

What Is the Juice Fast?

A juice fast is a type of detox diet that involves consuming only raw vegetables, fruits juice and water for a short period of time. It is considered one of the more rapid methods of detoxification due to the reduced food intake and absence of solids.

BODY PREPARATION BEFORE and AFTER JUICE FAST

1. Preparation for a Juice Fast- 3 days before- Although it could be tempting to jump into a Juice Fast, preparation is essential because it effects how a person responds to the cleanse.
Certain foods such as coffee, sugar, meat, dairy, alcohol and wheat are to be phased out 3 days before the Juice Fast to reduce headaches, craving and other withdrawal symptoms. It's also important to increase your intake of fresh vegetables in the 3 days before the Juice Fast.
2. 3-Day Juice Fast – during the actual fasting days, approximately 32 to 96 ounce of juice is suggested, with at least half of the juice being green vegetables based. Green Vegetables are rich in chlorophyll, which is said to help cleanse and heal the digestive tract.
3. To optimize the absorption of nutrients, drink each juice slowly rather than gulping it down. Juices should be consumed approximately one to two hours apart. The final beverages of the day should be at least three hours before bedtime.
4. The day after the fast, eat mainly vegetables, either raw or lightly steamed, and fruits or nuts. Portion size should be small and the diet should be similar to what you did to prepare – no sugar, coffee, wheat, gluten food, processed food or dairy.

The next day, include more plant foods, such as beans, brown rice or quinoa. Continue to add back foods that you'd like to have in your regular diet.

PRECAUTIONS:

- a. The Liquid Detox Diet is not advised for more than **Three (3) days**. Prolonged adherence may result to weakness and certain nutritional deficiencies.
- b. Not intended to cure any disease, Seek medical advice first if you have any special medical conditions.
- c. Any juice unconsumed after **two (2) days** must be disregarded. Always keep refrigerated.

Please sign below if you Read and Understand!

Members Name:

Members Signature:

Date:

DETOX JUICE DAY CYCLE

Day 1	Day 2	Day 3
Green Juice	Green Juice	Green Juice
Citrus Sensation	OC	DD Beet
Red Power	Purple Power	Red Power
Carrot Zinger	Carrot Zinger	Carrot Zinger
Berry Nice	Berry Nice	Berry Nice
Almond Milk	Almond Milk	Almond Milk
Detox Water	Detox Water	Detox Water

Reminder:

1. Please drink the juice according to sequence.
2. Drink each juices every 2 to 3 hrs.
3. Please drink the DETOX WATER in between each juice, to optimize detoxification.
4. Drinks the first juice early in the morning.
5. Drinks herbal tea eg. Oolong, Chamomile, Jasmine or any other white or herbal tea as you like anytime.
6. Drink plenty of water (8 to 10 glasses a day)
7. Keep refrigerated as soon as you received.
8. Shake well before drinking.
9. Drink the last juice 2 to 3 hours before bedtime.

24 hours expiry from the time of delivery