



This article is a reprint from  
**Energy** magazine  
*Sharing Energy - Transforming the World*  
Sign up for your FREE subscription at  
[www.energymagazineonline.com](http://www.energymagazineonline.com)

# A Juicing Adventure

Kim McCrimmon, BA, MEdes

**T**his summer I embarked on a “radical” diet change. Inspired by the intense life growing in my garden and the abundance of wildlife there, I jumped into the world of juicing. I had recently watched the movie “Fat Sick and Nearly Dead” on Netflix and saw how one man, Joe Cross, had healed not only his weight issues, but also his long standing chronic health problems by juicing. Through his journey, I watched as he shed pounds and gained life and vitality that had long been lost to him. It was this same vitality I saw in my spring garden to which I have religiously applied compost each year. There was an aliveness there, and something I wanted to obtain within my own body.

Joe Cross had said something in his movie that reminded me of the wonderful power of the earth. He said that he had “turned his back on Mother Nature and was now going to run full steam towards her.” I too had turned my back on her. I left her a long time ago, in a sense, after I finished my Master’s in Environmental Design and was so overburdened with all we humans were doing to the earth. I sunk deeply into a depression - feeling there was no hope for the earth let alone for me. Since then I have been on an inward journey to re-establish a new relationship with nature and my spirit. As a healer, I have made great strides, but had not integrated some of the simple, yet vital

elements of what I knew to be true from my studies.

These truths are:

1. Organic produce is good for you.
2. Eating lots of it is really good for you.
3. Processed foods are not great for you.
4. Whole foods are really great for you.

I put these truths to the test and jumped on the organic bandwagon, bought a juicer, cleaned out my cupboards and shouted "hooray." The first week was a blast – proving to be a great adventure in playing with my new toy. I immediately loved the juices and could feel them working in my veins. The juices with ginger would actually leave me vibrating. I felt whole heartedly that my energy vibration was rising. I could feel it – as if I had become one with nature and the forest out my back door. Because there was so much more of the sun's energy in me, I was becoming more aligned with the earth.

As my body is becoming "cleaner", I am directly aware of the effect of processed foods on it. It is usually an immediate reaction. Like a tap on my head to inform me of what is serving my body and what is not. I am feeling more alive and am starting to become aware of the other pollutants in my environment such as my shampoos, household cleaners, soaps, creams and the like.

What began as an eating experiment has made me very conscious of what I am putting into and on my body. I have started dehydrating, eating a mainly plant based diet, baking my own bread, crackers and muffins. I am buying more whole foods - the closer to a natural state the better. We drink smoothies and juice daily.

There are so many reasons not to go down this path, but so many that invited me on this adventure. I discovered that although organic is more expensive, we are saving by not buying all the junk food I was

purchasing before. Our grocery bill is moderately higher, but now the quality of our food is greater. The other treat, is that by eating these wonderful foods, my body is not always hungry and my blood sugar levels are more balanced. By giving my body the nutrients it needs on a daily basis, it is not always in search and store mode.

I look in the mirror now and a younger, more vibrant woman is looking back at me. I can hardly believe the changes that have taken place in my body - replacing stagnant body fat with skin that is alive. I feel these changes will deeply influence my healing practice and increase the vibration with which I connect.

When in my hopeless depression long ago, I realized that I could not save the world. Now I am seeing my mirror and realizing that perhaps, I was not to save the earth, but that in fact the earth could "save" me and together we will prosper. As long as I keep running towards her, and am willing to be supported by her, my life will be lifted. €