

## **BLENDING VERSUS JUICING WHAT'S BETTER?**

### **Blending or Juicing: What is Better for Your Hormones?**

Dr. Friedman runs a group obesity program at an inner city medical center in Los Angeles where he encourages participants to consume more vegetables. He finds that it is better to tell people what they should eat, rather than what they should not eat. Most people do not get eat enough vegetables and many people eat too much starches like bread, pasta, tortillas and rice. An excellent way to take in more vegetables is to blend them.

There is an important difference between blending and juicing. Juicing extracts the liquid from the vegetables and leaves behind the fiber. Blending, on the other hand, includes the fiber and you drink all of the fruit and vegetables. Drinks made in a blender can be called vegetable blends or vegetable smoothies. You can get a regular blender to do blending or you can get a high-powered blender that really breaks up the fruits and vegetables. Dr. Friedman uses the Ninja Professional blender which costs about \$100. The fiber in the fruits and vegetables is what is the most beneficial. Therefore, most people (unless they have problems with their digestive tract and can not handle fiber) should avoid juicing which is basically just the sugar, water and some of the other vitamins in vegetables and fruits.

The next question people ask Dr. Friedman is should you blend fruits or vegetables or both. Dr. Friedman especially recommends blending vegetables, with a small amount of fruit. Vegetables have a lot of nutrition, many micronutrients and very little calories. Therefore, they are quite filling. Fruit has more in sugar in it and fruit actually has fructose. However, a blended drink made only of vegetables probably does not taste too good, so Dr. Friedman does recommend people to add some fruit in it. The best fruits to add are berries, such as blueberries and cranberries that have a lot of antioxidants in them.

Fruits have fructose in them. It is becoming clear that high fructose corn syrup (55% fructose, 45% glucose) that is in soft drinks and many processed foods is very detrimental for people and may be involved in the obesity epidemic. Therefore, the question arises is why are fruits good for you (with 100% fructose) but high fructose corn syrup (with 55% fructose) is not good for you. This is because of the fiber in fruit. The fiber helps prevent the rapid absorption of the fructose from the proximal intestines into the liver and allows it to be absorbed more distally in the intestines where it allows for an even uptake of nutrients into the bloodstream and avoids blood sugar spikes. The fiber in blended drinks is the crucial part in changing them from an unhealthy drink to a healthy drink. There is some concern that the blending process breaks up the fiber; however, most of the time the blending leaves the majority of the fiber intact. This may be more of a concern with blending only fruit. There is both soluble and insoluble fiber in fruits and vegetables and both are good for you and both are available when you blend your vegetables and fruits. Although there are postings on the internet of the harm of mixing vegetables and fruits, Dr. Friedman could not find scientific evidence against that and posits that the fiber in vegetables helps decrease the negative effects of fructose in fruit. It is important to use blends instead of more caloric, unhealthy foods and not in addition to them.

**RE:** ,  
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Page 2

Dr. Friedman tries to drink 2 large 32 oz (1 liter) containers of a blended drink a day. He puts them in a BPA-free plastic container and brings them with him when he is seeing patients and writing his papers and grants. He blends kale, arugula, fennel, ginger, tomatoes and carrots as the vegetables and frozen berries such as blueberries, cranberries (bought before Thanksgiving and frozen) and blackberries and sometimes frozen mangos or pineapple as the fruit. He also adds a little bit of sunflower seeds, chia seeds or flaxseeds. These give it a nutty flavor and helps with satiety. He drinks his blend within 2 days of preparation.

Adding vegetables and fruit to your diet may help prevent chronic diseases, improve your bowel movements, give you increased energy and help with weight loss and control of high cholesterol and diabetes. Blending is definitely the way to go. Dr. Friedman recommends watching the movie *Fat, Sick and Nearly Dead* about an Australian man who weighed 300 pounds, had an autoimmune disease and was loaded up with steroids. He went on a blended holiday where he only did blended fruits and vegetables for 2 months and his health improved dramatically. He then convinced others to do the same. He was able to get off his steroids.

An interview of Dr. Daemon Jones with Dr. Friedman is available on the EmpowHer website and [goodhormonehealth.com](http://goodhormonehealth.com) entitled The Many Benefits of Drinking Fruits and Veggies. For more information about Dr. Friedman's practice or to schedule an appointment, go to [www.goodhormonehealth.com](http://www.goodhormonehealth.com) or email us at [mail@goodhormonehealth.com](mailto:mail@goodhormonehealth.com).