



Our Most Reliable And Fast Pain
Reduction Drink: **Celery and
Cucumber Juice**



Cucumber Juice contains vitamins A and C as well as minerals Calcium, iodine, iron, magnesium, phosphorous, potassium, silicon and sodium. Cucumber pulp through the juicer is low so that Cucumber juice feels very 'light' and is easy to drink, like flavored water. It is extremely alkalizing, and also has anti-inflammatory properties. Wash and peel cucumbers before use to remove the wax on the cucumber surface.



Figure 1 - Cucumbers

Celery Juice contains vitamins B and C as well as minerals Iron, magnesium, phosphorus, potassium and sodium. Celery juice, like cucumber juice, is a refreshing light liquid that is mild and pleasant on the taste buds. There are many anecdotal reports of celery juice as being excellent for easing arthritic conditions and joint pain and I certainly attest to that. Choose celery stalks that are firm and straight that show no signs of wilting. Wash the stalks thoroughly.



Figure 2 - Celery

Check out what Bruce was able to achieve by just introducing juicing alone, *before even starting the Paddison Program*:

Bruce's Story

"Hi Clint, I am away at the moment and will be for about another 6-8 weeks. I haven't been able to do the program as yet but i have been juicing celery and cucumber while I am away and i have had a significant improvement with the swelling in the joints of my toes, which had been quite swollen and sore. At times it has been like walking on marbles or stones. I can now walk with virtually no pain...Once i return home i will try the full program".

These vegetables are all rich in chlorophyll so for your first time they might be a little bit of a shock to the system and cause a toilet run. This only happens to me if I drink copious amounts in one go (i.e. > 1L) so judge your own body with regards to quantity and don't gulp it down too fast.

FAQ

What If I Already Own A Blender?

If you already own a blender (like a vitamix or nutribullet and so on) then you may be tempted to use that. It's very hard to consume all of that fiber when it is blended to a pulp since it doesn't taste great and can also cause some runs to the toilet! So we recommend a dedicated juicer for this task. Paddison Program users find that this drink gives them so much relief that the investment into a juicer is very much worth it. For more info on this:

Here is a whole video I created on Juices vs Green Smoothies for RA:
<https://www.youtube.com/watch?v=IoWTymK5l7w>

What sort of Juicer Should I buy?

If you need to buy a juicer we recommend anything by Breville, especially the Breville Juice Fountain.

Can I put carrots and other sweet things into the juice?

The purpose of this juice is for cleansing, not for calories. When vegetables like beets and carrots are juiced they also become high in sugar content, so for now it's best to just use the celery and cucumber juices that until you test your sugar response through a careful process as described in the Paddison Program for RA.

When Should I drink these and how often?

The best time to drink the juice is first thing in the morning, or in between meals. They are not a meal replacement and do not provide any calories so you don't want to fill up on them at meal time. However, they should create noticeable pain relief and wonderful nutrients to your body – so enjoy them as often as you like.

Should I buy organic celery and cucumber?

Where possible you should buy organic. Pesticides from plants have been proven to enter the human body from non-organic foods. Given that we don't fully know the dangers of ingesting pesticides it's best to avoid pesticides the best we can! If you simply cannot afford organic (or it's not available) I believe you still should do the juices but just make sure you wash everything especially thoroughly and peel the cucumber skins with a peeler.

Enjoy!

Clint Paddison

Previous RA sufferer and creator of the Paddison Program for RA

<http://www.paddisonprogram.com>