



## Raw Juice Retains Vitamins

What could be better for you than fruit or vegetable juice from the store? Raw fruit and vegetable juice! When you buy juice, it is always pasteurized. Pasteurization not only kills bacteria and preserves the juice, it also destroys many (if not most) of the vitamins, minerals and enzymes, along with their health-promoting properties. Sometimes the process *adds* chemicals, sugars and other unhealthy ingredients. Fortunately, juice is easy to make at home, so try fresh, raw, homemade juice for a burst of nutrition.

*Did you know? **Orange juice is a top source of potassium, and grapefruit juice has almost as much vitamin C as an orange.***