

## JUICE FAST BENEFITS

There are many benefits that can be achieved through a 3 day fast

- ❖ balanced pH and blood sugar levels
- ❖ cleansed and regulated colon
- ❖ weight loss (fat, not water)
- ❖ diminished toxin load
- ❖ strengthened immune system
- ❖ increased mental clarity
- ❖ heavy metals cleansing
- ❖ increased liver function capacity
- ❖ loss of cravings for sugar and other stimulants, cellular cleansing and rebuilding
- ❖ radiant, glowing complexion
- ❖ diminished pains and allergies (some disappear completely)
- ❖ blood, tissue and organ cleansing
- ❖ restored liver function capacity
- ❖ increased energy levels
- ❖ Emotional cleansing and release, and an enhanced sense of joy and lightness are usually experienced.

Drinking fresh-made organic juices can help rebalance your body's pH levels, and that in turn can help strengthen your immune system which then will be better able to keep you well.

### Fresh Organic Vegetable Juices Provide Everything Your Body Needs

Fresh organic juices provide plenty of fresh natural sugars, salts, enzymes, electrolytes, vitamins, minerals, trace elements and probiotics, all in their appropriate proportions, for the rebuilding your body will be doing during a fast. Because juices require minimal digestion and are readily absorbed into the system, they do not interfere with the need for the digestive system to be almost completely shut down, which leaves the body's energy available for the deep cleansing and rebuilding activities of a fast.