

THE 1-DAY JUICE DETOX GUIDE

Boost Your Health,
Beat Those Cravings
& Feel Great!



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Introduction

In 2005, Australian Joe Cross weighed 310 pounds. He suffered from a rare autoimmune condition his doctors said he would have to take prescription drugs to treat for the rest of his life. A life of poor diet and no exercise had led to a situation where Cross could see himself dropping dead from a heart attack because of his incredibly unhealthy lifestyle.

His diet consisted of processed foods, and he ate almost no fruits and vegetables. He began to do research into nutrition. He found amazing evidence that a juice detox (juice cleanse or juice fast, as it is known) had worked miracles for others that had severe and chronic conditions like himself. At 40 years of age, and under the supervision of doctors, he began a juice detox in May 2005.

His positive health turnaround was so impressive he went on to drink nothing but fresh made juices for 60 days. (Don't worry, you can see impressive health results in a single day. You are not advised to drink nothing but juice for 60 days without consulting your doctor.)

The result is he lives medication free now, something his doctors never believed possible. He lost more than 100 pounds and unhealthy body weight, dropped his total cholesterol from 204 to 135 and his LDL cholesterol went from 132 to 86. Those health results come from resetting the natural system that you may have been fouling up with deadly processed foods, refined sugar, salt, trans fats and other unhealthy but far too common food items.



What is a Juice Detox and Why Do It?

A juice detox or cleanse is a short period of time (usually 1 to 7 days) where you drink nothing but juice. The key is in preparing your own juices, or purchasing them from a juice cafe or retailer that uses nothing but fresh, raw fruits and vegetables.

Make sure there are no processed additives involved. Steer clear from prepackaged or bottled juices, which sometimes contain tons of unhealthy refined sugar. The best results you will see come from preparing your own juices, so you know exactly what is going into them. Don't worry, you don't have to invest a lot of money into a juicer. Decent juicing machines start at around \$40 to \$70, and can be purchased on line if you can't find any locally.

A juice detox cleanses your digestive tract. As much as 75% of all human illness, infection and disease begins in your digestive system. An inability to digest foods efficiently can lead to simple conditions like skin disorders and an unhealthy body weight, or even dangerous heart problems and neurological disorders. Your juice cleanse can be seen as a reset button that starts getting your digestive system back to working naturally and efficiently.

The human body is an incredible and complicated set of processes. It craves healthy nutrients, minerals, enzymes and vitamins. However, if you feed it nothing but junk food, your system still learns to try and processes this food in the best way possible. This is how people who have been eating a severely unhealthy diet can still live into their 50s and 60s.

Your body is so efficient at keeping you alive that it does so, even though you are feeding it garbage.

However, that unhealthy diet is accompanied by heart disease, mental disorders, stress, anxiety, depression, overweight and obesity, cancer and a laundry list of other serious health problems.



A juice detox resets your system in a very short period of time, cleansing you of the toxins and unhealthy foods which make up too many modern-day diets. The result is your body begins to crave wonderfully healthy foods, instead of the processed, packaged, chemically ingested and unhealthy food which so many people exist on.

Why Should I Do a Juice Detox?

Different people try juice detoxes for a number of reasons. Maybe you want to lose a couple of pounds. Perhaps you are just tired of always feeling sick and tired. If you are considering giving yourself a healthy reset of a 1 day juice cleanse on a regular and recurring basis, consider the following benefits.

- Your system is flushed of deadly toxins
- Unhealthy food and sugar cravings lessen considerably, or disappear altogether
- Weight loss
- Your skin and hair become healthy, strong and youthful looking
- Your cardiovascular and respiratory systems receive a healthy boost
- You lower your risk of developing chronic and deadly disease



- Your mind is sharp and focused
- You enjoy "all day" energy
- You sleep soundly
- You look and feel better, healthier and happier

Yes, in just 1 day you truly can receive the above health benefits, and many more. ***(Performing a 1 day juice detox once a week, or juice cleansing for 3 to 5 days consecutively, delivers even more benefits. Always consult your doctor if you attempt a juice detox longer than 3 days.)***

Your body wants to eat the right things. It knows what it needs to function properly, keeping you healthy, happy, strong and full of energy. Even though you may have been feeding yourself less than healthy food for years, you can return it to its intended natural state in a very short period of time with smart nutrition, exercise, plenty of rest and proper hydration. A juice detox gives you a quick and healthy jump-start in that direction.

How to Detox

Knowing how to detox properly improves your results dramatically. In this section we will show you some tips, tricks and one popular (and effective) juicing cleanse recipe to help you get started on the right foot.

Pre-Cleanse First!

There is a good chance you have been eating a lot of processed foods. Most people do in today's modern societies. To get the most out of your 1 day juice detox, you should enjoy a pre-cleanse first. Since you are only juicing for 1 day, this makes your detoxing cleanse more effective. If you eat predominantly processed foods currently, you want to slowly switch from processed to raw, natural foods.

Take 5 to 7 days to gradually remove processed foods, refined sugar, salt and other unhealthy foods from your diet. Begin adding 1 healthy juice made from raw, fresh fruits and vegetables to your daily diet. This will prepare your brain and your body for your 24 hour juice detox.

Eat more raw fruits and vegetables, whole grains and nuts. Eat no red meat, opting instead for wild caught salmon and mackerel, or lean, organic chicken. Canned tuna packed in water is also allowable in your pre-cleanse stage. This 5 to 7 day should gradually move to a predominantly vegetable-based diet.

How Much to Drink

When you would regularly have breakfast, lunch and dinner, **drink between 16 and 25 ounces of juice (470 mL to 750 mL)**. Enjoy the taste, and drink slowly. Don't feel like you must gulp your juice down. Listen to your body, and drink comfortably. If it takes you 15 or 20 minutes to drink your juice, that's fine. This process is all about getting the healthy detoxing properties of fruits and vegetables into your body, not about how quickly you do so.

Between meals, add 2 to 4 juices of 8 to 16 ounces (235 mL to 470 mL). Drink these juices as you feel hunger cravings throughout the day, adding plenty of water. Your goal is to flush out



your body, and water will help your nutritious juices do exactly that.

The Perfect Vegetable/Fruit Ratio

Joe Cross' story has led tens of thousands of followers to use a juice detox as a healthy way to clean out their systems. He learned, as have others, that you need to cut back on the amount of fruits you use to make your juices. Fruits are very high in natural fats, and during your detox, they should be juiced sparingly.

The "secret recipe" for his juicing success generally followed an 80/20 ratio of vegetables to fruits. This is because leafy greens and other similar vegetables are excellent for cleaning out your digestive tract, which is the goal of your juice detox. You can combine any fruits and vegetables, experiment to create your favorites, or purchase any number of juicing books online. Just try to stick somewhere near the 80% vegetables/20% fruits ratio and your detox will be a success.

Delicious Juicing Recipe

One delicious and incredibly healthy juice has been used around the world to copycat the health success Joe Cross and others have enjoyed on a juice cleanse. It's called the Mean Green juice, and the recipe is located below.

Ingredients

- 2 cucumbers
- 8 celery stalks
- 2 apples
- 16 leaves kale with stalks
- 1 lemon
- 2 in (5 cm) piece of ginger



Directions

- Before making any juice, wash all of your produce.
- You can choose to peel the lemon or not. There are plenty of healthy nutrients found in the lemon peel.
- Core your apples.
- Juice your ingredients.

Servings

This yields 2 servings of 12 to 18 ounces each, depending on the size of your produce, and the efficiency of your juicer.

For more juicing recipes, check out the following resources.

- The Juicing Bible by Pat Crocker
- The Big Book of Juices: More Than 400 Natural Blends for Health and Vitality Every Day by Natalie Savona
- Detox Cleanse & Juice Cleanse Recipes Made Easy: Smoothies and Juicing Recipes by Speedy Publishing

What to Expect During Your Juice Detox

Your body truly does want to work properly. When you give your body what it wants in the way of nutrition, it rewards you with incredible health, both mentally and physically. However, how your body processes food is very detailed. It involves several intricate processes. This means that it will take a while before your body adjusts to your juice cleanse.

Starting out in the morning, you will have cravings to chew something. These are not necessarily desires for a particular type of food, but rather your mind trying to figure out why you are not eating physical food.

Take about it. You have been chewing solid food your entire life. Suddenly, you are drinking your nutrients, instead of eating them. Your brain, your mouth and your digestive system have all been used to eating on a regular occasion. You switch from eating to drinking your nutrition instead, and do so for 24 hours on a 1 day juice cleanse. These cravings can last the first couple of days, or during your juice detox. One of the biggest hurdles you will have to overcome usually happens around mid-morning.

Most people eat a breakfast of some kind. By the middle of the morning, your system is going to be craving physical food. This mid-morning rebellion is sometimes accompanied by a short temper, a lack of energy, a headache and other physical unpleasanties. You may even experience minor flu-like symptoms, especially if you did not pre-cleanse properly.

Basically put, you get the feeling that what you are doing to your body is not healthy. Hang in there. If you experience these symptoms, and not everyone does, you should rejoice. This is a sign that your body is effectively ridding itself of poison and toxins. You are flushing your system clean, and doing your digestive tract, and overall health, a world of good.

After your juice detox "hangover" which can strike anytime from mid-morning to early afternoon, several amazing things happen. In this short period of time, your body is already learning that even though it is not chewing and eating physical food, you are delivering extremely healthy nutrients, minerals and vitamins that help them work properly. Your brain receives these health signals from your digestive tract, and you are rewarded with healthy energy and better mental functioning.

Come nightfall, you may find it harder to fall asleep than usual. This is because your body is still processing the wonderfully healthy nutrients and minerals you have given it. Your brain understands that something positive is happening, and the result is you may not fall to sleep quickly. Don't turn to a chemical sleep-aid if

this happens. The idea is to detox your body, not add chemical poisons and toxins.

(Note: Many juicers love the way they feel after a 24-hour juice detox. They decide to keep juicing for 3 to 5 days. By day 3 many juicers notice their skin and hair health has improved dramatically. You will enjoy natural energy like you are in your teens once again. You will find your mind is sharper than it has been in some time. Like many others who have benefited from a healthy juice detox, you will probably think, "I never realized just how bad I was feeling, until I felt this good.")

How to Come Off Your Juice Detox

Just like the pre-cleanse period we mentioned earlier, there is a smart way to transition your body from a 100% juice diet to eating solid foods. Take 5 to 7 days to slowly wean yourself off of an all-juice diet. The first day after your juice detox, eat a small breakfast of some foods which are easy to digest. Scrambled eggs are healthy and gentle on your digestive tract, as is an omelet (without dense, high fiber foods like broccoli and other vegetables).



Whatever you eat on your first day back from your juice cleanse, steer clear from processed foods. If you do incorporate processed and fast foods back into your diet, limit them considerably. They are what got you into the position where you had to perform a juice detox in the first place. They offer little nutrition, and a promise of chronic disease, obesity, cancer and neurological disorders.

On your 2nd day back from your juice detox enjoy 2 small meals during the day. As with day 1 in your post-detox plan, continue juicing throughout the day to complement your 2 non-juice meals. Start to introduce healthy vegetables, fruits and whole grains on day 2 or 3, eventually replacing most or all of your juices with these types of healthy foods by day 5 to 7.

Don't forget to drink plenty of water as well. The average human being requires a minimum of 1 gallon of water (ingested by either drinking or eating) every day.

Coming down off your juice detox you may find that you still crave wonderfully healthy and delicious juices. There is no reason to stop giving yourself the health treat that is a juice made from fresh, raw, nutritious fruits and vegetables. Add regular exercise and plenty of sleep, drink lots of water and avoid processed foods, and your simple 1 day juice detox could lead to a healthy lifestyle that delivers a lifetime of benefits.

