

## **CARROTS AND CARROT JUICE**

by The Writers Group

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### **I. CARROTS**

One of the special nutritional balancing foods for healing and development is carrots. Drinking carrot juice is much less important than eating cooked carrots on a regular basis, several times per week.

Carrots are extremely nourishing. In particular, they contain a form of calcium that most people need today. They are also high in bioflavonoids and anti-oxidant substances such as the carotenes, that give carrots their reddish color.

A very yang vegetable. The reasons they are yang are:

1. Grow underground. Foods that grow underneath the earth are more yang than those that grow on the earth or in the air.
2. Red in color. Red foods, in general, are more yang than those of other colors.
3. Shape. Objects that are long and slender are more yang than objects that are spherical, for example.

### **COOKING CARROTS**

Organically grown. I suggest buying organically grown carrots, that are widely available, even at some supermarkets, and not at all expensive there.

Please do not eat carrots raw. They contain a lot of tough fiber and one cannot extract the minerals from them easily. Either cook them, or drink some carrot juice (see below).

Steaming carrots. You can steam carrots for about 30-40 minutes until they are soft. Before cooking, I suggest cutting the carrot lengthwise (one long cut down the middle of the carrot) so they will cook faster and more thoroughly.

To steam carrots, use either an electric steamer, a steamer tray that you put inside a pot, or just put a little water in a saucepan and place the carrots in the saucepan and cover it. Bring it to a boil and then turn it down so it boils gently for about 30-40 minutes. The water is sweet if you wish to drink it.

Pressure cooking carrots. This is the best way to cook carrots and all other vegetables. Cut the carrots in half lengthwise if they are thick, and cut into bits-sized pieces, as well, so they will cook faster and be ready to eat when they are cooked.

Then put a little water in a pressure cooker and add the carrots. Cook for 5-7 minutes. The carrots will come out soft and delicious. Also, always drink the water in which you cooked the carrots.

This is an excellent food for babies and young children. For babies, just mash the cooked carrots with a fork or potato masher to form a puree.

Other methods of cooking carrots. You can roast or bake carrots. This is not quite as good, as the temperature is high, but is okay on occasion. They can be battered and fried or made into tempura, a Japanese method, but this is also less recommended and more work.

I do not recommend boiling carrots in a lot of water because some of the nutrients will leach from the carrots into the water.

### **COMBINING CARROTS WITH OTHER FOODS**

Combining with other vegetables. Carrots combine nicely with many other vegetables. The carrots provide sweetness. This can help one to eat vegetables such as rutabagas and turnips, which are not sweet and whose flavor you may not enjoy if eaten by themselves.

Combining with other foods. Carrots are a starchy vegetable. They can be eaten alone as a mono meal. However, you can combine them with a protein food such as chicken, turkey, lamb, sardines or toasted almond butter.

You can combine carrots with cheese or yogurt, but this does not seem to be as good a combination.

Carrots can be eaten with a grain such as millet, blue or yellow corn, quinoa, amaranth or rice.

As explained below, do not combine carrot juice with any solid food or other liquids.

## **II. CARROT JUICE**

A recommendation I added to Dr. Paul Eck's programs is for adults to drink 10-12 ounces or about 300-350 ml (and no more) of preferably fresh or store-bought carrot juice daily. The reason is to help renourish the body faster.

This is not one of the most important parts of a nutritional balancing program.

### **FOUR WAYS TO OBTAIN CARROT JUICE**

1. Make it fresh yourself. This is best because it is freshest. If possible, drink it quickly for maximum freshness.
2. Have it made fresh at a health food store. Some health food stores will make it fresh to order for you.
3. Buy a brand such as Naked Juice in the health food store or supermarket. They deliver carrot juice daily or every other day, so the juice needs no pasteurization or preservatives.
4. Buy a brand that is pasteurized and perhaps has preservatives to make it last longer. This is least desirable, but is still worth buying, in most cases.

## **REASONS FOR DRINKING CARROT JUICE, AND NOT OTHER JUICES**

1. Carrot juice adds many extra nutrient to one's diet. Most people desperately need the extra minerals and other phyto-nutrients.

In particular, carrots have a very bioavailable form of calcium that is very helpful for almost everyone. Few other foods supply quality calcium today. Dairy can be a good source, but most is damaged due to pasteurization and homogenization. Even raw dairy is hybridized and not as good as it was formerly.

2. The most yang juice. Carrots are one of the most yang vegetables. They grow underground, and are red in color. For example, carrot juice is much more yang than any green juice, which I do not recommend because it is much too yin.

Wheat grass juice is more yin than carrot juice, but one only drinks one or two ounces of it once or twice weekly, so it is less of a problem.

### **IMPORTANT CAUTIONS WITH CARROT JUICE**

1. If you make it fresh, use a vegetable juicer, and NOT a Vitamix or other blender because:

A. Blenders do not break up the carrots enough to extract enough of the nutrients.

B. They mix the juice with too much water and air, which is not desirable.

C. They leave the pulp intact, which is not desirable in this case.

Examples of acceptable juicers are the Champion, Omega, Bevel, Greenstar and others. Any of these will work. Each have advantages and disadvantages.

2. Do not add fruit to your carrot juice. It unbalances it, and makes it much more yin in Chinese medical terminology.

3. Never give carrot juice to a baby or to a child under about 10 years old. It is too sweet and too yin for babies, and for younger children. Many of them are fast oxidizers, and sweet foods and beverages are quite harmful for them.

4. You must limit carrot juice to 10-12 ounces daily. More will make the body too yin, interferes with digestion, and upsets the blood sugar.

5. Have your carrot juice ALONE, and not with a meal. The reason is that it is a liquid, and drinking any liquid with a meal will impair your digestion. Have carrot juice at least 15 minutes before a meal, or at least an hour after a meal.

6. Do not drink other liquids at the same time with carrot or wheat grass juice. For example, never have milk with it. Have the juice alone and then wait at least 10-15 minutes before eating or drinking anything else.

7. Do not have green juice. It is much too yin. You may add one or two spinach leaves or one Swiss chard leaf to your carrot juice, but that is all.

8. Do not add other things to the carrot juice. Do not add green superfoods, protein powders, vitamins or anything else to your carrot juice.

9. Look for organically grown carrots. This is not a guarantee of quality, but it is usually much better.

10. Orange skin and eyes. A downside to drinking carrot juice is that it may cause your skin to become slightly orange. This is completely harmless. In fact, some people like it, as it makes a person look a little sun tanned.

11. People with a lot of yeast problems or extreme sugar sensitivity may not tolerate carrot juice well. Solutions are:

1. You may skip the carrot juice in this case.

2. Drink less of it, if this is tolerable.

3. Drink a little when you make it, and leave the rest in the refrigerator and drink it some hours later.

As one's health improves, tolerance to the sugar in the carrot juice will improve.

12. Itchy eyes. One or two people report itchy eyes after drinking carrot juice. This is also most likely a result of the sugar in the juice irritating the liver or intestines. Once again, if this is a real problem, skip the juice, or reduce the amount. The problem will likely vanish as your health improves.

13. Moldy carrot juice. A few people have reported that they tolerate fresh carrot juice, but do not feel well on store-bought juice. This can be because carrot juice that is not fresh can become moldy. Check the date of manufacture and avoid older juice.

Another possible reason for this problem is that some carrots are not as healthful as others. It is possible the carrots used in the bottled carrot juice or store-bought juice were not as good as those used in the fresh juice. Look for organically grown carrots, although even these vary in quality.

14. Drink carrot juice as soon after making it as possible.

15. Wash all carrots with a vegetable brush before making juice, but do not peel them.

**16. An alternative. Instead of carrot juice, you may have 1-2 ounces of wheat grass juice, but only once or twice weekly. It is much more yin, but quite nutritious.**

Do not use dried wheat grass juice. Fresh is best. You may have some frozen wheat grass juice if that is all you can find.