Ottawa is crazy about juicing these days. The popular health trend has taken the city by storm, one squeeze at a time. Juicing can help rejuvenate and nourish the body in a time when the average diet is sorely lacking in health-fortifying, nutrient-rich vegetables. Whether you juice at home or buy from a [cold press juice brand](https://www.renewcoldpress.com/), this popular health trend shows no sign of slowing down.

**What is juicing?**

Juicing is the practice of extracting juice from fruits, vegetables, herbs, and spices. Juicing is a quick way to ingest a high volume of nutrients, vitamins, and enzymes found in these natural ingredients. Think of it like a boost, a cheat code to get a power punch of vitamins and nutrients in a convenient, easy-to-consume bottle of juice.

**How do you juice?**

There are many different methods of extracting juice from fruit and vegetables. For example there is old-school squeezing by hand, however this only works for very water-heavy fruits like oranges, grapefruit, lemons, and limes. Try squeezing an apple or carrot, nevermind kale or ginger, and see how far you get! You can even use a blender and add water, though you’ll want to make sure you peel and/or remove any inedible parts first. This is a great method for saving as much fibre as you can. Finally, you can use a juicing machine to make juice, but they can be expensive so these are only recommend if you will be juicing enough to justify the expense.

**What is cold press?**

There’s one other method of making juice we haven’t talked about it: it’s called the cold press process. This method uses a hydraulic press to slowly extract the juice. This slow and steady method doesn’t produce heat, which is really important. Producing heat can oxidize the nutritional value of raw ingredients, which runs contrary to the point of juicing! Cold pressed juice delivers the most live enzymes, vitamins, and micronutrients to your body for instant nourishment.

**What is a juice cleanse?**

In addition to drinking juice in the morning, as a snack, or as a quick pick-me-up in addition to regular diet, many people are taking part in juice cleanses to give the body and restart and detoxify. Typically cleanses are 1-5 days long and give your digestive system a break to start fresh and renew.

**What kind of juices are there?**

Juicing can be anything and everything you want, but think beyond the traditional orange juice, grapefruit juice, apple juice sort of thing. For example, you can combine apple juice for a punch of vitamin C with spinach for a kick of vitamin A and iron, and mint to promote digestion. Get a fresh start to the day with grapefruit juice (vitamin C), fennel (antioxidant), and ginger (stomach relief). The possibilities are endless! Some of the ingredients that are most popular with juicers?

Fruit: apple, date, grapefruit, lemon, lime, pear, pineapple

Vegetables: beet, carrot, celery, cucumber, kale, romaine, spinach,

Nuts: almonds

Herbs & Spices: cardamom, cayenne, cilantro, cinnamon, fennel, ginger, lavender, mint, sea salt, turmeric, vanilla

What do you think about the juicing craze?