

gaga for green juice

THE MIRACLE DRINK IS SWEEPING MIAMI, BUT WHAT'S ALL THE FUSS ABOUT? BY MARIA TETTAMANTI



There's a new kind of juicing in town, and it doesn't involve Balco, Barry Bonds, or Senate hearings. We're talking the green stuff—juicing with live foods to transform one's body. Daily green juicing means putting the kibosh on sugar-loaded liquids and upping freshly made vegetable- and fruit-based drinks. Quaffing your kale, spinach, and cucumber will have you feeling younger, more energetic, and lighter.

Green juice has been given a more mainstream appeal in part thanks to the recent publicity surrounding documentarian/cancer survivor Kris Carr and her film *Crazy Sexy Cancer*. Carr touts green juice as one of the main elements in maintaining stability and good health despite suffering from a rare form of vascular cancer, and her guest spot on *The Oprah Winfrey Show* brought the benefits of juicing into our very living rooms. Carr was given the devastating diagnosis in 2003 and rose to fame with her 2007 documentary. Since then, she's written *Crazy Sexy Cancer Tips* and *Crazy Sexy Cancer Survivor*, in which she professes her “healing junkie” tips—with green juicing being tops on the priority list.

“Juicing is a form of quality eating,” says Dr. Etti, a Miami Beach-based detox doctor and founder of the Sexi Juicing program of regimens. “It's a

different way of looking at life. Instead of saying, ‘Supersize me,’ you're saying, ‘Less is more.’” Dr. Etti touts juicing as an easy means (no more pots and pans!) to living a healthier, well-balanced life. She began the practice 18 years ago. “The whole outlook of how you see food and how you feel after juicing changes you.”

Fruits and green vegetables (with an emphasis on *green*) are supposed to make up half your plate, according to the USDA. Freshly made juices are rich in antioxidants, vitamins, minerals, alkaline elements, phytochemicals, and enzymes not found in store-bought juices. “Juicing is the easiest way to get all the fruits and vegetables into your system in one easy step,” says Miami native Marco Borges, an exercise physiologist and founder of 22 Days Nutrition bars. His Green-Ade recipe calls for two cucumbers, four celery stalks, one handful of spinach, one peeled lemon, and one core-less apple.

Although only relatively recently a craze on South Beach, veggie/fruit juicing has long been all the rage in Hollywood. Celebrities such as Alicia Silverstone, Gwyneth Paltrow, and Demi Moore have been outspoken on the benefits of slugging the green. With lab rats like that, maybe it's worth a shot. **OD**

Green juices are pressed from ingredients such as celery, apples, cucumbers, kale, limes, and lemons. **RIGHT:** Nicole Richie and Alessandra Ambrosio have been spotted with bottles of green juice in hand.



Juice & Java



La Vie En Raw Café



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Where to get your juice fix:

- Beehive Juice Bar, 5750 Bird Road, Miami, 305-663-1300
- La Vie En Raw Café, 3808 SW Eighth St., Coral Gables, 305-444-3826; lavieenrawcafe.com
- Juice & Java, 1346 Washington Ave., Miami Beach, 305-531-6675; juiceandjava.com
- SuziSqueeez, 601 South Miami Ave., Miami, 305-749-9875; suzisqueeez.com
- Whole Foods, 1020 Alton Road, Miami Beach, 305-938-2800; wholefoodsmarket.com

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