

Juice Fasting

What is a Juice Cleanse?

Juice cleansing - also called a juice fast - has rose in popularity in the past several years. Many are discovering this powerful method of health restoration.

“Juice fasting revamps your digestive, circulatory, lymph, and endocrine systems so they all work in perfect harmony.” (Rinaldi, 2012)

To be successful in Juice Fasting - you will need a plan. Read through the steps below and get ready for your journey to better health.

Before Beginning your Juice Fast

- Plan a time frame for your fast with the recipes you will be using. Make sure the time you set aside for the fast is free of major obligations. The less stress there is-the greater your results will be.
Buy a juicer; a blender is unable to breakdown all the fibers in the juice.
- Get your refrigerator stocked up with organic fruits and vegetables that can be juiced and create a personal custom cleanse.
- Create your own recipes of healthy juice cleanses. The best vegetables for juicing are: sprouts, green peppers, cucumbers, spinach, and carrots. (Fruits that should not be juiced are: peaches, bananas, apricots, avocados, cantaloupes, and coconuts). Juices of these fruits cannot be separated from the fiber of the plant. (Kishore, 2013)
- Eliminate drugs and foods that are hard to digest at least one week before your juice fast is scheduled to begin. Cut back on sugar, caffeine, alcohol, nicotine, processed foods, microwavable meals, and red meats. (Kishore, 2013)
- Eat only raw vegetables and fruit for two days prior to beginning your juice fast.
- Start off small-fast for one day in the beginning and work your way up to a longer fast. Your body will adjust better if you just wade in.

During Your Juice Fast

- The purpose of a juice fast is to rejuvenate the body. Do not do strenuous exercise. Relax and participate in light exercises such as stretching and walking. Activities like reading and sunbathing would be appropriate and enjoyable at this time.
- Skip the television and radio which might just tempt you with all those food commercials. It is recommended that you look at some delicious pictures of the juice that you will be drinking next so that your body will anticipate.

- The buddy system is a fun and encouraging way to Juice Fast. Find a friend or family member to get healthy with.
- The recommended quantity of juice is 6 juices per cleanse day. You can drink these in the schedule you have set for yourself. If you don't drink all six in one day-save them-you might be hungrier the next day.
- Start each morning of your fast with a glass of warm water with lemon. This cocktail will stimulate your liver and begin the cleansing process even before you taste your juice.
- It is recommended to drink 8 glasses of water a day. The water plays an important part in the transportation and digestion of nutrients throughout the body. (Kishore, 2013)
- If you are still hungry after consuming all six juices eat some fresh fruit or vegetables.
- Plan a reward for yourself upon completion of your fast (besides the positives that your body will receive due to the fast). Print a picture of the reward and put it in clear sight. Visuals are great motivators.
- The process for breaking your juice fast is very important. Half of an apple is a good choice because it will be easy to digest and can restart your metabolism. A grapefruit is also suggested because it contains a lot of water which makes it easy to digest.
- Drink herbal teas, sip broth, and vegetable juices for several days to produce nutrition and enzymes in the cells. (Kishore, 2013)

Be Your Own Kind of Beautiful

Remember the idiom- *pretty is as pretty does*. Well how about *pretty is as pretty feels*. If you don't feel good, it's hard to shine.

A diet of raw fruits and vegetables will give you a glow from head to toe.

Living life Raw purifies your insides and automatically beautifies your outside. The phytochemicals in the enzyme-rich juices will tone your skin-giving it a rich luster. Problems with acne and other skin disorders will improve right away and could be completely erased through regular juice fasting. (Rinaldi, 2012)

Organic fruits and vegetables are bushels and bushels full of healing components. Whether you eat them raw by the slice or juice them together - their healing powers are miraculous.

Carrots originated about 5,000 years ago and have [amazing benefits](#) for our skin and health.

- Give our skin a glow

- Treatment for blemishes
- Anti-aging
- Sun protection
- Keep skin hydrated
- Healing qualities

Lemons are high in [vitamin C](#) and have natural bleaching properties which make it a good skin cleanser that lightens acne spots and blemishes. Drink a warm glass of water with lemon and honey to start your day. This concoction will fight cellulite and clears your skin from within.

Apples have a high [antioxidant content](#) which helps prevent tissue & cell damage. Apples help minimize wrinkles and fine lines. A lot of the nutrients are in the peel which makes them awesome for juicing.

Live Life Raw! Take your health back. Get your glow back on in a world full of toxins.