



# *How To Select The Best Juicer For Your Needs*

How do you pick the right juicer for you? With some many different types available how do you chose?

For the past 7 years Nikki and I have been testing numerous brands and types of juicers, noting the pros and cons for each as well as comparing the quality (of the machine and the taste of the juice it produced). Today we will share with you our most recent findings plus our top picks to help you make your buying decision a bit easier.

First, let's get clear...

Many times our clients ask if ...”there is a difference between a juicer and a blender?” Yes there is. For juicing you need a juice extractor (pulp ejector) to separate the liquid + nutrients from fibre (the pulp that is found in most vegetables and fruits). This is not what a blender is designed for.

## *Buying A Juicer*

## *Things To Consider*

### Things To Consider Before You Buy A Juicer

Before you select a juicer, ask yourself the following questions:

- What's my budget?
- How much prep time am I willing to invest in my daily juicing?
- How much cleanup will I be willing to do on a daily basis?
- What's more important: the shelf life of my juice or the time/effort it takes to prepare it?
- How much space do I have?
- Will I be juicing wheatgrass?

# Selecting A Juicer

## NEW TO JUICING

### Centrifugal Juicer

If you are just starting (or getting back) into juicing, then we suggest to start with something like this:



OR



[Breville 800JEXL Juice Fountain Elite 1000-Watt Juice Extractor](#)

[Breville JE98XL Juice Fountain Plus 850-Watt Juice Extractor](#)

### Here Is Why:

#### PROS:

The quality is great for this price, it's quite durable and the design doesn't require much counter or cabinet space. Also it's EASY TO CLEAN! And if you are new to juicing then that's a very important quality! If your machine has millions of pieces and is pain to clean, let's face it – you probably won't use it on a regular basis.

#### CONS:

On the downside, they can get pretty loud, and the high-speed spinning causes the juice to oxidize faster compare to slower speed juicers. For this reason, it's best to drink juices from a centrifugal juicer right away to ensure you get the most nutrients. They also aren't very good with certain leafy greens, grasses or herbs.

## Slow Juicers

If you've been regularly juicing for a fair amount of time, you might be tempted to explore a more serious machine. Perhaps you have heard that slow speed juicers are better – as they preserve maximum nutrients and promote more efficient juicing (drier pulp and more juice). And yes, that's absolutely correct.

Over the years we have done extensive research and tested several machines and here are our top picks.



AND



[Tribest GSE-5000 Greenstar Elite Cold Press Complete Masticating Juicer](#)

[Omega J8006 Nutrition Center masticating Dual-stage Juicer Juice Extractor](#)

*They are both pretty awesome. Currently we are using the Omega J8006 Juicer and we love it!*

## Here Is Why:

### PROS:

The juice from these machines really taste excellent and there is minimal waste of product. They guarantee less oxidation, therefore you'll get up to 72 hours of nutrient-rich juice—provided you store your juice in an airtight container and keep it in the fridge. The other advantage of slow juicers is that they are very good at processing leafy greens and even wheatgrass, which, as we mentioned earlier, is not always the case with centrifugal machines. If you want to get really fancy, you can even make nut butters in these guys!

### CONS:

The downside? It requires commitment! The time to prep (cut all produce to small pieces) and the clean up is considerably longer than with the previous juicers mentioned. These juicers are also more expensive. All that said, if you are ready to move up and willing to make the commitment (price + time), then the Tribest GSE-5000 Greenstar or Omega J8006 juicers are a wonderful choice and a worthwhile investment into your health and longevity.

## *Additional Tips:*

- Pick a juicer that requires no special tools like a special key to remove the blade etc.
- Less parts equals less clean up.
- Sturdiness is important. You want a machine that can handle hard vegetables (like carrots & beets) in addition to green leafy vegetables and herbs.
- Be sure to clean your juicer as soon as you finish using it. If you let it sit for hours, the pulp will harden and it will be more challenging to clean it. Also it will start to plug the strainer and affect the overall performance of the machine.
- To clean the strainer use a gentle vegetable brush.
- When in a hurry, leave all parts soaking in water with a bit of soap and finish your clean up later.
- For maximum juice quality, pick organic and preferably local produce whenever possible.
- If organic is unavailable, avoid fruits and vegetables with shiny, waxed skins or peel the skin before juicing (apples, cucumbers, etc). Although the skins are rich in vitamins and minerals, it's far more important to avoid pesticides and other toxins.
- Always wash your produce in cold water before juicing.
- To get the most benefits from your fresh juice it's best to drink it straight away.
- If for some reason you want to store your juice for later, do so in a dark, airtight bottle or container (glass) in the fridge and drink within 24 hours.