

3-DAY JUICE CLEANSE

WHAT IS A CLEANSE?

A cleanse is an opportunity to rest/heal our overloaded digestive organs and allow them to get caught up on past work, release toxins and “get current”.

WHAT ARE TOXINS?

Toxicity occurs when we ingest more than we can utilize and eliminate. Toxins disturb the balance (homeostasis) of our body. Healthy immune and elimination functions can handle everyday exposure to toxins, it is the overabundance of toxins (toxicity) that can wreck havoc on our bodies, our food choices/cravings and ability to maintain homeostasis.

WHO SHOULD DETOXIFY?

Almost everyone needs to detox and rest their body from time to time - some more than others.

WHO SHOULD REFRAIN FROM CLEANSING?

Anyone with the following conditions should refrain from the 3-day cleanse:

underweight	cardiac arrhythmia	pre-postsurgery
cancer	low immunity/chronic fatigue	pregnancy
peptic ulcers	cardiac conditions	nutritional deficiencies
low blood pressure	nursing	children

HOW OFTEN SHOULD I CLEANSE?

Two to four times per year. Less if your diet is “clean”, but not more than four times (seasonally) per year.

HOW WILL I FEEL DURING THE CLEANSE?

As the body “catches up” with processing and eliminating waste some people may notice headaches, fatigue, irritability, mucous congestion or mild aches and pains. Others might feel none of those symptoms, but may be immediately uplifted with increased energy and a feeling of lightness.

CAN I STAY ACTIVE?

Yes. Listen to your body. Adjust as necessary.

DAILY MENU PLAN FOR 3-DAY JUICE CLEANSE:

Upon rising:

Two glasses of water, one glass with half a lemon squeezed into it

Breakfast:

An all-fruit smoothie or vegetable juice made from fresh organic ingredients.
Small fresh fruit if desired to awaken digestion. Chew well.

Within the next 2 hours:

Fresh vegetable juice

Lunch:

(Noon - 1pm) A smoothie or vegetable juice
Can add from the list of additional foods below. Chew well.

Snack:

(3 pm) Fresh vegetable juice

Dinner:

A smoothie or vegetable juice
Can add from list of additional foods. Chew well.

Before bed:

Fresh vegetable juice

Additional foods and beverages to use freely:

Fresh fruits (preferably organic, if not peel any waxed skin before eating)
Fresh vegetables (avoid starchy vegetables like corn, peas, potatoes)
Vegetable broth
Leafy vegetable salad using fresh squeezed lemon or lime in place of dressing
Steamed vegetables
Avocado (to increase satiety)
6-8 glasses of water each day
Herbal teas or sparkling water

Foods to avoid:

Fats/oils	Proteins	Sugar	Starches/Grains
Condiments	Spices	Honey	Alcohol
Caffeine	Drugs	Vitamin Supplements	

OTHER ASPECTS OF HEALTHY CLEANSING:

Exercise: Very important to support the cleansing process. It helps the body clear waste through sweating

Bathing: bathing is important to cleanse the skin as it is one our major means of releasing toxins.

Skin brushing: with a soft, dry brush prior to bathing

Massage (especially lymphatic or deep tissue): stimulates elimination and promotes relaxation

Sleep: rest and recharge

TRANSITIONING TO YOUR NEW DAILY DIET:

Day four: Continue the use of fruit smoothies and pureed fruits like applesauce.

Can add protein to smoothies like soy milk, protein powder or nut butter.

Laxative fruits like prunes or prune juice. Increase the variety of steamed vegetables, plus light salads with olive oil and balsamic vinegar. One or two servings of whole grains (brown rice, oatmeal, millet, amaranth) One serving of light protein like beans, peas, or lentils.

Day five: Add whole grains up to three to four servings. Slowly reintroduce protein back into the diet with nuts and seeds. Can add fish and lightly prepared poultry and animal protein and dairy (ie: not chicken wings and a t-bone steak).

Now that you have weaned yourself off caffeine, sugar, nicotine and chemicals, you'll want to control them rather than they controlling you. Once these "habits" are broken they can be added by CHOICE, when and if you want to.