

take back your health

# Your First Juice Fast

*This eBook includes:*

*Everything you need to know  
about your first detoxification  
plus tips, instructions and  
delicious recipes*



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# What is detoxification?

Detoxification is the process of eliminating toxins that have built up in our body. The intake of toxins is expected and our bodies are equipped to eliminate this build up throughout our lives. Our body does this naturally through our liver, kidneys, lungs, colon, lymph and skin. Unfortunately, in today's society we are bombarded with toxins through pollution in the air, chemicals in the products we use, and pesticides in the foods we eat. This constant intake of toxins becomes a burden on our bodies. As the body becomes overloaded the process of detoxification is slowed, creating illness and disease as the toxins build up. Therefore helping the detoxification process along becomes very important to creating optimal health and wellness. There are various forms of detoxification that you can do in order to help your body eliminate any toxins that have accumulated in your body.

## What are some forms of detoxification?

- Fasting with water

Fasting with water is the oldest and cleanest form of fasting. It is also the most difficult form of fasting to follow because it is so strict. The benefits are numerous as it removes toxins from the bloodstream, tissues, and organs as well as assists in the prevention of toxic build up.

- Fasting with lemon water and honey

This fasting method of drinking lemon water and honey is rapidly gaining popularity through the internet. This is due to the fact that it's an easy fasting method combined with fast-acting results. This drink gives your liver a boost so it can properly detoxify your body, creating space for optimal health.

- Juice fasts

Juice fasts are another popular method of boosting health and detoxifying the body in modern society. A juice fast consists of only consuming fresh fruits and vegetables in liquid form, as well as herbal teas. Juicing removes the fibre from the drink but the nutrients remain, making juices simple for your body to digest. This way your body is spending less energy on digesting food. Typically your body spends 70% of your energy on digestion. Eliminating this factor through juicing frees up your energy for other activities like healing and restoring.

- Colonics

A colonic washes out the body's larger intestine from stuck food that has built-up over the years. Undigested food particles can become stuck in the large intestine creating inflammation in the bowel. The longer the food stays there, the more illness and disease arise as the particles become toxic to the body. A colonic removes the waste making you feel lighter, releases your colon of overload, and creating an optimal environment for your colon to pass food.

- Saunas

The detoxification of a sauna comes from the heat. The heat offers a release of toxins, including heavy metals, that have been trapped under the skin. Once released, the toxins can be expelled from the body via respiration. Other benefits of saunas are numerous: clear skin, relaxation, and boosts the immune system. If you have access to a sauna, start using it weekly!

- Exercise

Exercise itself is its own form of detoxification. Exercise offers improved oxygenation throughout the body, increases elimination of toxins via the lungs, and it stimulates the lymphatic system. The best form of exercise for detoxification is rebounding. Rebounding is the action of jumping up and down, for this you use a mini-trampoline. This action is the most effective when activating the lymphatic system, and it compresses and decompresses toxins so they can be pumped out of the body.

- Lymphatic drainage

The lymphatic system can be described as the body's second circulatory system. It is made up of lymph fluid, lymph nodes, lymphocytes, and lymphatic vessels. The lymphatic system needs to be pumped. Without pumping from an outside source, such as exercise, the lymphatic system becomes stagnant and the immune system becomes compromised. Lymphatic drainage can be preformed through massage to help eliminate toxins. The massage is preformed around the ears and neck, followed by deep breathing into the abdomen, and finally a lymphatic massage preformed on the legs. A regular yoga practice can also stimulate lymphatic drainage.

- Massage

Massage is usually associated with relaxation, but lucky for us it is also a form of detoxification for the body. Practicing massage helps to release toxins from the tissues and muscles. It also increases the circulation of blood and lymph in the body. The final benefit of massage is that it oxygenates the body. Start using your health benefits and getting massages today!

- Ingesting various herbs

Certain herbs, that are not part of the modern day diet, can be used as a boost of detoxification in the body. The following herbs detox the body in different ways:

*Burdock Root*: helps to detox the liver and gall bladder

*Dandelion*: increases the production of bile which helps to break down fat and remove cholesterol from the body

*Elderberry*: removes excess mucous from the body

*Cilantro*: removes toxic metals from the body

*Black Walnut + Wormwood*: remove parasites from the body

## What are the benefits of detox programs?

Detox programs are beneficial because they assist our body in its natural detoxification process and give us the boost we need to be living our best life. The world we live in produces toxins everywhere. There are toxins in the air we breathe, the food we drink, the products we use, and the water we drink. This makes it more important for us to participate in detoxification programs rather than relying on our body's natural detoxification system. Unfortunately, the toxins that surround us today make it more challenging for our bodies to detox on their own. We need a little help to boost our health.

The benefits of participating in a detox program is that the hard work is done for you. Practitioners are trained in the detoxification process of the body, will create a safe program, and you will have support through the process. Without a program, it can be time consuming to research the different methods of detoxification, understand the way the body detoxes, and become aware of the emotional and physical impact your body may have during a time of detoxification.

## Benefits of Detoxification Programs:

- Elimination of toxins
- Immune boosting
- Improved digestion
- Reduces disease and illness in the body
- Sharp, focused mind
- Glowing skin
- Energy Boost

## How often do we need to detoxify our body?

The amount we need to detoxify our body varies from person to person. It depends on your eating habits, lifestyles, and personal health history. Typically, it is suggested that we detoxify our body twice a year. Usually, this is done in the spring and summer.

## When is the best time to do a detox?

It is important to note that detoxification is enhanced by the moon cycle. The moon cycle affects Earth's water patterns, and humans are made of 70% water. Thus, it is easy to see how the moon also affects people. So how does this effect detoxification? Detoxification beginning on the full moon will produce optimal results. This is because following the 24 hours of the full moon is the period of the waning moon. The waning moon is the easiest time to follow a new diet and get quick, effective results. It is a time that encourages detoxification of the body, the elimination of toxins, and cravings are reduced during this time. So following the moon cycle only boosts your results from a juice detox. You are working with your body here, not against it.

## Is detoxifying safe?

Detoxification is safe, as long as you do it correctly. Diving head first into an intense detoxification program is not always the best method. If you're trying a detoxification program for the first time you want to start with a short and gentle detox. It is also important to make sure all channels of elimination are open and ready to participate in a detox. This would be your colon for elimination, respiration via the lungs, the kidneys, and the skin. If you are, for example, constipated and trying to release toxins from the body they will be reabsorbed back into the body because there is no way out! This is called autointoxication, when your body becomes poisoned by toxins already in the body. To avoid this, you want to be eating a clean whole-food diet, drinking lots of water, and reducing intake of caffeine, sugar, and alcohol. The best way to approach detoxification is to listen to your body throughout the whole process. You will know what is working for you and what is not. Listen and trust your body.

## What is Juice fast?

A juice fast consists of consuming only fresh fruits and vegetables in liquid forms, as well as consuming herbal teas. These fruits and vegetable juices do not contain the fibre from the whole food, but still maintain a high nutrient content. Without the fibre, the body spends less energy on digestion and can spend more energy on detoxification and healing of the body.

## Benefits of juice fast:

- High in nutrients
- Copious amounts of probiotics and enzymes
- The separation of fibre in juices allows for easy digestion and thus readily available nutrients
- Gives the digestive system a break
- Extra energy is used to detoxify and heal the body
- Creates an alkaline environment in the body
- Has a balancing effect on the body, both physically and emotionally
- Very hydrating, due to high water content of fresh fruits and vegetables

## How long can one fast drinking juice?

A juice fast can last from 1 to 30 days. It depends on your experience with juicing. As a beginner it is better to start with a one day juice fast and slowly build up your tolerance. Completing a successful three day juice fast is a good building block to extending your juice fast for as long as you feel is necessary for your body. The important step to remember is to listen to your body, it will direct you to the length of juice fast you need.

## If it is my first cleanse, how long should it be?

Initially, it is important to start gently and slowly to see how your body responds. Start with eating lightly on the first day, with a clean, whole food diet. At dinner, replace your meal with a juice. The next day continue to replace your meals with juices and see how you feel. Take a break for a couple of weeks and then try again for a longer period of time. This can range from 3-7 days.

## Any contraindications?

There are a few things to keep in mind when considering to start a juice fast:

1. Juicing can be expensive. Consider your options. Participating in a pre-made 3-day juice fast can be around \$300, but it can also be \$300 for a quality juicer. Consider whether juicing is going to be part of your life, and evaluate the most cost friendly way for you to participate in your juice detox.
2. If you have candida, a juice cleanse may make things worse! Candida feeds on sugar and although fruits contain natural sugar, it is still sugar for the bacteria to feed on. It's best to work on clearing out the candida before you begin a juice fast.

3. If your diabetic or your blood sugar is imbalanced, this can be worsened by a juice fast. Again, the sugar can easily throw off your blood sugar, especially if you're hypoglycaemic or diabetic. It is important to manage these issues before beginning a juice detox.
4. The colon needs to be clear in order to eliminate any toxins from the body during this detoxification process. Before a detox begins, clean up your diet. This involves eliminating sugars, alcohol, caffeine, and processed foods in the weeks before a juice detox. Eating lots of fresh (organic as often as possible) fruits and vegetables, lean meat and fish, legumes, raw nuts and seeds, drinking at least 8 glasses of water a day and herbal teas in replacement of caffeinated beverages. We want those bowels moving to 2-3 times a day in order for proper detoxification.
5. Having a healthy amount of good bacteria in the gut will enhance the detoxification process, keep you feeling great, and boost your immunity.

## How do I juice?

First thing you need to juice, is a juicer! Next you need to gather all the vegetables you want to juice for the week ahead – kale, cucumber, spinach, beets, carrot. Whatever your body needs! Prepare your vegetables in advance. Freeze them in separate bags according to what you want on each day. It has been said that peeling and chopping your vegetables before use can lower the nutrient value. However, if this saves time and allows you to keep making your juices without excuses, then it's worth it. Use your juicer to make combinations of your choice. Do a little research to find out recipes you like and work for your body. The recipes in this book are excellent for your body and will leave you feeling in tip-top shape. Don't forget the goal here is create optimal health for you!

## Can I buy my own juice in the store?

Buying juice at the store can be a time-saving option. However, on the flip side it can be rather expensive. The fact that the juice is already made for you can save you time, as you don't have to spend your hours preparing the vegetables, juicing, and cleaning up the mess. Instead, you have juice already prepared for you in your fridge! Keep in mind, you want to watch for added sugars and preservatives in prepared juices. Not all juice will be the same quality. Picking up a juice at your nearby Starbucks won't have the same nutrient value that a cold-pressed juice from your local health food store may have or even a homemade juice from you. Educate yourself on the brand you are buying to make sure your body is getting the highest quality you can afford.

At the end of the day getting more vegetables into your body, whether from juicing at home or buying from a juice bar, it's a good thing.

## Preparation Day: *1- 2 Days Before the Full Moon*

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In order to prepare our body to go into a fast it is important to start eating lighter foods. Please, eliminate:

- Dairy
- Meat
- Sweets
- Processed foods.

It is best to eat whole foods, steamed vegetable as well as raw fruits and veggies. Drink lots of lemon and ginger water as well as nettle and/or chaga tea.

Today is a good day to go shopping and get your produce.

### **You will need:**

- A case of apples
- 10 lb of carrots
- 1 lb of ginger
- 2lb of lemon
- 10 lb of beets
- 4 bunches of kale
- 5 pineapples
- ½ lb of raw turmeric ( you can buy it at Indian stores)
- 2-3 lb of pears
- 2 -3 cabbages (red or white)
- ½ lb of lime
- Lots of greens (ie. spinach, kale, carrot leaves, cilantro, celery, celery root, parsley root and greens)
- ½ lb of garlic
- And other local and organic vegetables you can get.

### **Tips**

It is good to be prepared as you will be juicing 5-6 times a day and you may run out of ingredients, so get prepared.

I also recommend taking a hike in a provincial park near you (or your backyard) and see if there are any dandelion, burdock or nettles growing. It is good to juice them as well as they assist liver detoxification.

## **Juicing**

It is best to wash all of your fruits and veggies with baking soda as it removes all chemicals from the food. Even organic produce may contain some of the preservatives.

Below, I included few of my most favourite recipes. Once you make a few you will get very creative and may come up with your favourite recipes, just try to maintain the proportions of 80:20.

80 (fruits and vegetables) :20 (herbs and leafy vegetables)

It is best to drink the juice within 30 minutes from the time it was made. Drink it slow, try chewing and mixing it with saliva.

It is recommended to drink 4-5 juices a day, however if you are still hungry you can make an additional juice.

During this cleanse, please stay away from taking any supplements (minerals or vitamins), drinking black tea, coffee and smoking.

Hot baths, massages, long walks are all encouraged during this time. Skin brushing is also very beneficial during this time.

## **Recipes**

Here are couple of recipes you can start with!

### **Beet Love**

- 1 Apple
- ½ pineapple
- 4 beets
- 2 carrots
- 6 big Dandelion leaves
- 1 medium burdock leaf (optional)
- ½ lime Peeled
- ½ inch of raw turmeric

### **Super Greens**

- 2 Apples

- 2 Orange
- 1 bunch of kale
- 6 big Dandelion leaves
- 3 medium stinging nettle plants
- 2 stalks of celery
- 1/4 Lemon Peeled
- 1 inch of ginger

### **La Tomatina**

- 2 tomato
- 4 stalks of celery
- 1 garlic
- bunch of parsley
- 1/2 peeled lemon

## DAY 1: Full Moon

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We are starting our Juice Fast and from now on, we will only be consuming freshly squeezed juice. Please, make sure that the produce you are going to juice comes from local and organic source as juicing with vegetables that are covered in pesticides is not going to achieve the result we are aiming for. If you can't afford all organic, make sure to use a rule of thumb and any vegetables or fruits with thin skin should be purchased organic, this would include berries, green leafy vegetables, etc. Everything else don't have to be organic, ie lemons, pineapple, banana, etc.

It is good to incorporate local seasonal wild herbs and since I live in Canada I will be using Burdock (leaf and root), Nettle (whole plant), Dandelion (whole plant).

### Dandelion



Dandelion Leaf is commonly used to help remove excess water and toxins from the body. Dandelion Leaf helps promote bile excretion from the liver so the body can more efficiently process foods and liquids while also purging harmful toxins. In addition, improved bile flow makes it possible for the body to better metabolize fat, which helps optimize the body's cholesterol levels.

Dandelion Leaf is also effective at stimulating a sluggish gallbladder, which is responsible for storing and excreting bile as the body needs it. This natural herb is effective at promoting blood purity, which helps reduce the burden placed on the liver to filter out toxins. By helping to purify the blood, Dandelion Leaf allows the liver to more effectively perform its function.

Reference: <http://www.globalhealingcenter.com/benefits-of/organic-dandelion-leaf>

## Stinging Nettle



Stinging nettle is one of the most valuable herbal remedies. Nettle is high in antioxidants, vitamins A, thiamine (B<sub>1</sub>) and riboflavin (B<sub>2</sub>), C, D, E, and K, and loaded with minerals: calcium, chromium, cobalt, copper, iron, magnesium, phosphorus, potassium, silicon, sulfur and zinc. It is also a natural diuretic. The plant enhances the excretion of waste, a kidney stimulant that helps prevent kidney stones and urinary tract infections like cystitis and nephritis. Helps clear skin conditions, such as eczema.

Nettle increases metabolism so it could aid weight loss, and purifying the blood by stimulating the kidneys to excrete more fluid.

Reference: <http://irishgreentea.com/stinging-nettle-leaf-best-natural-plant-based-diet-antioxidant-detox/>

## Burdock



Burdock (root or leaf) contains polyacetylenes that gives the herb its antibacterial and antifungal properties. It is used as a mild laxative that aids in the elimination of uric acid or gout. It is classified as an alterative, diuretic and diaphoretic. It helps the kidneys to filter out impurities from the blood very quickly. It clears congestion in respiratory, lymphatic, urinary and circulatory systems. Burdock releases water retention, stimulates digestion, aids kidney, liver and gallbladder

function. It also functions as an aperient, depurative, and antiscorbutic. Burdock is considered one of the best liver tonics out there! It is important to incorporate it in your cleanse.

Reference: [http://www.herballegacy.com/Light\\_Medicinal.html](http://www.herballegacy.com/Light_Medicinal.html)

## Instructions

Start juicing! You may consume 5- 7 juices daily and if you need more, you may squeeze another one. It is good to start playing with the ingredients. Make sure that you keep the ratio of 80 (fruits, root vegetables) : 20 (greens).

Here is how I started my day.

### Nettle Apple Paradise (makes ½ l of juice)



- 4 apples
- ½ lemon
- 4 celery sticks
- 2 in of ginger
- 2 in of turmeric
- 1 leaf of burdock
- 7 small plants of stinging nettle

During this juice fast you may drink herbal teas: nettle, dandelion, lemon balm, birch leaf, parsley, Chaga. Please, stay away from caffeinated drinks. Please, stop taking all supplements (vitamins or minerals) during this cleanse.

As much as cleansing is a great prevention and a must do on regular basis, it will stir some stuff up. Releasing toxins is not pleasant. Make sure to plan to spend some time in the nature and simply take it easy. Toxins are not only physical but emotional, too. During this time you may feel more agitated, sad or annoyed. I encourage brushing your skin daily, using sauna and hot baths. Walking barefoot will benefit you also.

## **Detox Symptoms**

*These are some common detox symptoms that you may experience during this cleanse:*

- gas/bloating
- acne/ break outs
- dirty skin
- strong body odour
- Fever
- Constipation or diarrhea
- Chills, coldness
- Fatigue and low energy
- Headaches/ body aches
- Emotional sensitivity
- Anger/Irritation
- Runny nose
- Increase in energy

If these symptoms become too intense, you may stop after 3 days and try again in a few months. If this is your very first time cleansing you may want to consider doing it for only few days.

Tomorrow, we will add a component of DIY Enema. It is optional but it has some amazing benefits!

# DAY 2

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I hope your cleansing is going well!

Are you experiencing any shifts? Have you noticed any symptoms of detoxification? I had a massive headache yesterday and couldn't really focus on anything except for getting lots of rest. Today, I noticed first breakouts on my skin, face and chest as well as small drop in my energy level.

## **Instructions**

Instructions for today are the same as for yesterday, we are sticking to juicing and consuming herbal teas and/or lemon water. If you haven't been able to go to the bathroom yet, it is good to take Homeopathic remedy: Nux Vomica 200ch or consider doing enema. Instructions at the bottom of this email.

## **Recipes**

For now, I would like to share some of my recipes that I created and really enjoyed.

### **Pineapple – Cilantro (bit spicy)**

- ½ pineapple
- 2 beets
- 1 carrot
- ½ bunch of cilantro
- 1 in ginger
- ½ lime
- ¼ cabbage
- Handful of Arugula leaves

Yields: 2.5 cups

### **Kiwi Burdock (bit bitter)**

- ½ pineapple
- 1 beet
- 2 apples
- 2 celery sticks
- 5 nettles

- 2 burdock leaves
- 1 head of broccoli
- Handful of Arugula leaves
- 1 kiwi

Yields: 2 cups

### **Root Vegetable (sweet)**

- 4 beets
- 2 apple
- 1 carrot
- ¼ cabbage
- ½ lemon

Yields: 1.5 cups

### **Bitter sweet (bitter)**

- 4 apples
- 2 carrots
- 1 in turmeric
- 1 in ginger
- 10 nettles
- 5 plantain leaves
- 10 dandelion leaves
- 1 burdock leaf

Yields: 2 cups

### **Kidney Support (sweetish)**

- 4 sm beets
- 5 sticks of bokchoy
- ½ pineapple
- Handful of arugula
- ½ bunch of parsley
- ½ bunch of cilantro
- 5 carrots

Yields: 2.5 cups

Did you create any great juices? Please, share your recipes with us. We can even post them on our page!

If you would like to try doing DIY enema, below are the instructions. This is totally optional and you don't have to do it if you are not comfortable with this procedure.

## **DIY Enema**

### **EQUIPMENT NEEDED**

- An enema bag. You can obtain this in any pharmacy.
- Olive oil. This is used to make insertion of the rectal tube easier and more comfortable.
- Something to hang the bag if self-administered. The enema bag should be suspended no more than 18-24 inches above the level of the rectum.
- A good location: the best place to give yourself an enema is in the bathroom lying in the bathtub.
- A healthy source of water. Your colon will be absorbing this water into your body. Use the same water you would drink, preferably filtered or spring water. You may also use inserts, with medicinal plants. Recipe follows the instruction.



### **PROCEDURE**

For best results, and your own comfort, the enema should be taken while lying down. If you will be giving the enema to yourself the first thing you should do is set up the area for the procedure. Make sure the hook is suspended at the proper height (18-24 inches above the rectum). Then place a pad or bath towel where you will be lying down. Slide the shutoff clamp to a point on the tubing where you will be able easily reach it while in position. Check this out ahead of time by hanging the empty bag and assuming the position, just to be sure. Prepare the solution. The water temperature should be slightly above body temperature, between 98 and 105 degrees F at time of use. You may need to heat water on the stove but BE SURE NOT TO USE HOT water that could hurt you, cool it down if necessary till it's comfortable to the

touch. Fill the enema bag 90% full with the water. Lubricate the rectal nozzle with oil. Open the shutoff for a moment and allow enough solution to flow to expel the air from the enema tubing. This helps to reduce cramping. Lubricate your anal area with a generous amount of oil. Work your index finger up into the rectum lubricating the entire interior area where you can reach. Hang the enema bag on the hook. In the tub, lie on your back with both legs slightly drawn up. Make sure you can easily reach the shutoff valve. You may add warm water and drop few essential oil drops. This will make the experience more relaxing.

Gently insert the rectal tube 3 to 4 inches into the rectum. Rotate or twist the tube back and forth to make for easier insertion. Open the shutoff valve and allow the solution to flow. At the first indication of discomfort stop and wait a few moments. Then release the shutoff and allow the enema to resume. Feel free to interrupt the flow as frequently as is necessary to assist in minimizing the discomfort. Taking slow deep breaths will help, and if you feel cramping at any point "pant like a dog" with shallow quick breathing. As the enema progresses a feeling of fullness will develop. This is normal, and discomfort can be minimized by insuring that not too much solution is introduced too quickly. Take your time.

When the bag is empty clamp off the shutoff and slowly remove the rectal tube. Remain in position and retain the solution for a while. For a maintenance enema a few minutes are sufficient, but if you are constipated try to hold it in for 5 to 15 minutes. Go to the toilet and expel the enema. An enema seldom comes out in a single movement so stay near the toilet for 15 min to half hour. After evacuating, most people find it comfortable to lie on the bed in a prone position to rest for a while. Clean the equipment thoroughly and hang it all up to dry. An enema bag takes several days to thoroughly dry out, and should never be put away while even slightly wet.

#### TIPS FOR MINIMIZING DISCOMFORT

There are three primary reasons that cause an enema to be a more uncomfortable procedure than it has to be:

- Wrong position: Use the positions suggested here and don't give yourself an enema while seated on a toilet.
- Wrong temperature: An enema solution too cool can cause excessive cramping. If it is too hot it can damage the delicate mucosa lining the bowel. Body temperature or slightly above (98-105F) is just right.
- Too much pressure: If the bag or can is suspended too high, excessive pressure can cause severe discomfort. The bag should be just high enough to allow the solution to barely flow

## TIPS FOR MAXIMIZING RESULTS

- Use a sufficient volume of solution
- Retain the solution for 5 to 15 minutes.
- Retaining the enema for a while before expelling it can significantly contribute to good results.

Reference: <http://tummytemple.com/post-session-handouts/how-to-give-yourself-an-enema.html>

## Coffee/ Chaga Insert

For the first time you may only use warm (boiled) water but the second or third time you are doing it you may start playing with different inserts.

Coffee/ Chaga is one of the most powerful ones. It is the highest source of antioxidants and it helps shrinking any bulging veins (hemorrhoids).

Boil on slow heat 3 liters of water, add Chaga mushroom ( 5 chunks). Once it starts boiling you may add 5 spoons of coffee grounds. Make sure it is organic and chemical free as it will all be absorbed into your system. Once the solution is cooked, cool it down to 100 degrees F. It is now ready to be used as an insert.

### About Chaga



Chaga, *Inonotus obliquus*, is an edible mushroom with amazing health benefits. For centuries, Chaga has been used in Oriental and Russian medicine in treating different diseases such as cancer, gastritis, ulcer, and tuberculosis. The mushroom became popular when Nobel laureate Alexander Solzhenitsyn introduced it to the world through his novel “Cancer Ward”. The protagonist in the novel is cured of cancer with the aid of Chaga mushroom. Today, Chaga is marketed as medicinal mushroom in the health supplement industry. There is growing number of studies on the therapeutic properties of the mushroom.

Chaga mushroom contains minerals, vitamins, carbohydrates, fiber, fats, proteins, essential amino acids, and special compounds such as phenols, beta-glucan, inotodiol, isoprenoids, and betulinic acid. But most importantly, in 1 gr of Chaga there is 35,000IU of antioxidants! That is one of the highest sources of antioxidants.

## Day 3

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Today is Day 3 of our Juice Fast. I hope it is going really well for you. I noticed a major shift today, and it has to do with focus and concentration. It is extremely sharp and clear. I haven't felt like this since last time I did a cleanse. It is a wonderful feeling and I am seriously considering eliminating sugar out of my diet. Even though, I am not a conventional eater, and don't buy foods that are artificial, it is difficult to stay away from sugar as it is in everything, pasta, bread, rice, condiments, etc.

I have noticed that juicing is becoming easier and my appetite has decreased. I juice 3 times a day now and drink ½ liter of juice for each meal. I try to make at least one juice with bitter herbs (dandelion, burdock, garlic mustard).

How are you feeling? Are you noticing any changes?

### **Instructions**

Instructions for today are the very simple, we are continuing juicing and consuming herbal teas and/or lemon water.

You may consider doing enema today, and try different insert. For today, I prepared an insert consisting of: Chaga mushroom, turkey tail mushroom, heal all herb, yarrow and chestnut.

### **Recipes**

Some more recipes to add to our list:

#### **Wild Plant Juice (mild)**

- 1 parsley root
- 3 apples
- 4 carrots
- 1 beet
- 1 inch ginger
- ½ lime
- ½ bunch of cilantro
- ½ bunch of parsley (green part)
- 1/6 of cabbage
- 1 kiwi
- 7 nettles
- 5 leaves of plantain
- 1 plant of garlic mustard

Yields: 2.5 cups

**Healthy Greens (garlicy and salty)**

- 8 celery sticks
- 5 nettles
- ½ lime
- 4 tomato
- 1 garlic clove
- 1/3 onion
- Handful of arugula
- 1/5 of cabbage

Yields: 2 cups

**Sweet roots (sweet)**

- 4 beets
- 4 carrots
- 1 parsley
- ½ celery root
- 4 apples
- ½ lemon
- 1 in ginger

Yields: 2 cups

# DAY 4

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Congratulations!!!

We are half way into the fast. I hope you are feeling amazing and this is really what your body needs at this moment.

## **Instructions**

Keep on juicing. Get creative and have lots of fun!

Make sure to use sauna, brush your skin, walk in the park, take long baths, laugh and make the best out of this detox. It is your time.

## **Recipes**

Some more recipes for today:

### **Red Delicious (It is delicious!)**

- 3 apples,
- 1/4 red cabbage,
- 3 carrots,
- 5 beet roots,
- 1 inch ginger,
- 1/2 peeled lime

Yields: 2 cups

### **Gazpacho Juice**

- 4 plum tomatoes
- 1 cucumber
- 2 celery stalks
- 1 red bell pepper
- 1/4 sm red onion
- 2 cups roughly chopped parsley
- 1 lime

Yields: 1.5 cup

### **Red/Orange Yumster!**

- 1 sweet potato
- 1 carrot
- 1 red pepper
- 2 beets
- 2 golden delicious apples

Yields: 1 cup

### **Kidney support**

- 1 head of broccoli
- ½ pineapple
- 1 inch ginger
- 5 sticks of celery
- 1 parsley root
- ½ lemon
- Bundle of green parsley

Yields: 2 cups

From now on, it is good to incorporate doing enemas at home. Instructions were included in Day 2. You may try doing different herbal inserts. Chestnut and Witchhazel are particularly good to decrease hemorrhoids. If you have any cancer or growths in your Large Intestine, you may consider using Chaga, Reishi or Maitake Mushrooms. Make sure to hold the enema for at least 15 minutes.

Also, since this is quite a deep cleanse, it is important that you pay attention to what cleaning products you are using. These products, ie detergents, shampoos, creams, make up, etc are full of toxins. Read the labels and you will see. Remember, 60% of what you put on your skin goes into your system. I would urge you to avoid using toxic products for at least 7 days and learn about other alternative, healthy options. We have created a line of cosmetics that are toxin free, are hand made and very affordable. You don't need to buy it now, but it is something to consider in the future. Check out the site, [www.sparkskinsupport.ca](http://www.sparkskinsupport.ca)

## DAY 5

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It is all downhill from now. 2 more days left and you can do it! If this is your VERY first time cleansing I strongly suggest you stop now and start eating light foods for the next 2-3 days. Make sure to stay away from meats, fried foods, dairy and any processed foods as your body will start slowly transitioning to eating normal food again. You need to be patient with your body, and allow for this transition to happen.

### Instructions

For the rest of us, **the instructions are simple, we keep on juicing**. I am sure that by now you got a good hang of recipes and it is becoming easier and easier to create juices that are healthy and yummy at the same time.

And how is your body doing? Are you feeling any symptoms of detoxification yet? What is happening on the emotional level. Make sure to connect with yourself and listen to what is really happening. This cleanse is not only to detoxify physical toxins but emotional ones too. You might be feeling off, irritated or sad. See if you can just let it pass and not react to the feeling. It is just passing by.

On the other hand, I hope you are going on walks in the forest or local park. I also hope you are brushing your skin, peeling the layers off and taking long soaking baths. One tip is you may add herbal infusions into your baths and allow your body to absorb the ingredients via skin.

### Recipes

Couple more recipes to share with you:

#### Quick refresh

- 4 carrots
- 2 pears
- 1 parsley root
- 1/5 celery root
- 1/3 of fennel
- 3 in of turmeric
- 1 in of ginger
- 3 leaves of dragon kale
- 5 leaves of plantain
- 2 strawberries
- ½ lemon

Yields: 2 cups

### **Evening paradise**

- 5 celery stalks
- 5 leaves of dragon kale
- 2 pears
- 1 parsley root
- 1/3 fennel
- ¼ red cabbage
- ½ sweet potato
- 1 broccoli head

Yields: 2 cups

# DAY 6

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Today is Day 6 of our Juice Fast. 2 more day to go, today and tomorrow!

The further we go into the cleanse the more rest our body needs. I noticed that my body is more tired and I need to take at least one nap a day. If you are noticing strong cravings for food, it could be a sign that your body is ready to end this cleanse. Each body is different and it is important to listen to what it says. For some people, today might be a good day to finish the cleanse. I urge you to listen to your body.

## Instructions

For those, that choose to go two more days, **the instructions are the same, we keep on juicing.** If your body becomes cold, it is allowed to have warm water with lemon or herbal teas.

## Recipes

Couple more recipes to share with you:

### Sweet Ginger

- 2 inch ginger root
- 1 apple
- 2 pears
- 1 parsley root
- ¼ funnel
- 1 head broccoli (including stem)
- 2 inch turmeric
- 1/3 sweet potato
- 1/3 pineapple

Yields: 2 cups

### Morning Glory

- 2 beets
- 3 kale leaves
- 5 celery sticks

- ½ sm sweet potato
- ¼ fennel
- ½ lime
- 1 parsley root
- 1/5 large celery root

Yields: 2 cups

### **Sublime Dinner**

- 3 apples
- ¼ red cabbage
- 1/5 fresh fennel
- 1 parsley root
- 3 celery sticks
- ¼ celery root
- ½ lime
- 5 kale leaves

Yields: 2 cups

Tomorrow, is our last day! It will be super exciting to start eating again. If you decide to come off this cleanse, make sure to eat light meals for the next two days. Please, stay away from dairy, meat or processed food. You may have raw and steamed vegetables, rice crackers. It would also be beneficial to do one more enema with healing extracts insert tonight. The best ones are coffee, Chaga, turkey tail, chestnut, heal all. The instructions for DIY enema were sent out earlier.

# DAY 7

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It is so exciting! It is our last day of juicing, yay! Congratulations to all who have participated. We have a few more juices to go and tomorrow light food is permitted.

In the meantime, here are couple more recipes for you to use:

## **Recipes**

### **Evening bliss**

- 1 inch ginger
- 2 parsley roots
- 4 stalks of celery
- 1 garlic clove
- 2 pears
- 1/3 of pineapple
- 1/6 of celery root

Yields: 2 cups

### **Anti parasite (strong!)**

- 4 celery sticks
- 1 leak
- 3 tomato
- ½ red pepper
- ¼ red cabbage
- ½ bunch of cilantro
- 5 carrots
- 1/6 of celery root
- 3 in turmeric
- 1 clove of garlic
- 1 parsley root

Yields: 2 cups

I hope you enjoy them.

Now, I won't be sending the instructions out tomorrow. Our cleanse ends today!

## **Closing Instructions**

To get off a long cleanse like the one we just did, it is important to plan our meals for the next couple of days. You may start with raw fruits in the morning, salad and some gently steamed veggies for lunch, and steamed veggies and a cooked potato in the evening. You may still juice in between meals if you like.

The following day, you may have some bread or rice, and continue to have more vegetables, either steamed or cooked.

On the third day, you may start introducing dairy and eggs. At this time, you may start taking your supplements, vitamins and minerals.

On the fourth day, you may introduce lighter meats including fish or chicken.

I would encourage you to stay away from fried or processed foods for at least a week.

## **Stay Connected**

Now, if you would like to stay connected, please visit my site [www.homeopathiccare.ca](http://www.homeopathiccare.ca) and sign up for my Ezine in the top right corner. I share 5 amazing tips on how to keep your body in the best shape possible. You may unsubscribe at any time and there is no financial commitment.

As you have now experienced, juicing is a wonderful way to detox the body and give a boost to your health. Living in modern society, we are subjected to toxins everywhere we turn and the body can take a beating after continuous exposure to these toxins. Now that you have completed a juice detox, your body has been given a break, had time to restore, and can now handle the toxins better than before. You have done a favour for your body and you will reap the rewards of a healthy digestive system, enhanced immunity, a sharp mind and glowing skin.

Enjoy the journey each time you complete your juice detox. Now you will be able to experiment with recipes, gain further knowledge of the benefits of juicing on a personal level, and gain greater insight to your body. Getting to know your body is a wonderful experience that will truly enhance your life and the way you live it. After all, this is all about your health.

Congratulations on your accomplishment! Continue to share with us as you develop on this journey of juicing.