

I've Been Juicing since 1948 ~ I Share My Master Teachers with You...

By Jay Kordich...the Father of Juicing...a blog post from March 21, 2011...JayKordich.com ...
<http://blog.jaykordich.com/?tag=dr-h-e-kirschner>

To My Friends...

I want to share some of my mentor's words and information. These Master Teachers who also happened to be doctors, taught me the Powers of Juicing back in the late 1940's. For the past 62 years, I have had the distinct honor to teach these virtuous ways of living. I thought it may be a good idea to share them with you tonight. As time goes by sometimes information is lost, so I want to make sure I share with you all as much as I can about what was selflessly taught to me so many decades ago. There were two books I read in the 1940's that I read over and over and over again, time in and time out, and today they are still quite relevant. The first book was "Fresh Vegetable and Fruit Juices" by Dr. Norman Walker and "Become Younger" by him also.

And then in the early 1960's my favorite book: "Live Food Juices" by Dr. H.E. Kirschner. All of these books were like my Bible. I must have read Dr. Kirschner's book 500 times throughout a period of a decade. I never met Dr. Kirschner, but his book shook my entire world, exploding the myths about protein I once thought were true, as I used to think red meat had the best protein to build powerful bodies, but I was wrong. Plant-life has the best usable proteins for humans. During the time I read Dr. Kirschner's book I had already been reading Dr. Norman Walker's "Fresh Vegetable Juices", which was first published in 1936! We need to know there are other alternatives to helping our bodies heal and recover from either disease or trauma. That's what these doctors did for me over six decades ago. Their information is priceless, so I thought you may be interested in reading some of the books that helped me during some pretty dark times.

I learned from Dr. Walker, back in the 1960's about the glands and why they are so important, as well as all of our internal organs, and how juicing cleanses and purifies our system naturally providing all the natural minerals, plant food enzymes and vitamins our bodies can assimilate at a rate of 100% because they are in juice form. In Dr. Walker's book, "Fresh Vegetable and Fruit Juices", is where I learned a tremendous amount of information about juice combining. In the 1960's I went to visit Dr. Walker in Arizona and spent some time with him going over and over all of his theories and juice combinations and personal lifestyle. He was a gentle man, and someone I will never forget. He cemented my convictions about juicing even more. He was not a total raw foodist. He did consume dairy products and had his own goats at home where he was able to get fresh, unpasteurized raw milk from them. He believed that cow's cream was far more digestible than cow milk. However, he preferred goat's milk because molecules were smaller in goats milk than in cows milk, making it more easily digestible.

I learned from Dr. Kirschner, that carrot juice is almost identical to the human blood, chemically speaking. And I learned that toxemia is due to poor food habits and that carrot juice combined with greens can and does eliminate toxemia. He showed photos of people who were dying and how vegetable juicing took them from their death bed to vital, pure health within just a few months. In the 1960's I started to read other books by: Paavo Airola ~ "How to Get Well" and "Colon Health" ~ Dr. Norman Walker, "Sprouts The Elixir of Life" ~ John H. Tobe. By the 1970's after 25 years of reading and researching, selling juicers and teaching anybody who would listen about the beautiful life of juicing, I quit reading so much and started to become more active in lecturing, teaching and demonstrating at health conventions, Seventh Day Adventist Hospitals and helping others do research on cabbage juice healing stomach ulcers, etc. By the 1990's I

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finally had the distinct honor to reach millions of people through television, which influenced millions and millions of Americans to juice on a daily basis. Now in this new millenium, I am finding that balance, family, enjoying life every moment brings me great joy, along with juicing everyday. I am not as driven as I once was, so being in Nature brings a lot of deeper wisdom and understanding about the mysteries of life and of love. Interestingly, though, I have been called back to work, and I am happy to do so. Hopefully I will have more time on Earth so Linda and I can write more books to help inspire more and more of you to rely on the healing powers of Mother Nature, and of course, in Her juice form as well! I have found, that after teaching juicing for 62 years, it is a true teaching, not a fad as so many had cast me as being a part of. Juicing is a powerful teaching that reaches our cells and our souls, and I am dearly grateful to have been able to share all my passions with you. I hope these insights can and will inspire you to juice everyday and to perhaps pick up some of these old books, so that you too can learn and share what these GREAT Master Teachers have taught me.

Jay Kordich, The Father of Juicing, March 21, 2011
May Your Vital Health be Your Greatest Wealth

Jay's Top 12 Juice Therapy Recipes...

From: "A Passion for Juice" (video dvd at amazon)... By Jay Kordich (the Father of Juicing)...

1, GERSON DRINK...Remedy: Anti-cancer Tonic...

Recipe: 8 Carrots/2 Golden Delicious Apples. NOTE from FactorReady: Jay was diagnosed with bladder cancer while a young adult. He consulted with Dr. Max Gerson (founder of the Gerson Therapy) and began juicing of 13 glasses of fresh carrot/apple juice daily (1 per hr. from 6am until 7pm with a ratio of about 75% carrot and 25% apple). He obtained the "Raw Vegetable Juices" book by Dr. Norman W, Walker (1886-1985) a pioneer in juicing, and became an advocate of same, as well as later, Dr. H.E. Kirschner's book, "Live Food Juices" as he mentions above. Dr. Kirschner was a proponent of juicing carrots, celery, spinach, cabbage and apples where cancer is involved. Chris Wark at ChrisBeatCancer.com and his Square One cancer program continues to stress the benefits of employing juicing-vs-cancer and basically defeated his colon cancer with same (along with a healthy diet, see his Square One course).

2. PINK FLUSH...Remedy: Kidney congestion (Watermelon)...

Recipe: 2 inch Round of Watermelon with rind (only if organic).

3. DIGESTION QUEEN...Remedy: Constipation, diarrhea, digestive disturbances...

Recipe: 8 carrots/Handful spinach.

4. SWEET APPLE PIE...(Apple/Pear)...Remedy: Alleviates Constipation/Great for Golden Skin.

Recipe: 2 Bartlet Pears/3 Golden Delicious Apples.

5. CLASSIC ORANGE JULIUS...(Peeled Oranges) Remedy: For good Capillary function

Recipe: 2 Oranges (Valencia) Peeled with as much white pith left on as possible

6. CHRISTMAS COCKTAIL...Dark grapes/Lemon/2 Golden Delicious Apples/...Remedy: A Quick energizer.

Recipe: 2 Handfuls of dark (Riper) Grapes/1/4 Lemon with Peel/2 Golden Delicious Apples

7. THE RELAXER...(Celery/Apples)...Remedy: Good for natural potassium/sodium balance after a workout. Also good for a headache.

Recipe: 3 Ribs Celery/3 Green Apples (Pippin)

8. POTASSIUM POWER...(Carrots/Celery/Parsley/Spinach)...Remedy: Good for keeping the heart healthy/good of alleviating poor digestion.

Recipe: 8 Carrots/Handful of Spinach and Parsley/2 ribs Celery.

9. RUBY RED FUN...(Strawberry/Apple) Remedy: Great blood cleaner.

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Recipe: 3 Golden Delicious Apples/8-10 Strawberries.

10. WINTERTIME FUN...(Cranberry/Apple)...Remedy: Good for relieving and preventing cold and also for knocking out bladder infections.

Recipe: 4 Golden Delicious Apple/ 1/2 fresh Cranberries.

11. LIVER HAPPY..(Beets with Greens/apple)...Remedy: A good cleanser for the Liver.

Recipe: 1/2 Beet with or with our greens/4 Golden Delicious Apples.

12. THE BRAIN POWER...(Pineapple/Blueberry/Apple/Strawberry)...Remedy: Good for Re-energizing your Brain.

Recipe: 1/2 Pineapple with the skin (if organic, if not peel skin)/1.2 cup Blueberries/8 Strawberries/2 Golden Delicious Apples.

PS from FactorReady.com: The Gerson Therapy was one of the first natural cancer therapeutics and has treated patients for more than 80 years. Rooted in an organic, plant-based diet, raw juices, coffee enemas, and natural supplements, the Gerson Therapy restores the body's ability to heal itself. More information may be had at gerson.org. You'll also find details on various alternative therapies (including Gerson) at: CancerTutor.com. Look for Jay's juicing books, blog, juicers, and his first YouTube video, "A Visual Tour Of Juicing" posted at his web site found at: jaykordich.com. Obtain a copy of his "Passion for Juice," a 60 min. dvd video at amazon, etc. Reprints or used copies of the various books he mentions above may also often be found at amazon. A free pdf format downloadable copy of "Live Food Juices" by H.E. Kirschner, MD, is posted online at: <http://www.deepinfo.com/health/raw/LiveFoodJuices.pdf>. This 120 page book was copyrighted in 1957, with 39th printing in 1991. Dr. Kirschner lists many recoveries from illnesses and diseases, including many cancers, had via live juicing (along with the use of healthier plant food type diets). Dr. Kirschner especially recommended for cancer the juicing of carrots, celery, spinach, cabbage and apples. Note: regardless of mix, carrots should always be predominant such as about 8 oz. carrot juice in any 12 oz. of finished mix. Three pounds of green and yellow veggies will yield about 1 and 1/2 pints of juice. Carrots are said to be particularly anti-cancer with their facarinol natural content, found mainly in the skins. They also contain literally all of the major vitamins and minerals in one vegetable. We are personally aware of several cancer remissions obtained with primarily carrot juice. See Ann Cameron's book, "Curing Cancer With Carrots" as example. She consumed daily 40 oz. of juice (from 5 lbs. of carrots) when she was in the therapy mode. Others have included Ralph Cole at CancerIsOver.Blogspot.com and Chris Wark, at ChrisBeatCancer.com. Wark's web site and Square One Facebook page verify Dr. Kirschner's findings that natural nutrition with juicing can be a major key to cancer remission and recovery when appropriately utilized. A good versatile and easy to clean masticating type juicer (slow speed and low heat, said to better preserve enzymes) is the Samson 6-1 model in our opinion at SamsonJuicers.com. A good natural (not synthetic) multi-vitamin may help our health results too, considering today's soils are often mineral depleted and more toxin exposed. Other good anti-cancer substances include Curcumin (Turmeric) and Black Cumin seeds, both of which can reportedly aid with deleting cancer stem cells. Also see specialty formulations such as Cell Stop by John Boyce which may be found at optimalhealthknowledge.com, and Tumeric3D at epigeneticlabs.com and Bosmeric SR-120 at betterwayhealth.com. Plus, Soul proprietary seed liquid from safalab.com or cumin raw nigella seeds such as found at bluelilyorganics.com. We also especially like the immune system enhance abilities of Transfer Point Beta Glucan 1,3D at betterwayhealth.com. Fish oil and Green Tea are also helpful in the anti-cancer category. So, Stay Well, Stay Prepared and Prayed Up! Remember, Hosea 4:6 says "My People Perish from Lack Of Knowledge..."