

Everything You Need to Know about Successful Juice Feasting



CONTENTS

Introduction

1. Juice Fast or Juice Feasting: What's the Difference?
2. What are the Benefits of Juice Feasting?
3. What about Water Fasting?
4. What to Expect During Your Juice Feast
5. Coping with the Detox Symptoms
6. Emotions During Your Feast
7. What to Juice and How
8. Are There Any Foods I Shouldn't Have On A Juice Feast?
9. Storing Your Juice
10. How Long Should I Fast (Feast)?
11. Planning Ahead: Make Your Feast as Easy as Possible
12. If You Can't Buy Organic Foods
13. What About Supplements While on a Juice Feast?
14. Can I Drink Anything Besides Juice?
15. How to Properly Break a Juice Fast
16. OK, My Feast is Officially Over. Any Tips on Eating Properly?
17. Juicers and Other Supplies
18. Additional Methods of Detoxification
19. Delicious Juice Feasting Recipes
20. Exercises During A Juice Feast
21. A Typical Day On A Juice Feast
22. Conclusion

Introduction

This book is being written because I have a story to share. I have experienced firsthand what life can be like before, during and, after a juice feast. I know what it means to be overweight and to feel sluggish, out of control, depressed, and sick. I know the feeling of wanting to change and improve myself, but being uncertain of which way to turn or who to believe.

Days, weeks, and months would pass, and it seemed that my habits, much as I wanted to break free of them, kept wrapping their subtle tentacles around my will. I felt as if I was in a catch-22. I wanted to feel better, have more energy, and be healthy! Yet the more I wanted health, the farther away that goal seemed to be from my grasp.

Alcoholics, smokers, and drug addicts have an opportunity to overcome their negative lifestyle choices with help. No one *needs* to drink alcohol, smoke cigarettes, or take drugs in order to survive. However, *we all have to eat* to stay alive.

I knew that I was either consuming the wrong types of foods or just too much of them (or perhaps both!). Somehow, the whole situation didn't seem fair to me. I feared that even if I was successful with a particular diet, I would most likely slip back into my old habits because, unlike a smoker, *I need to eat!* I couldn't merely remove the offending substance (food) from my life and be done with my problem.

It is an amazing feat in life when we experience a paradigm change – a shift in the way we think. One day, fate seemed to intervene, and I began a small shift in the way I viewed food, my body, and my life.

I had been searching online for information about dieting (nothing new there!), and one day, I came across a forum that was discussing topics such as raw food and juice feasting. Intrigued, I lurked in the corner of that forum (so to speak) from the safety of my home.

That forum was rife with real questions and honest answers. I read of people who were just like me: their problems, their frustrations, their pleas for help. I also noted the assistance and encouragement given from people who had experienced success. Some of the people there had actually figured out the answers to many of the questions and problems that I had been struggling with for years. I was at once amazed, intrigued, and dubious about what I was reading and learning.

I soaked up the information like a dry sponge. I was learning how real people were producing real life changes. I learned how my body uses food. I learned about the contaminants in my food and how they, along with the environment, were impacting my body and health in such a negative way.

I learned that I would benefit more than I could even imagine from a juice fast or juice feast. And so began my journey through life on a slightly different path. Since that time, I have completed several juice feasts and am currently in the midst of yet another one. I can say that I am totally amazed and blessed by what I have learned and experienced over the course of the past two years.

During my quest to increase my knowledge about fasting, feasting, raw food living, etc., it wasn't easy to find the answers to all of my questions. I found myself scouring site after site, trying to put all of the pieces together. Another reason this book was written was to give you one-stop place to go for all of the information that you need to begin a juice feast. Of course this book is by no means all-inclusive. But the basic 'who, what, where, when, why, and how' of juice feasting is all right here for you to use as a starting point and guide.

Food is no longer my primary focus in life. Food – raw, life-giving, nutrient-filled food – now serves *me*; I do not serve *it*. No longer do I live with a prevailing undercurrent of guilt: guilt that I have once again eaten the wrong things, or too much of them; guilt that because I've succumbed to eating

badly, I now feel sluggish, heavy, and unproductive; and guilt knowing that tomorrow the vicious cycle will begin all over again.

Now, I feel...vibrant and alive! Another benefit for me is that not only is my body healthier, lighter, and more energetic, but my mind is clearer, and my soul is calmer. I can state first-hand how rejuvenating and empowering juice feasting is.

I want to be very clear that I am not a doctor, and please consult yours for medical advice – this is just me sharing my own experience with you.

My hope is that I can inspire you to consider this path for yourself as well.

Juice Fasting or Juice Feasting: What's the Difference?

Both juice fasting and juice feasting refer to the process of consuming only liquids comprised of vegetables and/or fruits for a period of time, mainly for the purposes of detoxifying, cleansing, healing, and alkalizing the body.

Let's break down the main terms: A fast, according to Dictionary.reference.com, is "an abstinence from food." The same source tells us that food is "any nourishing substance that is eaten, drunk, or otherwise taken into the body to sustain life, provide energy (and) promote growth." One can conclude, therefore, that the term "juice fast" is a contradiction of terms. If food can indeed be drunk as well as eaten, how then can we fast (abstain from food), while simultaneously ingesting nutrients (food) from juice?

Although the phrase may technically be incorrect, juice fasting has nonetheless become a popular expression. A juice fast is essentially one step up from a water fast. One consumes minimal amounts of juice along with plenty of water. The daily intake of calories and nutrients, however, falls short of what the body normally requires. Energy levels are therefore lower during a juice fast as the body focuses actively on cleansing and detoxifying.

A juice feast, on the other hand, provides all of the caloric content that the body requires. You will have more energy while on a juice feast because you will be providing a daily abundance of enzymes, vitamins, and minerals to your body. A juice feast is a gentler method of fasting for most as the detoxification process is slower.



Politicians and poets alike realize that slightly altering a phrase while leaving the true root meaning intact has the power to redirect our minds. The word *fasting* often conjures up feelings of deprivation and hunger: a sacrifice for a good cause, perhaps, but an undertaking of self-denial nonetheless. *Feasting*, on the other hand, invokes feelings of delight and satisfaction. Although, when all is said and done, juice *fasts* and juice *feasts* accomplish the same goals, but I for one would rather envision my journey towards better health as a delightful feast rather than a laborious fast.

The main focus of this book is on the wonderful process of body detoxification known as juice *feasting*. However, I do tend to use the terms fasting and feasting interchangeably for ease of readability.

What are the Benefits of Juice Feasting?

There are so many benefits to fasting (or feasting)! Here are just a few of the many highlights:

- You can lose weight safely
- You will experience increased energy and vitality
- You will breathe easier
- Your digestive system becomes more effective
- You will need less sleep
- Your mood will improve
- You will be able to focus better
- Your sense of taste improves
- Moving your body becomes easier
- Your skin improves, becoming clearer and softer
- Your self-confidence will increase
- Perhaps the biggest reason to fast or feast: detoxification, cleansing, and healing - your body will begin to rid itself of stored toxic substances, which cause disease and eventual death.

Juice feasting is a way for you to provide your body with the nutrients it needs for a period of time by drinking liquids instead of chewing solids. Because proper juicing of fresh fruits and vegetables removes the fiber, your body is able to obtain all of the calories it needs, without expending energy on the process of digestion.

While it is providing the body with vitamins, minerals and enzymes, juice fasting is at the same time cleansing and healing. Prime examples of the cleansing and healing process include removal of impacted mucus in the bowel, cancer cells, toxins and excess body fat. By their chemical nature, antioxidants found within living vegetables and fruits attach themselves to toxins, and effectively remove them from your body.

Breaking down the solid food we consume daily into usable nutrients demands an amazing amount of energy from our bodies. If the toxins we ingest during normal food intake are more plentiful than the amount of energy that our bodies have to neutralize or eliminate them, then they will begin to accumulate and be stored in our cells.

Our bodies are continually bombarded with an onslaught of disease-producing material from our environment as well as from the food that we consume. Our bodies are designed to handle these toxins in a variety of ways. For instance, in its healthy state, our liver quietly goes about its daily business of 'detoxifying' as every ounce of our blood continually filters through it.

Another example of our body's natural ability to protect us is through the neutralization of free radical toxins. If we manage to ingest adequate amounts of antioxidant-rich foods, those free radicals will all be rendered harmless. However, most of us do not consume anywhere near the amount of antioxidant-rich foods that we require to meet the demands of those toxins.

One more example of a healthy body's way of 'cleaning house' involves the daily elimination of waste material through breathing, sweat, urine, and feces. Ideally, we want to live a life that is as free of toxic materials as possible so that our bodies can properly cleanse themselves as they were designed to do in order to experience the highest possible zenith of health.

Unfortunately, this is no easy task. On a daily basis, we ingest chemically laden, processed, nutrient-deprived *imitations* of food. We fry, bake, boil, sauté, grill, and otherwise destroy the enzymes and nutrients found in live foods that are capable of keeping us in a state of overall good health. What is the end result for those who live the modern, civilized way of life? We develop chronic diseases, cancers, and rampant obesity as our bodies frantically try to deal with toxic overload.



By juice feasting, you are allowing your body a short vacation from the daily energy-depleting process of digestion. Doing so enables that energy to be redirected towards detoxification and healing. What a marvelous way to embark on the journey towards optimal health.

What about Water Fasting?

Water fasting is essentially 'detoxification on steroids.' It is a faster, more intense version of body cleansing. Because no nutrients are provided during a water fast, detoxification proceeds aggressively, enhancing the inevitable symptoms of cleansing (headaches, dizziness, etc.). Therefore, a water fast can be difficult to endure, especially for people who have fast metabolisms.

It is important to seek medical advice before deciding to participate in a water fast. If you do decide to embark on one, you would do well to partake in one during a time of quiet solitude because you will need to spend a great deal of time resting.

Jesus is a well known example of a figure who undertook a 40-day water fast. Although some people feel that towards the end of His fast, Jesus must have been in a severely weakened state, other people would disagree. They feel that because Jesus knew of the imminent temptations from Satan, He purposely chose this path of food deprivation, existing only on water. His fast, they believe, enabled Him to experience a richer communion with His Father and enjoy a calmness and strength of spirit that prepared Him for what was to come.

Remember, a diet during the time of Christ would have consisted of natural, unprocessed foods, unfettered with toxins and chemicals. Therefore, a water fast during this time would have produced far fewer unpleasant side effects due to a less toxic buildup within the body.

If you do choose to partake in a water fast, the safe time-frame to do so could be anywhere from one to forty days. It is important to drink two quarts or more of distilled water each day during your fast. Do not drink water from the tap as there are many impurities found therein.

Distilled water is the ideal choice when it comes to drinking water, not only during a fast but every single day. Its purity allows for easy absorption of large quantities of toxins and the ability to efficiently flush them from your body.



But what about mineral water? Unfortunately, the general public has become convinced (based on the millions of bottles of spring water sold), that this type of water is beneficial for us. However, in actuality, nothing could be further from the truth. The types of minerals that mineral water consists of are plain, simple, inorganic material – little rocks, if you will. You shouldn't expect your body to be any more capable of metabolizing the ingredients found in mineral water than you would expect it to be able to metabolize a swallowed penny or quarter.

Instead, these inorganic products from bottled, spring, and mineral water must be stored somewhere within our bodies if they are unable to be promptly eliminated. Plants, on the other hand, are designed to make use of the inorganic minerals found within the soil, and then when we consume those plants, our bodies fully metabolize all of the organic minerals found therein.

It is wise to begin and end a water fast with two to three days of juice fasting. The reason for this is because a juice fast also detoxifies but in a less aggressive way than a water fast, so consuming juice at the beginning and end of a water fast will ease the toll that it takes on your body's system. Moreover, you would do well to go one step further and begin a diet consisting of mostly raw foods and fresh juices a week or two before the commencement of your planned water fast.

Many experts teach that alternating between juice and water during a fast is the best approach for achieving the maximum benefits of body cleansing. For instance, you could begin a fast by juicing for 2 or 3 days, then switch to water for 2 or 3 days, then go back to juicing, and so on.

What to Expect During a Juice Feast

As the expression goes, knowing is half the battle, and nowhere does this idiom ring more true than when it comes to embarking on a life altering endeavor, such as a juice feast. You will experience good days and less enjoyable days. As your body detoxifies, you may experience intense changes. Preparing for what changes may occur with your body during a juice feast and knowing why these things are happening can make all the difference between whether you persevere towards success or quit prematurely.

The following is a brief summary of many of the major physical, mental, and emotional sensations that you may experience as you progress through the stages of your juice feast. The intensity and quantity of these sensations are highly variable. Much depends on the state of your body before the commencement of your fast. Keep in mind that while you are juice feasting, your body will finally be able to begin the arduous task of healing and detoxifying, thus launching you on your way to better health!

It is highly recommended that you give yourself an enema on a somewhat regular basis during your juice feast, especially when you first begin. This step is necessary to assist with the detoxification process. You should plan on giving yourself an enema every day for the first ten to fourteen days. After which, you can spread them out to 2 or 3 times per week. As the enema cleanses your colon, additional space will be provided in your small intestine, enabling it to begin releasing toxins. There are several different ingredients that you may add to the enema water. See section: *Additional Methods of Detoxification*.

The length of stages outlined below are approximate:

Stage 1 (Day 1 & Day 2)

Internal body cleansing during Stage 1 involves the removal of copious amounts of digestive products and waste matter. The first few days of a fast can be unsettling if you are unprepared. You are most likely unfamiliar with the sensations involved with large quantities of waste passing into your blood stream. Your tongue becomes coated and your breath is made unpleasant as your body begins to excrete toxic waste buildup through every possible opening. Be prepared to experience many of the following sensations:

- Hunger
- Headache
- Fatigue /weakness
- Heavily coated tongue
- “Fuzzy” teeth
- Bad breath
- Nausea
- Glazed eyes
- Dizziness

Stage 2 (Day 3 through Day 7)

This stage begins the removal of fat and accumulated mucous, along with toxins and dying cells, Hunger pangs usually vanish during this stage; although, they may reappear for short intervals.

You may still experience some of the aforementioned symptoms in addition to the following:

- Joint pain
- Mucous discharge
- Pale complexion
- Oily skin
- Skin lesions – pimples, rashes
- Sore throat
- Runny nose

- Increased mucous
- Lung pain

Stage 3 (Day 8 through Day 15)

During the next stages, you can expect the following to occur:

- Your mind clears
- You have more energy
- You begin to feel renewed
- Your old injuries may become painful as the body is finally able to complete its healing process
- Continued mucous discharge
- Sore, tight muscles
- Sore legs
- Canker sores in your mouth

Stage 4 (Day 16 through Day 30)

- Your mind clears even more
- Improved memory
- Increased energy
- Emotional balance
- Tongue is often pink
- Breath is often fresh
- Mucous discharge is at a minimum

Day 30 Plus

After engaging in a juice feast for a month, your body will continue to heal and detoxify itself. For the duration of your feast, your body rebuilds and heals, especially after day 60. Therefore, your cleansing symptoms become less frequent and intense as your body maintains lower levels of toxic waste. You will continue to have up days and down days, but the severity of your symptoms will absolutely decrease over time.

As you experience the inevitable symptoms of body cleansing, keep in mind that the reason for this is because your body is releasing dangerous waste materials, which have been residing deep within you for a very long time, but before you know it, you will be on the other side of these symptoms. At which point, you will be very glad that you followed through.



Coping with the Detox Symptoms

Now that you are aware of the many symptoms of body cleansing that you may experience, wouldn't it be nice to learn about some coping strategies? Listed below are some of the most common reactions to detoxification and the natural remedies that you can employ to help you work through them.

- **Headache, lethargy, and mental 'fog:'** the best advice is to rest when these symptoms occur and wait patiently for them to pass. A shoulder or neck massage can also provide relief from a tension headache.
- **Mucous:** during the latter stages of your fast, you will notice an increase in the amount of mucous drainage. A nasal cleansing device, such as a Neti Pot, can be very helpful if you are experiencing sinus drainage. Use the Neti Pot one or two times per day as needed. Drinking lemon juice and water can also assist with the breakdown of mucous.
- **Nausea:** drinking carrot juice or water can help to eliminate the toxins causing your nausea.
- **Cold virus:** Because the cold virus loves to grow in mucous, you will be more susceptible to getting the sniffles or a full blown cold during the time when your body is excreting excess mucous. Continue with your fast as this will help to ensure that the mucous will continue to be eliminated. Drinking lemon juice with water is also beneficial.
- **Strong Emotions:** Keeping a journal or blogging about your reactions can be quite therapeutic, not only as you are writing but afterwards as well when you review your journey towards health and realize just how far you've come.
- **Bad breath:** Brush your teeth and tongue. Use dental floss. Gargle with a non-alcohol mouth rinse.
- **Coated tongue:** Along with daily brushing of your teeth and tongue, a tongue scraper can be an effective tool for removing some of the toxic buildup on your tongue. If your tongue becomes sensitive or sore, be careful and scrape gently.

- **Canker sores:** Gargle several times a day with sea salt and water. Apply tea tree oil to the sore(s).
- **Diarrhea:** Use an enema. This should stop the diarrhea. Using a bulk forming laxative, such as psyllium husk, works well to regulate the bowels.
- **Dizziness:** Drop to one knee. Breathe slow and steady. Rise gradually.

Emotions During Your Feast

Another important point to remember is that many of us eat for emotional reasons. When we use food to compensate for an unhappy emotional state, we are in essence storing those emotions not only in our minds but deep within our cells as well. Eating those 'comfort foods' does not rid us of these emotions; it merely covers them up. Years of emotional eating result in a body that has had no choice but to store layers of unresolved emotions within its very core. As your cleanse continues, your body digs deeper and deeper, looking for the last remnants of toxic byproducts to remove. Eventually, even your cells will be allowed to release all of those accumulated fears, feelings, and emotions.

As this wonderful process continues, you may find yourself experiencing emotions and feelings which have been suppressed for a very long time. Unless you are properly prepared for this, you may be shocked to wake up one morning and notice how negative you are suddenly feeling; you may feel intense sadness or even anger or jealousy. These are just a few of the emotions you may be called upon to work through. As the cleansing process continues, look within and remember to embrace the amazing work your body is accomplishing as it cleanses and heals you at all levels.

What to Juice and How

As a minimum, you must juice and consume at least the following on a daily basis:

- One head of celery
- 2 lbs of leafy green vegetables. A few examples of leafy greens include lettuce, arugula, spinach, kale, Swiss chard, beet greens, watercress, and parsley.

Please note that as a general rule of thumb it is better to drink vegetables and fruits separately. However, leafy greens such as kale and spinach are not as dense and starchy as other vegetables, so they can be safely combined with fruits. Lemon, lime, and cranberry juice, however, give your vegetable juices a little zip and are fine to add to almost any vegetable combo you choose. The acidity of the lemons and limes and the tartness of the cranberries will help to balance out the often bitter taste of some of the more pungent dark, leafy greens.



Another way to enhance the flavor of your vegetable beverages is to add some herbs and spices. Fresh ginger will give your drink a tasty kick, and cilantro and parsley are great herbs to experiment with as well.

Tip: to keep your teeth in good standing, it's a good idea to brush them or rinse your mouth out with salt water after consuming fruit juices.

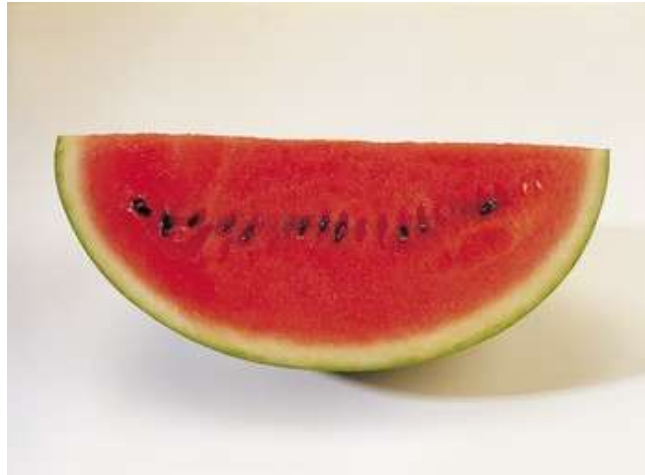
Plan on drinking at least 3-4 quarts of fresh juice per day while you are on your juice feast. Concentrate on fresh, green vegetables over fruits, but do be sure to include both. You may drink your juice as often as you like, you and may drink until you feel satisfied but not engorged. Be sure to include distilled water in your daily routine as well as herbal teas if they suit your fancy.

At first, it may seem difficult to drink a whole gallon of fresh juice in one day, but if you appropriately space your consumption out over the course of the day, it will seem much more doable. Green juice is less calorie-dense, and it is a great beverage to consume. To ensure that you do in fact take in one gallon of liquid nutrients each day, try not to overdo it with calorie-dense foods, such as yams, carrots, pineapples, and bananas, which will be more filling. Weight loss will occur more easily as well if you focus more on leafy greens. Another technique to consider is that you can always water down your fruit juices, especially if they seem overly sweet and syrupy.

Remember to experiment with all of the wonderful produce available, including food items such as peas, carrots, beans, cucumbers, broccoli, bok choy, star fruit, ugli fruit, pomegranates, etc.

Another tip: melons (watermelon, cantaloupe, honeydew, etc.), due to their chemical composition, are the most easily digestible fruit. Therefore, it is recommended that you do not juice melons with other types of fruit. You can, however, combine the juices from different types of melons together. You may enjoy these sweet juices as often as you wish!

You will certainly have a lot of fun experimenting with different food combinations as you explore the arena of juice feasting. At the beginning of a juice feast, people often combine several types of foods so as to experience many different taste sensations.



As time passes, people often revert to two, maybe three, different types of foods per juicing session. Most people tend to find that the simpler combinations are more tasty and refreshing. Also, the human body often reacts more positively to a less complex mixture of ingredients; you should always try to listen to your body. As your feast continues, you will become more in tune with your body's signals and be able to modify your diet accordingly.

The following is a partial list of extracts and fresh herbs that you may wish to include in order to add extra flavor to your juices:

- Organic aloe Vera leaves, which aid with the digestive process.
- Cayenne pepper, known both for its healing properties and its ability to boost the metabolism.
- Cinnamon, this spice balances blood sugar levels and has anti-fungal properties.
- Dandelion, it aids with detoxing the liver and the blood.
- Garlic, which has anti-fungal properties and acts as a blood and immune system strengthener.

- Ginger Root, this helps with bloating and gas.
- Hot peppers, which are good for eliminating mucous and increasing the metabolism.
- Extract, this eases bloating and assists with the digestive process.
- Mint, it eases digestion.
- Turmeric, this is an anti-inflammatory agent that cleans the blood.

Are There Any Foods I Shouldn't Have on a Juice Feast?

Absolutely, any and all calorie-dense foods will slow your rate of cleansing. Strive to mainly juice produce with a high water content. Foods such as bananas, avocados, papayas, and mangoes have a lot of calories and are better left until after your feast. Likewise, seeds and nuts should also be avoided during your feast as they are mucous-producing, which can slow down your healing process. The exception to this rule is fresh coconut water, which is an excellent beverage to consume during your juice feast. Additionally, while raw honey is allowed and can be used to sweeten up a green juice drink, be mindful and resist the urge to eat it plain. It is very sweet and dense and will therefore slow down your healing.



Storing Your Juice

Your freshly squeezed juice is highly perishable. Ideally, you should drink your juice as soon as you make it because the oxygen in the air eventually destroys the nutritional value of juice. If you carefully store the juice, however, you can prolong the amount of time you have to drink it for up to 24 hours.

Here are a couple of helpful storage tips:

- Store your freshly squeezed juice in glass jars with airtight lids.
- Fill your juice jars with as much juice as possible. This will keep out excessive air (oxygen), which will break down the nutrients in your juice.
- Use a food vacuum pump, if you have one, to remove as much of the oxygen from the jar as you can.
- Store your juice in either the refrigerator or a cooler with ice packs and consume it as soon as you are able to within 24 hours.

How Long Should I Fast (Feast)?

There is no set in stone answer with regard to the length of time that you should continue with your juice feast because there are many factors to take into consideration. For example, have you ever fasted before? If you are new to fasting or feasting, then you may wish to limit the duration of your first experience so as to carefully observe your body's reactions. What is your environment like? If you live in a hectic, noisy, stimulating place but know you will be able to take a short vacation soon, you may wish to tailor your fasting to coincide with that time when you are able to enjoy a more relaxed schedule.

The best advice is to educate and prepare yourself as much as possible. You may want to ease into the idea of a fast/feast by trying it for one day – or even for just one meal. You may then decide to try a 3, 7, or 10 day fast. Alternately, after careful preparation and education, you may decide that you want your first juice feast to last for a month or longer. Any nutrients that you give to your body in juice form can only do you good, so you will still be able to benefit from doing a juice fast/feast for just a short while. Of course the longer you engage in a juice feast, the deeper and more pronounced your cleansing and healing will be.

Here is a list of the most common juice feasting time-frames, so you can decide which would be best for you:

- **24 Hour (One Day) Fast.** People sometimes decide to go without food for a day when they are beginning to feel an illness coming on. This quick fast can provide the body with some additional resources to help fight off the illness before it becomes full blown.
- **Three Day Fast** - Some people routinely participate in monthly 3 day fasts so as to maintain their overall good health with a periodic body cleanse. This fast is often done over the weekend, starting after breakfast on Friday and ending with a light meal Sunday night.

- **One Week Fast** - Some people fast for a week at a time, once per season (quarterly).
- **Ten Day Fast** - Other people do the ten day fast on a yearly basis for an annual body cleanse and detox.
- **Multiple Weeks Fast** - This feast length is used by people when they are juice feasting as a way to gradually cleanse, detoxify, rebuild, and alkalize their bodies.

This is what typically happens during each of the feast lengths:

- **Three Day Fast** – The elimination process starts through the removal of toxins and the cleansing of the blood.
- **Five Day Fast** – The immune system begins to be rebuilt, and the healing process commences.
- **Ten Day Fast** – Illness is prevented.

Planning Ahead: Make Your Feast as Easy as Possible

To ensure the best possible chance of success with this new experience, please commit to spending the necessary amount of time to prepare for your juice feasting and take heed of the following advice:

- Have your tools ready. Practice using your juicer or blender. After all, for the next however long, it is going to be your most important piece of equipment. Experiment using your juicer with different kinds of produce. Have glass jars on hand for juice storage as well as a cooler and ice pack, which are necessary for transporting your juice if you are traveling during the day.
- Exercise good time management. Determine the amount of time that you will need to juice your food and plan accordingly. Allow extra learning time in the beginning if the process of juicing your meals is unfamiliar to you.
- If your food is organic, a quick washing will be all that is needed before cutting it and dropping it into your juicer. You will need to allot additional time if your food is not organically grown so as to ensure that it gets clean. Give yourself somewhere between one and one half hours for juicing when you first start, especially if you will be preparing a whole day's worth of meals.
- How long does it take to clean your juicer? Some juicers are easier to clean than others, but with practice, you will find that the clean up process should only take you between 5 and 15 minutes.
- If you are very busy (and able to afford it), you might consider hiring someone to juice your food for you.
- When you drink your newly juiced food, do so slowly and with deliberation. "Chew" your juice at first as you were taught to do with

wine. Chewing your drink will assist with the digestive process because saliva and enzymes are released when you go through the chewing motions.

- Eliminate any temptations. You will have a much greater chance of achieving success if you rid your home of all processed foods before you begin your juice feast. For the duration of your feast, you will have no need for dairy products, grains, meats, etc. Of course, this elimination task is much easier to accomplish if you live alone, so if you have a spouse or family, do your best to keep any temptation foods out of sight and out of mind. As your feast progresses, you will begin to lose your desire for the foods you used to crave.
- Gather a support system. If you have a family, it is important to elicit their support during this time. Let them know how much you value the journey you are about to undertake and ask for their patient understanding. It is sometimes difficult for families to witness a person deviate from their normal, longstanding behavior, so do not be surprised if you experience some initial resistance to your plan. You can also find wonderful support groups on the Internet as there are numerous forums specifically devoted to the raw food way of life, which includes juice feasting.
- Shop regularly and decide on the best time to shop. Ideally, you will purchase all organic fruits and vegetables. Set aside one or two days a week for making food purchases, and make room in your fridge for your items.
- Research the best places to shop. There are usually many more choices than just your local grocery store. Is there a co-op in your area? Perhaps a public market? How about a Natural Foods Store? Many suburbs within towns have farmer's markets that bring produce in once a week to sell during certain times of the year.

- Carry your toothbrush with you when you are out and about. You will find that your teeth and tongue will often be coated with unsavory material, which you will want to be able to remove.
- Make finding delicious juice recipes incredibly easy with the [Juice Suggester](#), which is juice recipe software that will allow you to quickly and easily come up with hundreds of delicious juice recipes without having to spend time flipping through books, magazines, and websites.

If You Can't Buy Organic Foods

If, for whatever reason, you are unable to obtain organic foods, please do not let this deter you from juice feasting. There are other ways that you can rid your food of the majority of pesticides. The first of which is to use the following spray recipe to clean your produce:

Combine together the ingredients that are listed below then pour them into a spray bottle:

- 1 cup distilled water
- 1 cup distilled white vinegar
- 1 tbsp. baking soda
- 1/2 lemon

Spray the mixture onto produce, allow it sit for 5 minutes, then scrub and rinse.



There are a few extra steps you should take with certain types of produce if it is not organically grown:

- **Strawberries:** they can hang on to pesticides longer than most produce. Soak them in the aforementioned mixture for at least 2 minutes, then rinse.

- **Spinach:** this is a deviation from the 'fresh' concept, but due to the fact that spinach is often grown with tons of pesticides, it may be better to purchase frozen spinach if you cannot purchase organic. The washing and blanching of spinach before it is frozen kills most of the pesticides.
- **Apples:** avoid the waxy-looking, shiny apples, and give them all the smell-test. If it does not smell like an apple, then please don't buy it.

What about Taking Supplements While on a Juice Feast?

Please keep in mind that there are differing opinions as to the necessity of supplements while fasting and/or living the raw food diet. Some people believe that you will obtain all of the necessary nutrients from the natural, raw foods you are ingesting. You have probably heard about soil depletion and the possible detrimental effects that it could have on the nutritive value of our foods. Those people who are against the idea of taking additional supplements feel that the problem lies with our diseased bodies' inability to properly absorb the nutrients provided by uncooked foods and not so much with the foods not having nutritive value themselves.

On the other side of the argument are people who feel that we can enhance our health through supplements, especially those that are derived from actual food products. Below, I will list the most commonly recommended supplements, their functions, and their normal dosages.

What is most important is that you listen to your body. You will develop a keener sense of what your body is telling you as you progress with your juice feast. Allow that knowledge to lead you to make intelligent decisions with regard to taking supplements,

Coconut Oil – Take up to 1 Tbsp. every day. Or instead, you may fare better by spacing out your intake to 2 or 3 times per week. Coconut oil improves the body's anti-inflammatory response; it contains the least amount of calories of any fat source; it's great for lubrication during enema use; it's highly resistive to turning rancid; and it has antibacterial, antimicrobial, and anti-fungal properties.

Hemp seeds / Hemp Oil - Take up to 1 Tbsp. per day in juice. Hemp seeds and hemp oil contain the precise ratio of essential fatty acids that humans require: 1 part omega 3: 3 parts omega 6. Plus, they strengthen

the immune system, protect against the sun's harmful rays, and contain lecithin.

Spirulina – Take 1-2 Tbsp. per day. Spirulina is a complete protein that contains all 8 essential amino acids. It is also a vegetable plankton, a blue-green algae.

Kelp Granules – Take ¼ tsp. per day to get your daily intake of iodine without taking in too much sodium. Kelp granules absorb and rid the body of heavy metals and radioactive elements.

Break-Stone Tea (Chanca Piedra) - Do not consume this before the thirtieth day of your juice feast. Chanca Piedra is available in two forms: tea and tincture. If using the tea version, drink 1-2 cups per day for 30 days starting on day 30 of your juice feast. If using the tincture, follow the directions listed on the bottle. Normally, Chanca Piedra is used for breaking up gall stones, kidney stones, and liver stones; it can also be used to help prevent the formation of new stones.

Cascara Sagrada – Take the recommended dosage on the bottle up to 2-3 times per day. Cascara Sagrada should only be used if you are not experiencing at least 2-3 bowel movements each day during the initial 7-30 days of your juice feast.

MSM (methyl sulphonyl methane, a sulphur compound) - Take up to 1 Tbsp. 3 times per day in water. MSM aids with collagen formation and helps to reduce the appearance of scars.

Bee Pollen – Take 1 Tbsp. per day. Bee pollen is high in protein and aids with digestion.

This list is definitely not all-inclusive, but it does present a general overview of some of the most commonly recommended supplements for you to consider while embarking on a juice feast (or on your raw food lifestyle diet) if you so desire.

Can I Drink Something Besides Juice?

To answer this question, you absolutely can drink things other than juice!

Water -You probably already guessed that water is a required component of your daily fluid intake. You should strive to drink 8 glasses of [distilled water](#) each day. You may find that diluting your juices with water, especially your fruit juices, is a great way efficiently meet your daily water consumption needs. At first, you may find it difficult to imagine including 8 glasses of water on top of all of the juice you are already drinking, but it's very important that you do. This is why sneaking some water in with your juice is a good idea. Water helps to keep your body's pH balance in check, and it plays an important role in the cleansing process.

Master Cleanse Drink - this is a great beverage to have on occasion, such as when you are traveling, or if you are too busy to get out the juicer. The Master Cleanse Drink is good for you; plus, it won't oxidize, lose its taste, or spoil quickly like your produce juices will. To make the master cleanse, use the following recipe:

1 quart distilled water
6 Tbsp. lemon juice
6 Tbsp. raw honey
1/10 tsp. cayenne pepper
Mix together and enjoy.

Electrolyte Drink – A great drink, especially if you have been experiencing diarrhea. This drink helps to replace electrolytes and increase energy.

2 cups distilled water
1Tbsp, raw honey
Juice from 1 lime
1 tsp. Himalayan salt.
Mix ingredients together. Adjust quantities to taste.

Herbal Teas - There are many different flavors of tea that you can choose, but steer clear of those that may have stimulants, like caffeine. Some good choices are those that contain cinnamon, which balances the blood; peppermint, which helps ease digestion; dandelion, which aids with liver functioning; chamomile, which has calming effects; and ginseng, which helps increase the metabolic rate.



Wheatgrass Juice – This green juice has lots of chlorophyll, along with many healing properties, including beta-carotene and Vitamins B-12, B-6, K, and C. Wheatgrass juice also contains more protein per ounce than beef.

Coconut Water – Humans can actually live on coconut juice for quite a long time. This fluid possesses the same properties as our blood plasma and has lots of electrolytes. You can literally poke out one of the ‘eyes’ of a coconut, insert a straw, and start drinking. You can drink it straight or get creative and combine it with some of your green juices. You can also combine it with any of the green powders for some great tasting drink combinations.

How to Properly Break a Juice Fast

It is important to prepare yourself to follow a structured program as you deliberately and carefully re-enter the world of solid foods. Your digestive tract has been given a wonderful, much needed rest from the rigors of dealing with breaking down material in the gut. You need to carefully reawaken your bowels so as to ensure that you smoothly transition back into consuming solid foods.



David Rain and John Rose have developed a successful Feast Breaking Program, which is based on years of student observations as well as on their own personal experiences. The program is divided into three stages. The time period for each stage depends on how long you have been feasting. If you have been juice feasting for longer than 24 days, you will need six days to transition back into eating solids, with each stage lasting for two days. Whereas, if you have been feasting for less than 24 days, you will only need three days to make the transition, with each stage lasting for just one day.

Phase 1 Day 1: Prunes. Soak 8 oz. of organic prunes for several hours or overnight. Begin by drinking the water the prunes were soaking in. Then, slowly start to eat the prunes, eating as many as you wish. You will most likely have a bowel movement within a few hours. Continue to juice feast as usual.

Phase 1 Day 2: More prunes. On this day you will repeat the same process as the day before, with the only deviation being that you will consume two meals' worth of prunes. Try to position each of these meals around breakfast and lunch. Again, continue with your juice feasting for the rest of the day.

Phase 2 Day 1: Fruits. Today you will begin to eat juicy fruits, such as berries, cherries, mangoes, oranges, tomatoes, and watermelon. It is not yet time to introduce denser fruits, like avocados or bananas, into your diet. But do continue with your prunes and juices. Eat your fruit as a meal and cut your juicing down to about half of what your normal intake was when you were solely feasting. As you reintroduce solid fruits into your diet and cut down on your fruit juice intake, you should still consume the same amount of green veggie juice as you were when you were feasting.

Phase 2 Day 2: Continue the same regimen as the day before.

Phase 3 Day 1: Salads. It is now time to introduce solid vegetables into your diet, and salads are the perfect food to accomplish this. Use leafy greens and sprouts. You may make simple dressings if you wish – lemon juice mixed with flax oil is a good choice. Continue eating prunes, fruits, and juicing. You may also begin to add a little fat into your diet through raw foods such as avocado and olives.

Phase 3 Day 2: Continue the same regimen as the day before.

OK, My Feast is Officially Over. Any Tips to Ensure My Continued Success?

Congratulations! You did it! You're on the other side of your juice feast! Now what? During the days prior to the end of a juice feast, some people begin to feel apprehensive: what will it be like to start to eat again? Will I want to binge? Will food taste good? What if I overeat? What if I don't want to eat? Will I become lethargic from the heaviness of solid food in my belly?

First of all, remember to acknowledge all of your wonderful accomplishments! No matter how long your feast has lasted, you and your body have undergone an amazing transformation. Rejoice in this!



The transition from liquid food to solid food is definitely something that you should prepare for, both mentally as well as physically. Your body has been purged of many toxins, and as a result, your senses are probably sharpened. Your sense of taste and smell may be more acute. The smell of various foods may be quite enticing to you.

Just as your mother probably told you as a child, chew your food slowly and thoroughly, and relish the texture and flavor of what you are eating.

These are great life-long habits to keep in mind. Also, eat only when you are truly hungry, and eat only until you are pleasantly satisfied, not until you are engorged.

You may notice at first that food doesn't seem to give you the energized feeling that you expected. You might feel sluggish and tired instead; this is perfectly normal. Your body may still be clearing out old toxins at this point. Also, solid food is more calorie dense than juice, and your body is still trying to get back into the swing of digestion. Be kind to your body and exert care not to overload it with rich, hard to digest foods. Slowly introduce foods like bananas, avocados, and nuts into your system. Soon you will become acclimated to your new way of eating, and remember, you can always supplement solid food meals with a juice meal.

Juicers and Other Supplies

When it comes to purchasing a juicer, you will find many choices available. I will list several here and include a brief description of each. You want a juicer that is able to provide you with as much juice as possible, one that does the least amount of damage to the juice itself in the process, and one that is easy to use and clean.



Green Star Elite - The newest addition to this pricey series is a model that boasts a three-stage juicing system. The company states that with the three-stage system, this juicer is able to provide a “higher amount of nutrition and higher juice yield” compared to older models that use the two - stage system. This juicer comes with a five year warranty.

Hippocrates Juicer - This juicer allows you to control the pressure inside the machine while juicing, possibly supplying more enzymes and nutrients to the juice. The company states that lab tests confirm that this juicer delivers a higher mineral content than other brands. It comes with an incredible, all-inclusive, twelve year warranty.

Omega Masticating Juicer - This brand claims that there will be no clogging, foaming, or heat build-up, which is an important facet to take into account as heat destroys the enzymes in your juice. The Omega Masticating Juicer comes with a ten year warranty.

Champion Juicer - This is another popular model. The manufacturing company states that its models have more starting torque for cooler operation. As I conducted my personal research on this model, I noted in some customer reviews and product descriptions that Champions are not particularly adept at juicing leafy greens. However, I have also noticed in various forums, dedicated to the raw food diet and juicing in general, that many people love their Champion Juicers, which come with a ten year warranty.

These are just some of the many models available and their selling points. I suggest that you do some research on sites such as Amazon.com and read the customer reviews. Also, forums offer a wealth of information. One in particular you may wish to check out is RawFoodTalk.com

Blenders vs. Juicers

People sometimes choose to use a [blender](#) for their juices. After blending, they then use a nut milk bag to strain the juice and leave behind the pulp. Using a blender may seem like more work as you must manually squeeze the juice through the nut milk bag. There is also the question about the quality of the juice: are the delicate enzymes being destroyed from the heat of the blender motor? There is no doubt that juices made in a juicer oxidize more slowly. But if you drink your juice immediately after it is prepared in your blender, then you will be just fine.

People who choose to prepare their juices in a blender have the perk of a convenient clean up because blenders are usually easier to clean than juicers are. Plus, they have variable speeds.

Vitamix - This is a popular choice for blender users. The Vitamix comes with a 2+ peak hp motor, which generates blade speeds up to 240 mph, and it has a seven year warranty.

Other Supplies to Keep on Hand

(Some of these have been mentioned elsewhere in this book, but they bear repeating).

Tongue Scraper - Use this tool on a daily basis to gently cleanse your tongue from toxic buildup.

Dry Skin Brush – Use a dry skin brush every day to rid your skin of dead cells and other excreted material.

Deodorant Body Bar - Use a natural bar with natural ingredients, such as Tom's of Maine, to cleanse your skin while you are fasting so that you will feel fresh as you detox and cleanse.

Enema Bags – Use these for colon cleansing purposes.

Glass Jars – These will come in handy for storing your freshly made juices.

Nasal Cleansing Pot (Neti Pot) - Use this at the first sign of a cold or whenever mucous is a problem.

Coconut Oil – This is good for you both internally and externally, especially when applied topically to your skin after showering and dry brushing.

Nut Milk Bags – These are used for straining juices.

Rebounder - This is a great exercise device, which is especially beneficial to your lymph system.

Hemp Oil - This is the best source of Omega 3's. Take 1-2 Tbsp. per day.

Flax Oil – This can be used in place of hemp oil.

Digestive enzymes - Take ½ tsp. three times daily before consuming your juices.

Bee Pollen - This aids with digestion. Take 1-2 Tbsp. per day.

Raw Honey – This is used with the Master Cleanse as well as to sweeten green juice.

Kelp Granules – These provide a great source of iodine without the salt. Take ¼ tsp. per day.

MSM - This is a sulphur compound which assists with collagen formation. Take 1-3 Tbsp. per day.

Green Powders – They come in a variety of flavors and help to alkalize the body. Take 1-2 Tbsp. per day in juice.

Organic Coffee – This can be used with enemas to aid the liver with waste release.

Cascara Sagrada - This is used to increase peristalsis and is usually started a few days after a feast has been put into effect. Take 1-3 caps per day until the feast is half over.

Parastro – During juice feasting, this is used to assist with parasite removal after day 60. It comes with 2 bottles, but you will only need the second bottle; use it for 21 days.

Probiotics – You may start taking them near the end of feasting so as to ensure the re-growth of good bacteria in the gut. Take 1-2 tabs per day.

Additional Methods of Detoxification

There are other methods of detoxification that will aid you as you partake in your juice feast:

Dry Brushing - Our skin is our largest organ. Through the skin, the average adult eliminates more than one pound of waste acids each day, mostly through the sweat glands. Dry brushing your skin is a wonderful way of exfoliating dead skin as well as preventing dry skin from occurring. Additionally, dry brushing strengthens your immune system, tones your muscles, stimulates circulation, and helps cleanse the lymphatic system. Dry brush your skin right before bathing so as to ensure that any impurities left on your skin from brushing are washed away. When you dry brush, be sure to brush towards your heart, i.e. brush your arms from your hands to your shoulders, and brush your legs from your feet to your hips, etc.

Shower Filters - It's suggested that we absorb many more harmful chemicals from showering than we do from drinking tap water. Our pores are more open when they are exposed to warm water, which is why chemicals found in water, like chlorine, are easily absorbed through our skin. The water vapor from the steam in our showers contains chlorine and other waterborne chemicals, which we then inhale into our lungs. If you obtain your water from a well, then it's possible that you are also inhaling radon when you shower as it is a waterborne gas. Shower filters are able to remove many of the pollutants found in water, thus ensuring a much safer environment for you. Furthermore, filtering out these harmful chemicals can reduce or eliminate your dry skin and hair issues.

Bowel cleansing - This can be accomplished at home, or you may occasionally wish to visit a trained colonic therapist. You will most likely be

performing most of your bowel cleansing within the confines of your own home through the use of an enema, which are quite effective and are also recommended for a time during your juice feast. There are a variety of healthy elements that you can add to the enema, some of which are listed below:

Flax Oil

Aloe Vera Gel (organic)

Probiotics

Garlic – Blend four cloves with 2 cups of water and strain.

Chamomile

Spirulina

Fresh green juice

Coffee - Believe it or not, fresh, organic coffee is a wonderful addition to your enema as it aids with liver functioning by stimulating it to release waste material. Brew your coffee and wait a few minutes until it is warm to the touch. Use 3 Tbsp. of coffee for each quart of water you use for your enema. Be sure that no grounds are present in the liquid, and since coffee is a stimulant, use it only during the day.



Although enemas are a factor of a successful body cleanse and healing, they are not to be used routinely. Your body is designed to eliminate waste material without the prolonged assistance of enemas. But when they are used judiciously during a juice feast, they play an important role in your return to optimal health.

Delicious Juice Feasting Recipes

Below you will find some great recipes for green juices, fruit juices, and veggie/fruit combo juices.

Green juice recipes:

1. Lettuce, spinach, celery, and parsley
2. Lettuce, spinach, celery, and cilantro
3. Lettuce, spinach, watercress, and chard
4. Spinach, celery, cucumber, and chard
5. Cucumber, fennel, and chard

When drank by itself, green juice can have a very strong taste, especially if you are accustomed to it. Therefore, for juice feasting beginners, I would recommend mixing your green juices with things like fresh coconut water or juices from other more colorful vegetables, such as carrots, beets, red bell peppers, or tomatoes. You can also add fresh sprouts to your green juices to make them more palatable.

When making green juices, it's important to note, that celery and cucumber-based drinks are very low in calories. Therefore, if you are consuming a lot of juice that is primarily made up of these ingredients, then you probably will need to drink a lot more juice each day in order to meet your daily calorie requirements.

Some side effects of drinking green juices include dizziness and feeling cold. The reason for these effects is because green juice lowers your body's blood pressure while it cleans, alkalizes, and unclogs your blood flow. Therefore, when drinking green juice, proceed slowly and carefully and make sure to listen to your body's signals.

Fruit juice recipes:

1. Apples and pears
2. Peaches and nectarines
3. Grapefruits, oranges, and lemons
4. Apples and blackberries
5. Watermelon

Make sure to brush and rinse your teeth after consuming a lot of fruit juice, and in general, try to avoid having too many fruit juices straight up as they tend to cause your blood sugar to spike, which can result in a bodily imbalance. However, the exception to this rule is melon juice drinks (watermelon, cantaloupe, honey dew, etc.), which tend to work best flying solo.

When drinking fruit juices, you should do your best to restrict the quantity of hybridized fruits that you consume because they have a tendency to cause harm to the body's 'good' intestinal bacteria. You should also try to steer clear of seedless fruits due to the fact that these types of fruits typically are weak and lack a good mineral balance.



Veggie/Fruit juice combo recipes:

1. Spinach, blackberries, and apples
2. Leafy greens, pineapple, and mint
3. Greens, celery, apples, beetroot, and ginger
4. Spinach, apples, and celery

5. Celery, red pepper, and pineapple

Combining fruits with vegetables is a great way to mask the heavy flavor of the strong, green juices. Plus, the veggie/fruit combo can get your day off to a fantastic start. Just be aware that many citrus fruits don't often mix well with leafy greens, but apples tend to mesh well with just about anything.

As was previously mentioned, the [Juice Suggester](#) software is also available, which enables you to simply type ingredients into your computer to create hundreds of nutrition-packed juice recipes on demand.

What About My Protein Needs During A Juice Feast?

Not a problem! During a juice feast, your body will be privy to more usable nutrients (including protein) than it probably ever has before!

The average American consumes much more protein than their body needs. That extra protein then must be stored somewhere. Tumors and cancer cells are two ways that the body stores excess protein. We are also lead to believe that protein can only come in the form of meat and meat byproducts. This is a myth, however. Listed below are just some of the many sources of raw, plant-based protein:

- Asparagus
- Artichoke
- Swiss Chard
- Mustard Greens
- Broccoli
- Spinach
- Kale
- Tomatoes
- Beet Greens
- Onions
- Peppers
- Turnip Greens
- Radishes

Exercise During A Juice Feast

During a juice feast, you will no doubt develop a keener awareness of your body and how it speaks to you. There will be periods of time, maybe multiple days, when your energy levels are very low. During these times, listen to your body and get plenty of rest to help your body through its cleansing process.

However, there will also be times of increased energy and renewed vitality. So you can use these times to exercise and move your body in a healthy way. There are several forms of exercise that are recommended to do during a feast:

- Rebounding
- Yoga
- Weight Training – Light amounts can be added as the feast progresses past the two month mark, and your body enters into the rebuilding stage.
- Dancing
- Walking – This type of exercise is good to do during any time in your life, feasting or not!

Rebounding - There are many health benefits to this form of exercise, which is an activity that you can adjust to your unique fitness level. A [rebounder](#) looks like a mini-trampoline. Rebounding is a gentle, low-impact exercise that will give you an aerobic workout. Rebounding also increases your circulation and reduces stress levels. A great benefit of rebounding is that it helps your lymphatic system by stimulating the flow of fluids through the lymph glands and flushing them from your system.

Your heart serves as the pump for your circulatory system. The lymphatic system does not have a pump to circulate fluid. To eliminate waste from your body, the lymph fluids need to flow continuously. The flow of lymph fluids depends on bodily movements, muscle contractions, compression,

and gravity. A great way to stimulate lymph flow is through the use of a rebounder. Just step on and slowly jump up and down. Don't try any of the fancy jumping tricks that you might see someone do on a trampoline. Simply jump up and down for a few minutes at a time, and that is all that is required in order to get a good aerobic workout as well as a boost to your lymphatic system.

Yoga - This type of exercise will relax, strengthen, and center you in addition to increasing your flexibility and balance. Like rebounding, yoga is also a great exercise to improve your lymphatic system. Anyone can participate in yoga and practice at whatever level they are comfortable with. There are many different styles of yoga. You can take a local yoga class or buy a yoga DVD. I find it helpful to start out by attending classes as nothing beats personal instruction and guidance from a certified professional. When doing yoga with a DVD, you sometimes aren't in a position to look at the T.V. (as in the case of a downward dog pose), so it's often difficult to know if you are doing the poses correctly. Therefore, be sure to watch the program a couple of times beforehand and practice the poses in advance.



A Typical Day on a Juice Feast

Let's take a look at what a normal day might look like for someone beginning a juice feast. After waking up and remembering that you are another day closer to a newly cleansed and detoxified body, you might wish to try the following regimen:

1. **Water** – Drink one quart of distilled water. Add to it somewhere between ½ -2 Tbsp. of MSM powder and the juice of ½ a lemon. You may need to experiment with the amount of MSM. It is a naturally occurring sulphur compound, and it will not hurt you, but if you are not ready to tolerate a larger amount, you may develop loose stool and notice a metallic taste in your mouth.
2. **Enema Time** – This is important to perform first thing in the morning so as to eliminate the accumulated buildup of waste material. Your body is busy cleansing as it utilizes the nutrients from your juice feasting, so it can't necessarily remove the toxins as fast as it is cleaning up inside. Therefore, the enema can greatly assist with the cleansing process. Remember to use unrefined coconut oil as a lubricant on the tip of the enema tube. This oil is anti-fungal and anti-bacterial.
3. **Dry Skin Brush** - Do this all over your body, remembering to brush in the direction of your heart.
4. **Shower** - Use a shower filter. By varying the shower's water temperature from hot to cold, you will stimulate circulation and assist the lymphatic system to flush toxins out. Remain in each temperature range for between 30 seconds and one minute and then repeat the process. You should do this several times, ending your shower with exhilarating cold water.
5. **Oral Hygiene** - Use a tongue scraper and frequently brush your teeth. Be sure to floss regularly as well.
6. **Make Your Juice** - If you have a job and need to go to work, allow enough time to juice the amount of produce that you will need to feed you for the length of time that you will be gone. Remember that you will need to consume at least four quarts of juice daily. You will surely

become more efficient as time goes on, but in the beginning, allow 1 - 1½ hours for the juicing and cleanup process.

7. **Drink** - Consume juices as your meals and avoid snacking on them throughout the day. Rinse your mouth either with distilled or salt (Celtic or Himalayan) water after you consume your juice meals. This will help to prevent mouth sores and tooth enamel wear. Plus, it will alkalize your mouth.
8. **Hunger Pangs** - If you feel hungry later in the day, make up to one more quart of fresh juice and enjoy.
9. **Exercise** - Do some rebounding, yoga, walking, or dancing. Weight training is best left until after day 60 or so, when the body is in the rebuilding phase.
10. **Relax** - Be glad for another day of cleansing and becoming more healthy. Read a book, write in a journal, or spend time with loved ones.

Of course these are just general guidelines; they are by no means set in stone. I merely provided them to give you a sense of how your day can go if you have not yet begun your juice feasting journey. Remember that you can also consume herbal teas as well as the other drinks that were previously discussed.



Conclusion

You now have all the information you need to intelligently begin your path towards better health. I hope I have intrigued you, inspired you, and motivated you to begin this incredible, life-changing journey. Be sure to try out some of the delicious recipes I have included.

I wish you peace, happiness, and success on your journey.

