

# VitalMAX

LIVING FOOD KITCHEN

## OSCAR 900



*The next generation in juicing*  
product manual



giving you more mother nature



## **Safety Precautions and Instructions**

1. Read all instructions.
2. To protect against risk of electrical shock, do not put the main body (motor) in water or any other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before assembling or taking of parts and before cleaning.
5. Avoid contacting moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
8. Do not let cord hang over edge of table or counter.
9. Always make sure juicer locking clip is locked while juicer is in operation.
10. Be sure to turn switch to off position after each use of your juicer. Make sure the motor stops completely before disassembling.
11. Do not put your fingers or other objects into the juicer while it is in operation. If food becomes lodged in opening, use food plunger or another piece of fruit or vegetable to push it down. When this method is not possible, turn the motor off and disassemble juicer to remove the remaining food.



This heavy-duty juicer features a patented stonemill-like screw, made of hygienic U.S. FDA-approved polycarbonate and melamine which prevents poisonous heavy metals from mixing with your fresh juices.

**OSCAR Living Juicer / Food Processor's** low speed ensures full taste and nutrition. Nothing is lost through heated elements in your juicer.

**The OSCAR Living Juicer / Food Processor** is easy to assemble and take apart for quick cleaning.

**OSCAR Living Juicer / Food Processor** assures you of many years of trouble-free and dependable service. It comes with a twelve year warranty on the motor and five year warranty on all parts and labor.

## **Multi-Purpose Juicer/Food Processor**

### **1. Fruit Juice Extractor**

The OSCAR Living Juicer / Food Processor efficiently juices soft and hard fruits: even citrus fruits, usually one of the hardest fruits to juice.

### **2. Vegetable Juice Extractor**

The OSCAR Living Juicer / Food Processor juices all kinds of vegetables, including celery, carrots, peppers, radishes, cabbage without destroying the natural flavor and nutrition. Fresh taste, full nutrition are guaranteed with this unique extraction process.

### **3. Grass Juice Extractor**

Wheat grasses, aloe leaves and pine tree leaves are just some of the other natural products which can be juiced with the OSCAR Living Juicer / Food Processor. Enjoy the best that nature offers in raw foods of all kinds and juice them for full nutritional benefits.

### **4. Mincer/Chopper Functions**

The OSCAR Living Juicer / Food Processor also chops and minces, providing natural flavor and nutrition from garlic, scallions, red pepper, ginger, radish and many other foods, including herbs and seasonings. Soft foods for special diets for babies and geriatric patients are quick and easy to prepare with the chopper attachment.

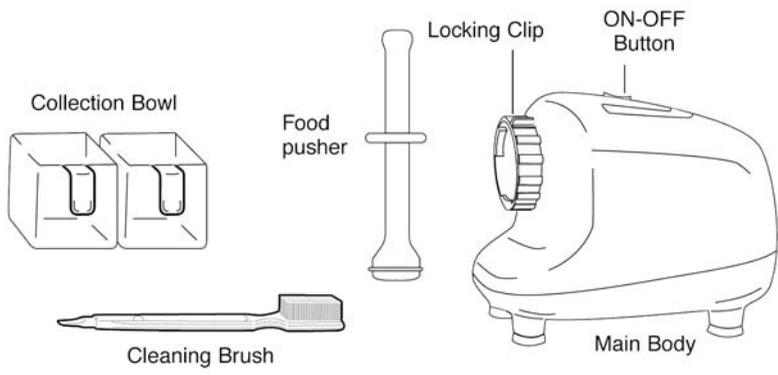
### **5. Pasta Maker**

Make fresh noodles in just minutes with the handy pasta nozzles. See page 9 for more information.

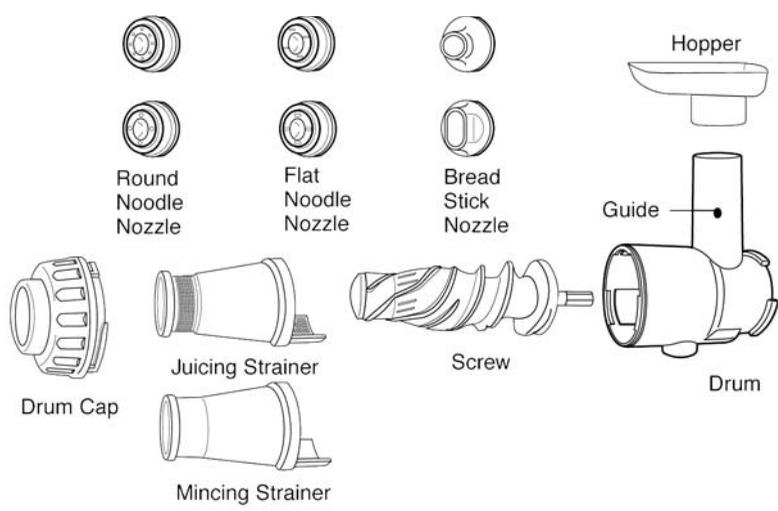
# VitalMAX

LIVING FOOD KITCHEN

## OSCAR 900



### Parts for Juicing or Mixing



# VitalMAX

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## OSCAR900

### OSCAR Living Juicer / Food Processor helps you

- Juice fruits and vegetables
- Juice grasses
- Mince herbs & seasonings
- Make noodles and bread sticks
- Make baby food and sorbets

### Specifications

Model Name	OSCAR Living Juicer / Food Processor
Dimensions	Length: 260 mm Width: 175 mm Height: 215 mm
Voltage	230V/50Hz (200W power)
Motor	Single-phase induction
Screw RPM	75 - 90
Fuse	T5AL 250VAC
Certified	CE, GS, ISO9001

### Parts and Accessories included with your OSCAR Living Juicer / Food Processor

1 User Manual	1 Mincing Strainer
2 Bowls	1 Food Pusher
2 Round Noodle Nozzle	1 Hopper
2 Flat Noodle Nozzle	1 Cleaning Brush
2 Bread Stick Nozzle	1 Drum Cap
1 Screw	1 Drum
1 Juicing Strainer	



## Juicer/Processor Instructions

- 1 While the OSCAR Living Juicer / Food Processor can extract juice from unpeeled fruits and vegetables we recommend you thoroughly wash and peel your fresh ingredients to remove accumulated chemicals.
- 2 Cut fruit or vegetables into small pieces (about 2 inches) so that juice may be extracted more thoroughly.
- 3 Turn on the machine and let it run without interruption until all the juice has been extracted.
- 4 If the juicer starts to vibrate slightly during operation, turn off the machine and empty the drum set. Re-assemble and resume normal operation.
- 5 After placing the last pieces of fruits or vegetables into the hopper, keep the machine running for a few seconds longer to ensure the machine has extracted the last drops of juice.
- 6 Switch off machine.
- 7 Clean drum set after each use of the OSCAR Living Juicer / Food Processor.
- 8 Do NOT run the machine for more than 30 minutes at a time.

## Cleaning Instructions

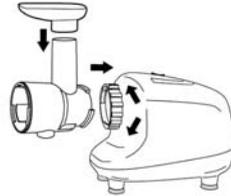
Wash the **OSCAR Living Juicer / Food Processor's** screw and parts in warm, soapy water in your kitchen sink and rinse well.

**Do Not Place Parts Or Accessories In Your Dishwasher.**

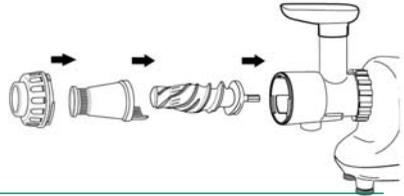
Do not immerse unit in water. Clean with a damp cloth.

## Assembly Instructions

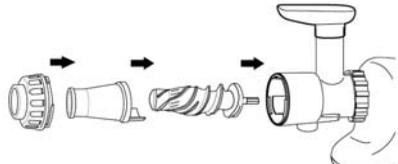
- 1 Connect drum with main body by turning locking clip clockwise (about 60°). Place hopper onto guide.



- 2 For juicing function, Place the screw into the drum. Insert the juicing strainer into the drum. Place the drum cap onto the drum end and turn it counter-clockwise until it clicks firmly into place.

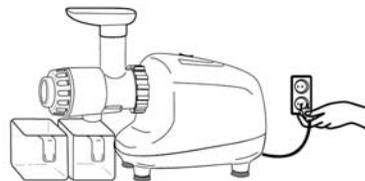


- 3 For mincing function, Place the screw into the drum. Insert the mincing strainer into the drum. Place the drum cap onto the drum end and turn it counter-clockwise until it clicks firmly into place.

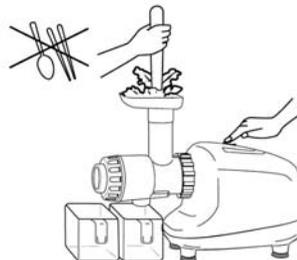


If interested in making pasta, u-dong, noodle or breadstick, pls proceed to page 9.

- 4 Place juice bowl and waste bowl under drum set. Plug power cord into wall outlet.



- 5 Press the ON button. Place a few pieces of cut fruit or vegetables, one at a time into the guide. Use the food pusher to press the fruit or vegetables gently down the guide. Leave the machine on as you feed in the fruits/vegetables.

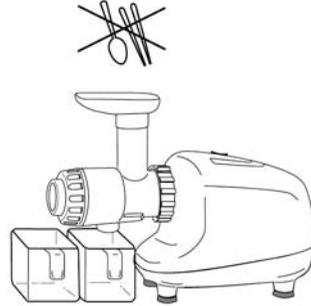


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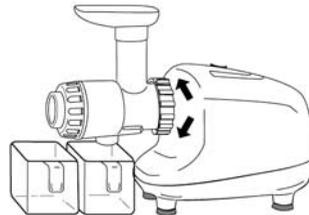
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- 6** DO NOT place any metal objects into the hopper. If the drum set is plugged or the machine stops operating, press the reverse button 2 to 3 times and press the on button again to resume normal operation.



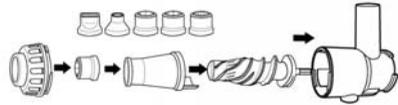
- 7** Switch the juicer OFF before changing accessories or touching any moving parts. Remove the drum set from the main body by turning the locking clip counter-clockwise. Pull the screw forward to disassemble it from the drum set. After juicing wash all parts in warm soapy water. Do NOT place any of the juicer accessories in the dishwasher.



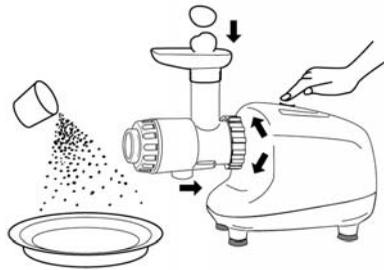
- 8** Do NOT run juicer for more than 30 minutes continuously at any one time.

## Making Pasta, U-dong, Noodle, Breadstick

- 1 Open drum cap. Replace juicing strainer with mincing strainer. Choose and place the desired nozzle into the front end of the mincing strainer. Turn drum cap counter-clockwise until it clips firmly into place.



- 2 Sprinkle a small amount of wheat flour on the holding dish, placed under the spout. Press ON button. Push pasta dough through the food guide without stopping.



- 3 Use scissors to cut the pasta to desired lengths. Cook according to recipe used.



- 4 Disassemble unit and rinse all parts and accessories first in cold water. Then wash in warm soapy water in your sink – NOT in your dishwasher.

**Choosing the Right Strainer**

<b>Material</b>	<b>Strainer</b>
Apples, oranges, pears grapes, strawberries, kiwi fruit, tomatoes, avocadoes, aloe plant Pine tree leaves, kale, radishes, beet tops, (fruit) spinach, carrots, yams wheat grass	Juicing Strainer
Red/green pepper, garlic, ginger, herbs, soaked rice and beans, fresh fish and meat	Mincing Strainer
Pasta, U-dong, Noodle Breadstick	Mincing Strainer



## Limited Warranty

The OSCAR Living Juicer / Food Processor is warrantied (12 year for motor and 5 years on all parts and labor) from the date only to the original consumer purchase or other person for whom it was purchased as a gift to be free from defects in materials and workmanship. The OSCAR Living Juicer / Food Processor will be repaired or replaced at Vitality4Life's option during the warranty period. This warranty is for normal household (non commercial) use and does not cover damage occurring during shipping or product failure as a result of accident, misuse, alteration, abuse, neglect or improper maintenance. This warranty applies only to units used in accordance with supplied instructions. Vitality4Life's will not be liable for commercial consequential or incidental damages. Warranty is void if unit has been altered or modified without Vitality4Life's authorization. Removal or rendering serial number illegible voids your warranty. Warranty card must be completed and sent to Vitality4Life's within 10 days of purchase (or receipt as a gift) to receive warranty coverage.



## Getting started with your Oscar VitalMax 900

**Buy the best produce you can afford.** Organic produce, grown in mineral rich healthy soil is the best choice and there are some great delivery services available. Select fresh produce and request juicing grade if possible. Look for small sized produce, such as small and sweet carrots that will save you time in preparation. By buying organic, you are saying yes to ecologically sound practices.

**Wash the produce thoroughly, particularly if it is not organic.** Cut off any damaged sections or tough ends while leaving most peels on. Cut the produce so it fits into the feeding chute.

**Begin juicing, alternating between hard and soft produce.** The excellent design of the Oscar means the machine feeds through the produce without you doing much work. Only use the plunger supplied and please don't use the machine with wet hands. The pulp from the first few pieces of fruit and vegetables will be wetter than normal as the machine builds up pressure for efficient juicing.

**The Oscar makes a living juice you can drink over a period of 48 hours or so.** If you make up a large quantity of juice store it in a tightly sealed glass container and place in the refrigerator. The integrity of the juice will remain for up to 48 hours because of the gentle extraction method.

**Rinse the juicing parts of the Oscar under running water,** which will take about a minute. Clean the juicing strainer at the same time or let it soak for a while to make it really simple.

## A few hints

**Ensure the correct nozzle is used for each function required** (refer to manual). When juicing soft and hard produce, alternate the two to avoid clogging. If produce becomes clogged in the machine, use the reverse gear. Please note: For Soft Fruits the pulp is bound to be a little wetter. If you are concerned about this you can put the pulp through a second time for drier results. Unusually wet pulp is caused by a clogged screen.

**Backing up in the juicer can be remedied** by placing the fruit in the juicer one piece at a time, this allows the juicer to digest each piece as it goes, so to speak. When you are making nut butters, use the mincing set up of the juicer. Please soak harder nuts for 8 hours before juicing, this also allows the

enzymes inhibitors to be washed away. This will ensure that you don't damage your augur, or subject it to too much wear and tear. The Oil Extractor is no longer available with this machine. We found it to be costly and very difficult to use and not in line with "Living Food" as the oil is heated to a very high degree. There is no warranty on this machine if it is used commercially.

## **Cleaning your Oscar 900**

A very easy way to clean your machine is to run a little water through it at the end of your juicing, and then take the entire front end off the machine, dismantle and hold under running water. Obviously you'll need to give the screen a scrub with the brush, using the back end of the brush or the square edge of a spoon handle to break the fibres in the corner of the screen. Please don't place any of the components in the dishwasher. To remove any colouring created by your fruits or vegetables on your machine, soak affected parts in a solution of citric acid diluted with water (available from most health food stores or chemists). Alternatively you can pour white sugar and pulp through the machine while it is running. The white sugar works as an abrasive (about the only good purpose it has).

## **Troubleshooting**

- If your machine is making a loud noise it can be a motor problem. To check this, take all the extra parts off the machine and run the motor alone. If it is still making a loud noise then you will need the motor looked at. Contact your service centre and arrange to send your juicer in.
- If the motor is not making a noise, check that all parts are clean, as dirty parts can make a noise due to rubbing against each other while you are juicing. Also, check the kind of produce you are using, as some kinds of produce are noisier than others, for instance, if your produce is particularly hard, or has been frozen or refrigerated. Finally, try smearing just a little bit of olive oil on the inside of the machine before you start juicing. This should help with the noise. If you are still concerned please ring your service centre.

## **Machine Set-ups**

### **Juice and Drink Recipes**

1. Place screw into the drum.
2. Insert the juicing strainer into the drum.
3. Place drum cap onto the drum end and turn it anti-clockwise until it clicks firmly into place.
4. Connect assembled drum set with main body by turning lock clip clockwise.
5. Place hopper onto guide.
6. Place juice bowl and pulp bowl under drum set.

### **Desserts and Fruit Ice Cream**

1. Place screw into the drum.
2. Insert the mincing strainer into the drum.
3. Place drum cap onto the drum end and turn it anti-clockwise until it clicks firmly into place.
4. Connect assembled drum set with main body by turning lock clip clockwise.
5. Place hopper onto guide.
6. Place juice bowl and waste bowl under drum set.

### **Pasta and Noodles**

1. Place screw into the drum.
2. Insert the mincing strainer into the drum.
3. Place mincing drum cap onto the drum end and turn it anti-clockwise until it clicks firmly into place.
4. Connect assembled drum set with main body by turning lock clip clockwise.
5. Place hopper onto guide.
6. Place juice bowl and waste bowl under drum set.

### **Nut Butters**

1. Place screw into the drum.
2. Insert the mincing strainer into the drum.
3. Place mincing drum cap onto the drum end and turn it anti-clockwise until it clicks firmly into place.
4. Connect assembled drum set with main body by turning lock clip clockwise.
5. Place hopper onto guide.
6. Place collection (juice) bowl and waste bowl under drum set. Pour in nuts which have been soaking for at least 8 hours.

### **Mincing**

1. Place screw into the drum.
2. Insert the mincing strainer into the drum.
3. Place mincing drum cap onto the drum end and turn it anti-clockwise until it clicks firmly into place.
4. Connect assembled drum set with main body by turning lock clip clockwise.
5. Place hopper onto guide.
6. Place juice bowl and waste bowl under drum set.

## **Juice Recipes**

It's ideal to drink around 750ml to a litre of Living Juice five days out of seven. Try this for a month and feel a difference. Grab hold of a juicing book which lists all types of fruit and vegetables and even herbs so you know beneficial mixes for ailments. A good juice reference book will tell you what parts are toxic, for example, the greens of carrot or rhubarb are toxic, as are the skins of oranges and grapefruits. However, the white, pithy part just below the skin contains very valuable bioflavonoids and vitamin C, so make sure you don't peel that away. The skins of fruits such as kiwi and papaya should also be removed prior to juicing, however the skins of lemons and limes may be left on. All pits, such as plum pits and peach pits should be removed. Seeds from lemons, limes, grapes and melons etc. may be put into your juicer.

### **Crazy Carrot Juice**

- 4 medium carrots
- 4 tomatoes
- 2 stalks celery
- small bunch of parsley

Feed all ingredients through the Oscar Vital Max alternatively and enjoy. Carrots have carotene which is a natural protection against sunburns. Celery is rich in vitamin C. Garlic defeats high blood pressure and cholesterol, to name but a few of its many benefits. Basil is rich in calcium and iron and has a delicious flavour.

### **Carrot Juice Recipe with potato, fennel and apple**

- 4 medium carrots
- 2 apples
- 1 small potato
- 1 small stalk of fennel

Fennel assists you as a mild sedative and in falling asleep. Fennel has been shown to reduce and control inflammation of arthritis. It also evens mood fluctuation and depressive states. Fennel has the rare nutrient called manganese, contains zinc and vitamin B complex, which makes it a very valuable ingredient in a juice.

### **Cupids Capsicum Shot**

- 1 dark red fresh capsicums
- 4 medium carrots
- 1/4 of a fresh chilli husk or a pinch of chilli powder
- Pinch of black pepper powder

Red capsicum is rich in vitamin A, C, potassium and silicon. It reduces risk of cardiovascular diseases by assisting in the prevention of blood clot formations. Chili is a stimulant for the whole system and is said to increase passion.

### **Draculas Punch**

- 2 apples
- 1 cup of raspberries
- 2 cups of black grapes

Apples are known to assist the body in building resistance to infection as they stimulate the digestion. They are also known to help with weight loss. Berries help to keep the blood alkaline.

### **Apple and Celery Juice**

- 5-6 apples
- 3-4 celery stalks

Juice alternatively. Apples build resistance to infection, have anti- cancer benefits and are great for healthy hair, skin and fingernails. Celery assists in the elimination of carcinogens and has a calming effect on nervous systems.

### **Grape Watermelon Drink**

Watermelon

Bunch of grapes without the stems

Juice alternatively. Watermelon assists in flushing the kidneys and bladder, assists in digestions and the eliminations of uric acid that may cause gout.

### **Fruit & Veg Supreme**

Carrots

Oranges

Apples

Celery

Slice of lemon

Juice alternatively. Oranges provide support for the immune system, healthy gums, anti-carcinogen properties and help rebuild hemoglobin in blood.

### **Digesters Delight**

1/2 pineapple

2 peeled oranges

1 celery stalk

Juice pineapple alternating with orange and celery. Pineapple soothes sore throats, aids digestion and acts as an anti-inflammatory for various forms of arthritis and sporting injuries. It also stimulates pancreatic hormone secretions.

## **Wheatgrass**

Wheatgrass is baby wheat, planted on the soil and not sown. Wheatgrass produces high concentrations of chlorophyll, active enzymes, vitamins and other nutrients.

Chlorophyll makes up over 70% of the solid content of wheatgrass juice and is the basis of all plant life. It is often referred to as the “blood of plant life” as it closely resembles the molecule of human red blood cells. Wheatgrass is not only rich in chlorophyll: it has 100 elements needed by the body to keep vital and nourished. If grown in organic soil, wheatgrass absorbs 92 of the known 102 minerals from the soil.

Cut the grass close to the roots. You can get a second yield although the content won't be as rich as the original grass. Feed the wheatgrass into the Oscar Vital Max tips first.

Four trays planted on different days over a two weeks period should be enough for 1 person. Undoubtedly, wheatgrass has a very strong taste. If you want to continue drinking in year after year it is recommended that you mix the wheatgrass shot and here are a couple of delicious suggestions.

### **Wheatgrass, Barley Grass or Alfalfa Juice**

Place a bunch of wheatgrass (about 1/2 inch diameter) tip down into the feeding Chute. Feed carrots and other desired fruits or vegetables into the chute for a milder tasting combination for those who haven't tried pure wheatgrass juice before.

### **Wheat grass Whip**

30mls wheatgrass  
1 green apple  
1/2 lime

### **Sweet Grass**

2 carrots  
1 orange  
30mls wheatgrass  
Ginger to taste

## **Savoury Specialties**

### **Juiced tomatoes and herbs Soup**

8 tomatoes  
2 carrots  
Pinch of sea salt  
Pinch of black pepper  
1 tsp. fresh dill  
2-3 basil leaves  
1 tsp olive oil

Place the fruit or vegetable screen over the auger. Feed in the carrots and tomatoes then mix all the ingredients together. Then let everything run through again. Decorate with a sprinkle of fresh herbs or flowers.

### **Max Salsa**

4 ripe tomatoes  
1/2 red or green capsicum  
1/2 stick celery  
1 small onion  
1 clove garlic  
1-2 tbsp fresh coriander  
1/3 tsp cumin  
Braggs liquid aminos  
Cayenne pepper or fresh chilli

Cut and feed all ingredients into chute alternatively. Mix well and serve vegetable sticks or rice crackers made with the Oscar Vital Max.

### **Sprouted Chickpea Hommus**

1 1/2 cups soaked , sprouted and drained chick peas  
1/2 cup chopped spring onion  
1/2 cup chopped parsley  
1/4 cup lemon juice  
Big squeeze of orange or lemon juice  
2 tbsls hulled tahini  
1 tbsls honey or maple syrup  
2 tbsls Braggs liquid aminos  
Pinch cayenne pepper (optional)  
Ginger (optional)

Feed chickpeas, parsley, spring onion into Oscar using the mincing screen. Thoroughly mix all other ingredients together and serve.

### **Pesto**

1 1/2 cups of basil  
finger thick bunch of parsley  
1 clove garlic  
1 cup pine nuts (or pistachio)  
juice of 1/2 lemon  
2 tsp olive oil  
Braggs Amino Acids

cont...

Feed the basil, parsley, garlic and pine nuts through the Oscar using the mincing function. Mix the oil and lemon juice into the paste until smooth. Spice with Braggs.

## **Nut Butters**

Fresh nut butters in any combination are an ideal spread for sandwiches, base for sate or a delicious dip. Almost any variety of nuts can produce nut butter. Some varieties of nuts don't have a high oil content so if you want a creamy butter, add nut or cooking oil until you reach the desired consistency. Another hint for a creamy butter is to pour in the nuts slowly and alternatively, for crunchy nut paste pour in the nuts faster. Relatively soft nuts such as peanuts, pine nuts, macadamias, cashews may be poured in without soaking. All other nuts must be soaked. When nuts are soaked, the enzyme inhibitors are rinsed away and are easier to digest.

### **Peanut Balls**

2 cups peanuts

1 cup sesame seeds

4 apricots

2 tbls honey

Juice of half orange

Mix peanuts, apricots, honey, juice and  $\frac{1}{2}$  cup sesame seeds in bowl and feed through Oscar using mincing screen. Roll paste into balls and into remaining sesame seeds.

## **Pasta & Noodles**

Freshly made pasta is such a treat, so much so that you may find it difficult to eat packet pasta every again. You also know exactly what is going into the mix. There are many varieties of ingredients you can try, mixing in beetroot, carrot or other types of juice to give a vibrant colour.

### **Cheeky Pasta**

Firstly, set up your Oscar Vital Max with the mincing screen, mincing drum cap and desired nozzle for fettuccine or round noodle. On you clean kitchen bench or in a large bowl, pour out a couple of cups of organic flour (preferably) such as durum, semolina or spelt flour. Add half a cup of warm water or vegetable juice and 1/2 teaspoon of sea salt (which acts as a rising agent). Keep the mixture dry, not too sticky. Break into balls and feed into the Oscar Vital Max. As the strands of pasta come out of the machine, cut them off and lay on to floured tray. Repeat process until dough is used.

Cook noodles in boiling water for 3 – 5 minutes and drain.

### **Boiled Rice Noodle**

An ideal way to use left over rice is to make rice noodles. Mix rice in bowl together with a little sea salt and warm water. Feed the mixture into the machine and cut at desired length. Cook in boiling water for 3-5 minutes. Add desired vegetables and Asian sauces.

## **Sweet Treats**

What a wonderful way to use excess fruit by freezing and making delicious ice creams and sorbet style desserts. Freeze fruit without skins, stones or seeds and cut into pieces that fit into the feeding chute. Remove frozen fruit from the freezer about five minutes before you plan to use them so the hard ice crystals have melted. Mixing frozen banana with other fruits will give a creamy consistency. For sorbets use any frozen fruit without bananas. Let your imagination flow free.

### **Coco Mango Icecream**

2 frozen mangoes

2 frozen bananas

1/2 cup fresh coconut cut into pieces

1/2 cup frozen dates

Put on the mincing screen. Put all ingredients into the feeding chute alternatively and mix well. You may refreeze this delicious treat.

### **Maca Fruit Icecream**

- 2 cups frozen fruit such as strawberry, mango or pineapple
- 3 bananas
- 1/2 cup soaked and drained macadamias
- 1 teas natural vanilla essence or the real thing

Put on the mincing screen. Mince fruit, bananas and macadamias alternatively. Quickly stir in the vanilla and enjoy.

### **Blueberry Spider**

- 3 oranges
- 3/4 cup frozen blueberries
- 1/2 frozen banana

First place the Juicing screen over the auger. When you change over to the mincing function you don't have to clean the machine.

Juice the oranges and fill 2 glasses, then make a blueberry-banana ice cream by letting the frozen fruit run through the mincing function twice. Take 2 ice cream scoops with a spoon and place them gently into the orange juice and serve immediately.

### **Bliss Balls**

- 2 cups almonds soaked, rinsed and drained
- 1 cup unsulphured dried fruits such as dates, raisins and apricots
- 1/2 cup desiccated coconut

Put on the mincing screen. Mince almonds alternating with the dried fruit. Form into balls and roll in coconut. For variation, use different nuts, carob powder, natural vanilla essence or peppermint oil.

## Juicer Questions and Answers

### **What can I do with all the pulp I get from the juicing?**

**Answer:** Vegetable pulp, especially carrot pulp can be used in raw bread and cracker making. Just add the pulp into your dough and continue as usual. Another way of utilizing the pulp is if you are eating hot foods such as soups and strudels. Then you can add the pulp straight into the soup or the strudel dough. The pulp is very good for composting, or for use in a worm farm. In the case of a worm farm do not use acidic pulp, for example from oranges or lemons. If you are super organised, it would be great to grow wheatgrass from composted organic pulp.

### **What's wrong when not as much juice comes out of the machine as usual?**

**Answer:** The most common reason would be that the juicing screen is filled with too much pulp. Stop the machine and give the screen a quick rinse in water to remove most of the pulp, then continue to juice. If this doesn't make a significant difference, check the freshness of your fruit and vegetables. Old apples, dried up oranges and bendy carrots are dehydrated which means they will expel hardly any juice. Making a carrot juice using the fruit screen will mean a reduction in juice as well.

### **What's wrong if the machine suddenly stops?**

**Answer:** One reason can be that the engine has over heated. If this does occur, it's a good thing which will prolong the life of the engine by not overworking it. Doing hard work such as making frozen ice cream continuously for a substantial time can exhaust the engine. Immediately switch the machine off and wait. Retry after 15 minutes or 30 minutes, and then the engine should have recovered. Another reason for a sudden switch off can be that some food is stuck in the guide such as the stone of a fruit. Immediately switch off the engine and press the reverse button. Remove the food if necessary and continue to juice.

### **What do I do if the machine makes noises?**

**Answer:** Perhaps too much food has been entered into the guide at the same time. Remove some food with the reverse button. Sometimes the machine might not have been assembled properly and reassembling the parts so they all click together tightly should solve the problem.

### **How long can I keep Living Food Dishes in the fridge?**

**Answer:** Living Food is full of living enzymes therefore it keeps longer than commonly processed raw food. You can keep a fresh juice for up to 48 hours in the fridge in an airtight container. You'll be able to tell by the colour of the juice. A healthy, vital carrot juice for example will be bright orange not the oxidised brown colour you see around the edge of juices from fast spinning juice machines. You can keep other dishes such as dips up to one week.

### **Can I refreeze frozen ice cream?**

**Answer:** Yes you can. Make a tub and put it into a container and scoop out whenever you feel the urge. Try mixing frozen yoghurt with the frozen fruit you put through the machine for an even creamier result.

### **What is the best way to clean a Living Food Processor?**

**Answer:** Clean the machine as quickly as possible after each use. Remove the whole guide with all the parts at once and disassemble the parts in the sink. Then simply wipe the engine and the workplace with a damp cloth. Dish washing detergent is not needed to clean your machine, unless you have made a lot of oily foods in it. Additionally you can catch the water with which you rinse your Food Processor and pour it over your plants. The vitamin, mineral and fibre enriched water is better off in your garden as a fertilizer rather than blocking your sink. When you have minced garlic and onion it is particularly important to clean the features immediately because of the strong flavour that may cling to the parts for a little while after it has been washed. Cleaning Living Food Processors is environmentally friendly, quick and easy.

### **How can I get rid of colour stains on the juicer?**

**Answer:** Colour stains are not harmful at all. To get rid of them soak the parts over night in a solution of white or apple cider vinegar and water. Use at least 50 per cent vinegar and up to 100 per cent vinegar. Juicing honeydew or cantaloupe melons can lighten stains as well.

### **What shall I do if I've lost the original plastic plunger or pusher?**

**Answer:** Call your distributor and order a new part. It is very important to use the correct plunger for the machine as they are made to fit each juicer precisely. If you use another plunger you may risk entering it too deep into the guide and therefore creating so much pressure that you can break either the plunger or the gears.

**I have heard that having a 100% raw food diet isn't good for you.  
Is this true?**

**Answer:** Whenever someone asks me this question I answer in the same way; everyone is an individual. For some people a raw food diet is ideal, for others it is not enough. You need to find what works for you. There are many eating theories about eating like Ayurveda, Macrobiotics, and Food Combining to name a few. I feel that a 100% raw food diet can't harm you as long as it is balanced. However, I have seen many people who prefer to have a diet that is partly raw food and partly cooked food. It is different if you are sick and need to help yourself urgently. A change in diet has helped many sick people or those who want a boost to their vitality.

**Will I gain weight if I eat too many raw foods?**

**Answer:** No. If you are eating raw foods your body is able to use its instinct and it will tell you exactly what it needs and how much of it. You may eat a meal of 250g of honey while in the next meal a spoon full of carrot salad is enough for you to feel completely satisfied. When you are on a raw food diet you don't need to count calories, it doesn't apply to the theory. Your body will give you clear signs when it has had enough of a dish because the body recognizes natural food immediately and can detect the amounts needed to fulfil its nutritional needs. You simply cannot eat too much when you are eating living foods. Your body becomes the specialist and it takes over. It is natural to stop eating when definite signs occur.

Here are some signs that you have fulfilled your nutritional needs when eating a particular food:

- you look at the dish and it doesn't look mouth-watering any longer
- the dish suddenly starts tasting unpleasant
- you bite your tongue
- something in the dish starts to irritate you, for example grape seeds
- burning sensation on the lips
- food sticks to your mouth
- you drop your spoon or push your plate away

cont...

**Can I process hot foods with the machine?**

**Answer:** I have never processed boiling hot foods in the machine but warm potatoes, rice and steamed vegetables can be processed in this machine without any problems.

**What shall I do if I miss warm food?**

**Answer:** You can heat Living Food up. When you are having porridge, custard, a bun or a dip you can heat the dish up as long as the temperature doesn't rise above 50 degrees. To retain maximum nutrient content warm up or dehydrate food to a temperature of 40 degrees. Eat food straight from the dehydrator or put it in the oven or sun. Tastes great.

**Whom can I contact if I have any problems or questions about Living Food or Living Food Processors?**

**Answer:** If you are not sure whom to contact or you have lost the contact address of your distributor you can always contact [info@vitality4life.com](mailto:info@vitality4life.com) or Vitality 4 Life at our Contact Page.

**Is there anything else I need to know?**

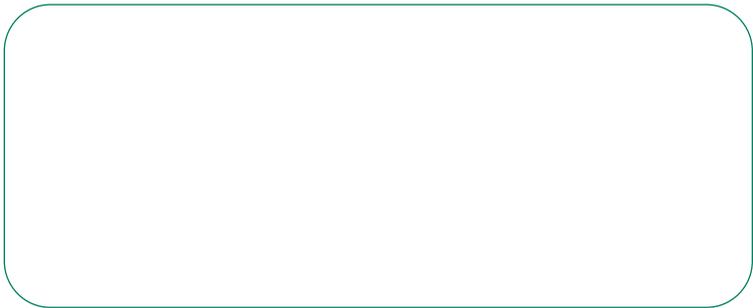
**Answer:** Yes. You have made an excellent choice to use a Living Food Processor in your life. Thank you and congratulations for a healthy, environmental and loving attitude towards life. Please enquire as to the other excellent product lines that we at Vitality 4 Life stock in order to bring vitality to your life.

**AN IMPORTANT NOTE:** The information on this page is not in any way offered as prescription, diagnosis nor treatment for any disease, illness, infirmity or physical condition. Any form of self-treatment or alternative health program necessarily must involve an individual's acceptance of some risk, and no one should assume otherwise.

Persons needing medical care should consult a doctor or physician before making any health decision.

# VitalMAX

LIVING FOOD KITCHEN  
OSCAR900



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