

E-BOOK

Detox YOUR BODY, MIND & SOUL



suggested by Hurom



HUROM E-BOOK

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Special Offer



Your health, Our priority

Hurom

Our mission is to make a healthier world.
With a focus on improving each day,
we are committed to providing you with the support
you need to achieve and maintain optimal health.

Our goal is to create a world where
everyone has access to the resources and
knowledge necessary to live a healthy lifestyle.

At the core of our mission is a
dedication to your healthy life.

Your health, Our priority

Hurom is a compound word of 'human'
and the Korean word for 'benefit'.
It embodies our desire to deliver health benefits
to people around the world.

MISSION

- We empower individuals to lead healthy lives.
- We cultivate a culture of health, worldwide,
by promoting healthy mindsets and actions.
- We spread the value of good health
and drive positive change in society.
- We enhance everyday life and facilitate healthier
lifestyles for all through innovative technology
and design focused on health.

The Advantages of Juicing Vegetables and Fruits



Enjoying abundant quantities of vegetables and fruits is made effortless with a refreshing glass of juice

Consuming large amounts of raw vegetables and fruits is no easy task. However, transforming them into juice **makes it convenient to intake a significant amount.**

With a simple sip, you bypass the need to chew, allowing for the easy and convenient consumption of all the essential nutrients your body requires in just one glass of juice.





Experience optimal absorption of the nutrient richness present in vegetables and fruits

Opting for juicing over mere chewing of vegetables and fruits **enhances the absorption rate, enabling a more efficient and rapid intake of nutrients.**

It is not an exaggeration to claim that juice serves as a shortcut to a long, healthy life. It facilitates the easy and quick absorption of nutrients, even in the midst of busy daily life. Additionally, it provides a convenient means for young children and the elderly with dental issues to effortlessly assimilate essential nutrients.

Effectively incorporate soluble dietary fiber from vegetables and fruits into your diet

Choosing to juice vegetables and fruits instead of just chewing them enables the **proper consumption of soluble dietary fiber, known for its excellent solubility in water.**

Soluble dietary fiber penetrates deeply into the intestines, promoting intestinal health and reducing blood sugar and cholesterol levels. This helps in the prevention of lifestyle diseases, including diabetes and cardiovascular diseases.

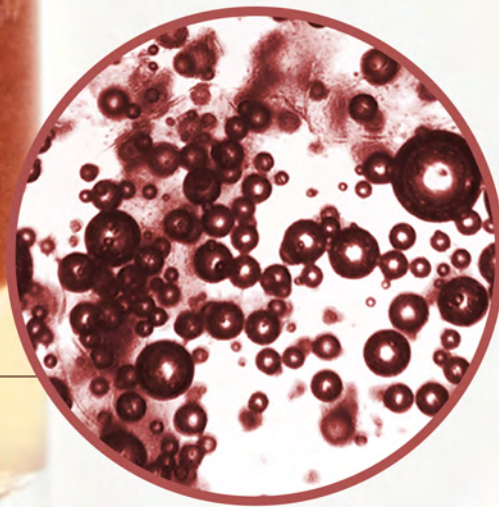
Reasons Why You Should Drink Hurom Juice



**Enjoy juice with its original color, taste,
and nutrients intact, without the destruction of
heat-sensitive nutrients or separation of layers**

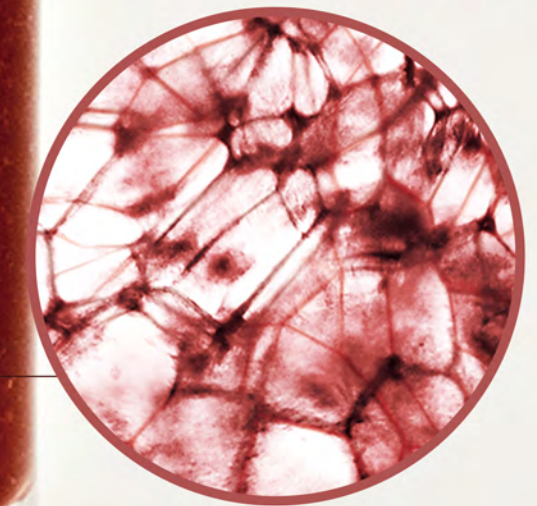
Hurom offers juice that maintains the distinctive color, taste, and nutrition of vegetables and fruits through a patented low-speed juicing technology, gently pressing natural produce without compromising heat-sensitive nutrients or causing layer separation.

Nutrient cells are destroyed
by frictional heat



VS

Gently pressing ensures no
destruction of nutrients or cells





Enjoy the inherent nutrition of vegetables and fruits without the inclusion of potentially harmful artificial additives

Would you want to provide your family with juice containing artificial additives that could potentially harm the body, such as synthetic flavorings, citric acid, high-fructose corn syrup, white sugar, and concentrated fruit juice?

Hurom delivers juice that maintains the distinctive color, taste, and nutrition of vegetables and fruits, free from artificial additives and without the addition of a single drop of water.

Extract both seeds and skins simultaneously to consume the natural nutrients of vegetables and fruits

Through the extraction of abundant nutrients from seeds and peels, often discarded due to their challenging consumption, Hurom ensures that the natural nutrients of vegetables and fruits are consumed without waste

Hurom offers juice that maintains the distinct color, taste, and nutrition of vegetables and fruits, encompassing the rich nutrients found in seeds and peels that are often discarded without consideration.

Now, thinking of health? Certainly, it's Hurom

Easily consume a substantial amount of vegetables and fruits in a single cup with Hurom. Without compromising heat-sensitive nutrients and without any additives, Hurom preserves the natural color, taste, and nutrition of vegetables and fruits, including the valuable nutrients from seeds and skin. Choose Hurom to take care of your family's health.



3 days Juice cleanse

by Julia Stephanie



@julia_rawsome

■ ABOUT ME

My name is Julia (born in April 1981). I suffered from chronic acne and bronchitis for a long time. I was also plagued by constant fatigue and weight fluctuations. I was often very dissatisfied with my appearance. About 18 years ago, I discovered raw food for myself. From then on, 70-80% of my diet consisted of raw vegetables and fruit; and all the delicious things you can create from them. Today I am incredibly happy to be involved in this matter. I don't look back, and I don't miss my old diet either! My cravings for fast food and other unhealthy foods are gone! That works! It's all a matter of habit.

If I can do it, you can do it even better!

Today I have my slim dream figure without having to torture myself for hours in the gym. I'm hardly sick anymore; my hair and nails are finally growing. My skin became soft and velvety; my cellulite disappeared. My eyes are shining. I am full of energy throughout the day until I fall into bed in the evening, tired but satisfied.

■ WHY DO YOU LIKE HUROM?

It makes juicing easier and there are almost no excuses anymore not to drink juices on a daily base. Hurom juicers are easy to clean and the amount of juice you get is so efficient. Hurom is saving you lots of time. I just thro everything in their without cutting. I like the taste of the juices because it's so flavorful. I even can juice my wild edibles like stinging nettle with the Hurom Juicers.

■ WHAT IS YOUR FAVORITE HUROM PRODUCT AND WHY?

I love the M100 hybrid because I can juice and blend without buying a high speed blender separately. The smoothies get so creamy. I love it! Also the included slow juicer is very efficient and you get a high amount of juice.

CONTENTS

- Recommendations and tips for implementation
- Why is juice fasting so good for us?
- 16 healthy and easy juice recipes

Recommendations and tips for implementation

The recipes below serve as inspiration for your juice fast. You do not have to stick to the recipes. If you particularly like a juice recipe, feel free to drink it as often as you like during your fast. I recommend choosing the NON-sweet juices and drinking only one round of sweet juice per day.

* If you have diabetes, please only consume green juices without fruit. To make the juices taste more "digestible", I recommend using lemon, grapefruit or a green apple. My favorite is lemon. It makes everything taste so much better. Feel free to choose another type of fruit of your choice (only one fruit per juice). You don't even have to use fruit in your juices. It is always ideal to juice plenty of vegetables. You are completely free to vary. The recipes are just an inspiration for you.

* If you are breastfeeding, pregnant or severely underweight, I do NOT recommend practicing juice fasting. You should also feel "ready" for it. However, juice fasting is quite safe and well suited for newcomers. Many report a fresh and light feeling after the 2nd day. Juice fasting can be the beginning of a healthier lifestyle and the start of a change in diet.

* If you want to lose weight, a 3-day juice fast is also the perfect introduction to new eating habits. However, juice fasting alone is NOT a lightning diet, but should be viewed as a detox. You are also preparing your digestion for a healthier lifestyle.



Caution!

1) You may experience a few detox symptoms. It is not uncommon for sudden headaches, circulatory problems, severe hunger, diarrhea or irritability to occur.

2) If your detox symptoms become unbearable, break the fast! However, severe hunger is normal. You can trick your body a little with warm teas. Please also drink the juices slowly. You should also drink water. If you don't have any filter, etc., I recommend Lauretana water. It is very light and is recommended by many nutrition experts.

3) Exercise during fasting is possible. It depends on your physical condition. Many people are afraid of losing muscle mass during fasting. Not much will happen in 3 days. You can incorporate some light exercise such as walking or a short, intense muscle workout to signal to the muscle that it is needed - only if you feel like it.

More Tips

1) Write down your goal(s) as to why you want to practice juice fasting. Feel free to be more specific. This will motivate you even more.

2) Please only use freshly squeezed juices. No ready-made juices from the supermarket. These are often pasteurized and contain neither enzymes nor other secondary plant substances or vitamins. Ideally, use a juicer that can also juice leafy vegetables and hard vegetables. So called Slow juicers ensure the best preservation of nutrients due to the slower rotations. Nevertheless, start with the juicer you have at hand. The main thing is to get started 😊

3) Don't just pour the juices down; drink them slowly and even chew them to prepare your digestive system. You will also be able to keep hunger at bay. If the juices cannot be drunk immediately because you are at work, on the road or otherwise busy, then freeze the juices immediately after squeezing/juicing and add lemon to limit oxidation. You can then consume the juices at a later date.

4) The juice fasting challenge is limited to 3 days. If it is good for you, you already have experience and feel strong and fit, and you are welcome to extend it. Try to drink at least 3 liters of juice per day during the fast. You are welcome to drink more.

5) Ideally, you should optimize your diet after the juice fast - if you haven't already done so.

You should break the 3-day juice fast with light food, such as:

1) Green smoothies with lots of leafy greens and some fruit that you tolerate well, or a soup and probiotic foods, avocados, steamed vegetables/sweet potatoes or quinoa, etc. Avoid "binge eating" by consuming food indiscriminately - immediately after fasting this can have nasty consequences for your digestion.

2) Always try to use organic fruits and vegetables (if not always possible, peel the non-organic produce). You can also soak the vegetables in baking soda + water or H₂O₂ + water to cleanse them.

Why is juice fasting so good for us?

Our bodies are constantly digesting. You may have heard that residues that are several years old can "linger" in the intestines. I don't want to scare you now.

A raw food diet is the diet that leaves the least residue in the body. Clogged arteries, thick blood or viscous lymph fluid is often the result of a German "standard diet." A juice fast can "flush" the intestines better and stimulates the circulation of our bodily fluids.

"Acidification" is also a problem that affects many people. Our body always tries to achieve an acid/alkaline balance with the help of the kidneys. Animal products and sugar/refined carbohydrates in particular strongly acidify the body.

Fruit and vegetables are more alkaline, with green leafy vegetables at the top of the list. Celery, for example, is highly alkaline (basic). Vegetable juices are therefore the pure "alkaline cure" for us. Our blood should normally always be slightly alkaline.

Since veggie juices have no more fiber, it allows our body to detoxify more and you immediately benefit from the nutrients. Juices can therefore provide you with quick energy and nutrients.

As many people no longer have enough minerals stored in their bodies, a juice fast is ideal to keep them supplied with minerals while fasting. Our cells also benefit from the many quickly available nutrients.

You can also improve your intestinal absorption of nutrients with juice fasting. Many people's skin often becomes clearer, and their eyes begin to glow. A juice fast has rejuvenating properties.

Often our mind suddenly becomes very clear, and we feel more connected to the meaning of life or nature. For some people, it is also a spiritual experience.



01



Grapefruit-Bliss

(my favorite juice)

INGREDIENTS

- 1 grapefruit peeled
- ½ celery stalk
- 1 kohlrabi
- 1 cucumber
- 100g spinach or kale

02



Fresh Infusion

INGREDIENTS

- 20g fresh basil
- 1 cucumber
- 1 green apple
- 100g spinach
- 1 peeled lemon
-

03



Ruby-Juice

(Resveratrol Booster)

INGREDIENTS

- Seeds from 2 pomegranates
- 1 celery stalk

04



Green Power

(Vitamin C Booster)

INGREDIENTS

- ½ white cabbage
- 1 zucchini
- 1 small cucumber
- 1 green apple
- 1 bunch
- Parsley
- ½ stalk of celery

05



Immun-Booster

INGREDIENTS

- ½ fennel perennial
- 1 garlic clove (optional)
- 1 finger-sized piece of ginger
- 1 cucumber
- 3 carrots
- Juice of one lemon (without peel)

06



Chlorophyll Boost

INGREDIENTS

- 1 celery stalk
- ½ broccoli
- Juice of lemon (without peel)
- 200g spinach
- ½ cucumber

07



Fresh Mint Juice

INGREDIENTS

- 50g fresh mint (of your choice)
- 200g romaine lettuce
- 1 cucumber
- finger-sized piece of ginger

08



Lovely-Skin Juice

INGREDIENTS

- ½ cauliflower
- 3-5 carrots
- 1 green apple

09



Sweet Morning Juice

INGREDIENTS

- 1 large cucumber salad
- 1 red pepper (stem removed)
- 1 green apple

11



Fresh Breeze

INGREDIENTS

- 1 cucumber salad
- 1 green apple
- 1 broccoli
- 1 finger-sized turmeric root
- ½ tsp pepper

10



Basen-Booster

INGREDIENTS

- ½ bunch of parsley
- 1 cucumber
- 1 celery stalk
- 1 lemon (without peel)
- 200g endive salad

12



Happy-Beets

INGREDIENTS

- 1 beetroot
- 1 cucumber salad
- cube-sized piece of ginger
- ½ fennel

13



Happy-Eyes

INGREDIENTS

- 200g carrots (with greens if desired)
- 1 cucumber
- 1 kohlrabi
- Finger-sized piece
- Ginger

14



Super-Glow

INGREDIENTS

- 200g kale
- 1 kohlrabi (with leaves if desired)
- 1 cucumber
- 1 stalk of celery
- Juice of one lemon (without peel)

15



Vitamin C Infusion

INGREDIENTS

- ½ white cabbage
- Juice of lemon (without peel)
- 1 cucumber
- 1 celery stalk

16



Digestion-Flow

INGREDIENTS

- ½ fennel
- 2 romaine lettuce perennials
- 1 cucumber
- 1 lemon (peeled)

3 days Raw food retreat

by Maria Sperling



 @morerawfood

■ ABOUT ME

Hey hey, my name is Maria, and it's so nice to have you here! I live in Berlin with my family and love to share my passion for health, delicious food and a happy life. At @Morerawfood you get my best recipes, experiences and life hacks that will help you become the best version of yourself every day - physically, mentally and emotionally. I've been eating a raw vegan diet for over 13 years, and my goal has always been to inspire as many people as possible to live a healthier and happier life. Once you've experienced how good health can really feel, your life gets better and better. And all without sacrifice, regret or a guilty conscience. Such things simply have no place in a conscious diet. I am so grateful for how big our community has become, and all your wonderful feedback inspires me every day.

■ WHY DO YOU LIKE HUROM?

I love Hurom. To be completely honest, it was love at first sight. As a mom of two children, time is even more precious, and when I saw how Hurom relieves me of the burden of juicing and does pretty much everything on its own, I was blown away. Hurom helps me to make my health, my zest for life and my energy a priority in my busy everyday life. Normally only when my energy is at its fullest, I could take care of myself and my loved ones in the best possible way. And that's exactly what Hurom helps me to do every day.

■ WHAT IS YOUR FAVORITE HUROM PRODUCT AND WHY?

My personal favorite is the H320N. It is so easy and quick to clean, and it makes the best juices (I like it most since I prefer the juice with as little pulp in it as possible). My children also love using it to make their own juices. I also like the design and that I don't have to stand next to it while it juices.

CONTENTS

- INTERMITTENT FASTING
- DIGESTIVE KICKS
- 3 DAY RAW FOOD RECIPES
- BONUS JUICE RECIPE (Ginger Shot)

INTERMITTENT FASTING



Intermittent fasting is said to have a lot of health benefits, but I can understand if it's not for you (yet). If you want to give it a try, you can eat your breakfast 15-30 minutes later each day and by the end of the 3 days you will have reached a good fasting interval.

The point of this 3-day retreat is to provide your body with enough fluids and a lot of nutrients, so that it can provide you with your full potential.

Start your day with lots of water, and 30 minutes later a green juice.

This may not sound so exciting at first, but once you experience how good it makes you feel, you'll look forward to it every morning. If that's not enough to keep you going until lunchtime, you can either eat fresh fruit or a few dates afterwards. It's important that you don't go hungry, because the aim here is to keep you full and provide your body with the best possible nutrition.

For the best digestion, I recommend eating from light to heavy, from liquid to solid and from unprocessed to processed food. It's not said for nothing: "Health begins in the gut." If your digestion is running optimally, you will immediately notice this in terms of energy, motivation and joy of life.

DIGESTIVE KICKS

Whenever you feel like your digestion needs an extra kick, these four natural remedies are just the thing. All four work best on an empty stomach.

For optimal results, wait 30-60 minutes before eating or drinking the next one. One of these is enough, as each is effective in its own way.



1 tbsp linseed with 3 tbsp water

Freshly grind one tablespoon of linseed, stir into 3 tablespoons of water and drink directly on an empty stomach or leave to soak for 30 minutes and then eat. The linseed must be ground (preferably fresh). Otherwise it will not have any effect.

Beet Juice

Beet is rich in magnesium and can therefore have a laxative effect. The high antioxidant content is said to help cleanse the liver. 100 - 200 ml is sufficient.



Celery juice

Freshly squeezed celery juice has a wonderful effect on the intestines. 500 ml on an empty stomach is ideal.

Cassia Fistula

This is an Indian fruit that is used as a natural intestinal cleanser and laxative. The dosage is very individual. Be careful and seek advice if necessary.

LIST OF RECIPES

DAY 1

ANTI-AGING JUICE
CARAMEL BERRY BOWL (+CARAMEL SAUCE)
PEANUT ASIA BOWL (+PEANUT DRESSING)



DAY 2

NEXT-LEVEL DETOX JUICE
KIBA (CHERRY-BANANA JUICE) IN A GLASS
STRAWBERRY ASPARAGUS SALAD (+PISTACHIO DRESSING)



DAY 3

HAPPY GREEN
APPLE CRUMBLE
HERB CREAM SALAD
GREEN DELIGHT DRESSING

DAY 1

BREAKFAST

Anti-Aging Saft

*FOR 2 GLASSES (500ml)



INGREDIENTS

- 1 cucumber
- 1 bunch of parsley
- 2 peppers
- 2 beet tubers
- 2 small lemons

PREPARATION

1. Put all the ingredients together in your juicer.
2. Let the juicer juice everything for you and then enjoy it fresh and full of nutrients.

TIP

By combining it with parsley and lemon juice, you can absorb the iron in this juice even better.

DAY 1

LUNCH

Karamell Beeren Bowl



INGREDIENTS

- 4 bananas
- 4 tsp rolled oats
- ½ tsp vanilla
- 150 g berries (Toppings of your choice)

Caramel Sauce

INGREDIENTS

- 2 Medjool dates (pitted)
- 50 ml water
- ½ tsp cocoa powder

PREPARATION

1. Blend the bananas, oats and vanilla together until creamy.
2. Place the mixture in a bowl with the fresh berries. Arrange the berries on one side and the banana cream on the other.
3. Mix the dates, water and cocoa powder into a sauce.
4. Pour this caramel cream over the banana cream and berries and garnish everything with toppings of your choice. I like to add chopped dark chocolate, oat flakes and pomegranate seeds.

DAY 1

DINNER

Peanut Asia Bowl



INGREDIENTS

- 2 zucchinis
- ½ cucumber
- 1 carrot
- 1 red pepper
- 1 spring onion

Peanut Dressing

INGREDIENTS

- 1 Medjool date (pitted)
- 1 tbsp lemon juice
- a little water
- 4 tbsp peanut butter a little salt

TOPPINGS

fresh coriander
10 walnut halves and / or 1
tbsp black sesame seeds

PREPARATION

1. Cut the zucchini, cucumber, carrot and pepper into thin strips and the spring onions into fine rings.
2. Mix all the ingredients for the peanut dressing together until creamy.
3. Fold the dressing into the vegetables and garnish with fresh coriander, walnut halves and/or sesame seeds.

If you don't like coriander, you can also use parsley or Thai basil.

DAY 2

BREAKFAST

Next-Level Detox Saft

*FOR 2 GLASSES (500ml)



INGREDIENTS

- 1 pineapple
- 1 kohlrabi
- 1 fennel
- 1 cucumber
- 150g spinach
- 2 yellow peppers

PREPARATION

1. Put all the ingredients together in your juicer.
2. Let the juicer juice everything for you and then enjoy it fresh and full of nutrients.

TIP

In summer, I put my juice in the fridge for a short time. This cools it down and tastes nice and refreshing.

DAY 2

LUNCH

KI BA in A glass

(Cherry-Banana Juice)

FOR 2 GLASSES (each 250ml)



INGREDIENTS

- 6 tbsp oat flakes *
- 4 bananas (frozen)
- ½ tsp vanilla
- 200 g cherries
- 1-2 Medjool dates (pitted)
- Mint leaves

Toppings of your choice

TIP

* You can buy raw oat flakes from specialized suppliers or simply make them yourself in a flake crusher from naked oats.

PREPARATION

1. Put the Oats in a bowl or two nice glasses.
2. Blend the frozen bananas and vanilla into a delicious ice cream.
3. Put 150g of the cherries together with 1 - 2 dates into your blender and blend into a cherry cream. This can be slightly warm.
4. Pour the banana ice cream onto the oat flake, place the remaining cherries on top and fill the glass/bowl with the cherry cream. Put mint and/or toppings of your choice on top.

Outside the cherry season, I use frozen cherries. If it has to be quick in the morning or if I want to eat it on the go, I prepare this dish the night before.

Then the oatmeal tastes like porridge the next morning because it soaks up the banana and cherry sauce. Bomb!

DAY 2

DINNER

Strawberry Asparagus Salad



INGREDIENTS

- 1 bunch green asparagus
- 8 tbsp mung beans (sprouted)
- ½ bunch of parsley
- ½ bunch of chives
- 6 large strawberries
- 200 g cherry tomatoes

Pistachio Dressing

INGREDIENTS

- 1 Medjool date (pitted)
- 3 tbsp water
- 1 tbsp lemon juice
- 2 tbsp pistachio puree (heaped)
- a little salt

PREPARATION

1. Cut the asparagus into 2 cm pieces. Place in a bowl with the mung beans.
2. Chop the herbs finely and chop the strawberries and tomatoes and add them to the asparagus.
3. Mix all the ingredients for the dressing together until really creamy. If you can't find pistachio puree, you can also mix peeled pistachios with a little more water or use another nut puree.
4. Pour the dressing over the salad and mix everything thoroughly. The more dressing, the better the salad will taste.

DAY 3

BREAKFAST

Happy Green

*FOR 2 GLASSES (500ml (each 250ml))



INGREDIENTS

- 2 lemons
- 2 apples
- one small pointed cabbage
- 1 cucumber
- 3 fennel bulbs
- 1 bunch of parsley or coriander (whatever you like)

PREPARATION

1. Put all the ingredients together in your juicer.
2. Let the juicer juice everything for you and then enjoy it fresh and full of nutrients.

TIP

Cinnamon helps to keep your blood sugar levels constant. If you like the taste, add a little cinnamon to or in your daily juice.

DAY 3

LUNCH

Apple Crumble



INGREDIENTS

- 6-8 apples
- 2 handfuls of mulberries (dried)
- ½ tsp cinnamon
- Berries for garnish

TIP

If you like, you can also add 2-3 frozen bananas. This is a really great refreshment in summer.

PREPARATION

1. Cut the apples into rough pieces, removing the core, put them in your food processor with the rest of the ingredients and chop everything finely.
2. Place the apple crumble in a nice bowl and garnish with fresh berries.

If you don't have a food processor, you can also roughly chop the apples in a blender. Blend at low speed and use a tamper.

DAY 3

DINNER

Herb Cream Salad

*1 Portion



INGREDIENTS

- 1 bunch of parsley
- 1 bunch dill and / or coriander
- 250 g cherry tomatoes
- 2 spring onions
- ⅓ cucumber
- 1 stalk of celery
- 3 tbsp sauerkraut (sour cabbage)
- 1 avocado

TIP

For an extra portion of iodine and a new taste experience, you can roll the salad in nori leaves.

PREPARATION

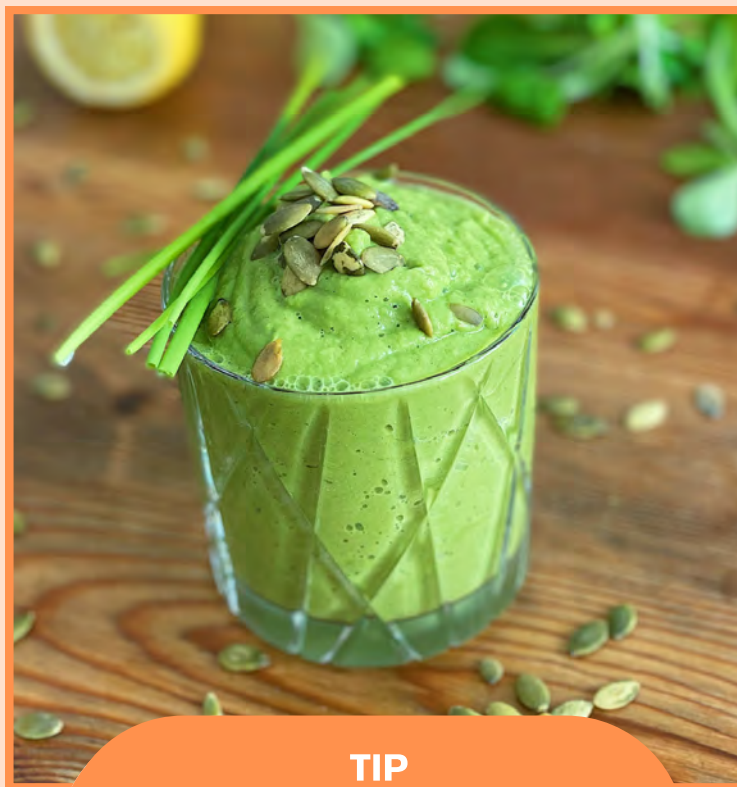
1. Finely chop the herbs, halve the tomatoes, finely slice the spring onions and place everything in a large bowl.
2. Cut the cucumber and celery into small pieces and add them to the rest of the salad ingredients together with the sauerkraut (sour cabbage).
3. Mix everything well. Mix in a portion of my **GREEN DELIGHT DRESSING**. (Page 25)
4. Halve the avocado, remove the skin and cut it into large cubes. Add it to the salad and enjoy everything together.

DAY 3

DINNER

Green Delight Dressing

*1 Portion



TIP

I like to vary the seeds/nuts in this dressing. Sometimes I use pumpkin seeds, sometimes walnuts.

INGREDIENTS

- 1 zucchini
- 1/2 fennel
- 2 spring onions
- 1 bunch of basil
- 1 Medjool date (seeded)
- 2 tbsp apple cider vinegar
- 2 tbsp lemon juice
- 2 tbsp hemp seeds

TOPPINGS

resh herbs
pumpkin seeds
1/2 slice of lemon

PREPARATION

1. Put all the ingredients in your blender and process them into a creamy dressing. Only use the green part of the spring onions for the dressing. You can add the white part to the salad.
2. Garnish the dressing with the toppings of your choice if you want to make it extra pretty.

The dressing will keep for up to 5 days in the fridge. Make a large portion so that you can eat it several times. It is super tasty and goes well with lots of dishes.

BONUS JUICE RECIPE

Ginger Shot

* 1 shot glass daily for 2 weeks



INGREDIENTS

- 4 organic lemons
- 300g ginger
- 4 small apples

PREPARATION

1. Peel the lemons and cut them into quarters.
2. Cut the ginger into rough pieces and the apples into smaller pieces so that they fit into your juicer.
3. Put all the ingredients in your juicer and pour the juice through a sieve afterwards. This ensures that the ginger shots are nice and liquid, and that there are no chunks or pulp left inside.

The shots will keep in the fridge for up to 2 weeks.

TOP 5 Foods That will change your life

von Svenja Ostwald



 @Svenja.Ostwald

ABOUT ME

I worked as a fashion designer for one of the biggest companies in Germany for almost 10 years. I loved my job. Creativity at high speed and lots of traveling, my absolute passion, getting up early, long working hours and days. But the downside: I had trouble getting pregnant, and when I finally did, I unfortunately had two miscarriages. When we moved to New York City in 2015, I was forced to slow down. I practiced yoga every day. It's no big surprise that I got pregnant after two months. I discovered meditation as a way to ease my fear of another miscarriage. For the first time, I researched how to nourish my body that was growing this little human. How should I eat best? I wanted more and did the yoga teacher training. I really loved learning more about the connection between breath and movement. When I was 8 months pregnant, I decided to also train to become a prenatal yoga teacher. I really enjoyed teaching expectant mothers. It was a great joy to strengthen them mentally and physically for motherhood as I watched their bellies grow. Once I had my second baby, I wanted to dive deeper. I wanted to learn more about nutrition. I loved reading labels and was always looking for the best snacks for kids. Organic. No added sugar. Short ingredient lists. So I enrolled in the Integrative Institute of Nutrition and became a health coach. This is where I am today. I want to inspire and show that it's fun to lead a healthy life. There is no food police or food hell. Let's do it together! Let's live healthy together.

WHY DO YOU LIKE HUROM?

I fell in love with Hurom 6 years ago - a friend recommended it to me and I loved it ever since: very nice and clean design, super easy to clean and use and the best juice. Nothing compared to any other juicer I have been using before (loud / hard to clean and take apart).

WHAT IS YOUR FAVORITE HUROM PRODUCT AND WHY?

I LOVE the H400 for so many reasons but the most important reasons (and the number one reason why I bought it) : it looks so nice on the kitchen counter! If a juicer needs to be taken out of the pantry for use you will NEVER use it. It MUST be ready to use. The H400 has such a nice design and does not look like a regular juicer.

CONTENTS

- BROCCOLI
- DARK LEAF GREEN
- GINGER
- CELERY
- TOMATOES

CHANGE YOUR LIFE

Food works every day - three times a day.

Diet has a significant influence on the entire mechanisms.

What we eat really matters. Over the course of a lifetime, the average person eats around 80,000 meals. How many meals have you eaten that consisted mostly of fruits and vegetables? Not just as a side dish.

We get so busy that it's easy to lose track of how many days have gone by without fresh fruit and vegetables...

Now is the time to balance your diet. Now is the time to eat life-changing foods. If you want to be and stay healthy and live a long life, NOW is the time to get more fruit and vegetables into your life!

And most importantly: not just here and there - EVERY DAY. Several times a day. Feeling good starts with your diet.





BROCCOLI

Broccoli is a multivitamin for the body - it contains many minerals and nutrients that strengthen all body systems, including the entire immune system. Broccoli belongs to the cruciferous family - but a separate section is dedicated to it here. Studies show that eating three or more servings of cruciferous vegetables per week can reduce the risk of cancer by 50%. WOW! I would suggest adding broccoli to your plate at least once a week. There are so many ways to eat broccoli: steamed broccoli, added to hummus or guacamole, in soups or smoothies. Whether raw, steamed or roasted with a little olive oil, garlic and sea salt or pickled. It doesn't matter how - the main thing is that it ends up on your plate.



DARK LEAFY GREEN

Rule number one for me: EAT MORE GREENS.

Dark leafy greens play such an important role in overall health. Greens (the darker the better) are rich in vitamins and minerals - a dark green juice a day can help keep cancer far, far away.

I highly recommend buying organic quality dark leafy greens as they absorb pesticides particularly well.

My favorite leaf varieties are:

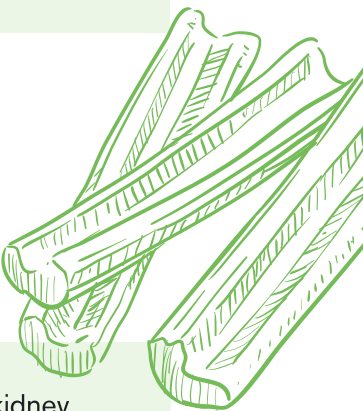
- Rucola (Arugula)
- Coriander
- Kale
- Parsley
- Spinach
- Bok choy (Pak choy)

It's so easy to add green leafy vegetables to a smoothie or juice. Or even as a salad - I try to add a handful of leafy greens to every meal.



GINGER

Ginger root has a strong anti-inflammatory effect and is an antioxidant. Add grated ginger to a vegetable mix, juice or smoothie. This strengthens your immune system immensely.



CELERY

Celery is one of the most powerful anti-inflammatory foods. Celery improves kidney function, hydrates cells deep down and can even reduce the risk of migraines.

To hit the reset button: drink celery juice for 30 days - 450 ml of pure celery juice on an empty stomach for the full effect.

An easy way to eat more celery is to blend two or more celery stalks into your morning smoothie of choice.

TOMATOES

Tomatoes contain lots of antioxidants and plenty of vitamin C, which helps to strengthen the immune system.

I can never say no to a classic homemade tomato sauce with pasta.



RAINBOW PASTA



CONTENTS * 2 PERSONS

- 2 cups uncooked (gluten-free) pasta of your choice
- 1/2 cup coconut oil
- 1 small chopped onion
- 2 cloves of garlic, diced
- 1/2 head of broccoli, chopped
- 1 cup peas
- 2 carrots, chopped
- Salt and pepper to taste

INSTRUCTIONS

STEP 1: Cook the pasta according to the packet instructions. While the pasta is cooking: Heat the coconut oil in a frying pan, add the onions and garlic, fry until golden brown.

STEP 2: Add the broccoli to the pan and fry until soft. Add the cooked pasta, peas and carrots and toss for a few minutes. Season with salt and pepper.

ENERGY SOUP



CONTENTS *2 PERSONS

- 1 1/2 cups coconut water
- 1-2 apples, chopped
- 1 cup baby spinach
- 1 green onion
- 1-2 handfuls of broccoli florets (raw)
- 1 avocado
- Salt and pepper to taste
- maybe some grated ginger

INSTRUCTIONS

STEP 1: Blend all ingredients in a high-speed blender until smooth. Serve the soup with fresh coriander or parsley.

STEP 2: This soup is meant to be enjoyed cold for several reasons. If you prefer a warm soup, you can warm it up, but don't boil it.

NOT-AT-ALL-BORING VEGETABLE PAN



CONTENTS *2 PERSONS

- ¼ cup coconut oil
- 1 small onion, chopped
- 2 cloves of garlic
- 1 (3cm) piece of ginger, grated
- ½ teaspoon cumin
- salt and pepper
- 1 large carrot chopped
- ½ head broccoli, chopped
- ½ cup chopped bok choy
- 1 cup spinach
- 2 oranges
- 1 teaspoon sesame seeds
- 2 teaspoons black sesame seeds
- 1 teaspoon turmeric

INSTRUCTIONS

STEP 1: Heat the oil in the pan and add the onion and garlic. Fry for 2 minutes, then add the ginger. Fry for a further 2 minutes and then add the turmeric, cumin and salt.

STEP 2: Add the vegetables and stir-fry for 10-15 minutes until soft. Season with the juice of the 2 oranges and a little salt and pepper. Sprinkle with sesame seeds and serve with or without rice or quinoa.

SUPERFOOD KALE SALAD



CONTENTS *2 PERSONS

- 1 bunch of kale - without stems
- 1 avocado sliced
- 1 tablespoon apple cider vinegar
- 1 ½ tablespoons olive oil
- sea salt
- 4 tablespoons sunflower seeds
- 3 tablespoons black sesame seeds
- 2 tablespoons pumpkin seeds
- Blueberries for garnish (optional)

INSTRUCTIONS

STEP 1: Tear the kale leaves into small pieces and massage the olive oil and apple cider vinegar into the kale.

STEP 2: Add the remaining ingredients to the bowl and season the salad to taste. Feel free to add more vegetables or fruit to the salad.

SUPERPOWER GREEN JUICE



CONTENTS *2 PERSONS

- 1 cucumber
- 3 stalks of celery
- ½ cup kale
- ½ cup spinach
- ¼ cup coriander
- 1 lemon
- 1 thumb-sized piece of ginger

Optional:

- 1 apple for flavor or some pineapple for sweetness
- add sweetness

INSTRUCTIONS

STEP 1: Place all ingredients in a juicer. Juice and drink immediately (maximum 12-24 hours in advance).

JUICE TO AID DIGESTION



CONTENTS *2 PERSONS

- 2 small beets
- 1-2 cups pineapple
- 3 carrots
- 6 stalks of celery
- ½ cup fresh parsley
- 2 pieces of ginger

INSTRUCTIONS

STEP 1: Place all the ingredients in a juicer. Juice and enjoy immediately.

SESAME AND GINGER SALAD DRESSING



CONTENTS *2 PERSONS

- Juice of 1 lemon
- 1/4 cup olive oil
- 3 tablespoons sesame oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon sesame seeds
- 1 teaspoon black sesame seeds
- 1 tablespoon grated ginger

INSTRUCTIONS

STEP 1: Place all dressing ingredients in a bowl and stir until well combined. Pour over the salad.

STEP 2: I love this dressing with a rainbow salad with cabbage, peppers, cucumber and lots of coriander and kale.

GINGER-BERRY GRANOLA



CONTENTS *2 PERSONS

- 3 cups oatmeal
- 1 cup sliced almonds
- 2 tablespoons chia seeds
- 1/4 teaspoon sea salt
- 1 large piece of fresh ginger, grated
- 1/3 cup honey
- 1/3 cup coconut oil
- 1 teaspoon vanilla extract
- 2 cups fresh or frozen blueberries

INSTRUCTIONS

STEP 1: Preheat the oven to 180 degrees C. Mix oatmeal, almonds, chia seeds, salt and ginger. In another bowl, whisk together honey, coconut oil, and vanilla.

STEP 2: Combine the oat mixture with the honey mixture. Fold in the blueberries and spread the granola on a baking tray. Bake for 30-40 minutes. Store in the fridge for 7 days and serve with plant-based yogurt or plant-based milk of your choice.

GREEN JUICE WITH SUPER POWERS



CONTENTS *2 PERSONS

- ½ cucumber (or 2 small cucumbers)
- 8 stalks of celery
- 1 cup spinach
- 1 apple
- 2 thumb-sized pieces of ginger (or more)
- 2 peeled lemons

INSTRUCTIONS

STEP 1: Place all ingredients in a juicer. Juice immediately and enjoy.

STEP 2: Fresh juices are always best enjoyed immediately. However, it is okay to make the juice up to 24 hours in advance.

1,2,3 JUICE



CONTENTS *2 PERSONS

- 2 apples
- 1 beet
- 1 bunch of celery

Optional:

- add some ginger

INSTRUCTIONS

STEP 1: Place all the ingredients in a juicer. Juice immediately and enjoy.

IMMUNE-BOOSTING SOUP



CONTENTS *2 PERSONS

- 1 tablespoon olive oil
- 1 small onion
- 8 fresh basil leaves
- 1 teaspoon dried thyme
- 1 tablespoon fresh parsley
- 1 tablespoon fresh coriander
- 1 teaspoon cumin powder
- 1 teaspoon turmeric powder

INSTRUCTIONS

STEP 1: Heat the oil and add the chopped onions to the pan. Cook for 2 minutes until the onions soften. Add all the herbs, spices and garlic and mix well.

STEP 2: Cut the tomatoes into chunks and add them to the pan. Add the water and cook the soup for 7 minutes. Adjust the seasoning - optionally you can also puree the soup until smooth. Enjoy.

GEMÜSE SAFT



CONTENTS *2 PERSONS

- 1 head of lettuce or kale
- 2 medium-sized tomatoes
- 3 carrots
- 1 cucumber
- ½ small peeled onion
- ¼ teaspoon black pepper
- ¼ teaspoon salt

INSTRUCTIONS

STEP 1: Juice all the ingredients except the salt and pepper. Stir the salt and pepper into the juice. Enjoy.



Save more than 100EUR!

Special discount code

HuromGreenLife

Benefits

20% discount + Surprise gift(mini blender)

How to use

At www.hurom-europe.com add your favorite Slow juicer to the cart > Enter the coupon code > Click the Apply Coupon button.

- The coupon is valid only until 21st Apr 2024.
- This coupon can only be used on the Hurom Europe website. Customers residing outside the areas delivered by Hurom Europe will not be able to purchase the product even if they use the coupon.
- Your coupon works for discount items too, which means people who use your coupon will get an additional discount from the discount price.
- This coupon can be used for purchases of 200 euros or more.
- Surprise gift items may change without further notice depending on stock status.



Slow Juicer H400

Squeeze

Multi
Screw

Hopper

Mega
Hopper

USP

2 Gen.
Multi Screw



Hurom



Natural, Healthy Juices
at a Glance
with the Juice Pocket



Whole Ingredients, Seeds,
and Skins-No Cutting Needed.
All Nutrients in One Cup



World's Only Patented Multi-Screw
Technology for Clear,
Healthy Juice in One Go



An all-in-one multi-screw
for crafting all types of
juices with just one tool

Effortlessly juice both soft and hard
fruits and vegetables, and even
create ice cream, regardless of the
ingredients—all in one go



Just once without
brushing Easy to clean
with just water

Easy Cleaning with Just Water - No Brushing
Needed. Responding to customer needs for
convenient cleaning, there's no need for brushing;
simply rinse with water for easy cleaning.



Easily monitor
juice flow with
clear container



Additional ingredients
can be added even
during operation



All-in-One design for
efficient space Utilization
with debris cup



Color & Specification

H400

169*261*471mm

6.7 kg

220-240 V 50/60 Hz

90 rpm

Mega hopper, Multi-Screw type

Slow Juicer H320N

Squeeze

Filter

Hopper

Mega
Hopper

USP

Clean
Juice



Transform a substantial quantity of vegetables and fruits into a glass of clearer, richer juice.



Ingredients can be added whole without cutting, preserving the nutrients from seeds and peels in a single glass.



The robust and environmentally friendly Ultem screw guarantees that every last drop is efficiently extracted.



The dense stainless steel mesh is the secret to achieving clearer and richer juice

The exceptionally durable stainless steel mesh exerts powerful pressure on vegetables and fruits, delivering a smooth mouthfeel and a rich, deep juice taste.

Tailor your juice experience to your preference, whether it's a healthy, clear glass or a rich-textured option

Opt for a fine mesh sieve for clear, smooth juices, or choose a basic sieve for juices with a richer texture. Customize your healthy juices to suit your personal taste.



Additional ingredients can be added even during operation



Strain the clear juice through a fine mesh sieve for a refined result



Experience a juice with a rich texture using the basic mesh



Color & Specification

H320N

243*223*462mm

6.2 kg

220-240 V 50/60 Hz

50 rpm

Mega hopper, Strainer type

Slow Juicer H310A

Squeeze

Multi
Screw

Hopper

Mega
Hopper

USP

Slim &
Light



Featuring the smallest size in Hurom's history, it offers **one-handed** usability anytime, anywhere



Place whole ingredients, including nutrients from seeds and skin, into **one cup** without the need for cutting



Experience clear, healthy juice **instantly** with the world's only patented multi-screw technology

3.4kg



An all-in-one multi-screw for crafting all types of juices with just one tool

Effortlessly juice both soft and hard fruits and vegetables, and even create ice cream, regardless of the ingredients all in one go

The slimmest and lightest juicer in Hurom's history

The smallest and slimmest juicer among Hurom products, it not only boasts a compact design but is also lightweight, allowing for easy one-handed carrying



User-friendly and intuitive, featuring a jog dial for easy operation



Simplified cleaning method without the need for brushing



Automatic cutting system that eliminates the need for manual ingredient cutting



Color & Specification

H310A

160*171.5*395mm

3.6kg

220-240 V 50/60 Hz

43 rpm

Mega hopper, Multi-Screw type

Slow Juicer & Blender M100



- Squeeze
Filter
- Hopper
Mega Hopper
- USP
Blender 2 in 1



A 2 IN 1 dual motor juicer and blender in a single unit

Enjoy nutritious juice with low-speed juicing!
Prepare healthy dishes with a high-speed blender!
All made possible by the 2 IN 1 dual motor



Cleaning is a breeze with a simple rinse, no need for brushing.

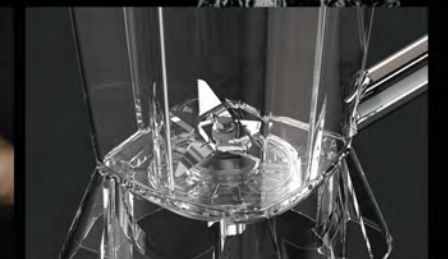
We've listened to customer feedback about cleaning inconveniences and, in response, enhanced convenience. Now, cleaning is easy - just rinse with water, no brushing required.



Additional ingredients can be added even during operation



Grind ingredients quickly and easily with 5 automatic program modes



Six high-strength blades grind materials easily and quickly



The world's only patented juicer and blender in a **single unit** without the need for replacements.



No need to cut the ingredients. Just place them whole, seeds and skin included, for all the nutrients in **one cup**



Automatically recognizing the juicer drum and blender jar with an intuitive user interface, **all in one go**.



Color & Specification

'2-IN-1' M100

246*296*490mm (Slow juicer)
186*296*528mm (Blender)

9.5 kg (Slow juicer)
8.6 kg (Blender)

220-240 V 50/60 Hz

43 rpm (Slow juicer)
26,000 rpm (Blender)

Mega hopper, Filter type,
Dual motor

All information provided in this book is for educational and inspirational purposes only, is based in part on experience and applies to healthy people.

They do not replace medical or therapeutic advice or treatment.

If you have concerns or symptoms that require treatment, please contact a specialist. As always, listen to your body and don't force anything.



Prioritize your well-being with a range of recipes crafted using Hurom

Beyond just juices, green juices, or smoothies, you can promote a healthier diet by incorporating Hurom into ice cream, nut milk, and a variety of cooking recipes.

Contact us

Homepage: www.hurom-europe.com

Instagram: [@huromeuropeofficial](https://www.instagram.com/huromeuropeofficial)

