

We want you to be successful on your Detox so we're including some helping tips and advice for your Detox Journey! Happy & Healthy Juicing!

TIPS

1. Before starting, take a look at your calendar:

Only do a cleanse when you know you can do it successfully. If you have a friend's wedding, a romantic vacation, or a holiday coming up, don't try to be on a juice cleanse while everyone else is eating delicious food and you are surrounded. Be realistic about your goals and set yourself up for success by planning to cleanse when you have the time and break in schedule to do so.

2. Don't overdo it on exercise:

20-30 minutes of moderate activity like yoga, brisk walking, swimming, or bike riding will help your mood, digestion, and energy levels while on a cleanse. Anything beyond that will burn too many calories and cause you to feel faint fatigued and famished.

3. But definitely still break a sweat:

While it's important to scale back exercise, it's also important to move toxins out of the body as they are released. The skin is the body's largest elimination organ and a great way to expel irritants is sweating them out. Using an infrared sauna or steam bath will help detoxify your body of pollutants while relaxing your muscles and boosting circulation.

4. Take the opportunity to catch up on some sleep:

Allow yourself to get some extra rest. Use this fasting period as a time to take better care of yourself and allow your body to focus on the task of detoxification. Sleeping more helps manage your energy levels while you're consuming fewer calories than usual.

5. Get a massage:

Lymph fluid is moved during a massage, which promotes healthy elimination of toxins and circulation. This is particularly helpful in offsetting some of the flu-like side effects of toxins being released into the bloodstream.

6. Add something herbal:

If juices aren't enough, supplement with interesting flavors of decaffeinated herbal teas. They are packed with antioxidants and will help warm you up if drinking juices all day makes you feel cold, or if you're craving something soothing. Also drinking water in between juices can be very helpful and will hydrate you which is very important during a detox.

7. Listen to your body for warning signs—and don't feel guilty about breaking:

If you feel shaky, starved and 'off' don't ignore those signs. Have a light salad, steamed veggies, an avocado, or sweet potato to help replenish and sustain you

without hindering detox. The calories, fats, and carbs on a juice cleanse may not be enough for your activity level and that's okay.

8. Ease your way out of it:

You made it! Now you deserve a big, filling meal right? Unless you want to feel terrible – take it easy! Don't use the first few meals out of your cleanse as a reward for being disciplined. Your digestion has been shut down for a few days so shocking it with complex combinations and heavy foods is a good way to overload your system and slow you down.

9. Ditch the "all or nothing" mindset:

You may realize there's no way you can go the whole way through a juice cleanse without food. Don't stress yourself out and feel like a failure because you needed a few almonds or a salad to continue with your cleanse. The point of cleansing is to feel better and do something good for you. Rigid, critical thinking and being negative on your efforts because you didn't follow the plan exactly defeats the purpose.

WHAT TO EXPECT WHEN YOU'RE FASTING

Tiredness, moodiness, anger, weakness, light-headedness, insomnia, skin breakouts, irritability are among the more common ones. If you have a recurrent health issue (i.e. eczema, acne, sinus issues), be warned that may get worse before it gets

better.

It's important to be patient and breathe through these periods, call on a friend or chat with someone who is going through the same thing. You might find that a lot of emotional stuff surfaces, too. Just take deep breaths and know that these moments shall pass. By the end of the five days, you'll be feeling incredible.

Journaling every day helps, too.

WHY DO THESE DETOX REACTIONS OCCUR?

By doing a juice fast, you are telling your body you are ready to heal and detoxify. It starts cleaning house, but if you have a lot of toxins, your body will be working overdrive to dump those toxins, making you feel sick. Your bowels may decide to have you spend most of the time on the toilet or the complete opposite!

HOW TO EAT AFTER A JUICE FAST

On the last day of your juice fast, you may be desperate to eat anything--even the furniture--or you may be so nonchalant about eating, you could continue fasting for another year. (Ha!)

However, some people do continue the fast for another few days or weeks. Your body will signal when its really, truly ready to eat again. This does not mean a trip to McDonalds or a three-

course meal from the in-laws who mean well.

Breakfast:

On your first day off the juice fast, I recommend a fruit bowl (and only fruit) for breakfast. If you prefer not to have the fruit, a simple, light salad with a lemon juice, dressing would be a lovely way to break the fast.

Lunch:

Continue with a salad for lunch, you may want to include some sprouts and fermented foods (cultured vegetables) here. These types of foods are pre-digested, which makes them easy to digest and the cultured vegetables are teeming with good bacteria.

Dinner:

Lightly steamed vegetables tossed with lemon juice and Himalayan sea salt would be a nice option for dinner. Or maybe a miso soup, a raw vegetable soup with garlic and some cayenne pepper. Continue eating light foods such as these for two days.

The key is light foods, no meat, refined sugar or dairy or wheat and they must be organic. You do not want to stress your organs and tax your digestion by eating heavy foods right away. Keep up your fluids and keep taking your pro-biotic. (This should be part of your daily routine anyway.)

On Day 3

Continue to eat light meals but you may start to re-introduce nuts and seeds, for example breakfast could be some mixed soaked nuts with soaked chia blended to make a morning breakfast porridge and add some home made raw almond milk. Add back in the good fats such as Coconut Oil, Avocado, Extra Virgin Olive Oil, Hemp Seed Oil or Flax Seed Oil. Add in some gluten free grains, such as Quinoa, Amaranth or Millet to your meals.

On Day 4

Continue to eat as above, but you may introduce some light animal protein (if you wish) such as steamed fish, chicken or eggs to your meal. Ensure the fish you eat is high up on the food chain and all eggs and chicken are organic and locally sourced.

On Day 5

You may re-introduce dairy and meat if you desire. However if you do, any dairy should be raw (not pasteurized) and any meat should be grass fed, organic and locally sourced. Keep in mind food combining principals also when planning meals.

WE HOPE THIS WILL BE HELPFUL TO YOU DURING YOUR DETOX.

