

# **Juice Cleanse**

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Juice cleansing is a detox program that allows the body to restore balance and operate optimally. The dietary method promotes abstinence from food consumption in order to rest the digestive system and eliminate toxins from the body. Drinking the nutrient-laden extractions from plant fibers relieves us from the heavy process of digestion, repairs adrenal function, eradicates unhealthy cravings, and encourages cell regeneration.

## **Strategy**

**1. Elevate Quality:** Substitute plant-based proteins (i.e. quinoa, brown rice, beans, nuts, and lentils) for animal protein (meat and dairy). Introduce fruits and vegetables as the primary portion of your meals, incorporating a spectrum of rich colors to maximize your vitamin and mineral intake (i.e. spinach, blueberries, sweet potatoes, tomatoes, and yellow bell peppers). Drink herbal tea and water, rather than coffee, alcohol, and soda. Reduce processed ingredients, such as refined sugars and preservatives.

**2. Moderate Transition:** Supplement breakfast with a juice and eventually replace that meal entirely. Sensible progress ensures a more effective lifestyle change. Consider juicing kale, spinach, parsley, carrots, cucumbers, beets, apples, pears, lemons, ginger, and celery. Add flax seed, spirulina, and chia seeds as reinforcements and to synthesize the effects.

### **3. Cleanse:**

**Prepare:** 2-3 days prior to juice fasting, wean off caffeine and slow digestive process with soluble fibers such as oatmeal, lentils, and beans. During the cleanse, it is important to avoid all fiber so that digestion is not stimulated.

#### **The Facts:**

- Drink 8-16 8-ounce juices per day.
- Concentrate on dark, leafy greens, which have the highest concentration of nutrients, chlorophyll, living enzymes, probiotics, antioxidants, and amino acids.
- Limit fruits, which contain large amounts of sugar, but do make green juices more refreshing.
- The best method for selecting ingredients in your juice is including the greatest variety in colors, emphasizing deep greens.

**Green:** Phytochemicals (including Lutein, Zeaxanthin, and Indoles) reduce risk of cancer, and Vitamin K and Potassium protect the arteries and benefit the immune system (many green vegetables are also important

sources of iron and calcium) – spinach, kale, arugula, cucumbers, romaine lettuce, rainbow chard, bok choy, and beet greens.

**Red:** Vitamin C and Anthocyanins (including Lycopene) stimulate the immune system and inhibit growth of cancer cells - tomatoes, pink grapefruit, radishes, red apples, and red bell peppers.

**Orange/Yellow:** Carotenoids, Bioflavonoids, and Beta-Carotene promote eye health and inhibit growth of cancer cells – carrots, sweet potatoes, orange and yellow bell peppers, and peaches.

**Blue/Purple:** Phytochemicals (including Anthocyanins and Phenolics) act as antioxidants that support the heart and healthy aging – beets, blueberries, and blackberries.

**White:** Allicin helps lower cholesterol – onions, leeks, celery, and garlic.

**The Formula:**

Begin with the Dark Greens, aiming to fill half the container with juice. Add Carrots, Apples, Cucumbers, or Beets for a sweeter palate, and to complete another quarter of the container. For the remaining quarter, juice half a Lemon, an inch of peeled Ginger, and Parsley or Cilantro. This a basic guideline, but try juicing any of the fruits and vegetables listed above.

**Supplements:** Preferably, do not take supplements in pill-form. Instead, add flax seeds, chia seeds, spirulina, and cayenne to your juices.

**4. Remove Waste:** The elimination of waste distinguishes a cleanse from simple juicing. The purification of the body only occurs when the dredged up waste leaves the body. Most people, even those with strong bowels, cannot eliminate the quantities of waste a proper cleanse unearths without the help of colonics, enemas, saunas, sunbaths, or body brushing. Without these additional procedures, toxins may remain in the body and cause illness.

**5. Respect Emotions:** Cleansing can expose emotional and spiritual turmoil during the cellular release of toxins. Discuss the cleansing process with others to help you navigate these feelings. Some people use cleansing for spiritual purposes, which is discussed in detail in auxiliary materials.

**6. After Cleanse:**

**Expect Realistic Results:** The extensive accumulation of waste in the body will not instantaneously flush out. However, the benefits are quickly noticeable. Clearer skin, increased energy, and mood stability are often immediate enhancements.

**Maintain Health:** It is imperative that you continue to eat cleanly. Nourish your body with vital foods and pure water. No amount of juice cleansing can reverse the damage from over-consumption and poor dietary choices.

**Reboot and Recharge:** Allocate fasting to one day each week, eliminating toxins before they can fully absorb into your system. This also allows your body to assimilate the essential nutrients more effectively.