

## The World Carrot Museum – The Benefits of Carrot Juice (© copyright 2009)

Eight ounces of carrot juice can contain as much as 800% of your daily recommended dosage of vitamin A. Vitamin A is essential and necessary for tissue growth, especially within the bones. Vitamin A is also very important in maintaining good vision. The old myth that eating carrots will help you see better is true, as vitamin A deficiencies can lead to vision problems such as night blindness.

Spinach is also a very rich source of Vitamin A. A little spinach juiced with a few carrots will deliver a vitamin A mega beverage. Vitamin A is also very crucial for expectant mothers and the unborn fetus. Although vitamin A is very important for your body, it is also important to maintain moderate levels of vitamin A intake, as too much can lead to liver toxicity, and other health problems.

Carrot juice is also an excellent source of vitamin C. An eight ounce glass of pure carrot juice can provide your body with up to 35% of your daily recommended dosage of vitamin C. Vitamin C has a wide variety of uses throughout our entire body, such as collagen production of the mucous membranes, skin, bones, and teeth. Vitamin C is also a very crucial antioxidant.

A few carrots juiced with blackcurrant berries, oranges, lemons, or kiwi, can easily provide you with your whole daily vitamin C dosage, without the need to take synthetic vitamins supplements.

Carrot juice is an excellent drinkable source of potassium. Potassium is very important in helping to maintain a healthy electrolyte balance and fluid level in the cells of your body. It's also necessary in muscle movement, such as contraction, as well as neurotransmission. Potassium deficiencies are very bad for your body, with such effects as Hypokalemia, acne, muscle spasms, dry skin, and elevated cholesterol levels. Carrots juiced with celery or turnips can provide your body with a large intake level of potassium.

An eight ounce glass of pure carrot juice will usually provide up to 10% of the daily recommended intake level of potassium. It should be known that individuals who suffer from kidney disease, should avoid taking in large amounts of potassium, as it can be very harmful on the organs.

Pure carrot juice is a very low calorie juice drink. Eight fluid ounces of the beverage yields usually no more than 80 calories. Carrot juice is an excellent nutritional supplement for dieters, providing you with a rich supply of essential vitamins and minerals, without being accompanied by all of the calories that a health shake might give you. For athletes and weightlifters, the calorie level of carrot juice can be upped by blending it with fruit yogurt, milk, ice cream, or a protein powder supplement. I have even heard of people blending the juice with rolled oats, cereal, or boiled rice to dramatically increase the calorie and nutritional levels.

Pure carrot juice in an eight ounce serving can provide up to 6% percent of your daily recommended intake level of calcium. It is very important to receive a healthy level of calcium in your daily diet. Bones and teeth are dependent on calcium for growth and formation, especially the skeletal structure and development of children. Calcium absorption should also be accompanied by vitamin D, which helps aid your body's intake of the mineral. Like potassium, calcium is important for neurotransmission, and muscle movement and contraction.

Carrots juiced with broccoli can provide an excellent vegetable calcium drink. For a calcium shake, you may also choose to juice your carrots and then blend it with yogurt for a carrot juice smoothie, which makes for a healthy breakfast shake, or evening dessert.

## Health Benefits

Carotenes, the famous ingredient in carrots, is an anti-oxidant that has powerful healing virtues for many diseases.

Drinking a glass of carrot juice daily will do much more for you than many bottles of supplement tablets. Here are some disorders that can be helped by drinking carrot juice regularly:

**Acidosis:** The vital organic alkaline elements in carrots help balance the blood acidity and blood sugar.

**Acne:** Its powerful cleansing properties are effective in detoxifying the liver, thus overall effective for acne which are caused by toxicity of the blood.

**Anemia:** Carrot's molecules are closest to human's hemoglobin molecules, making it very beneficial in blood-building.

**Atherosclerosis:** The highly cleansing power of this miracle juice scrubs away even the old build-up of arterial deposits, reducing the risks of heart diseases and stroke.

**Asthma:** The anti-oxidants effectively protects the respiratory system from infections and free-radical attacks.

**Cancer:** Studies show that adding one carrot per day in our diet significantly reduces cancer risks.

**Cholesterol:** Pectin in carrots lowers the serum cholesterol levels.

**Congestion:** Carrot juice is very effective in dispelling mucus from the ear, nose and throat area, easing nasal congestion, sinusitis, phlegm and mucus in the throat and other similar disorders.

**Constipation:** Take five parts of carrot juice with one part of spinach juice regularly to regulate chronic constipation problems.

**Emphysema:** If you smoke or are exposed to second-hand smoke, taking carrot juice regularly may well save your life.

**Eyes:** Beta-carotene, lutein and zeaxanthin are some of the finest nourishment that help keep the optic system in tip-top condition, with special protection against astigmatism, macular degeneration and cataracts.

**Fertility:** One of the reasons for fertility is lack of nutrients and enzymes in your dietary. Carrot juice taken regularly, is able to nourish your body back to fertility.

**Inflammations:** Its anti-inflammatory effect greatly helps reduce arthritis, rheumatism, gout and other inflammations.

Immune systems: It does wonders for boosting the immune system by increasing the production and performance of white blood cells; building resistant to various kinds of infections.

Nursing mothers: Carrot juice helps enhance the quality and quantity of a mother's breast milk.

Pregnancy: Drinking carrot juice regularly during pregnancy, especially during the last few months, will reduce the chances of jaundice in baby. No, you won't get an orange baby!

Skin problems: The high quality vitamin C and other rich nutrients in carrot juice efficiently nourish the skin, preventing dry skin, psoriasis and other skin blemishes.

Thread worms: One small cup of carrot juice in the morning taken daily for a week can help clear up thread worms in children.

Ulcers: The abundance of nutrient present in carrots help nourish cells that have been starved of nutrients which result in ulcers.

Water retention: Carrot juice is diuretic and helps to eliminate excess fluids from the body, reducing water retention, especially for women during their monthly menstruation cycle and in pregnant women.