



By Jenn McCrea

Jennifer McCrea, a resident of the Mid-Shore since 1991, is a native Pennsylvanian with over two decades of experience in the food and restaurant industry. Jennifer owned Morsels, a popular mainstay in scenic St. Michaels before becoming a food sales representative with Sysco Foods, Inc., a post she held for 11 years. In 2011, Jennifer decided to return to the restaurant world and took over Hill's Soda Fountain Café, an iconic community gathering place set in historic downtown Easton. While Jennifer has been a longtime proponent of cooking with and eating healthy and organic foods, it was her own personal quest for health that led her to discover the healing power of juicing fruits and vegetables. Since starting her own juicing journey over a year ago, Jennifer has seen major changes in her own health – and has since started a local following of faithful customers who have seen health and wellness improvements in their own lives with juicing. Wondering what all the buzz is about? Read below – the first in a series of articles from Jennifer about the health benefits of juicing.

JENN'S MAGIC ELIXIR- JMX

Last January, I was home watching Dr. Oz whip up a batch of his now famous "Liquid Gold" and decided to give it a try. I was feeling tired and unhealthy – and I had a bunch of health indicators that needed some pretty immediate attention. It took trial and error to get it right but the results were nothing short of miraculous. I lost 30 pounds in the first five weeks and my cholesterol level went from borderline high to normal in four months. I felt so much better! I had more energy, less joint pain – and perhaps most importantly, the juice killed my taste for all the junky, sugary, carb-loaded things that got me there in the first place. Long story short – JMX, aka Jenn's Magic Elixir was born. Please, please, please don't let the name fool you. Jenn's Magic Elixir has nothing to do with magic and everything to do with putting good whole foods into your body. We all know that we should eat more fruits and vegetables and less foods whose nutritional content resembles a chemistry experiment, juicing makes the choice to eat the good stuff that much easier. Why? Because juicing makes it easy to get huge amounts of vitamins and nutrients your body

needs to function well – quickly and easily. Juicing helps me tell the difference between feeling great and feeling lousy because of my food choices, because when I eat the "bad stuff", I really feel the difference from when I do the right thing for my body. Magical? Nope – just good, healthy choices that can add up for improved health and wellness.

When it comes to juices, all juices are not created equal. First, a definition. When I refer to juicing, I'm not referring to the sugar laden, likely GMO versions of juice offered on many grocer's shelves. Some of those juices – even the vegetable ones – have more sugar than a bowl of Fruit Loops! I'm talking about freshly made, low pulp juices made fresh

from whole fruits and vegetables. Different juices can provide different health benefits and for me, half the fun of my journey has been finding new ways to make fruits and vegetables taste delicious. No matter which variety you choose, the benefits of drinking juice can be felt instantly thanks to the instant absorption into your bloodstream. Nutrients from low pulp juice are delivered to your body almost immediately – which results in instant energy that won't make you "crash" the way carbs and sugar do.

The next question I hear is about how often one should juice? People want to know how much juice is enough and whether they should juice in

place of meals. I think there is a real misconception out there about healthy food. I've heard folks express concern about overdoing it on juicing but ask for an extra serving of fries with their lunch! Do you need to juice instead of eating whole foods? Not at all. Although some people do opt to have juice for breakfast and lunch – you can certainly eat whole foods while you are juicing. You will feel fuller and have fewer cravings – especially for sugary foods – and will likely find yourself feeling so good that you will want to sustain that feeling with even more good choices about what you put in your body! It can start with one daily serving of fresh juice a day and can go from there. Oh, and we happen to sell it at Hill's Soda Fountain.

Hill's Soda Fountain & Cafe
serving good food & Good For You Food!!



Friendly staff & quick service
Serving made to order breakfasts & lunches, six days a week
Located conveniently in historic downtown Easton

30 E Dover Street
Easton, MD 21601

410-822-9751
www.hillssodafountain.com



Hill's Soda Fountain and Cafe is the proud home of JMX our popular fresh fruit and vegetable juices made daily!



Follow Club JMX on Facebook for the JMX flavors of the day, health and wellness tips, plus coupons & other stuff!