

AN ATHLETE'S GUIDE TO FRESH JUICING FOR PEAK PERFORMANCE



Juicing for Socks

BY JOAN STANEK

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FOR PEAK PERFORMANCE

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Juicing for Jocks, LLC conducts seminars to discuss the positive impact fresh juicing can have on young athletes. To find out how a seminar can be conducted for your school, team or organization, please visit our Web site at www.juicingforjocks.com or email us at info@juicingforjocks.com.

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DISCLAIMER:

This information is provided for Educational Purposes and is the explicit opinion of the author and its resources. The information provided in this book is not designed to diagnose, treat or cure any health conditions. Please consult a qualified Health Care Professional with Nutritional Training to diagnose your health conditions and avoid self-diagnosis. The U.S. Food and Drug Administration have not evaluated statements about these health topics or any suggested methods.

A person in athletic wear is captured mid-jump, reaching upwards with their right arm. The background is a bright, hazy orange, suggesting a sunrise or sunset. The overall mood is energetic and inspirational.

Health and
wellness are my
passions,
but athletes
are my
inspiration!

INTRODUCTION

Health and wellness are my passions, but athletes are my inspiration! One of my other passions in life is my position as Human Resources Director at a market-making firm by the name of Wolverine Trading, LLC, in downtown Chicago. It's a wonderful thing to be surrounded each day by such youth and vitality. I realized early on in my career that I had better listen to young people because I could definitely learn from them. They have a full day of very challenging work and still find time to stay connected to their health by working out, watching what they eat and participating in competitive sports.

Katie Gallagher, Equity Trader for Wolverine Trading, shared a story with me about one of the traders in her pit at the Chicago Board Options Exchange who had overcome the daily health hazards of trading by engaging in a daily ritual of juicing. Carrot juice with apples was his drink of choice and he joked about his health being extra-ordinary but his hands turning orange. I can now confirm that he made up the “orange hands” part of that story. For those of you who have never visited the trading floors—the space is very limited and the number of people is easily in the thousands. Traders are very dedicated people and they show up to trade—rain or shine, sick or tired—even sick *and* tired. It is not unusual for colds and flu to be going around the trading floor all year long. This trader was onto something and I wanted to find out more about it.

I was intrigued by this new health phenomenon and chose to do some research on this whole “juicing” thing. I started out slow, but from that point on, my whole life changed. As the weeks went by I could physically feel the impact the daily juicing was having on my life and I felt alive. It made sense that I was feeling such aliveness because the juice produced “enzymes”

that remained alive for consumption—unlike store bought products that kill off these healthy enzymes in order to preserve shelf life. I was drinking life right into my body and it was responding. A few short months later, Wolverine Trading purchased a high-powered commercial juicer for the employees and it has really made a difference. Some mornings we cannot keep up with all the juice requests!

My family became very curious. They began making inquiries into this mysterious lifestyle that I had become obsessed with. Our family soon invested in a high-powered juicer, which has since earned a permanent place on the kitchen counter. I began getting up earlier than usual to prepare the juice for everyone. I would deliver it right up to their rooms so that, with such great room service, there was no way they could refuse. My family implies that I actually “forced” the juice on them but that is not the way that I remember it at all.

My husband, Steve, and I soon began taking turns making the juice in the morning for all of us. It took as long to make as an average breakfast, but it was worth the time and energy once we began to experience the health benefits. Our children reported more energy and alertness in class after they began drinking the juice in the morning instead of eating a heavy breakfast. I no longer worried or felt guilty about not making a big, hot breakfast for them. As long as they were drinking the juices in the morning they were getting everything they needed. The benefits of the new breakfast routine were also confirmed by the fact that no one in the house was getting colds or flus anymore.

The juicing routine caught on quickly in our house especially during the summer months when dehydration was at its peak. My son, also named Steven, has played sports practically his whole life and was surprised by his body’s response to the juicing. He sustained his strength and energy during practices for the hockey and football teams of Mount Carmel High

School in Chicago. He witnessed several fellow athletes collapsing during the strenuous practices due to dehydration and fatigue. I became more and more concerned with the health of my son and other young athletes who engage in strenuous and competitive sports. It is with this thought in mind that I was driven to find an answer to keeping our athletes on the ice, on the field or on the court!

We were surprised at how quickly our children adjusted to the morning juicing ritual and they began requesting “Carrots and Apples” only please! Our college-age daughter, Christin, realized that carrot juice was a quick cure for hangovers. Also, the allergies and stuffy noses that once plagued our home seemed to disappear as juicing became our weekday breakfast instead of eggs, toast and sausage. It fit in nicely with our busy schedule of being on the run and never having enough time to prepare a healthy meal. Most of the time, our children would take their juice with them in a “to-go” cup.

Our family still enjoys the many traditional meals that taste superb but lack proper nutritional value. The juicing lifestyle offsets some of the damage that we do to our bodies by consuming processed and fast foods. Juicing keeps sickness at bay and energizes our bodies on a daily basis.

I hope you enjoy this book. Believe me — it *will* make a difference in the lives of you and your children.

A handwritten signature in black ink that reads "Jean Stouch". The signature is written in a cursive, flowing style with a large initial 'J'.

p.s.: JOCKS RULE!



JUICING FOR JOCKS!

Ailments

My children experienced some of the ailments mentioned in the sidebar to the right. It's possible had I known then what I know now about juicing, they may have been sick less, missed fewer school days and been more active in their daily lives.

You want the best quality of life for you and your children and that means the best health. This can be achieved at *any* age by “juicing.”

Short juice fasts for a day or two can be beneficial and can accelerate the healing process. They offer the body a chance to rest from digestive activity and instead concentrate on fighting infection. The aliveness of the raw juices supports the body in the healing process. Over-the-counter medicines do not help healing or reduce the duration of the illness, but rather treat the symptoms. I would recommend that you educate yourself regarding the process of juice fasting. Several books are available and they can be quite beneficial to the health

**FRESH
JUICING MAY
IMPROVE
AILMENTS
SUCH AS:**

**Acne
Allergies
Asthma
Colds
Dehydration
Juvenile
Diabetes
Obesity**

BIOGRAPHY



Joan Stanek, founder of **Juicing for Jocks, LLC**, began developing the “Juicing for Jocks” concept in 2002 and incorporated her company in January 2003. The company promotes health education and awareness for young athletes, coaches and parents at the elementary and high school levels.

Ms. Stanek has had an interesting and varied career in several industries, including venture capital, law, real estate development and options trading. In 1998, as a parent of two young athletes, Ms. Stanek became acquainted with —and soon passionate about —nutrition. This led to becoming an active proponent of juicing and its healing benefits, and sharing her knowledge with family, friends, colleagues... whoever would listen.

Ms. Stanek is now combining her business expertise with her passion. Juicing for Jocks, LLC, is developing health seminars and workshops for elementary and high schools to educate not only the athletes, but also their parents and coaches on the benefits of a juicing lifestyle. *Juicing for Jocks!* is her first book and is being distributed nationally. The target market for the book is athletic associations and programs within grammar school and high schools throughout the 50 states.

Ms. Stanek, 41, grew up in Chicago and has lived in the Midwest all of her life. Currently, she lives in Chicago with her two children. The whole family enjoys a juicing and raw food diet. She is a member of the Illinois Specialty Growers Association, a group that promotes and develops the Illinois specialty crop industry.



Juicing for Jocks!

DRINK LIFE INTO YOUR BODY.





Discover the benefits of juicing: instantly boost energy, shed unwanted pounds, speed up the healing process, and realize almost unlimited endurance! What's going on here—Miracles? No; just the simple secret of drinking fresh, delicious juices two times a day.

The principles you'll discover in *Juicing for Jocks!* are surprisingly simple and remarkably powerful—and fit perfectly into the busiest of schedules. Don't wait any longer! Try these simple and powerful juicing techniques and get ready for a whole new life.

WILL IT CHANGE YOUR LIFE?

I promise! Juicing has not only changed my life—and my family's—and juicing has also changed the lives of hundreds of others. For example, Victoria cured her son's juvenile diabetes in six months. Joe eliminated all signs of the severe asthma he's been plagued with his entire life. My son Steven was still full of energy after a workout in which several of his teammates were collapsing due to dehydration and exhaustion. A floor trader in my company is never sick, in a high-pressure environment where flu and illness runs rampant year-round.

WITH JUICING FOR JOCKS, YOU'LL:

-  Increase energy and endurance
-  Combat dehydration
-  Understand processed foods and their negative impact
-  See sickly kids become healthy athletes

ATTENTION PARENTS AND COACHES!

Here's the quick, easy, healthy way to boost your young athlete's energy, peak their performance, and make them recover faster than imagined. Put the tips contained in this book to work, and your young athletes will triumph every time.

A healthy new life awaits you and your family with *Juicing for Jocks!*



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