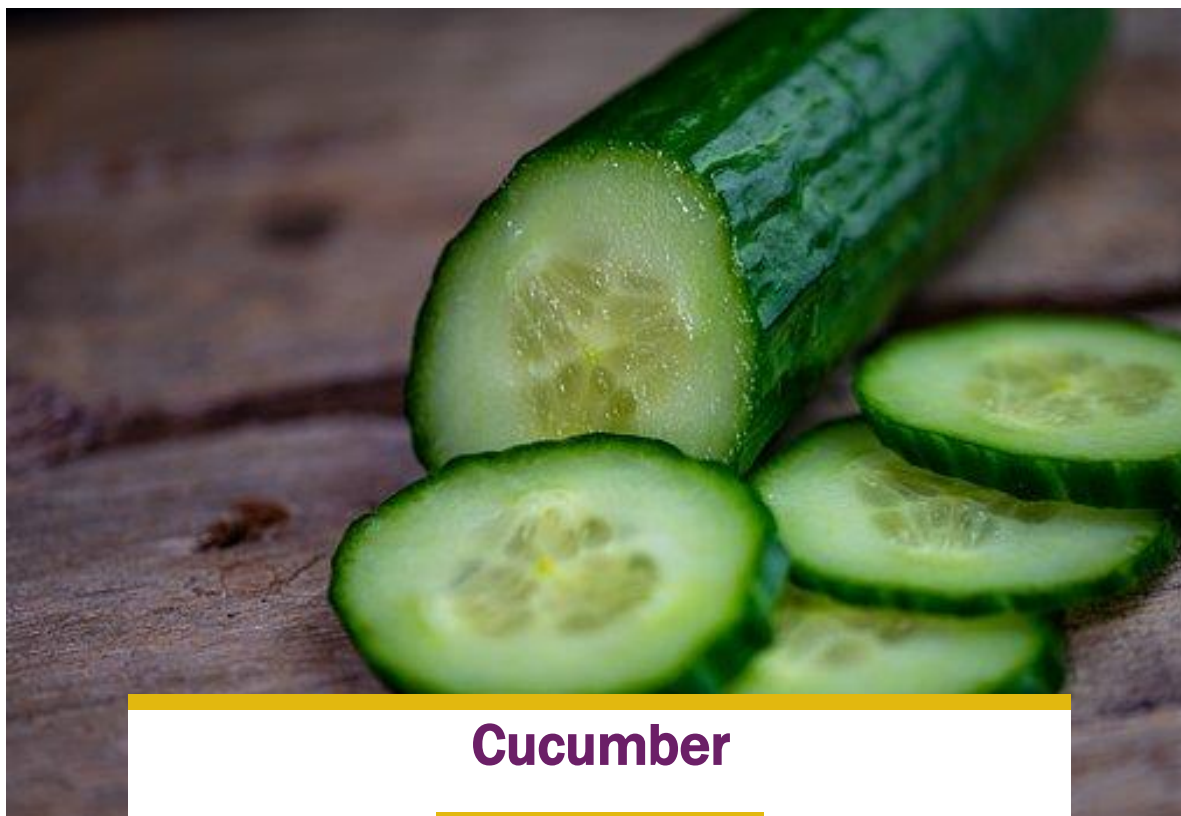
Celery

Anthony Williams, wrote in his book Medical Medium: Secrets Behind Chronic & Mystery Illness and How to Finally Heal that “*Celery juice is one of the most profound ways, if not the most profound way, to restore digestive health. It is that powerful.*”^x

Celery is full of organic sodium which is alkaline and neutralizes acidity in the blood and helps cleanse the lymphatic system.^{xi} The more stress a person is has whether, physical, mental or emotional, the more sodium is lost and acidic someone can become.

Sodium is an electrolyte that regulates bodily fluids and transmits electrical impulses in the body, which are important mineral for muscle contraction, brain function, and eye and nerve health. Sodium is needed to stay well hydrated.





Cucumber

Cucumbers are full of phytonutrients that are known to have an antioxidant and anti-inflammatory effect on the body. One of the phytonutrients cucumbers have is a flavanol called fisetin which helps to improve brain function. Fisetin protects the brain's nerve cells from age related challenges and Alzheimer's, and improves the memory.^{xii}

Vitamin K is abundant in cucumbers. Vitamin K is needed for a healthy heart and it helps to absorb calcium which is needed for healthy bones and teeth.

Cucumbers are rich in molybdenum which is important for carbohydrate metabolism, esophageal cancer and copper toxicity.^{xiii} Copper is an important mineral but when it becomes toxic it can lead to depression, fatigue and estrogen dominant disease.^{xiv}





Lemon

Lemon juice is full of vitamin C, calcium, potassium, magnesium and vitamin B6. Lemon helps fight infections and breaks down the uric acid crystals that cause kidney stones. It is also great for obesity and stomach and respiratory disorders.^{xv} After lemon juice is consumed, it helps alkalize the body.

Lemon Juice before a meal is great for stimulating hydrochloric acid. Hydrochloric acid is important for protein digestion. David Wolf, says in his book of Eating for Beauty that in his experience people with low HCl usually have an internal fungal overgrowth (candida) and enzyme deficiency. Aside from fungus and mold, HCl is the body's first line of defense for parasites, harmful bacteria and virus' too.^{xvi}





Garlic

Garlic can also be juiced. Garlic stimulates cleansing of the bowels, which helps the body deal with excess gas. It also is beneficial for heart health and regulating blood pressure, whether high or low. Garlic juice can also help with respiratory challenges.^{xvii}

Garlic is anti-parasitic. Many people have parasites growing as a result of all the toxins in the environment. These toxins can cause sluggish bowels which can lead to a parasite infection. Parasite infections are at the root of many illnesses.^{xviii}

Sulfur is a mineral that is abundant in garlic and is important for regulating the sodium/potassium electrolyte balance on the inside and outside of cells. This electrolyte balance aids in cell detoxification, flushing harmful toxins out of the cell.^{xix}





Cilantro

Everyone is exposed to toxic heavy metals in one way or another and can cause many different health challenges. Oh a hair mineral analysis we find heavy metals that include aluminum, arsenic, uranium, lead, mercury and cadmium. Cilantro is wonderful at chelating toxic heavy metals from the body. This means that it binds onto these metals in and pulls them out of the tissues that they are affecting.

Many of these metals lower people's energy and also affect their brain health because they can cross the blood brain barrier.

Heavy metals can also cause hormone imbalance, oxidative stress from free radicals, and in some cases impaired organ function. ^{xx} As someone cleanses from them, they should feel mentally clearer and overall, healthier.





Wheatgrass

Wheatgrass juice is sunshine turned into energy. It has a large amount of water, oxygen, enzymes, protein, phytochemicals, chlorophyll, carotenoids, fatty acids and trace minerals that charge the body up with bio-electric energy.

The green blades have an abundance of chlorophyll. Chlorophyll has oxygen producing agents that are able to kill anaerobic bacteria and other pathogens that live in low oxygen environments. Dr. Otto Warburg won a Noble Prize in 1931 for discovering low oxygen environments are also a breeding ground for cancer.

Wheatgrass is rich beta-carotene, which is a precursor to vitamin A, and vitamin A helps build the immune system by promoting T-cells.

The enzymes in wheatgrass help detoxify to body of harmful substances.^{xxi}





Optimal Juicer for Sprouts & Microgreens

Green Power Juicer



*****Comes in white too.**

After trying several different juicers, this one is my favorite because it is built to last and the double auger juices your fine greens and herbs extremely well without wasting them. We have been using this juicer for over 10 years.



Basic Juice Recipes

TWT Broccoli Micro Green Juice

Makes ~16 ounces

Ingredients

½ Stock Celery
1 Cucumber
1+ cup Broccoli Sprouts
½ bunch of Cilantro
Optional: Juiced garlic, lemon,
lime, cayenne pepper

Steps

1. Juice the broccoli microgreens and cilantro first with the nob on the front of the juicer closed tightly.
2. Juice everything else after without the nob on the juicer.





Ginger Turmeric Shot

Makes ~2 ounce shot

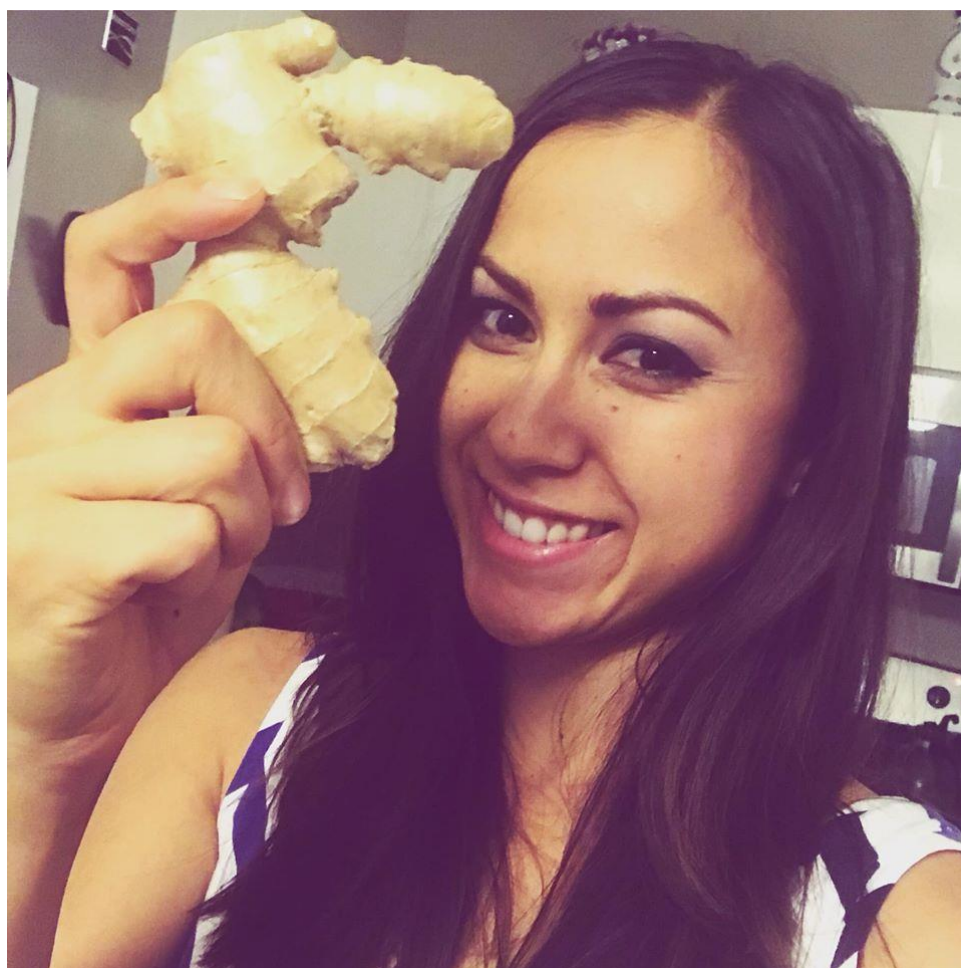
Ingredients

2 Inch Piece of Fresh Ginger peeled
4 Inch pieces of Fresh Turmeric (or 1 t-1T of Powered Turmeric)
1 small Carrot
1-3 Scoops Stevia Extract Powder

Steps

1. Juice everything in the juicer with nob on the front of the juicer closed tightly.
2. Mix in the powdered turmeric if you do not use a fresh one.

****Beware of the turmeric spilling because it can easily color the counter or anything else.*





Wheatgrass Shot

Makes ~2 Ounces



Ingredients

½ pound of Fresh Wheatgrass
Microgreens

Steps

1. Juice the wheatgrass with the nob on the front of the Green Power Juicer closed tightly. If you point the blades down and do not over stuff it, the Green Power Juicer will juice it without you having to push it down.

***This can be used for a Wheatgrass implant too.



Cheers to your super
nutrient dense juice!



Ormus Super Greens



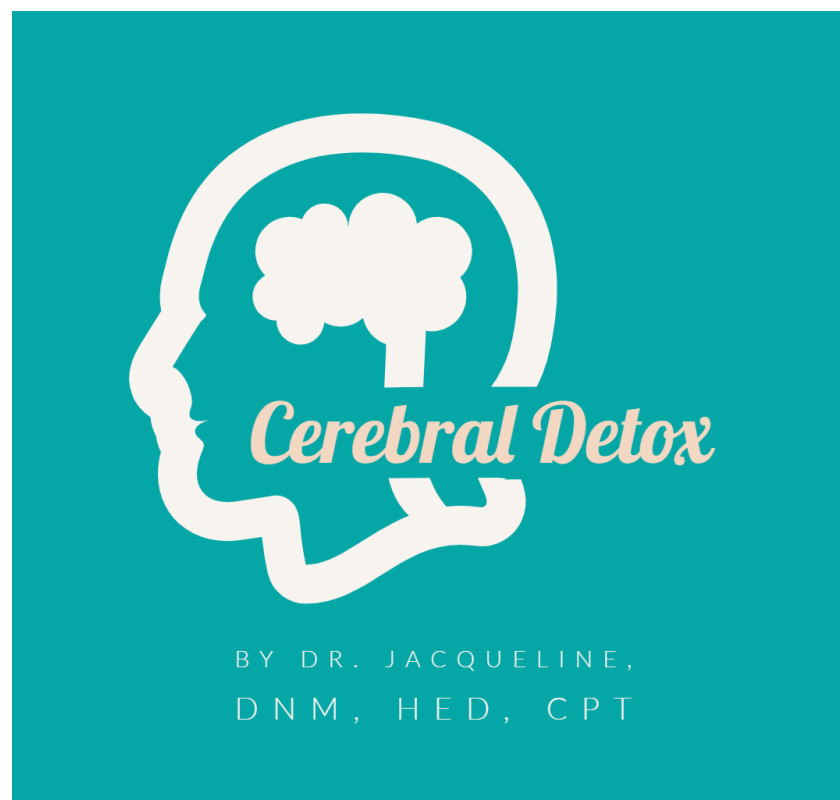
Does this all seem like too much work?! Well it can be, if you just do not have the time. During those times, you can use this fabulous green juice powder to keep getting your juice on! It is available on www.thewellnesstrinity.com.



Interested in getting more detailed with your cleansing?

I understand, it's best to test and not guess!

Check out our New *Cerebral Detox Program* to learn how I help people get to the root of their health, cognitive and happiness challenges.



Many Blessing to you and your family's health!

-Dr. Jacqueline Gutierrez, D.N.M., H.E.D., C.P.T.



**There is
hope!**

**Keep
searching
until you
find your
answers!**



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