



Juice-Fast Detoxification

Doing a juice fast is one of the simplest yet most effective methods to shed unwanted toxins in the short term and

feel good. Toxins are formed through faulty digestion or when we have ingested or been exposed to things that are not beneficial to us.

Ayurvedic medicine sees "Food" as anything that comes in to us through our five senses (including the food we eat) plus 3 categories of thoughts, beneficial, neutral and nonbeneficial. This "Food" is then "digested" or not digested properly by our body and forms either beneficial substances to give our bodies life, or nonbeneficial substances that are called Ama in ayurvedic medicine, or toxins as we commonly know them.

The beneficial substances are welcome in our body, but the toxins can sometimes build up, and may need to be removed at regular intervals to maintain balance in the body.

What is juice fasting? Juice fasting is a variation of ancient fasting techniques designed to detoxify, regulate and return system to balance. Juice fasting is performed by easing off normal food and just consuming juice and water for some days. You can also have colonic irrigations during this time.

Colonic irrigation? Having the colon flushed out is an efficient way of moving on toxins and getting rid of toxic and bacterial residue sticking to the large intestine. It probably improves the result of your juice fast by at least 50%.

What sort of juice is best? Carrot, apple, beetroot and lemon juice combine well to give your system a break from digestion and detoxify the tissues.

The recipe? Use six large apples (two of each colour, red, green, and yellow) 2 kg of juicing carrots, one lemon and one third of a medium-sized beetroot preferably juiced in a slow masticating juicer like the Oscar Juicer I can get for you at wholesale. Store the juice in the fridge in an airtight container with ice to chill it initially, and juice some

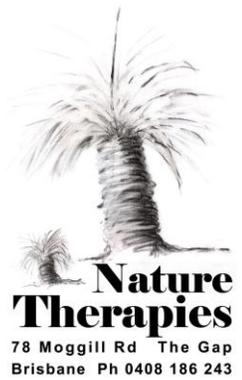
of the lemon at the beginning, middle and end of your juicing to act as an antioxidant to prevent spoilage. Mix your juice with 25% filtered, room temperature water before drinking to dilute and warm it slightly.

How does it work? By providing digestive, assimilative and eliminative organs a much-needed rest, juice fasting restores and normalises glandular, metabolic and nervous-system functions; speeds elimination of nonbeneficial accumulations, toxic wastes and dead cells; accelerates new cell and tissue generation and enhances cell-oxygenation. Perhaps more importantly, it introduces a heightened clarity of consciousness and spiritual awareness. Plato is quoted as saying "*I fast for greater physical and mental efficiency*".

What does it do? Following juice fasting, food digestion and nutrient-utilisation are both improved considerably, while organ-sluggishness and water retention are diminished. Also unwanted kilos of fat may now be shed in a more efficient system. Juice fasting greatly enhances the capacity of the body-mind complex to deal with stress, and thus prevent disease. It is also stunningly effective at breaking addictions.

How do I start and finish? You can start directly by going on to juice and water as soon as you are ready, or you can decrease one food meal each day until you are just having the juice. Start with breakfast, then breakfast and lunch and finally all three for the best result. To finish, always introduce easy to digest foods such as steamed vegetables, rice etc that are favourable to your blood type, one meal at a time in the reverse order till you are back to normal eating. It is great to have the occasional juice or even a day on juice any time you feel like it.

How long do I juice? Some people juice for more than 10 days but when you first start three to five juice only days are challenging enough.



How will I feel? Some people start feeling better by the first afternoon and others experience toxic withdrawal side-effects like mild headache, foggy brain and energy system changes. However, nearly everybody feels much better after the detox.

Any questions? Please call Terry if you have any queries during your fast on 0408 186 243.

