



Save God's Kids
A WELLNESS MINISTRY
LUKE 10:27

A SIMPLE GUIDE TO JUICING and SMOOTHIES

THE FASTEST WAY TO GET THE NUTRIENTS YOU NEED



Copyright 2016 by Madley, LLC
All Rights Reserved

No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the copyright holder, except by a reviewer who may quote brief passages in a review.

For information, contact: Madley, LLC

Publisher's Note:

Keep in mind that results vary from person to person. Some people have a medical history and/or condition that may warrant individualized recommendation and, in some cases, drugs and even surgery. Do not start, stop, or change medication without professional medical advice, and do not change your diet if you are ill or on medication, except under the supervision of a competent physician. Neither this, nor any other book, is intended to take the place of personalized medical care or treatment.

Printed in Mexico

- Chapter 1:** What are Nutrients
- Chapter 2:** Importance of Juicing and Smoothies:
What's the Difference?
- Chapter 3:** A Physicians Overview of Cleansing
- Chapter 4:** Do-It-Yourself Juice Fast:
Getting Started
- Chapter 5:** Preparation: Start Your Juicers
- Chapter 6:** Ready, Set, Juice!
- Chapter 7:** Fasting and Detox: What to Expect
- Chapter 8:** Tips and Tricks
- Chapter 9:** Breaking the Fast
- Chapter 10:** Sustaining the Glow
- Chapter 11:** Recipes & Notes



Introduction

Are you ready to take your health to the next level and add some clarity and balance to your life? It's time to feel alive and energized by giving your digestive system a rest and start flooding it with liquid vitality! It's time to clear out the old toxins that are making you feel tired, sluggish or causing your body to hang on to those unwanted pounds, and add in the nutrients that will help you lighten up, detox and renew.

In this booklet, you will find all the information you need to do your own juice fast at home so that you can start feeling great, inside and out. You'll also learn why it's important to have a nutrient-rich smoothie every day. They're a great way to begin your day and get most of the nutrients you need before you walk out the door in the morning. In our house, Claire is the smoothie king. She has a list of recipes and changes them everyday.

Enjoy Your New Found Health,

Nancy



What are Nutrients?

Your body needs vitamins, minerals, phytochemicals and enzymes to run at an optimal level. These are called micronutrients and their important role is making sure that the body is properly nourished. The more of these vital nutrients that you can put into your body, the better chance you will have of preventing and reversing disease. These protective nutrients are largely found in raw vegetables, greens and fruits. If you don't get enough of them in your diet, then your reserves can become low and can leave you more susceptible to illness and disease. Micronutrients give the body the "raw materials" it needs to heal itself and be at its ideal weight and health. They are needed for your body to manufacture the materials it needs for normal function and to rid itself of waste and to repair damage. Not to mention, getting proper nutrients into your body will help you overcome food cravings, have more energy, sleep better and have an overall sense of well being. Smoothies and juices are a quick and easy way to get an abundance of these nutrients into your diet every day!



Importance of Juicing and Smoothies— What's the Difference?

Drinking both juices and smoothies will load your body with nutrients. You can use both of them as a way to cleanse your system and facilitate a valuable detox. By making your own smoothies and juices, you can control exactly what is in them. In the last chapter of this book, you will find recipes to help you make delicious, nutrient-rich, plant-based, whole food drinks, without any additives, refined sugar, dairy and other things that will weigh your system down and promote acidity and disease.

JUICE

“Juice” contains only the juice that is extracted from the fruit or vegetable. You need a juicer to do this. When putting the fruit or vegetable into the machine, the juice is extracted and goes out one side into a container and the rest of the fruit (the pulp part that contains fiber) is separated into the basket in the back of the machine.

One of the many advantages of juicing is that you literally flood your cells with nutrients and it is an easy way to get more nutrient-rich foods into your diet. Juice is great because you can drink a large glass that contains the nutrients, vitamins, minerals and phytochemicals of a large bunch of beneficial fruits and veggies that would take you much longer to eat. It is easy to juice 10lbs of produce, but to chew it all would take much longer and would be much harder to do every day. In addition, the body absorbs the nutrients with maximum efficiency as it doesn't have to break down and digest any fiber. So all those delicious nutrients are assimilated in a matter of minutes rather than hours!

For a deep cleansing or if your digestion is compromised, inflamed or irritated, it's very helpful to be able to get the nutrition of the veggies without having to process the fiber. This is where juicing can add extra benefits. It gives your gut a chance to heal, and energy can be spent on regeneration and cleansing and less on processing and digesting. Adding a juice every day to your diet can work as a great pick-me-up energy boost, but by doing a longer juice fast or cleanse, you give your system the chance to completely rest and be flooded with nutrients that can have potent health-giving qualities.

SMOOTHIE

A "smoothie" contains whole food that is blended into a drink using all of the veggies and fruit, except for the skin and seed depending on the ingredient used (always peel oranges, core apples, pitted dates, etc.) The benefit of smoothies is you get all the fiber and all of the nutrients, because nothing is thrown away. You need a basic blender to make a smoothie. A high-powered blender is your best option. Smoothies are great to incorporate into your diet because not only will they make you feel full and give you energy, but the fiber is also great for colon health. The fiber in smoothies can absorb toxins in your gut and help drag them out. You can make pure fruit smoothies or pack them with spinach or kale for a green smoothie (the green is masked by the

fruit so you don't even taste it!) or make a creamy shake with some almond milk or any other preferred non-dairy milk. There really are so many combinations to play with. Just have fun mixing and matching your favorite fruits, veggies and boosters! Try adding Superfoods to your smoothies to boost your nutritional intake like wheatgrass, acai powder, spirulina, E3 Live, maca, hemp/flax/ chia seeds, etc.

Smoothies can be consumed as a meal in itself and are an easy way to add more fruits and greens into your diet every day. Incorporating whole food, nutrient-rich smoothies into your diet helps flood your body with nutrients and bind and move out toxins in the body. Try starting each day with a smoothie and see if you notice the difference! Smoothies are easy and delicious for the whole family to enjoy.

Drinking smoothies has a cleansing effect on the body, allowing you to experience a lighter detox than when juicing, because your digestive tract does not get as much of a rest as it does when you drink pure juice. If you're looking to do a more serious "excavation," a periodic juice cleanse or fast would give your body the benefit of a total rest from solid food and digesting.

Just so we are all clear on the difference between a juice and a smoothie, you blend a smoothie in your blender and you are using the whole fruit/veggie as opposed to juicing where you are just extracting the juice with the juicer. While both smoothies and juices are great to have in your daily diet, the focus of this book will primarily be on juicing and cleansing. By extracting the juice, you get the liquid nutrients while allowing your digestive system to be at rest so it is not distracted by breaking down the fibers that you get in a smoothie or when eating solid foods. Smoothies are great for transitioning into or off of a cleanse, but **ONLY** juice should be consumed during a juice fast.

Either way, it's important to know that a smoothie or a juice is a quick way to get loads of wonderful nutrients into your system with hardly any effort. In the next chapters we will walk you through the components of a juice fast, the importance and benefits and how to get started and do your own 5-day cleanse!



A Physicians Overview of Cleansing

In our world of super-processed food, it has been estimated that the average American consumes 10 pounds of pure chemicals per year. That is nearly one pound per month! Add to that the dyes, preservatives, pesticides, additives, fat, and sugar that are consumed in processed food every month and we can begin to see the need for the body to rest and cleanse. Once it enters your body, this toxic load must be processed by your cells and ultimately is stored in fat cells. They remain in storage until the body can adequately handle the toxic load and eliminate the toxins. Detoxification requires the presence of antioxidants and phytochemicals that can only be supplied by vegetables and fruits to sufficiently eliminate the toxins. Juice fasting is an opportunity to flood the body with the phytochemicals, minerals, and vitamins, enhancing your body's ability to begin detoxifying and healing.

DETOXIFICATION EFFECTS ON THE BODY:

Day 1 - Day 2: On the first day of fasting, the blood sugar level drops nearing 70 mg/dl, but still within a safe range. In response, liver glycogen is converted to glucose and released into the blood. The body then reduces the basal metabolic rate (BMR) or metabolism. The heart slows and blood pressure is reduced. Glycogen is pulled from the muscle causing some weakness. The first wave of cleansing is usually the worst. Toxins are initially mobilized and begin to move out of the tissues and into the blood stream causing several temporary side effects that can include: headaches, dizziness, nausea, bad breath, glazed eyes and a heavily coated white tongue. Hunger can be the most intense in this period, but remember it is predominantly toxic hunger and food withdrawal symptoms.

Day 3 - Day 7: Fats are broken down and mobilized as fatty acids freeing many toxins. The skin may become oily as these toxins are purged from the body. People with problem-free skin may have a few days of pimples or even a boil. A pallid complexion is also a sign of toxic waste products in the blood. You may feel hungry for the first few days of the fast. This effect is temporary. The desire to eat will begin to wane around days 3-5. Lack of hunger may last 40 to 60 days, depending on whether you are on a water or juice fast.

The body embraces the fast and the digestive system is able to take a much-needed rest, focusing all of its energies on cleansing and healing. White blood cell and immune system activity increases. You may feel pain in your lungs. The cleansing organs and the lungs are in the process of being repaired. Periodically, the lymphatic system expels mucoid matter through the nose or throat. The volume excreted of this yellow-colored mucus can be shocking. The sinuses go through periods of being clogged, then will totally clear. The breath is still foul and the tongue coated. Within the intestine, the colon is being repaired and impacted feces on the intestinal wall start to loosen.

Day 8 - Day 15: During the latter part of an extended fast, you can experience enhanced energy, clear-mindedness and feel better than you have felt since childhood. On the downside, old injuries may become irritated and painful. This is a result of the body's increased ability to heal during fasting. If you had prior fracture, there is scar tissue and disrupted connective tissue around the site. At the time of the fracture, the body's ability to heal was directly related to your lifestyle. If you lived on the standard American diet, your body's natural healing ability was likely compromised.

During a fast the body's healing process is optimized and efficient. As the body scours for dead or damaged tissue, the lymphocytes enter the older, damaged tissue secreting substances to dissolve the damaged cells. These substances irritate the nerves in the surrounding region and cause a reoccurrence of aches from previously injured areas that may have disappeared years earlier. The pain is good as the body is completing the healing process. The muscles may become tight and sore due to toxin irritation. The legs can be the worst affected, as toxins accumulate in the legs. Canker sores are common in this stage due to the excessive bacteria in the mouth. Daily gargling with salt and water will prevent or heal cankers.

Day 16 - Day 30: The body is completely adapted to the fasting process. There is more energy and clarity of mind. Cleansing periods can be short with many days of feeling good in between. There are days when the tongue is pink and the breath is fresh. The healing work of the organs is being completed. After the detoxification mechanisms have removed the causative agent or have rendered it harmless, the body works at maximum capacity in tissue proliferation to replace damaged tissue. While a short fast will reduce the symptoms, a longer fast can completely heal. Homeostatic balance is at optimum levels. The lymphatic system is clean except for a rare discharge of mucus through the nose or throat. After day 20, the mind is affected. Heightened clarity and emotional balance are felt at this time. Memory and concentration improve.



Do-It-Yourself Juice Fast: Getting started

The journey of a juice fast begins with your first step of acquiring a juicer. You can either borrow a juicer from a friend or purchase a new juicer. In general there are high-speed and low-speed juicers. The high-speed juicers are less expensive (\$100-\$300) but produce less juice and could damage delicate enzymes. The low-speed juicers may require a larger up front expense (\$200-\$500) but if you use it regularly will save you money in the long term because they require less produce per glass of juice. Quality high-speed juicer brands include the Omega and Breville and a very good low-speed choice is the Omega 8005. A low-speed juicer would be the best choice if you can afford the up front investment. Either way, pick something that fits with your lifestyle in terms of ease of use, time and effort, but the most important part is to start making juice!

The second step is to prepare for the week by purchasing good organic (when possible) produce. Because the juice is a condensed form of the vegetable and fruit, it is important when possible to use organic produce in order to avoid exposure to pesticides and toxins. Organic produce also contains more phytochemicals and a greater diversity of minerals that will aid in the detoxification and healing processes. Often local health food stores will allow you to buy in bulk, saving you time and money. Stock up for the week and prepare your vegetables the night before by washing and chopping them. Focus your spending on greens such as kale, bok choy, collard greens, romaine, spinach, Swiss chard, parsley, wheat grass (a powerful addition), and dandelion leaf. Vegetables such as cucumber, cabbage, and zucchini are excellent as well. Herbs can be added to enhance both the taste and phytochemical content. Examples include yucca root (especially good for arthritis and other inflammations in the body), fennel, spearmint, peppermint, basil, ginger, garlic, green onion, chili pepper, and fresh turmeric root (small amounts). Finally, fruits and root vegetable choices include grapes, apples, citrus such as lemon or lime, berries, melon, pineapple, coconut water, carrots, beets, and burdock root.

Juice fasting is a tremendous opportunity for the body to begin healing itself but it is not for everyone. If you have a serious medical condition you need to talk with your doctor first before starting a juice fast. Some groups are advised not to fast. This includes pregnant and nursing mothers, children, diabetics, those with cachexia or severe malnutrition, or during a period of severe stress. If you have any concerns please contact your physician for clearance.



Preparation: Start Your Juicers...

Hello Courageous Cleansers! Are you ready to get started? Let's go over some basics so you know what to expect.

There are many types of fasts out there, like lemonade and water-only fasts. However, your juice fast will be filled with nutrient-rich blends of greens and veggies and will provide you with enough nutrients to go about your daily life. You will find that the hardest part is not actually hunger; it is that as humans, we are creatures of habit and our cultures and daily lives tend to revolve around food. So while you give your digestive system a much needed break to rest and “clean house,” you need to make sure you prepare your body properly to ensure that a good “vacation” is in order. How are you going to do that?

PREPARE, PREPARE, PREPARE.

First, mentally prepare yourself for the challenge of the fast. If you are reading this, then hopefully you have already made a commitment to your health and are planning on doing a cleanse and

reaping all the health benefits that come with it. Make sure you set your intention (be honest now) which should be to see the cleanse through to the end. Set a realistic goal for yourself and stick with it! If your intention is to cleanse for 1, 2 or 3 days, that is ok, but if you don't set your intention and commit to it, you will find yourself giving up at the first sign of discomfort. While cleansing for 1-3 days allows your system to rest and do some general "house cleaning," chances are you won't work through all your detox symptoms until after day 3. We recommend to start with and commit to a 5-day cleanse, which is an adequate length of time for your body to reap the most benefits.

Cleansing for 4-7 days will get you into deeper cellular elimination and repair, and you'll start to notice and be amazed at how good you feel, how much energy you have, how much lighter you are, how much younger you look and feel, how clear your skin and eyes are, how your senses are heightened and how positive you feel. While you remove toxins, your body will start to regenerate and rejuvenate naturally. Not only is detoxifying your body a powerful anti-aging process, but it will also help with breaking bad habits and eliminate unwanted cravings.

The second part of preparation is that you need to start lightening up your diet. What does that mean? It means you need to start eliminating those things that will not benefit your cleansing process. All those little indulgences in your diet should be weaned out. A few days leading up to the cleanse you should start to phase out coffee (caffeine), sugar and artificial sweeteners, meat and dairy. During that same time, you should add more fresh fruit, greens and veggies into your meals. This will minimize the detox symptoms one usually goes through while cleansing.

Start making your meals based around smoothies, lightly steamed vegetables, salads/raw veggies, whole fruits, and soup broths. Start to add fresh green juices into your diet. Trust me, the more you prepare before your cleanse, the easier the transition to an all-liquid diet will be. So please, no burger, fries and beer as a send-off into your 5 days of fasting. The more you prepare, the more your body will thank you!

So are we all clear here?

1. Mentally prepare and set your intention and commitment to a 5-day cleanse.
2. Prepare your body by lightening up your diet.

OK, so now it's time to start getting your pretty little heads wrapped around this amazing thing you are going to be doing for yourself and think of it as your own internal spa vacation. You're aiming to gently rid your body of impurities and lingering toxins so you can regain an alkaline balance and celebrate all the good things that come with it. You are going to be amazed!



Helpful Hint:

Shop before your fast when you are still eating! Avoid going while cleansing, especially at the beginning...you'll want to buy and eat everything in sight.

When making your own juice, you will juice much more produce than you might expect. So make sure your fridge is stocked with the staple juicing items.

To determine quantities: You will need the most of the staple items for the base of your juice. You will need fewer of the added ingredients and the condiments are bonuses so buy in smaller amounts.



Tip:

For your own accountability, set a date and tell your friends and family what you're up to. Also, grab a camera and/or video to take pictures and video journal as you go!



Staple items

- ___ cucumbers
- ___ apples, red
- ___ apples green
- ___ heads of celery
- ___ carrots
- ___ beets
- ___ watermelon
- ___ lemons
(use these liberally)
- ___ kale, a few varieties
- ___ spinach
- ___ romaine lettuce
- ___ pear

Added ingredients

- ___ tomatoes
- ___ red/green bell pepper
- ___ zucchini
- ___ chard
- ___ parsley
- ___ watercress
- ___ limes
- ___ grapefruit
- ___ broccoli (trust me it's tasty
juiced-stems are sweet)
- ___ bok choy
- ___ Other lettuces
- ___ fennel
- ___ kiwi
- ___ cilantro
- ___ cabbage

Condiments, added Flavors and non-produce items

- ___ garlic
- ___ ginger
- ___ cayenne pepper spice
- ___ herbal teas
- ___ maple syrup, grade B
- ___ almonds, for nut milks
- ___ vanilla for nut milks
- ___ nutmeg, cinnamon for
nut milks
- ___ wheat grass (optional)
- ___ coconut water



Ready, Set, Juice!

Hello Mighty Juice Friends! Let's start your internal cleaning. Get ready to start shedding the toxins (yes, this will include some detox symptoms) and make your way to celebrating your lighter, glowing and more energized self!

You want to start by testing out your juicer and experiment with some recipes. This book provides you with some recipes to play with, but all juicers vary on the amount of juice they produce, so just keep that in mind and have fun adding in the right mix and quantity that make your taste buds smile!

Let's go over the general structure of what each day should look like and the juices that should be included throughout the day. This can be modified to your liking and most importantly with what your schedule permits. Just remember that consuming enough fluids is the key. More is always better while your body detoxifies. You have to flush the toxins out so make sure you are consuming enough fluids to do so! As you move through the fast, your body may require fewer juices to feel nourished compared to how much your body might need the first day. On a typical

day you will drink about 6 juices but make sure you are also sipping water throughout the day, drinking at least 12 oz. of water between juices.

WHEN YOU WAKE:

Every morning, first thing you want to do is drink a big glass of room temperature or warm filtered water (or as a hot tea) with fresh squeezed lemon. Adding some lemon has a hydrating and alkalizing effect on your body and will wake up your system to get things moving. Remember, you can drink herbal tea whenever you like and as much as you like on this cleanse.

JUICE AWAY:

It's always best to prepare the juice the same day you are drinking the juice to retain the most enzyme content. But for convenience, if juicing the night before is best, then go for it. Drink your juices within 24 hours to optimize freshness.

YOUR FIRST JUICE OF THE DAY:

Always start your juices for the day with a green juice. It's good to go for a simple juice with cucumber as the base. Cucumber juice is a great way to start your daily detoxification. Being a natural diuretic, they are amazing for the kidneys and will flush out the acid waste that has accumulated during the night. Your morning juice can be straight cucumber or a simple cucumber blend. Mix your own or you can try using one of the following combinations:

- Straight cucumber
- Cucumber, apple, ginger
- Cucumber and coconut water
- Cucumber, celery, lemon
- Cucumber, lime
- Cucumber, green apple, lemon
- Cucumber, fennel, lemon
- Cucumber, kiwi, lime

GREEN JUICES THROUGHOUT YOUR DAY!

You should have at least 3 green juices a day. Green juices will be the most powerful part of your juice fast! These nutrient-packed juices detoxify your cells and nourish your blood. They are incredibly healing and are filled with chlorophyll and micro-nutrients to help with cell renewal. Remember the rule of thumb: 3 green veggies to 1 fruit. Try to minimize the sweet fruits added and you will find that your taste buds will adapt and you will need fewer sweet fruits with each juice. See the recipe section for our basic green juice recipe. Try adding ginger or parsley for a twist. For convenience, fill up a 32 oz. bottle with all your green juice you need for the day. Keep it cold and sip throughout the day.

SPICY LEMONADE:

This energizing, revitalizing drink is a great addition to your daily cleansing regimen. The recipe is simple: Juice 1-2 lemons, add filtered water, a dash of cayenne pepper and hit of maple syrup to sweeten (be sure not to add too much maple as it is important to minimize all sugars while cleansing). The cayenne pepper boosts metabolism, gets the blood pumping and stimulates the liver to release toxins. Lemons are packed full of antioxidants and are highly alkalizing. They help move the mucus and toxins out of the body. This is a great juice to reach for to suppress hunger or curb cravings. Feel free to drink freely between all of your juices.

WATERMELON JUICE:

This is an optional juice, but is one of the most refreshing juices you can drink while cleansing! It's highly alkalizing and neutralizes acids. Watermelon flushes toxins from the kidneys and is packed with vitamin A, C and lycopene. When juicing watermelon don't be afraid to juice the whole rind. It is undetectable and leaves zero waste. Be sure to try this juice during your fast. Works great as a sweet treat in the afternoon.

** It is important not to mix watermelon with anything and enjoy alone or with a squeeze of lemon or lime, a splash of coconut water or with some ice cubes.*

HEARTIER JUICES:

Make at least one or more savory veggie juice each day. You can use tomatoes, bell peppers or carrots as the base and add beets, celery and a touch of garlic, parsley, ginger or chilies. These juices are richer, more filling and work great when you feel you need more sustenance.



1. Wake up
2. Smile
3. Large glass of room temp filtered water with fresh squeezed lemon
4. Probiotic (optional)
5. Nice big Cucumber based Green Juice
6. Herbal Tea or Energy Tea (Yerba Mate)
7. 12 oz.. filtered water
8. Spicy Lemonade
9. Green Juice
10. Herbal Tea
11. Watermelon Cooler
12. 12 oz.. filtered water
13. Veggie Juice Blend or Green Juice
14. Afternoon Green Powder Drink (optional)
15. Spicy Lemonade
16. Green Juice or Veggie Juice Blend
17. Evening Nut Milk (on first and last day of cleanse)
18. 2 oz... Aloe Vera Juice (optional)
19. Evening Natural Laxative Tea (if needed)



* Finish the last beverage at least an hour or two before you sleep. Consuming anything right before bedtime does not allow your insides proper rest.

Don't forget to include these important items into your day!

- Deep Breathing
- Yoga
- Hot Bath
(with detox salts every other day)
- Exercise
- Skin Brushing
- Rest

Below is a quick glance of some of the health benefits as well as additional information about the liquids and produce that you can include in your juice fast.

Water: flushes everything out, flushes digestive tract, kidneys and purifies the blood stream

Green juices: nutrient-rich, healing, stabilizing

Nut/seed milks: good for cravings or when needing something more filling (note: nut milks slow detoxification so use sparingly or to add calories and for nourishment in time of difficulty)

Green powders: energy plus appetite suppressant (add to juices or water)

Carrot: energy drink, adds sweetness, digestion stimulant, liver cleanser, high levels of beta-carotene

Cucumber: stimulates kidneys, a base of choice for most recipes, water dense, low calorie

Celery: recommended for weight-loss, low calorie, water dense, chlorophyll rich green leaves

Lettuce: dark-green lettuce types are nutrient dense and the darker the lettuce the more alkalizing and mineral rich

Cabbage: powerful body-cleansing vegetable, promotes weight loss

Beet: stimulates liver, adds sweetness, good for heart and circulation (note: strong in flavor and color- use smaller amounts. Careful when juicing and drinking as it can stain clothing and is also known to change the color of your urine, so don't be alarmed)

Parsley: blood purifier, cleans urinary tract, good for kidneys and liver, but bitter in taste so use smaller amounts

Spinach: rich in chlorophyll and minerals such as calcium, alkalizing, and numerous weight loss benefits

Tomato: helps reduce acid in body, stimulates blood circulation, liver cleansing, blood purifying and loaded with cancer-fighting lycopene

Watercress: powerful intestinal cleanser, toxin neutralizer, stimulates fat burning, good for the kidneys, bladder, skin and blood circulation

Green Apple: low glycemic fruit, staple sweetener for juices, supports healthy blood-sugar levels (another similar great choice is pear)

Citrus Fruits: use grapefruits, lemons and limes; alkalizing, antioxidant rich, cleansing, weight loss support but avoid over-using orange juice as it is high in mucus-forming fruit sugar

Watermelon: highly alkalizing, neutralizes acids, flushes toxins from kidneys

Kale: chlorophyll rich, high in calcium, loaded with vitamins and minerals, protects against illness, immune system builder

Yerba Mate Tea: increases energy and mental clarity, rich in polyphenols and antioxidants: a stimulant, so use sparingly, good for those going through caffeine withdrawals or for easing headaches

Aloe Vera Juice: helps detoxify the body and blood stream, contains B12, antibacterial, aids in cell growth, soothes digestive tract, cleanses and conditions the colon

Happy Cleansing!

Tip:

Wash and chop veggies the night before to save time in the morning.

Tip:

It's important to wash your veggies really well! Always peel citrus fruits and peel cucumbers if they are not organic.

Tip:

Always have your next juice prepared and ready to go to avoid being tempted to reach for anything else.



Fasting and Detox: What to Expect

Hello Fabulous Fasters! Now that you have made friends with your juicer and have your favorite juice combinations down, you are on your way to the cleaner, happier, healthier, lighter, clearer new you!

However, that doesn't mean that it doesn't take some work to get there. By giving your digestive system a rest, you've freed up some time for the body to really go to work on "cleaning house." This is a good thing! However, you might start to feel not so good during the first few days. This is your body starting the "detox" process.

You've started your cleanse and your body has started to rid itself of chemicals and toxins through your eliminatory organs. They're all working together to help you get there. The liver acts as the filter to remove foreign substances from your blood, then the kidneys filter the blood into the urine, the colon sheds old waste buildup while your lungs remove the toxins you've breathed in through the air.

During your cleanse, your body is essentially tearing down all of the “bad stuff” and rebuilding with new healthy material. To make room for that new material, the “bad stuff” needs to leave. How it exits is the part that can be less than fun while cleansing. For example, when the body eliminates coffee, symptoms usually include headaches, nervousness, and shakiness. When protein, meats, and fats are eliminated, you may experience skin eruptions, body odor, or a coated tongue.

Once the detox mode is turned on, you will notice that most symptoms will occur in the first 3 days. So, if you are starting to experience some of these things, don't be alarmed. Just remember that these toxins are better out than in, and they make their way out of your body in different forms.

Detox Symptoms may include:

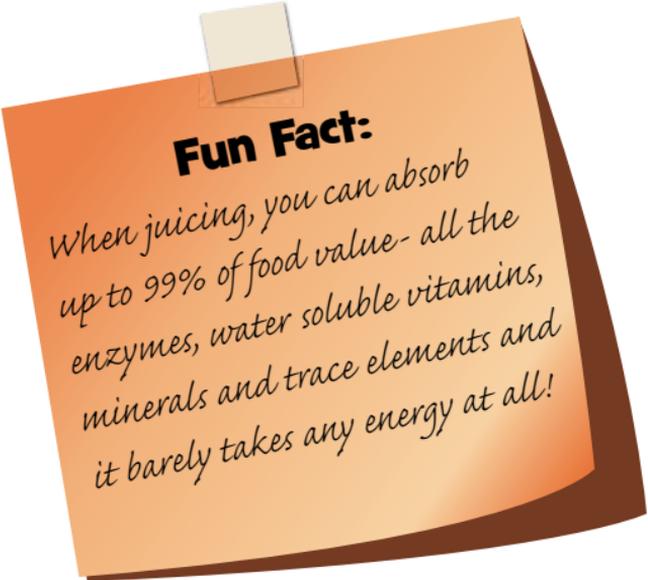
- Fatigue
- Headaches
- Mood Shifts
- Constipation/
Diarrhea
- Light-headedness
- Skin eruptions/
Acne
- Weakness
- Rash/Hives
- Cold Sores/
Canker Sores
- Dry mouth
- Nausea
- Insomnia
- Muscle Aches
- Runny nose
- Flu like symptoms
- Sore throat

You may briefly feel worse before you feel better. Toxins are hanging out in your tissues and they have to get back into circulation before you can get rid of them. Once they are in circulation, they are looking for a way out. The longer they stay in, the more

weak and exhausted you might feel. So let them go! You can control or speed up any detox symptom you may experience, so the more you can assist them in making their exit, the faster you will start feeling better.

Some helpful remedies include herbal teas, which can be soothing and calming while relieving some detox symptoms. You can aid the lungs through exercise, flush the kidneys by drinking plenty of water, aid your colon through a colonic or natural laxative and keep the skin in check through bathing, brushing, massage, steam or sauna and letting it feel some sunshine.

Detoxing is the toughest part of your cleanse, so hang in there because you'll be so happy that you did! Remember to look at your juice not only as your meal but also as your medicine. You'll be glowing before you know it!



Fun Fact:

When juicing, you can absorb up to 99% of food value- all the enzymes, water soluble vitamins, minerals and trace elements and it barely takes any energy at all!



Tips and Tricks

Hello Detox Darlings! The hardest part of doing a juice fast and cleansing is usually during the first day or two trying to get over the hump and adjusting to the changes. Try mixing up your patterns and/or habits. Go for a walk and get some fresh air when you feel the need for food. Tune into your body and if you get the body sensation that you are hungry, question it; ask yourself “Am I really hungry?” Most of the time we don’t eat mindfully and therefore aren’t used to correctly assessing the subtle signals that our bodies send us. Take a moment to notice where you feel the sensation of hunger and put your attention on it. If you feel a grumbling in your stomach, that is a sign that you are simply going through detoxification (remember that true hunger is felt in the throat). Most of us don’t really know what it’s like to be truly hungry, so when the sensation arises, examine it. You will probably find that your mind has tricked you into thinking you are hungry, but really your body is doing its job and working on detoxifying and the feeling is actually related to an emotion such as boredom, anxiety, fear and not really to hunger at all. True hunger is the need

for nutrients to support the body to sustain life. When juice fasting, your nutrients will be in liquid form, but be assured, you will be flooded with plenty of nutrients.

FREQUENTLY ASKED QUESTIONS:

“WHAT’S THE DEAL WITH GOING TO THE BATHROOM WHILE CLEANSING?”

You are now taking all of your meals in liquid form (plus water and tea) so you should be taking in plenty of fluids in order to flush the kidneys. In order to properly flush them, you should be urinating about every hour. Also, make sure you are drinking at least 12oz. of filtered water between every juice. This will help stimulate bowel movements. If you need extra assistance, you can try Smooth Move tea, Swiss Kriss (tablets), or Oxy Mag Powder or similar supplement (a magnesium/oxygen blend you can take at night). Also, make sure you are taking a probiotic and aloe juice everyday to help your gut.

“IS STORE BOUGHT COCONUT WATER OK TO USE ON THE CLEANSE?”

Yes. If you’re not into cracking open your own coconuts (or don’t know how), feel free to use the one in the carton to hydrate or add to your juices.

Tip of the day:

Today, how about giving yourself an extra boost with wheatgrass? Not all juicers can juice wheatgrass (gear juicers are the best way to juice this yourself or ask your local juice bar). Try a 1 or 2oz shot, & bite into an orange to clear the taste if it's too strong. Wheatgrass is the juice highest in chlorophyll and is a powerhouse of vitamins, minerals, amino acids and oxygen.

You might be feeling tired or the complete opposite—totally energized. Either way, make sure you are getting plenty of rest but also adding in some exercise. Even if it's a walk or keeping it gentle, make sure you are moving your body everyday.

You will find that with each day it will get easier as the energy starts kicking in. You might notice that it is nice to have the freedom from food. Maybe you've found the time to get some projects done that you've been putting off because you felt that you just didn't have the time. Have you learned anything new about yourself while fasting? You might notice that you grab for food items out of habit when you aren't even hungry!

As a culture, we typically spend a lot of time and energy throughout the day thinking about food. So it's nice to have the time to give yourself a break and do some cleaning (inside and out).

Having strong detox symptoms or trouble sleeping? Plan to take a hot detox bath tonight. It will kick the toxin elimination up a serious notch so that you can move through it and feel better. You want to get the bath water as hot as you can tolerate (you actually want to break a sweat), add 2 cups of Epsom salts, 1 cup of baking soda and some essential oils (lavender is nice for relaxing). Make sure you have some water handy to drink as you want to stay hydrated while you soak in the bathtub (aim for 15-30 minutes).

Toxins will be drawn out while minerals will be absorbed. Soap up, rinse off then move slowly as you might feel a bit light headed. Go fall into bed...and you should sleep like a baby!

Detoxing slowly and want to kick it up a notch? Go for green. Cut back on the sweet fruits and nut milks and go for mostly green juice and spicy lemonade. Might feel a little boring, but it will do the trick to kick you into high gear. Also, try jumping on a trampoline or rebounder...it does wonders for shaking and waking things up.

Having trouble waking up in the morning? Try alternating between hot and cold water in the shower (don't forget

to dry brush before you get in). Have the water as hot as you can tolerate for a few minutes, then change it to as cold as you can for a minute. Alternate back and forth a couple times. Not only will this wake you up, it's extremely good for stimulating the lymphatic system and circulation. If your lymphatic system is sluggish, the longer it will take to move toxins, so go ahead, wake it up! An added bonus is that your skin will feel great and your hair will be nice and shiny.

Want to make the most out of your cleanse? Here are some other additions that can help speed up detox that you can think about investing in to enhance your cleanse:

Dry brush - perfect for exfoliating and getting those toxins out through the skin, the largest organ of elimination. Brush or scrub skin in long strokes towards the heart to aid in circulation and support the lymphatic system.

Tongue scraper - keeps the mouth clean and odor free.

Detox bath salts - make your own: 2 cups of Epsom salts, 1 cup of baking soda 2 tbsp of ginger or essential oils.

Good Probiotic - puts beneficial bacteria into the intestines and boosts the immune system. Especially helpful for individuals with digestive issues. Opt for those that contain at least 20+ billion live organisms.

Aloe Vera Juice - not the stuff you use when you get a sunburn, same plant but you want the juice that you drink.

Green Powder - great to add to a glass of water for a nice energy boost and lots of good chlorophyll. Kyo-Greens, E3 Live or Amazing Grass are good brands to try.

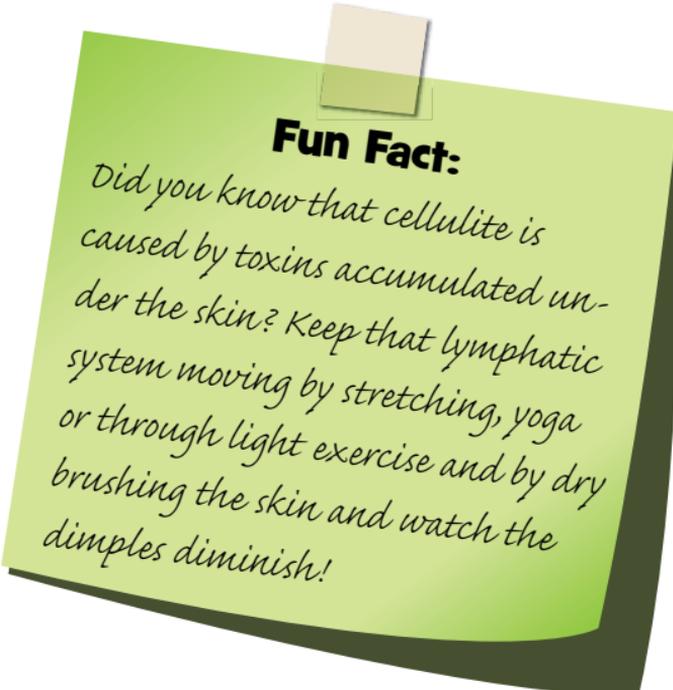
A good book on health - whatever peaks your interest and keeps you educated and motivated, there are so many amazing resources out there!

Some helpful activities to think about booking:

- Massage
- Colonic
- Sauna/Steam
- Yoga Class

You're doing great, so keep it up! The next chapter we will talk about how to break the fast/cleanse. Breaking the fast/cleanse in the proper way is VERY important, so be sure to read up. In the meantime, continue to get all of those liquid nutrients in and enjoy the benefits you should be starting to feel from all that you have been doing for yourself thus far!

Until then, happy juicing!



Fun Fact:

Did you know that cellulite is caused by toxins accumulated under the skin? Keep that lymphatic system moving by stretching, yoga or through light exercise and by dry brushing the skin and watch the dimples diminish!



Breaking the Fast

Hello Juicing Geniuses! You've made it this far and have done an amazing job.

When you approach the end of your cleanse, it's important to start thinking about what's next. So we are going to talk about how to break your fast. It is very important that you break your fast in the proper way to avoid getting ill. When you break your fast, think of it like exercising. If you haven't done it in a while, you have to take it easy, otherwise you will be sore or can injure yourself. It's the same for reintroducing your digestive system to solid foods again.

As you wind down your cleansing, you now need to think about how to break your fast. The way you break your juice fast is **VERY IMPORTANT!** A slumbering digestive system is sensitive, and although you might want to try every food on the planet, you cannot because your system needs time to get back up to speed. There should be a gradual return to solid foods so you can ease your digestive system back slowly.

Eating small amounts of raw fruits and vegetables for the first few days will allow the body to gently wake up the digestive system. Do not overeat! You will be left feeling tired, sluggish and can make yourself ill if you eat too much of or the wrong types of foods coming off a fast. When the digestive system is re-awakening, if you jar it back awake, it can cause stomach cramps, nausea and weakness. That is the last thing you want to do after all the hard work you've done!

Be sure to avoid meat, cheese, processed foods, pastas and heavy starches. Here are some guidelines to help you back into solid foods:

1ST DAY AFTER THE FAST:

Continue to have your lemon water in the morning. Eat a piece of fruit in the morning or a light smoothie. You can have fruit throughout the day (avoid or limit bananas the first day). If you're feeling ok, you can add a small bowl of raw vegetable salad for lunch or have vegetable broth. Keep it very light (liquid meal) for dinner sticking to vegetable broth or a green juice.

2ND DAY AFTER THE FAST:

You can start to add in more raw or lightly steamed vegetables. Continue with fruit or a light smoothie in the morning and have a small bowl of fresh vegetable salad for lunch. Freshly made juices and broths are fine too. Try to limit more starchy veggies like carrots, beets, squash and opt for leafy greens.

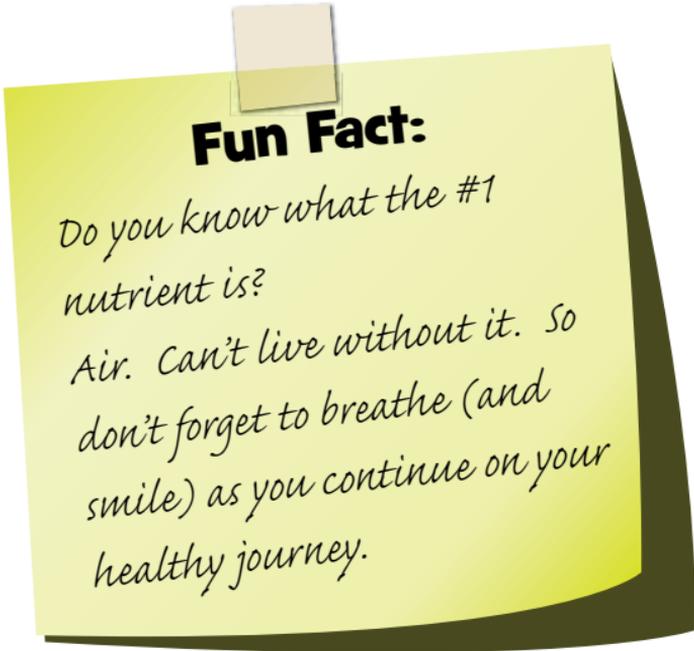
3RD DAY AFTER THE FAST:

Green salads should be your staple at this point. If you're craving some more substance, you may choose plain whole grains like quinoa or brown rice and can add a small amount of sweet potato or avocado. You can start to add legumes in small amounts at this point as well.

From there, continue to have salads and leafy greens. You may start to return to eating a healthy diet, but it is important to listen to your stomach. Be careful not to overeat and chew your food well! To avoid overeating, decide ahead of time what you want to eat and the amount rather than eating from an urge. Prepare ahead by having veggies on hand to break your fast so that you don't have to go shopping where you might be tempted by food impulses. Take notice of the difference between cravings and hunger. Never feed your emotions by eating from stress, depression or boredom. Continue to have fresh green juice in your diet and drink plenty of fluids.

Once you completely return to solid foods, make note and be mindful of everything that you put into your body, how it effects you and eat when you are truly hungry.

Fasting is a wonderful new beginning and a way to take your healthy eating to the next level. Be mindful of your food and treat your body right!



Fun Fact:

Do you know what the #1 nutrient is?

Air. Can't live without it. So don't forget to breathe (and smile) as you continue on your healthy journey.



Sustaining the Glow

Hello Green Juice Gurus!

It's the last day of your cleanse and you've done an amazing job! Are you officially ready to trade in your Java for Juice? By now, hopefully you can see how good a nice green juice is for you and how you can sustain yourself and get your boost from juice.

The power of juice, especially green juice, is amazing. It will provide you with a stabilizing, calming pick-me-up that nourishes your cells. Doesn't that seem so much better than reaching for the caffeine? Sure caffeine will give you a boost, but it will also give you the crash, not to mention it is like pouring acid into your new beautiful greenhouse that you've created. So start to make juice part of your daily routine.

Now that you have the tools and the experience of juicing, you can add it into your schedule when your body feels like it needs a break. Once a month you can try doing juice for a day. Think of it like a day off from work and a nice rest and replenishment for your organs.

You might feel like you are on a roll and are not ready to break your cleanse yet. Maybe you feel perfectly comfortable fasting or feel that you have more detox symptoms that you want to flush out. It's perfectly fine and safe if you want to continue fasting for a few more days. You have the tools to do so. Just listen to your body. Also, remember, the longer the fast, the more careful you have to be when breaking it.

Either way, hopefully you've curbed your cravings and learned a thing or two about yourself and your relationship with food. Now is a great time to kick to the curb any bad eating habits and establish new ones. You've hit the reset button and have done all of this hard work, try not to toss it away. You've set a great foundation so don't reintroduce the foods that you were trying to eliminate.

Be mindful of what you put in your body. It is the only one you get and it works hard for you, so treat it like you care. No more food abuse and toxic grime. You've done some degreasing and now have a shiny and new fresh start. Your digestive system is thankful for the nice vacation you gave it and your cells are happy for the freedom of the toxins they've been hanging on to.

When you're ready to break the fast and reintroduce solid foods, please note that your body will still be doing some detoxing and flushing out toxins. So be sure you continue to drink lots of water and add lemon wherever you can (to your salads, etc.).

Give yourself a big hug for a job well done. You've made your health a priority and hopefully feel lighter, cleaner, clearer and more energized because of it. You've also probably noticed that your senses are heightened. So moving forward with your healthy diet, take time to notice and appreciate your food. Enjoy it! Relish in the tastes and textures of it. But nothing is more satisfying than enjoying delicious food that you know is good for you and nourishing for your body. Remember to slow down and be mindful of your food and the purpose it serves. Chew it well and be grateful that you know when and where your next meal is going to be.

Congratulations again and we celebrate you and your commitment to your health. **Cheers to you!**

Recipes & Notes

JUICE RECIPES:

Basic Green Juice

3 kale leaves
4 stalks celery
1 cucumber
handful of romaine
1 green apple
1 lemon, peeled

V9

2 organic carrots
2 organic roma tomatoes
parsley bunch (just a hand full bunch to taste) or cilantro if you prefer that taste
1/2 cup of spinach
1 to 2 celery stalks

Note: If you like a spicy kick add 1/10 of a teaspoon of cayenne pepper to your glass after the juice is made and stir with a spoon.

Amelia's Eye Opener

3 carrots, 4 celery stalks, lots of lemon

Super cleanser

4 celery stalks
1/2 of a small beet
1 cilantro bunch
large handful of spinach

Bunny Bliss

3 carrots
1 cucumber
2 stalks of celery
small bunch parsley
1 lemon
1 red apple (for those who have a sweet tooth)

A meal in itself

1 to 2 carrots
3 leaves of kale
1/2 bunch of cilantro
1 cup of fresh spinach
1 cucumber
2 cloves garlic
pinch of cayenne

Immune boost

1 pear
4-5 kale leaves
2 stalks of celery
2-3 cloves of garlic
1 cup parsley
1 lemon

Energize me

2 cucumber
1 green apple
3 celery stalks
1 cup of spinach
1 small piece of ginger
2 lemons

Veggie Kicker

3 carrots
1 beet
1/2 inch fresh ginger
1/2 lemon
1 clove of garlic

Simple Tomato Twister

3 carrots
1 tomato
handful of spinach
clove of garlic (optional)
1 large broccoli stem

Body Cleanser

2 celery stalks
handful of kale
handful of spinach
handful of parsley
1 oz... wheatgrass juice

Green Hydrator

1 celery stalk
1 cucumber
1 green apple
1 green pepper
2 handfuls of spinach
1 lime

Green Machine

3 kale leaves
3 romaine leaves
2 collard leaves
handful of parsley
handful of baby spinach
2 cucumbers
2 green apples
1 lemon

Sweet Treat

1 medium beet
4 carrots
2 red apples
small piece of ginger (optional)

Clean Green

1 cucumber
1 large broccoli stem
4 stalks of celery
Handful of basil
1 lemon or lime

Carrot Cleanser

4-5 carrots
3 celery stalks
1/2 cucumber

Fat Flusher

2 kale leaves
1 bell pepper
1 large broccoli stem
3 celery stalks
3 cabbage leaves
1/2 cucumber
Large handful of spinach
Lemon

Headache Helper

1 garlic clove
2 celery stalks
5 carrots
Handful of watercress
Handful of parsley

SMOOTHIE RECIPES

AJ's Simple Green Smoothie

3 cup non dairy milk
1 banana
1 cup fresh or frozen berries or favorite fruit
splash of maple
handful of spinach
2 leaves of kale

Blend on high and serve.

Green Power Smoothie

1 cup soy or rice milk
1 banana
1 mango peeled, or 1/2 cup frozen
2 tsp almond butter
2 tsp maple syrup or 1 date pitted
1/2 tsp vanilla bean, or extract
sprinkle of cinnamon
4-5 leaves of kale

Blend on high and serve.

Fruits and Greens

1 cup orange juice
1 banana
1 cup frozen tropical fruit blend
1 apple (cored)
1-2 cups baby greens

Blend on high and serve.

Simone's Banana Strawberry Smoothie

1/2 cup of frozen strawberries
1/2 cup of frozen peaches
1/2 cup of frozen blueberries
1/2 cup of vanilla flavored almond milk
1 cup of pomegranate juice
1 tbsp of ground flax seeds
(*Make sure it is ground so it doesn't mess up your blender*)
1 banana
1 handful of baby spinach

Blend on high and serve.

This makes about 32 oz.. – enough for two adults in the morning

Kristen's Famous Chocolate Shake

3 cups almond milk
1-2 tablespoons vanilla
1/4 cup of cocoa
2 cups pitted dates (or more for a sweeter shake)
2-3 leaves of kale (may substitute with baby spinach)
2 trays of ice cubes

Put the first 6 ingredients in your high-powered blender. Blend until creamy. Add the ice cubes and blend until crushed and takes on the appearance of a shake. Enjoy! If it is too green for you, start with 1 leaf of kale and slowly add in more.

Nancy's "Bitter Sweet" Smoothie

Two Great Flavors... Cinnamon and Strawberries

1 cup Vanilla Flavored Almond Milk or Soy Milk

1 Banana

1 cup Fresh Strawberries, (use frozen if you enjoy it cold)

1 tbsp Pure Maple Syrup

1/4 tsp Cinnamon

Place all of the ingredients into a blender and blend on medium for 40-50 seconds. Serves 2.

Claire's Toasted Almond

For a "nutty" boost in the morning, try this delicious (healthy) blend.

2 cups of Fresh Spinach

1 cup Vanilla Flavored Almond Milk

1 tbsp Almond Butter

1 tbsp Vanilla Extract

1 1/2 cups Frozen Strawberries

1 Banana

First blend the spinach, almond milk, almond butter and vanilla, then add the strawberries and banana. Serves 3. (take the rest for lunch or a morning snack)

Pam's Peach Perfection

2 1/2 cups frozen peaches (or 3 ripe whole peaches pitted)

1 cup spinach

1 1/2 cup almond milk

1/2 cup orange juice

1/2 tsp peach or almond extract

touch agave nectar

2 cups ice if using fresh peaches

Blend on high and serve.

Larry's Cherry Chocolate

1 cup frozen unsweetened cherries

1/2 cup frozen raspberries

large handful of spinach

2 kale leaves (no stems)

Almond or non-dairy milk

1/2 cup pomegranate juice

1/4 cup cocoa powder

A touch of maple syrup

Blend on high and serve.

Super Charged Smoothie

1 1/2 cup frozen blueberries

1/2 cup fresh or frozen strawberries

Handful of kale

1 cup baby spinach

1 tbsp spirulina (or green powder)

1 tbsp hemp, flax or chia seeds

2 cups pomegranate juice

1/2 cup coconut water

Put all ingredients in a blender and puree until smooth. Pour into glasses and serve.



Save God's Kids

A Global Children's Wellness Solution

Save God's Kids is a cause, a passionate desire to enable every American to live a life of true health. This can only be accomplished when the body is properly nourished.

The SGK solution is designed to provide the Motivation, Education, Direction and Support (America's New M.E.D.S) you need to lose weight, get off your meds, eliminate pain, have more energy or raise healthier kids.

Join the **Save God's Kids** movement at:
www.savegodskids.org.