

JUICING 101: JUICE FASTING



JUICING FOR HEALTH & WELLBEING

Juicing 101

FASTING FOR HEALTH AND WELLBEING



Understand Juicing

It's important to first understand the purpose behind Juicing & Juice Fasting. The reason is simple. Vegetables & Fruits have the highest amounts of vital nutrients, enzymes, minerals and vitamins that your body desperately needs. Those nutrients in their basic form are easily absorbable and therefore useable. Unfortunately, years of damage to our digestive system have made digesting and therefore absorbing those nutrients much more difficult. This is where juicing comes in.

Juice Fasting

Often there is a misconception that Juice Fasting is a form of starvation. The Juices you drink, if made properly, feed your cells all of the vital nutrients or "Cell Food" they need to not just survive but THRIVE. By bypassing our often flawed digestion and assimilation process you are actually allowing your body the opportunity to absorb nutrients effectively. This process also allows your organs time to recuperate and purify themselves improving your overall digestion, feeding your cells, and cleansing your system.

Tips for Success

Juicing sounds easy enough but there are plenty of guideline you should follow to do it successfully. When you are fasting solely on juice you should follow some of these tips to get optimal benefit. There are also lots of tips you can use to save you time and energy along the way.

GO GREEN

Strive to drink as close to 100% Raw GREEN Vegetable Juice as possible. For beginners this can be difficult because of the taste but Green Vegetables have the densest amount of nutrients and are the most alkaline so they will have the best cleansing effects.

GO ORGANIC

Like with any food but particularly when juicing you want to make sure you are using Organic and Fresh Produce. This is going directly to your cells and you have no need for chemicals in there!

WASH UP

Find a chemical free produce wash that you can use or if you prefer soak you produce in vinegar before rinsing them thoroughly.

BE FRESH

Try to drink your juice as closely to when you prepare it as possible. This is when your nutrients are the densest and most absorbable. Stay away from pre bottled juice whenever possible.

DRINK UP

Don't forget to drink plenty of water. You will feel full of fluid but it is still important to drink half your body's weight in fluid ounces daily. Plus you will need that water to flush out toxins.

BE PROPER

Whenever possible follow our guidelines for how to prepare a proper juice. Too much fruit or not enough substantial content will leave crashing or limit the cleansing benefits you desire.

CUT CRAVINGS

If your tummy starts to feel hungry just drink more juice, water with lemon, or even some Decaf Tea the fullness or warm sensation will curb your cravings to quit.

HOW TO PREPARE A PROPER

Green Juice

A Proper Green Juice consists of 3 important elements:

Base: The vegetable that provides the most fluid content.

Substance: The greener or more nutrient dense vegetables.

Taste: Possibly a fruit element or a brightly colored vegetable.

BASE	SUBSTANCE	TASTE
CELERY	KALE	APPLES
CUCUMBER	SPINACH	CARROT
ICEBERG LETTUCE	BROCCOLI	BEEF
* this will be the bulk of your juice	CHARD	LEMON
	FENNEL	ORANGE
	CABBAGE	TOMATO
	COLLARD GREENS	* try not to exceed 2 per juice
	CILANTRO	
	PARSLEY	
	ASPARAGUS	
	BELL PEPPERS	
	ZUCCHINI	
	* add 2 or more per juice	

*Experiment with some of your own creative Juice recipes at home and share them with us. You can even try a few of our Signature Healthy Favorites too!

Signature Juice Recipes

The Kitchen Sink



Everything but the Kitchen Sink

Ready in 10 minutes

Serves 1-2 people

300 calories

Ingredients

- 1 Cucumber
- 1 Bundle of Kale
- 3 Spears of Broccoli
- 1 Bundle of Cilantro
- 1 Green Bell Pepper
- 1 Green Apple

Preparation

1. **Make sure you wash your Produce.** Wash your produce in a produce wash or soak them in Vinegar to give them a good clean.
2. Chop your produce to the appropriate size to fit in your juicer. Sizes of juicers may vary.
3. **Always juice your Base first.** In this case your base would be your Cucumber. Add base to your mason jar or pitcher.
4. Juice your leafy greens. Add leafy green to your base.
5. Juice your Broccoli & Bell Pepper and add to your base & leafy greens.
6. Finally Juice your Taste items. In this case your taste item is you apple.
7. Shake everything together and enjoy

Tips

This recipe is called Kitchen sink because you can use everything but the kitchen sink! Don't let it go to waste as long as you have a base you can use anything in your fridge to create a Kitchen Sink Juice of your own!

Signature Juice Recipes

The Disease Fighter



Ready in 10 minutes
Serves 1-2 people
285 calories

Ingredients

- Bundle of Asparagus
- 3 Large Carrots
- 1 Large Cucumber
- Half a head of Cabbage

Preparation

1. **Start by washing your produce.** Get a good and safe veggies wash or soak your produce in vinegar to get a good clean.
2. Chop your produce to the size that will fit in your juicer. Juicer sizes will vary.
3. **Begin by juicing your Base.** In this juice your base veggies will be your Cucumber and Carrots. Transfer this juice to your mason jar or pitcher.
4. Then juice your leafy greens. In this case your Cabbage. Then transfer cabbage juice to your base.
5. **Juice your substance.** The substance of nutrients in this juice will be your Asparagus.
6. **Mix.** Add all of your juices together in your mason jar or pitcher mix and enjoy!

Tips

In a juice like this carrots will cut the taste and add some sweetness to your juice. You can always add an apple as well if you want a sweeter juice.

Signature Juice Recipes

The Fat Burner



Ready in 10 minutes
Serves 1-2 people
330 calories

Ingredients

- Bundle of Celery
- Bundle of Kale
- 1 spear of Broccoli
- ½ head of Cauliflower (small)
- 1 Orange
- 1 Tomato

Preparation

1. Start by washing your Produce. Use a safe veggie wash or soak your veggies in Vinegar before to give them a good wash.
2. Chop your Broccoli and Cauliflower to fit your juicer. Juicer sizes may vary
3. First Juice your Base. Your Celery in this case will create plenty of base for your juice. When you are done juicing it transfer it to a mason jar or pitcher.
4. Juice your Greens. First juice your Kale followed by your Broccoli. Then transfer your juice to your base.
5. Then juice your Cauliflower followed by your Tomato. Make sure you lower your plunger all the way to get all of the tomato through. Transfer this to your mixture.
6. Lastly remove the peel from your Orange and juice your orange. Then add it to the rest of your juice. Mix and Enjoy!

Tips

Add a second orange for more sweetness. Also dilute with Water if needed.

Signature Juice Recipes

Jammed Packed Juice



Jam-Pack Juice

Ready in 10 minutes
Serves 1-2 people
290 calories

Ingredients

- 1/2 Bundle of Celery
- 1 Cucumber
- 2 Small Zucchinis
- 1/2 Bundle of Parsley
- Bundle of Spinach
- 1 Apple
- 2 Bell Peppers (Red & Yellow)

Preparation

1. **Start by washing your Produce.** Use a safe produce wash or soak your veggies in a Vinegar to give them a good clean.
2. Chop your veggies to the size needed to fit in your juicer. Juicer sizes vary.
3. **Juice your Base.** For this juice your base will be your Celery and Cucumber. Once juiced add them to a mason jar or pitcher.
4. **Then juice your Greens.** This juice has 3 green elements 2 Zucchinis, Spinach, and Parsley. After juicing add these to your mason jar or pitcher.
5. Finally juice your Bell Peppers and Apple.
6. Mix the remaining juices together and enjoy!

Tips

This juice is Jam-Packed with nutrients. If you find that you need to sweeten it up or change the taste add a lemon or an additional apple. You can always dilute your juice using water as well.