



# *A Juice Feaster's Handbook*

A complete  
guide  
to healthy  
long-term  
juice  
fasting

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This booklet is dedicated to all those who choose to take the path less travelled - all power, love and strength to you on this healing journey, brothers and sisters.

Angela. xxx

## **Introduction**

This booklet provides a basic outline of all the fundamentals of long-term, nutrient-rich juice fasting - or 'Juice Feasting', compiled by someone who has personally experienced and enjoyed the process. This is the place to discover the what/how/why/when and who of Juice Feasting, all laid out in an easy-to-understand format. I have attempted to include here all the things that I wanted to know before starting out on the Feast, plus a *whole* lot more that I picked up along the way...

How much juice do you need to drink? What effects will it have on your body? Where can you get support? Read on to find out more...

## **What is Juice Feasting?**

Juice FEASTING involves consuming only fresh raw vegetable and fruit juices for up to 92 days (or longer if desired), to cleanse the body of old toxins and waste. It gives your digestive system a break from solids, freeing up energy usually required to break down food, to work on bigger jobs such as regenerating and rebuilding. You will also be getting a break from any refined sugars, processed starches, animal products, other cooked foods or stimulants you may normally ingest. This alone makes a HUGE difference for most people. This is termed a 'FEAST' rather than 'FAST' because the Feaster gets ALL the calories they would normally get daily (i.e. 1500 for an average woman) - from at least 4 litres/1 gallon of fresh juice every day. This means a *large* volume of nutrient dense liquid passes through the body daily, helping to cleanse, rebuild, rehydrate and alkalise the system. Vegetable juices, fruit juices and coconut water are all included.

## **What is the Difference Between a Juice Feast and a Juice Fast?**

The main difference between fasting and Feasting is the quantity of juice involved. Often when people *fast* they take in small amounts of liquid/calories, the metabolism slows, their energy slumps, and they may feel quite 'dysfunctional'. This is not a very practical detox option for most people. Juice *Feasting* works differently, as your body is getting all the calories it needs to function optimally, so you can get on with life as usual. It is an easy solution in this way, accessible to all. Work, play, exercise etc can all easily continue on a Juice Feast, while still experiencing amazing cleansing, because the calories are coming from pure juice rather than solid foods. Juice Feasting enables you to cleanse for longer periods of time than if you fast, detoxing many layers of old waste.

## **Why Juice Feast?**

Juicing your food removes the fibre, and thereby removes the need for your body to break down and digest that fibre. Without the fibre in the way, your body can more readily absorb and assimilate the nutrients, faster, straight from the juice. As digestion is easier, your body can then use the saved energy to clean out old matter, especially from the small intestine and colon. The average person holds 5-10lbs/2-5kg of toxic old matter in their intestines, and Feasting is an ideal way to release it. Free from the constant flow of waste usually passing through, the intestines can release old mucus, foods and bacteria that may be fermenting and causing problems. Far from being a time of 'deprivation', this extraordinary healing programme is an experience of abundance, massive nutritional intake and huge shifts in health.

The aims of Juice Feasting are to: Cleanse, Rebuild, Rehydrate and Alkalise.

## **What Kind of Results May a Juice Feast Produce?**

Typical *physical* results on Juice Feasting include: losing excess weight, looking younger, skin becoming radiantly healthy, illnesses heal, sleep improves, eyes brighten, scar tissue rejuvenates, old waste is released and the whole body is detoxed at a deep level. We may also experience a ‘healing crisis’ as the cells dump out the toxic carbonic acid that has built up from years of less-than-optimal living. Many people find that long-standing dependencies to substances such as alcohol, caffeine or cigarettes also clear. *Mentally*, most people experience deeper clarity of thought, improved memory and concentration and an overall sense of ‘mind-fog’ clearing.

Feasters often feel lighter, stronger and happier overall. They may experience very significant shifts on *emotional* and *spiritual* levels, as the old accumulated matter is dumped from the cells and the body becomes a clearer channel for connecting to the divine.

People frequently report feeling more at peace, more optimistic, positive, loving, open-hearted and emotionally stable. There is usually a boost in self esteem/confidence and a new-found enthusiasm and adventurous spirit may shine through. This new energy often fuels the desire to cease procrastinating and get on with a disciplined lifestyle of enjoyable activities. Hormones are affected by the dramatic shifts in the body, however, and dips and troughs may occur from elation to stress and despair.

It is not uncommon for enormous life changes to occur for people during the course of a Juice Feast. It is like a rite of passage and people rarely come out the other side without having experienced huge shifts on all levels of life.

## **What is the Difference Between a Juice and a Smoothie?**

Many people get confused about the difference between juices and smoothies. A *juice* contains NO fibre/pulp from the produce – it is the extracted water content of fresh fruits and vegetables. A *smoothie* contains fibre – it is the result of BLENDING whole fruits and vegetables and then drinking the mixture, without separating out the fibre from the liquid. You can turn any fresh raw smoothie into a juice by simply squeezing it through a [nut milk bag](#) to separate out the solids from the liquid.

## **Don't I Need Fibre?**

In general life, a great guideline seems to be to ‘eat your fruits and drink your vegetables’. This seems to hold true for a number of reasons – for a start, fruits are usually easier and tastier to just grab and eat, compared to vegetables. Besides that, fruit juices tend to unbalance the body quite easily, as they give a concentrated hit of sweetness without the fibre to soften the sugar-bolt to the system. There are also known benefits to consuming the fibre along with the liquids, which we do not experience if juicing. For example, there is a reported symbiotic relationship in oranges between the bio-flavonoids in the pith and the rich vitamin C content in the juicy flesh. When we extract just the liquids, we reduce our own access to more nutrients. Though we may get a bigger overall ‘hit’ of the vitamin C to our system, through drinking the juice of many more oranges than we would likely want to *eat*, we are also ‘missing a part of the puzzle’ with the discarded pith.

In the short term – for example while Juice Feasting – the overall benefits to the body of taking a break from solids can be considered as outweighing the importance of having foods with the fibre intact. Yes, you may miss out on a few micronutrients for a while, but overall, the break from solids will be a greater healing gift to your body. In the *long-term* however, it may serve you

well to adhere to the principle of 'eating your fruits and drinking your vegetables' for an optimal balance.

### **Will I Feel Hungry?**

It is common to feel hunger for the first three days of beginning Juice Feasting and that hunger may feel somewhat uncomfortable and unfamiliar. This is of course simply the body adjusting to a different volume of matter being introduced to the stomach. The amount of calories you are getting is still the same – it is just in a different form - a form that allows for a flood of nutrient rich liquid to pass through your system daily. As your body adapts to receiving its fuel in this new form, the stomach will shrink and this superficial feeling of hunger will dwindle. To work out how many calories you are getting each day with a Juice Feast, set up a free online account with [www.nutritiondata.com](http://www.nutritiondata.com), which has a great online pantry tool to help assess calorie intake.

Feeling hunger prior to taking in nutrition is normal and healthy – it is a good sign that your body is ready to receive more fuel. Many people are not used to feeling hunger however and even a little fearful of it. Try to relax into accepting hunger as a natural part of your cycle – feel it, honour your body's needs by providing the nutrition required and then move on, until the next time hunger arises. Feeling hunger does not have to be a drama – it is just your body's way of saying 'can I have some more...?'

Please also remember that Juice FEASTing is all about abundance, not deprivation. It involves drinking *at least* 1 gallon/4 litres of fresh raw juices a day and you are free to go above that minimum as much as suits you. Feasting is all about enjoying getting maximum nutrition into our bodies, with little energy expenditure by the body to assimilate it.

### **Isn't it Difficult to Stay Just on Juice?**

This is a common concern. It is however, only a thought...and a thought can be changed ;) We can all rationalise countless reasons why it would be 'too difficult' to Juice Feast right now – not enough time, too many responsibilities, there's a trip/wedding/important meal coming up, and so on. Most people however, once they actually START juicing and get into it, find that it is so much easier than they imagined – and actually desirable – to stay on it. My Juice Feast actually spanned across Thanksgiving, Christmas time, New Year's and Valentine's Day – many of the 'major' holidays of the year, but on no occasion was I tempted back to solids...

Many people feel concern that they just won't be getting 'enough' to sustain them while juicing. Consider the fact that during a day of Juice Feasting (following the guidelines given) you are not only getting the same amount of calories you would usually get in a day, but you are also receiving those calories in the most easily assimilable form for the body, packed with nutrients and enzymes. You will likely receive more sustaining, life-supporting material into your body in one *day* of juice feasting than most people intake in an average week or even month.

It seems like such a different way of living than what most of us are used to and most of us are so resistant to change, that we put up many barriers against choosing this path of healing. It truly does not need to be 'difficult' or dramatic though – it is really a matter of just putting one foot in front of the other, starting the juicing journey and watching it unfold from there. Once we get past that initial mind block and enter into the 'juicing zone' we will almost certainly find that we feel empowered, our needs are met, plus we have more energy and even *more* time to do the things we enjoy. So, the arguments that

we don't have enough time/energy or too many responsibilities to do this now, become rather redundant...rather than feeling it is 'difficult' to stay on juices, you may find that the thought of having *solids* becomes odd. This may seem hard to imagine from the 'other side' of the picture - pre-juicing - but it is a very common pattern.

That is not to say that you won't necessarily experience cravings while juicing or any painful detox symptoms and so on. It is only to point out that our perception of something as 'difficult' is just that - a perception - and can be shifted, if we choose it. If you're feeling concerned about Feasting, perhaps now really *isn't* the greatest time for you to begin - I encourage you however to take a good, honest look at your motivations. Are your decisions really serving you optimally? Or are they based in fears that could be re-examined?

### **What are the Daily Recommendations for Juice?**

You are recommended to drink at least a gallon/4 litres of fresh juice a day on a Juice Feast. Fresh, raw juices are VERY different to pasteurised, shop-bought juices which have essentially been 'cooked' to a high temperature, killing off the life-giving enzymes and reducing the nutrient value. Fresh raw juices help feed, nourish and rejuvenate the body, ESPECIALLY green vegetable juices, which help to alkalise and mineralize. This quota of 1 gallon/4 litres of juices is in addition to your water consumption and any *herbal* teas you may be taking. Your juices will ideally include, per person, per day, AT LEAST:

\*one head of celery **and**

\*2lbs/1kg of leafy green vegetables. i.e. lettuces, spinach, Swiss chard, kale, watercress, arugula, beet greens, cilantro, parsley, etc. (This tends to work out as the equivalent of roughly 4 lettuces per day OR 2 lettuces/2 bunches spinach/2 bunches parsley).



Leafy greens, ready for juicing

Celery is said to be four times as hydrating as water, as well as being a great source of organic sodium and other minerals. Dark leafy greens are highly beneficial for detox, alkalising, building the body and nutrient-density, BUT be sure to get variety - try out different kinds of lettuces like red leaf lettuce, green leaf lettuce, Romaine and Boston lettuces, for example. With vegetables like lettuce, it is of particular importance to use ORGANIC produce, as they do not have a skin to remove and have such high water content, so any pesticides and so on will be in the entire plant.

Aside from the above greens requirements, you can include whatever fresh raw fruit and vegetable juices you like, along with coconut water, bee pollen granules, MSM powder, kelp granules, digestive enzymes, hemp/flax/coconut oils, E3 Live liquid blue-green algae and nutrient dense green powders (e.g. spirulina, chlorella or barley grass powder). (N.B. anybody wishing to Juice Feast who is dealing with a big health issue such as Crohn's Disease, Cancer or Diabetes would do better to proceed with just vegetable juices, for maximal healing, rather than a mixture of fruit/veggies. They are also strongly advised to seek the guidance of a Health Professional.)

### **Are there Any Foods it is Better to Avoid while Juice Feasting?**

Aside from all the obvious things like anything cooked or processed, yes, many raw vegan foods are also better avoided while Feasting. Any pulpy fruits, for example, such as papaya, banana, durian, cherimoya and mango are better left for enjoyment after the Feast, as otherwise they tend to produce very pulpy juices that will simply slow down your cleansing. If you do want to use mango, cherimoya or papaya for example, you can make something more like 'fruit water' with them by blending together the flesh of the fruits with a large quantity of pure water (e.g. one mango to 1-2 quarts/litres water) and straining that through a [nut milk bag](#) to drink. This is more like an extra drink in your day though, than a real 'juice', as it is not very rich in calories. (Bananas, durian and avocados are best avoided altogether though - they are far too dense, heavy and slowing for the cleansing process - try to aim mainly towards high water-content produce.)

Cacao (raw chocolate) is best completely avoided during Feasting, even if you have access to fresh raw cacao fruit pods, as this is another food that will ultimately just slow your cleansing.

All nuts and seeds ought to be avoided during Feasting, even if they are in the form of nut/seed milk (though fresh coconut water is fine to drink). They are acid forming, mucus-forming and will slow down detox greatly.

Be wary about your use of intense sweeteners such as raw honey while Feasting. While it is recommended to use raw honey to make up the Master Cleanser recipe and it can also be used as a great sweetener and preservative for green juices for a few hours, it is not really optimal for your body to be using honey in excess. Avoid the temptation to simply have it by the spoonful, for example - yes, it is a liquid and one of the most biologically active foods available, but it has a high glycemic index and can easily set you off balance. (Also, honey may obviously not appeal to raw vegans. If that includes you, consider using agave syrup instead as a sweetener for the Master Cleanser recipe, but be aware that most 'raw' agave syrups are actually heated.)

### **Why Organics?**

Non-organic fruits and vegetables are heavily sprayed with pesticide, herbicide, fungicide and many other chemicals that are toxic and poisonous to your health. Organic fruits and vegetables are protected by the farmers, to ensure that no toxic chemicals are used in the soil or on your food. Because such care is taken with organics, they have a much higher vitamin, mineral and enzyme content than the less expensive, non-organic produce. Not only is using just organic produce MUCH better for your health, but using *non-organic* is actually HARMFUL FOR YOU. Use only organics whenever possible. When organics are not available, and you feel you must eat sprayed foods, be sure to wash and peel the skins. Although there are still toxins in the food, you are able to reduce your exposure somewhat by washing and peeling the produce.



Personally, I would not choose to do a Juice Feast of this length or intensity if I did not have good access to organics. If you are concerned about the cost of organics on a long cleanse, perhaps a shorter Feast would be affordable for you. Alternatively, you can prepare for a Feast by growing your own things in advance. Grow in your garden, allotment, window boxes or join/volunteer at a local organic grower's association or co-op (like [CSA](#) in the US), to share in cheaper organics. For clear guidance on growing your own fresh organic micro-greens and sprouts at home, see '[Sprouts: The Miracle Food](#)' by Steve 'Sproutman' Meyerowitz. Alternatively, consider taking a trip somewhere away from home where organics are cheaper and more abundant and you may find that you get a holiday (vacation) and Feast all in one for the same amount as Juice Feasting at home might cost you ;)



### **Who Designed the 92-Day Programme?**

David Rain of [www.juicefeasting.com](http://www.juicefeasting.com) put together the 92-Day juicing programme. David holds an M.A. in Vegan/Live Food Nutrition, and is Research Assistant to raw food pioneer Gabriel Cousens, M.D. at the Tree of Life Rejuvenation Centre, in Arizona. David has personally undertaken three such extended Juice Feasts since 2002, as well as coaching scores of other students. He sees remarkable transformation occur in every case. He is very pleased to be offering this incredible transformational tool to the world.

### **Why 92 Days?**

There are 92 elements the body needs to function optimally (that are known) - so the programme is based around that concept. David Rain was creating a 3-month Feasting programme and chose this theme of the 92 elements to support that - one day for each element. He explains that many of us need around three months to fully Cleanse, Rebuild, Rehydrate and Alkalize, to resolve decades-old health challenges.

We go back in time about 120 days for each day of Juice Feasting. Extended Feasts like this take a person into levels of cleansing and being that are not often reached on shorter *fasts*. Most of us have created so much disorder and disease in our bodies from years of less-than-optimal nutrition that it takes quite a while to heal, even once we start to do beneficial things. Yet the body's ability to heal is quite extraordinary and an extended Juice Feast of this kind is an incredible way to aid that process.

### **How Much Does it Cost?**

David Rain's estimates are that a Juice Feast costs \$10-15 a day in the USA, or £5-£7.50. Actual cost will obviously depend on where you are Feasting -access to good organic produce, and the kinds of foods you are choosing to juice. The main thing to realise, however, is just how affordable this is for most people. Many people spend around \$5/£5 a day just on lunch, so this really is a remarkable way to deeply cleanse your system without busting your budget. My experience with Juice Feasting in Costa Rica was that it cost LESS than £5/\$10 a day - on average around £3.85/\$7.50 a day...wow...

## **Who can Benefit from Doing a Juice Feast?**

I would recommend this type of intensive, yet gentle cleanse to anyone wishing to dramatically improve their health. Many people are so *unaccustomed* to the feeling of optimal health that they do not even realise they can live without symptoms like a stuffy nose, sleep in the eyes, overweight, bad breath and body odor, lack of energy, moodiness, dull hair and skin, poor eyesight, blood sugar imbalance, gas, bloating, and so on. If you are feeling constantly heavy, bloated and run down, it is likely that your blood is thickened up and your body is dehydrated and in an acid state...Juice Feasting is great for thinning down the blood and cleaning the system.

Juice Feasting can be used also as a wonderful gateway into a raw foods lifestyle for those who wish to become raw afterwards. Children and pregnant/breastfeeding women are not advised to Juice Feast. Anyone who is dealing with diabetes, chronic candida issues, autoimmune diseases, cancer or other serious medical conditions such as advanced heart disease is advised to secure experienced guidance before and during undertaking a Juice Feast.

## **Will I Lose Weight?**

The most likely answer is 'yes'. Most people experience weight loss while Juice Feasting. Some people lose large amounts if they are coming from a place of less-than-optimal health, others lose a little; almost everyone loses *something*. According to health advisor John Rose, who has 18 years of Juice Feasting experience (see [www.juicefeasting.com](http://www.juicefeasting.com)), the average man loses 30lbs in 30 days and the average woman loses 20lbs in that time. The typical pattern is this – as the body cleans and clears of old toxins and waste, especially from the intestines, we lose weight (often quite rapidly in the beginning). It is like a dirty wet sponge being wrung out and for a while, mid-cleanse, it's possible that we may become very skinny-looking as we reach a bottom-point of that cleansing process. People around us may become concerned at this point that we are doing our bodies more damage than good – this is a time to be especially watchful of your boundaries and get good support from others who understand the process you are in. After that 'low point' we will typically begin to regain weight again, re-building the body back up to a place of more optimal health and a stable healthy weight for our structure.

## **Does it *Have* to Be for 92 Days?**

When it comes to juicing, it does not *have* to be a case of 92-days or nothing at all ;). Drinking at least one fresh juice *daily*, as part of your normal, everyday routine will give your immune system and whole body a huge boost.

Doing a 92-day Juice Feast can be an intense personal challenge and is something you will want to feel fully prepared for, before beginning. So, if you are new to juicing in general, you may want to try the approach first of just making juicing a regular part of your usual daily routine, aside from any concentrated periods of cleansing. Then, whenever you reach a point where you feel you want to treat your body to some deeper cleansing, choose to have **ONLY** juice for one day or more at a time. Many people choose to do simple, one-day Juice Feasts like this, to just give the body a break. You may like to start out this way – once a week, have a day of just juices. If you want to do a longer juicing stint though, by all means, go for it.

Juicing for three days can provide many benefits, especially to those with indigestion problems such as gas, bloating, bad breath, and lack of energy. The first 3 days of juicing also tend to be the toughest for most people to get through, however, as this is when uncomfortable hunger pangs tend to be

most intense and the initial detox symptoms can be very strongly felt. You may have headaches, skin out-breaks, bad breath, boils, nausea, lethargy, diarrhea, a runny nose and more. Day four is usually when a feeling of more empowerment begins...then the journey continues from there as long as you choose... ;) A Feast of 4-10 days can provide much benefit for colon cleansing, renewal of energy, empowerment to eat well afterwards and rejuvenation of the spirit. Feasting for even longer only magnifies the benefits and helps dissolve any state of dis-ease.

As long as you are meeting your daily greens requirements AND your daily caloric requirements, you can safely juice for as long as you are comfortable. A great piece of guidance is to take it one day at a time and be sure to try to listen to your body, honouring what it wants/needs. People have juiced for over 100 days with no negative side effects, but I can only recommend that you do what feels comfortable and healthiest for you, according to your own intuition and body. The body provides many signs as to its current state of health. One good guideline to watch for is bowel movements. You may find it useful to keep Juice Feasting until your body stops eliminating old waste matter. If, however, you reach day 90+ and you're still eliminating solids, be aware that you can always break the Feast for a period now and come back to it again later. Cleansing is an ongoing process and does not all have to be dealt with in one go (and, indeed, it *cannot* really all be dealt with on every level in one go, as we are constantly re-intoxicating ourselves with pollution and chemicals.)

Perhaps you will start out with the intention of completing a 92-Day Juice Feast only to discover around day 43 or 68 or...wherever...that you just don't feel this is serving you anymore...your heart is not in it, you feel hungry, miserable, fearful and interested in solid foods. If so, this may be a very good time for you to draw your Feasting to a close for this period. It is wonderful at such a time to be sure to honour your self for the wonderful process you have experienced, rather than getting lost in potential feelings of 'failure'/lack/shame. It is also key to ensure that you break the Feasting process in a way that is supportive of your health – see the section below on a recommended 'Feast Breaking Protocol' for more details. Juice Feasting can always be resumed again at another time in the future when you feel ready for it again.

### **Is it OK to Eat a Little Food while Juice Feasting?**

When we Juice Feast, it is important to avoid eating food *completely* because our body may decide to store any solids consumed, as reserves - or fat - because it feels it's not getting ENOUGH food. If you eat solids while Juice Feasting, however minimal the amount, your body will receive confusing messages. During the first few days of Feasting especially, we will likely feel hunger, as explained above. Our body is used to solids and is telling us to *eat* to maintain our current metabolism. If you do NOT eat, however and go past those first few days, the body adjusts and begins using the raw enzymes to rebuild and regenerate the cells instead. If you give it confusing signals however of a bit of juice and a bit of solids, there is a mixed message and the net effect will be that your cleansing will not be at all efficient.

A different scenario entirely is that of making a conscious decision to modify your Feast by introducing small amounts of avocados, bananas, or other denser fruits for a short time. This will slow down your cleansing process. It is one option to consider if you feel your cleansing reaction is stronger than you can handle and that this will help to soften the impact and allow you to carry on Feasting afterwards, rather than stop the whole cleanse. This is not an option that is widely recommended – more like an 'emergency' side-hatch

option to take a small breather from intense detox, if you truly wish to keep cleansing afterwards. Please also be aware that if you *do* choose to eat something to 'soften' your cleansing crisis, you are essentially prolonging the 'crisis' period overall, as you are asking your already taxed system to handle digestion, on top of dealing with toxin removal. You might find it more beneficial to take an enema, drink juice, rest, express your feelings to others and try to laugh :)

### **How Do I Know if I'm Getting Enough Calories?**

As noted above, you can use the great online tools at [www.nutritiondata.com](http://www.nutritiondata.com) to work out how many calories you are getting a day while Juice Feasting.

The most important thing though, in my opinion, is to listen to your body and pay attention to the messages it gives you. If you are getting the suggested daily minimum of 4 litres/1 gallon of juice, plus the other 'supporting' items like oils, seaweeds, green powders and pollens, it is very likely that you are getting all the calories you need in a day. What does your body tell you though? How do you feel? Are you tired, lethargic, dizzy, weak? If so, consider upping your intake. Only you know how it feels to be inside your body. Everyone is different. If you are male, you will very likely need more calories than a female. If you are active, you will need more calories than a sedentary person. Find what works for you and if you are juicing alongside others, don't be afraid to follow different protocols – you can still juice together, even if your intakes are different. Honour your own needs.

It is definitely important to keep your calorie intake up – it is not recommended to let your intake dip low, as your metabolism will slow and your body will likely move into 'starvation mode', especially holding on to any fat it can find. This can all create problems with future weight maintenance.

### **The Supporting Cast:**

(See the Recommended Products section below for reliable sources.)

#### **DURING FEASTING:**

**Hemp Oil** – slightly nutty in flavour, mild, fresh and PACKED with nutrients. Hemp oil contains a huge amount of Vitamin E and THE most essential fatty acids (EFAs) of any nut or seed oil, with the Omega-3 and Omega-6 EFAs occurring in the optimal ratio of 1:3. It is a fantastic addition to a Juice Feast – aim at using around 1-2 tbsp a day.

**Flax Oil** – the richest source known of Omega 3 essential fatty acid. Can be used during Feasting, though hemp oil is preferable, as it has a more balanced ratio of Omega-3s to 6s.

**Coconut Oil** – raw, untreated virgin coconut oil can also be used while juice Feasting. Try to take a tablespoon every few days or so, not more. Besides tasting yummy, coconut oil is an amazing antiviral/antibacterial substance. Your body will be able to handle this saturated fat much better if you have been exercising a lot.

**MSM** – (methyl sulphonyl methane) – a sulphur compound that occurs naturally in every cell of our bodies and is necessary to produce collagen/connective tissue. MSM gives flexibility, tone and strength to the skin, hair and nails. Taken as a powder/capsules, MSM is excellent for restoring elasticity and

flexibility to skin and joints and for healing scar tissue. Try taking ½ tbsp a day of the powder and increase if you feel it is beneficial to you.



MSM Capsules

**Bee Pollen** – 1-2 tbsps a day. Use fresh bee pollen and keep refrigerated or in a freezer. Bee pollen is said to be a ‘complete food’ and contains an extraordinary amount of minerals, easily-assimilated protein and enzymes, making it a great digestive aid. (Again, bee pollen is obviously not a vegan product, so may not appeal to all.)

**Digestive Enzymes** – enzymes are needed for every single chemical reaction in the body. These help with digestion and the metabolizing of foods. Taken on an empty stomach, they actually work like a mini-cleanse. Take around ½ tsp three times a day before juices or 1 tsp on an empty stomach for a cleansing effect.

**Kelp Granules** – aim to have about a ¼ tsp a day while Feasting. Kelp is a very rich source of iodine, potassium, iron and organic sodium.

**Green Powders** – there are many different raw green powders available. Some are algae such as spirulina, chlorella and blue-green algae from Klamath Lake. Others are grass powders like wheatgrass or barley grass. Many are blends of lots of different ingredients like vegetables, sprouts, grasses, algae and so on. All green powders are nutrient dense and help to alkalise and balance the body. Choose one that tastes good to you (those with fewer ingredients tend to be ‘cleaner’, with no fillers) and use 1-2 tbsp per day, stirred into juices.

**Cascara Sagrada** – an herbal supplement with a laxative effect that is used to stimulate peristalsis. It is likely that in the first few days of Juice Feasting, your bowel movements will naturally be quite loose, but after that, it is recommended to start taking 1-3 Cascara Sagrada caps a day to keep the peristalsis going and things moving out. Be careful with this herb though – it is powerful – if you find that you are having too many bowel movements for comfort, ease off it for a while. Also, by around mid-way through a 92-Day Juice Feast you will likely not want to be using this herb anymore – you will be moving on from the cleansing-out stage by then and more towards the rebuilding stage.

**Coffee** – nope, not for drinking ;) sorry to all you caffeine addicts who might have got excited reading that one...organic coffee is used during a Feast for enemas. Coffee enemas are powerful for helping encourage the liver to release waste and cleanse.

**Raw Honey** – This is mainly for use in the Master Cleanser recipe and also for sweetening/preserving green juice. Truly raw honey is an incredible healing product, with a higher enzyme content than any other known food. It is also antifungal, anti-bacterial and rich with anti-histamines. There is a LOT of confusion however currently about what makes for ‘real’ raw honey – many companies claim to sell raw honey but unfortunately, unless the honey has been cold-packed, by hand, it has almost certainly been heated over 95 degrees F and the delicate enzymes will have been depleted. One company I recommend that sells completely raw honey is Honey Pacifica in California – see [www.honeypacifica.com](http://www.honeypacifica.com). We also stock raw [Manuka Healing Honey](#).

**Parastro** – this is a simple, affordable and effective parasite cleanse that can be done during the course of a Feast, as recommended by David Rain. It lasts for 21 days and costs around \$15. It is wise to start using it around day 60 of your Feast. There are 2 bottles in the Parastro pack – only one is needed for those already 60 days into this cleanse, as the first bottle is something to cleanse out the colon, which has already been achieved for those Feasting. So, use only the second bottle (the one WITHOUT Cascara Sagrada) for 21 days to purge your body of any lingering nasties...

**Probiotics** - towards the end of a Juice Feast, once a lot of work has been done to clear out old waste, mucus, bacteria and parasites, it is very advisable to start taking probiotics to replenish and help re-build the ‘good’ flora in your intestines. Before that, things are moving so fast out of the intestines that it isn’t really an optimal time to be trying to establish a good culture in there. There is nothing *inherently* problematic about taking probiotics before the closing stages of the cleanse however and if you feel they are useful for you, by all means take them. Choose a reputable brand of the highest quality and try taking two capsules a day.

#### **AFTER FEASTING:**

**Prunes** – soaked organic prunes are the first food you will eat after the Feast, if following the Feast-breaking protocol outlined below, designed by David Rain. You will need at least 1.25kg/2.5lbs of raw, organic prunes to be used over the space of 2 days of Feast breaking. These fruits, with their well-known laxative properties, will help ease your body gently back into dealing with solids.

**White Oak Bark and Ginger Root Caps** – these two herbs are used in conjunction after a cleanse to help shrink the colon and repair any prolapsus, once all the old impacted matter has been cleared from inside. Take 3 capsules of each herb three times a day, on an empty stomach. You can also use a slant board – lay with your head down on the board and massage the intestines upwards, towards the head. This will help restore the organs to their original position and draw flesh back into shape.

**Stonebreaker** – an Amazonian herbal plant (Chanca Piedra) used to break down and release stones in the kidneys/liver/gall bladder. Comes in a 1oz vial with dropper, for around \$10.

**Triphala** – an Ayurvedic remedy blended from three astringent fruits, which can be taken as a powder for 6-12 months after feasting, to gently rebuild peristalsis and tone the colon.

#### **JUICING BASICS**

## Making Juice: Juicer vs. Blender Methods

There are two main ways to make juice, depending on the equipment you have. It is not *essential* to buy expensive juicers or blenders, unless you want to. If you already have a simple juicer/blender for example, you can use that in conjunction with a [nut milk bag](#), for easy, fast, pulp-free juices. Juicers are machines specifically made to separate out the liquids from the solids of produce such as fruits and vegetables, whereas blenders are more versatile machines that can be used to blend into a liquid/puree anything from soups to smoothies to baby foods.

I've juiced using juicers, and using a blender combined with a nut milk bag to separate out the fibre, and get great juices using either method. From a *nutritional* perspective, the more expensive juicers usually provide a higher quality of juice, which tends to be less oxidised or heated from the machine.

The main difference in the two methods from a *practical* standpoint is in the preparation and cleanup involved. When using a juicer, you can often just grab the produce and start juicing, with a minimum of cutting beforehand, whereas when using the blender method it's best to cut down *all* produce before adding it to the blender. On the other hand, there tends to be more clean-up time involved with juicers and less with blenders. If you happen to have access to both a juicer and blender, then you can use this knowledge to your advantage. If, for example, you have 10 minutes to juice before you need to get out of the house, it might be a better choice to run the things quickly through the juicer and deal with the clean-up later.

### Juicers:

I would recommend the [Green Star Juicer](#) for delivering the highest quality of juice in terms of nutrient value and good extraction performance, leaving a dry pulp. For ease of use and good all-round performance, I would also recommend the cheaper '[Breville Juice Fountain](#)' juicer. This has a large opening for the produce, meaning you can literally throw in whole apples, which makes juicing fast and easy.

Cleanup after using a juicer usually involves rinsing chopping board, knife, several parts of the juicer and scrubbing clean the juicer screen that filters out the fibre (using a toothbrush makes this easier.) Often, lower quality juicers leave behind "juicy pulp" which many people discard as unusable. This wet pulp still contains a lot of juice and nutrients, which can be squeezed out further for drinking. You may want to therefore put this pulp through the juicer again to get more of the liquids out, or put it through a [nut milk bag](#) and squeeze more of the juice out by hand. Less expensive juicers also tend to produce a 'thicker' juice, with more of the fibre retained in it – if you want to be sure you get minimal fibre, you can pour your juice through a nut milk bag after preparation, or better yet, simply line the vessel you are juicing into with the nut milk bag, so that after juicing, you just pick up the bag, squeeze and discard any fibre left in the bag. (N.B. anyone dealing with blood sugar imbalance issues may be happier to leave that step out, as retaining a little fibre in the juice will help to slow the absorption of any sugars into the body.)

### Blender:

I recommend the [Vita-Mix](#) or [K-Tec](#) blenders for outstanding performance. Both of these high-powered blenders have extremely strong motors and can blend even solid nuts into pure liquid in seconds. The advantage of the Vita-mix over the K-Tec for making juice, in my opinion, is that it has a long stick – the

'tamper' – that enters into the blender through the lid which can be used to move around the contents of the jug, making it easier to ensure everything gets evenly blended. When using a blender to make juice, it is necessary to first blend the produce, then strain the resulting liquid through a [nut milk bag](#) to separate out the liquids from the solids.



Nut Milk Bags

Cleanup after using a blender to make juice usually involves simply rinsing out the blender jug and nut milk bag, along with the knife and chopping board. All the squeezed, dry pulp can be thrown directly in the trash (or preferably COMPOST), as you are finished with each batch.

As mentioned above, another key difference between using a juicer or blender is **oxidisation** of the produce, or how quickly it starts to break down. With a high quality *juicer* (like a Green Star), the machine will not heat up much, impacts the produce less and the juice will stay fresher longer – up to 24 hours if kept refrigerated. With lower quality juicers and *all* blenders, the oxidization begins much faster and is more intense, meaning you need to preferably drink the juice immediately after it's made to get maximum benefits from it and while it still tastes good. The longer you leave it, the more the taste will change and the nutrient value will decrease.

If you find the issue of oxidisation difficult to conceptualise, imagine the difference between a whole watermelon and one that has been cut into pieces. The watermelon in its natural, whole state can be stored for many weeks without breaking down or rotting. However, as soon as it is cut into and the surfaces are exposed to the air, oxidisation sets in and the produce starts to break down. Juicing something has the same effect, only to an even greater degree. Making juice with a blender is particularly oxidising, as the spinning motion of the motor sucks down air into the blender jug, mixing it in with the produce.

### How to Juice

When using organics, there is no need to remove the skin from your foods, as it contains many nutrients that are beneficial. Only peel foods if you are using non-organics. When using a high-powered blender (like the Vita-mix) with a nut milk bag, you can blend the seeds of fruits as well, as these will be strained out. When using a juicer or less powerful blender, consult your user's manual for removing seeds from various fruits before juicing.

- **Juicer:** be sure to cut all your produce into pieces that will fit into your juicer before you start juicing. This makes the whole process easier and smoother. Feed the produce into the machine, which will separate out the liquid from the solids into two separate containers. If the machine seems to be heating up mid-



juicing, stop. Take the moving parts out and rinse them under cold water, especially clearing any built-up pulp. Then resume juicing.

- **Blender w/ nut milk bag:** First, chop down all the produce you intend to blend. If you're using a high-powered blender, you will not need to cut things very small. With a less powerful machine, it's better to cut things down as small as possible, so that it is easier for the machine to blend them. Depending on the size and power of your blender, you might also want to start with small batches, adding water or coconut water to the chopped produce, to help with the breakdown of the food. Adding enough water to cover the blades of the machine is usually adequate to get things going. Try to blend the foods for the shortest amount of time possible, to avoid heating the produce up and increasing oxidization - just long enough to ensure the produce is completely liquefied. Place the nut milk bag over the opening of a tall pitcher or a mixing bowl (it's helpful if the vessel is wide or deep enough to get both hands in for squeezing the bag). Once you have liquefied the produce, pour it into the nut milk bag in batches and SQUEEEEEEEEEZE. This is great exercise for the arms ;) Discard the dry pulp afterwards and enjoy the juice, asap.

Whichever method you use, I suggest making fairly large batches of juice at a time, to save on preparation and cleaning times. HOWEVER, consider also the fact that you don't want to leave juice sitting too long. Fresh is best. Raw juices oxidise rapidly and lose their medicinal value in storage, even under refrigeration. Try to make as much as you can comfortably drink in one sitting (i.e. maybe 1-2 quarts/litres per person). As a guideline, I find that a nearly-full Vita-mix jug of blended produce yields around 1 quart/1 litre of juice.

## JUICE RECIPES

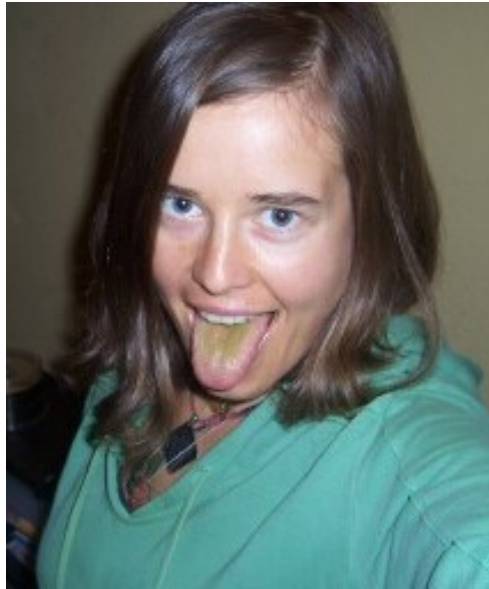
### Recipes for Green Juice:

Celery/lettuce/spinach/parsley  
Celery/lettuce/spinach/cilantro  
Celery/cucumber/kale  
Lettuces/spinach/watercress/chard  
Cucumber/celery/spinach/chard  
Cucumber/lettuces/arugula (rocket)  
Lettuces/spinach/dandelion/kale  
Cucumber/fennel/chard

Green juice on its own can taste VERY strong and peculiar for beginners, so it is very wise to mix it with something. Choose fresh coconut water, carrot juice, beet juice, red bell pepper juice, tomato juice or mix the greens with fruits to make them more palatable. You can also use brassicas like broccoli, cauliflower, collard greens and cabbage - I tend to avoid these things personally as they work against the thyroid and slow metabolism. Try to use a variety of different seasonal greens in your juices, so your body receives a range of different nutrients, like lamb's lettuce, mustard greens, purslane and so on. Fresh sprouts make for very vibrant juices too.

Be aware that both celery and cucumber juices are very low in calories. If they are used as the *base* for your green juices, you may find you need to drink a lot more than one gallon/4 litres of juice in a day, because otherwise you won't be getting all the calories you need. A quart of green juice with cucumber/celery as the base has around 300 fewer calories than the same amount of green juice with carrots as the base. So, if you are already finding it challenging to drink the minimum of a gallon/4 litres of juice a day, using a lot of celery/cucumbers may not be very beneficial for you - try switching to heavier/denser foods - things with more calories include coconut water, sweet potatoes/yams, spinach, parsley and berries.

Please also be aware that some people find they feel cold and even a little dizzy after having green juices. This is because these drinks are very cleansing - they lower the blood pressure, while cleaning, alkalising and unclogging the blood flow. So, if you're new to green veggie juices, take it carefully as you adapt to having more of these powerful cleansers - listen to the messages from your body.



Someone's been drinking their greens...

### **Recipes for Fruit Juice:**

Straight orange or tangerine juice

Pineapple/blackberry (VERY intense)

Watermelon, Cantaloupe or Honeydew melon juice

Apple/pear juice

Peach/nectarine juice

Plum/grape juice

Berries

Grapefruit/orange/lemon

Apple/blackberry

Star-fruit

Pineapple (Straight pineapple juice acts as a liver cleanser and contains masses of the enzyme bromelain, which is anti-inflammatory.)

Be especially sure to rinse your teeth after fruit juices. In general, try to avoid having many *straight* fruit juices, as they will tend to spike up your blood

sugars and imbalance you. The exception tends to be melon juices, however, as they seem to work better in the body when kept separate from anything else, so feel free to drink those straight. You are also likely to be able to handle the straight fruit juices much better at the start of Feasting than towards the end, so, enjoy them while they feel and taste good ;) Later into Feasting you will likely find they start to taste very sweet and leave you feeling imbalanced. Pineapple juice may begin to feel too intense and even painful later on. Experimenting with any interesting, non-pulpy fruits you have access to, like noni, rhubarb, cherries, cranberries, apricots, passion fruit, rambutan, soaked goji berries, guava and so on will help keep things interesting too and get different nutrients into your body.

Tropical fruits are often found to be higher in mineral content (depending on the soil they are grown in) and more balanced in their sugar content, e.g. papaya, guava, star-fruit, mangoes, pomegranate, mangosteen, rambutan, passion fruit, jack fruit.

Try your best to limit the amount of hybridized fruits you use, as they tend to be harmful to the 'good' intestinal bacteria and feed fungal conditions like candida. Avoid anything labelled 'seedless' in particular - these over-sweet cross-breeds are biologically weak and lack vitality or a good mineral balance. Hybrids are dependent on chemicals for protection from insects, as they have been cultivated to be so sweet that they are extremely appealing to animals and would not survive if left to grow wild. Wild foods contain by far the most nutritional content and energy. Wild fruits tend to be small, fibrous and quite sour. Some common hybrid fruits and vegetables include: seedless apples, bananas, pineapples, grapes, watermelons, beetroots (beets), carrots and corn.

### **Recipes for Veggie/Fruit Combo Juices:**

Blackberry/apple/spinach juice

Pineapple/mint/celery/leafy greens

Pears/turmeric/greens

Apple/beetroot/ginger/celery/greens

Pineapple/blackberry/greens

Spinach/apple/celery (with a good sodium/potassium ratio, this is a good balancer)

Apple/celery/cucumber (beauty juice, light, cleansing and refreshing)

Tomato/basil

Pineapple/celery/red pepper

Celery/red pepper/garlic/hot pepper/orange juice

The veggie/fruit combos are particularly useful for masking the flavour of strong greens/celery. Beginning your day with this kind of juice is a great way to get things going and to get all your greens for the day in right at the start, freeing you to play for the rest of the day with other combos. Be aware that citrus does not tend to mix well with leafy greens, except lemon juice. Apples are a great all-round sweetener that go with just about anything. If you choose to use pineapple with your greens (GREAT flavour) be sure to drink this combo quickly, as the greens are high in protein and the enzyme bromelain in the pineapple breaks down that protein fast - try to drink it within 20-30 minutes of making.



YUM

### Other Veggie Juices:

Here are some other veggies that you might enjoy juicing:

- Carrots/beet(root) – help sweeten juices and support liver.
- Fennel – creates a lightness to juice, is diuretic, laxative and eases digestion.
- Radish – for raising the metabolism/thyroid support and clearing mucus.
- Red bell peppers – sweet, but not unbalancing.
- Yam/sweet potato – these are calorie dense and give a nice sweetness to juice without being very unbalancing, as they have a more grounded quality than fruits.
- Pumpkin – again, gives a nice sweetness without spiking the blood sugars too much – combine with spices like cayenne, nutmeg, cinnamon and vanilla for a delicious treat.
- Bok choy – supports lungs, quite mild flavour.
- Asparagus – diuretic, supports kidneys, quite strong flavour.
- Zucchini (courgette)– creates a lovely sweet, delicate, creamy juice, especially if used alone and flavoured with a little ginger and lemon.
- (Belgian) Endive – strong-flavoured little diuretic veggie that supports the liver.

### Simple Carrot Combos:

Carrot/spinach

Apple/carrot/ginger/lemon

Carrot/parsley

Carrot/cucumber/beet(root)

Carrot/cucumber

Carrot/apple/beet

Carrot/celery/cucumber

Carrots are a useful way for many people to ease themselves into juicing – they are cheap, widely available and their sweetness is agreeable. They are pretty high on the glycemic index though, so be wary of overdoing your carrot intake (your skin may also literally turn yellow/orange too ;).

## OTHER DRINKS

**Water** – pure water is an important carrier – it helps to move toxins out of the body and should ideally be a daily part of your Juice Feasting routine. At first it may feel like you're drinking so much juice that you don't know how to fit water into the day too, but be sure to do so – it will really help to cleanse and keep the blood pH balanced, plus hydrate your whole body.

**Wheatgrass Juice** – this intensely healing green juice can be a great source of chlorophyll on a Juice Feast if you choose – it is not essential by any means though, as you will ordinarily be obtaining chlorophyll in abundance daily from all the leafy green vegetables.

**Coconut Water** – a really useful Juice Feasting ingredient. Depending on where you are and what access you have to produce, use either the old brown coconuts, young green/orange or the pre-prepared 'white' young Thai coconuts. Fresh coconut water is an incredible fluid, identical to blood plasma and teeming with electrolytes. Humans can literally live on coconut water alone for extended periods. Drink it as it is, combine with fresh green juice or stir in green powders for an amazing, sweet, tasty green hit. (My favourite green powder to combine with coconut water is Greener Grasses – it produces an incredible 'malty' taste.)

**Herbal Teas** – there are masses of herbal teas that you may find beneficial or enjoyable while Juice Feasting. Some suggestions may include chamomile (calming), dandelion (diuretic/liver support), peppermint (ease digestion), senna (laxative), cinnamon (blood balancer, spicy) or ginseng (raise metabolism). Avoid any stimulating green, white or black teas while Feasting.

**Electrolyte Drink** - water, honey, lime juice, dissolved Himalayan salt.  
For 500ml/1 pint of water, stir in approximately 1 tbsp raw honey, the juice of 1 lime and 1 tbsp of saline water made from dissolving Himalayan salt in water. Adjust quantities to taste. This refreshing drink helps to replace depleting electrolytes in the body and boost energy. (Another great source of electrolytes is fresh coconut water.)

**Master Cleanser Recipe** – this is a great 'fall-back' drink if you are feeling too busy or tired to make juice. Also great if you want something to take on a trip with you and don't want to take juice that will oxidize, lose nutrients and taste unpleasant more quickly.

For 1 quart/ 1litre pure water use:

6 Tablespoons of raw honey,

6 Tablespoons of lemon juice

1/10th tsp cayenne, or as much as you can tolerate.

### **Green Juice with Coconut Water**

This amazing combination works in the body like a fresh blood transfusion. The chlorophyll in greens and the hemoglobin in our blood are almost identical – just one molecule differs. Where chlorophyll contains magnesium at the centre, hemoglobin has iron. Coconut water is also identical to blood plasma, so greens and coconut water together is an incredible rejuvenative gift to the body.

**Morning Liver Flush Drink** – water, lemon juice, garlic cloves, olive oil.

This is a great way to get things moving through your system and give your liver a gentle cleanse when taken first thing in the morning on an empty stomach. In a blender, combine the ingredients in the following ratios – equal amounts of fresh lemon juice to pure water (e.g. 250ml/1 cup of each), 1 clove of fresh-crushed garlic and 1tbsp olive oil per person. It will blend into a light yellow coloured frothy mixture, which many find quite delicious after adjusting to the initial feeling of an unusual combination.

## **JUICE EXTRAS**

Use fresh herbs and extracts to flavour your juices and help your cleansing process, e.g.:

- \*Ginger Root – helps ease digestion, bloating and gas
- \*Lavender Extract – eases bloating and aids digestion
- \*Turmeric – anti-inflammatory, helps clean the blood and support the stomach/liver
- \*Fresh Aloe Vera Leaves – use the aloe flesh in juices to soothe the digestive tract
- \*Fresh Mint – soothes and aids digestion
- \*Dandelion – helps detox the liver and blood, plus eases bloating/digestion
- \*Cinnamon – blood sugar balancer, relieves digestive issues, anti-fungal
- \*Cayenne – an amazingly healing food, plus helps to raise the body's metabolism
- \*Hot peppers – not for the faint hearted ;) really help detox mucus and raise metabolism
- \*Garlic – anti-fungal, anti-inflammatory, blood and immune-strengthening

*Please compost your juice pulp/kitchen scraps if possible – the soil appreciates it :)*

## **Is Pasteurised Juice Acceptable if I Can't Find/Make Juice Fresh?**

Hmmm...I really would not recommend it. Pasteurised juices have been heated to a high temperature and are very different to fresh raw juices – they are not living, your body will struggle to 'read' the information in them and you may experience digestive upset. I would rather suggest that if you find yourself 'caught out' somewhere, you either drink water to fill the space until you *can* get to juice, or you find some fruits, such as oranges, which are easy to take into the mouth in whole pieces, suck the juice out and discard the fibre. Preferably, you will be travelling at all times with a nut milk bag, green powders and possibly other things such as seaweed flakes or bee pollen, so you will always have something to fall back on.

## **TOP TWENTY TIPS FOR SUCCESSFUL, ENJOYABLE JUICE FEASTING:**

1. Carry green powder with you everywhere you go. Some companies provide greens in little sachets, or you can use an empty 'shaker' pot (e.g. from seaweed flakes) and fill that with greens. This can be a real lifesaver if you're 'caught out' somewhere and don't want to grab a fruit juice or something that will spike your blood sugars. If you have greens with you, you can always add them to some water. If you know you are going somewhere and want something green to drink when you arrive,

- you can make and take something like pineapple/celery juice, then add green powders when you arrive.
2. An equally wise move is to carry a toothbrush with you everywhere you go. Especially in the beginning, you will likely find that your teeth feel extremely 'fuzzy' and bizarre a lot of the time. Having a toothbrush to hand will help ease the discomfort.
  3. Other useful things to have to hand when travelling are pollen, kelp granules, spirulina/chlorella tablets and oils. These are things that require no preparation, which you can use in-between 'pit-stops' for juice, to keep you going and keep the metabolism ticking over.
  4. Travelling with a nut milk bag on all occasions is another fine recommendation. This can really be a life-line if you're stuck for juice somewhere. Just grab some juicy fruit, like a watermelon or tangerines, throw them in the bag and squeeze.
  5. Another great juicing travel accessory is a plastic straw (or 2...). Depending on where you are, this can be really handy. For example, if you have access to old coconuts, you can poke a hole through one of the coconut eyes, stick your straw in and you have instant juice ;).
  6. If you find you are experiencing a lot of bloating/uneasy digestion, try using very simple juice combos or only fruits/only veggies. The simpler you make your combinations, the easier it is for the body to recognise and assimilate nutrients. For example, a combination such as tomato, sweet potato, celery and strawberry juice definitely sounds like a peculiar and challenging mixture for the body to handle. It comes down to this - how easy is it going to be for the body to read the data and assimilate the foods you're introducing...try to keep things simple.
  7. If you feel your energy and metabolism are dipping low, you may find it beneficial to gently increase the amount of exercise you are doing. This will increase your metabolism, get your endorphins flowing and overall leave you feeling more alert. Try simple activities like walking, yoga, stretching or swimming.
  8. In the beginning of Juice Feasting, it is likely you will be quite experimental with juices. This is a time of exploration - have fun, try out different flavours and combos. As time passes, you will settle into a steadier rhythm of knowing what you like, how to prepare it and when - it is a natural flow, so enjoy the experiments in the start :)
  9. It is very important to start chewing your juices right from the start of your Feast. Holding the juice in your mouth, swilling it and 'chewing' help to stimulate saliva and digestion begins here. This is very important to help your body receive the best nutritional input from the juices and assimilate well. Make this a habit from the very beginning and it will feel natural soon enough.
  10. A word of caution: it is often wise to only share the news of your decision to Juice Feast with those people in your life whom you feel will be supportive of this choice. If there are people you anticipate will feed negative energy towards this, it is likely to be a kinder choice for all involved if you refrain from sharing your decision. This is especially key at the beginning of Feasting, when your footing will likely be less steady on this path and you will benefit from all the positive support you can get, rather than concerns and criticism.
  11. Similarly, you might find it useful once you're cleansing to be a little cautious about with whom you share this information. If you find yourself at social events for example where people offer you food/other drinks, it might be a lot easier to say smthg along the lines of 'I'm not

hungry right now' or even 'I've already had something, thanks', rather than to try to explain your current cleansing. If you feel the other party is or may be genuinely interested to know more about Feasting, then by all means share. Just feel free to also keep things to yourself if that feels better – you are not obliged to tell everyone everything about your choices.

12. At the start of your cleanse, be sure to do an enema every day. This will slow down to more like once every 2 or 3 days or more, later on, but in the beginning, it is important to help keep it all moving. Remember that with enemas, we are intentionally creating a vacuum in the colon - an empty space for the small intestine to release into.
13. You WILL come to want more greens in your juices over time, almost certainly. It may feel at times like it is very hard to get the greens down, but don't fret, just do your best. Combining greens with fruit really does help in terms of the taste. Starting the day with a drink with fresh greens helps to set your pace for the day and get most, if not all, of your daily greens out of the way first thing, so you have the rest of the juicy day to relax and enjoy ;).
14. During Juice Feasts, especially in the first few weeks, our bodies are doing a lot of internal work and our blood pressure is usually lower than normal. Try to get into the habit of getting up and sitting/laying down slowly, so as to avoid feeling dizzy. If you do feel dizzy or faint, stand completely still and close your eyes until you feel stable again.
15. If you are experiencing a lot of gas/bloating, be sure to do at least one enema a day, to release build-up in the colon. Be aware that drinking juices quickly, without chewing them and stimulating good assimilation can contribute to gassiness. Taking probiotics may help relieve your condition.
16. Checking your pH level regularly while Juice Feasting is another useful indicator of your health. You can buy a box of pH testing paper very cheaply. Test either your urine or the saliva in your mouth under your tongue, daily, first thing in the morning and compare the colour on the chart that usually comes with the papers. The pH scale runs from 1 (acid) to 14 (alkaline), with 7 being 'neutral'. The pH of your *urine* indicates what the body is eliminating. The pH of your *saliva* is a good indicator of what is going on inside your body/cells. If the result for either test is below the range of 6.8 to 7.2, your body is in an acid state and it would be very beneficial for you to remineralise and get more alkaline, using more GREENS in your juices, in particular. If you are in an acid state, you will likely find that your body is retaining extra fat to neutralise the acids; becoming more alkaline will help release that fat. (Be wary of becoming *overly* alkaline too though, as this creates other issues).
17. Be aware that the more sedentary your lifestyle is, the better it is for you to avoid sweet fruits. If you are mainly stationary during the days, then try to concentrate your intake on non-sweet fruits and vegetables. The more active you are, the easier it is to intake sweet fruits in abundance without throwing the body out of balance. This applies equally while Juice Feasting or eating.
18. If you feel your cleansing reaction is especially strong at some point, be sure to drink plenty of extra water to help the body remove toxins. You may also choose to make a psyllium-bentonite shake. Use around 1tsp of psyllium husk and at least 1tbsp of liquid bentonite in water. The



bentonite clay absorbs the toxins and the psyllium bulks up and acts like a broom to sweep it all out.

19. Try to avoid or minimise external stimulation as much as possible during your Feast. It would be 'ideal' at this time of cleansing to be able to retreat yourself away to a place with no/few distractions and a simple lifestyle. For most people, this is, however, not practical. So, do your best in your circumstances to bring peace to your life during this time. Avoid TVs for example and other media that seem to promote messages of less-than-optimal living, meditate, pray, read, be still, spend time in nature, share your thoughts and feelings with others who listen to you, walk/exercise and above all, breathe deeply - right into your belly. The power of deep breathing to transform situations can be profound.
20. Once you have got into your Feast, breaking addictions such as cigarette/caffeine/alcohol dependence may seem quite straightforward. This is a wonderful side-effect of the cleansing. The real challenge may arise though as you start to break the Feast and return to a more standard routine. That is the time at which all your old patterns will come rushing back in to greet you. In order to stay in a healthy space, it is very advisable to commit to making real changes in your behaviour, *before* you start to break the Feast. Be prepared and clear about how you intend to handle things and get support to maintain freedom from such substances.

### **What if I Get Cravings to Eat Something?**

Be aware, above all else, that cravings, like feelings, come and go. This is a major point to understand, to get through periods when it seems like nothing in the world matters more than you sinking your teeth into that burrito/apple/cake. When we are in that kind of space, the craving can seem all-consuming, but we need not react to it. Particularly testing times may come if we are preparing food for others, attending a social event where there is an abundance of food available or even just finding ourselves with a little food on our fingers that we would normally automatically lick off without a second thought.

The body is in a major state of detoxing old waste while Feasting and as things are being released into your blood stream, you get a little hit of those old favourites and it triggers the desire for more. It is very unlikely that if you are following the guidelines for getting enough calories and variety in your juices that any craving you are experiencing to eat comes from a genuine need for more nutrition. Breathe deeply, remind yourself of the phenomenal amount of truly optimal nutrition you are supplying your body on this cleanse and try out any of the following suggestions to ease the situation:

- Be sure to drink consistently throughout the day - juices, waters, teas and so on. The more you keep your metabolism happily ticking over with something to work on, the less likely it is that cravings will arise and cause issues.
- If you find that exposure to media such as televisions, radios and newspapers fuels your cravings, try to avoid them during your Feasting process. Similarly, be wary of contact with any places, people or events that you can anticipate will be challenging for you in terms of triggering cravings.
- Do something to get back some perspective. When you find that all you are thinking about is '*that* sandwich or *that* melon', find something

outside of that frame to focus your attention on: help someone out with a project they're doing, talk to a friend about the frustration you're feeling and discuss what might be a more constructive use of your energy, go jogging, do some yoga, re-bounce, meditate, read an inspiring chapter from a well-loved book, take a sauna or watch a film...whatever it is, help your mind to divert focus from that particular food and find something else to entertain it.

### **What about Getting Exercise while Feasting?**

Exercise will be useful while Feasting to keep your metabolism up and your body working. However, depending on the level of activity you are accustomed to, don't be too concerned about doing a great deal of exercise for the first few weeks of a Feast. For the first month or so, the body is in the most intense stage of cleansing, rather than building up healthy new muscles, so there will be a lot of internal work going on. It is more prudent to allow your energy to focus on clearing old matter at this time and shift more into an active lifestyle later on – from day 30-45 or so.

As and when you do engage in exercise, some recommended activities would be yoga, (light) weight training, jogging, re-bounding (great for moving lymph), swimming, hiking, cycling and dance. Try to be wary of anything very high-impact at this time, while the body is rebuilding. Be gentle with yourself, be sure to take things at a pace that suits you, rest if you feel dizzy and drink plenty of fluids.

Be aware too that the more you exercise, the more carbohydrates you burn through, so the more your body will likely crave and require fruit juices to use as fuel for all that activity. This is nothing to be concerned about if you are USING those sugars and getting very active. Beware though of taking in lots of sugary juices, then NOT using that energy in exercise, as this will create big blood sugar imbalances. High glycemic foods that are taken into the body and not metabolised stimulate fat storage. Burn those sugars up, or they'll stay with you, as fat, for later use.

### **Will I be Tired?**

It is quite likely that during the first month of a cleanse, your energy will be a little low, as there will be a great deal of internal cleansing work going on. A steady stream of consistent strong energy may indeed not come until day 45-60 or so, when your body is on a real upward curve of rebuilding. However, it is typical for Juice Feasters to feel very capable of 'normal life' for the duration of a cleanse. Many Feasters carry on life as usual – work, home, families, hobbies etc – there's no need to put life on hold, as tends to happen with a *fast* rather than Feast. Be mindful of your energy levels for the first month or so in particular – listen to your body, rest as you feel is necessary, be sure to keep your metabolism ticking happily over with regular juices so that you don't 'dip' too dramatically and use exercise as a gentle tool to keep the body active too.

Many Juice Feasters find that they begin to require less and less sleep as the Feast progresses, as the body is becoming very efficient on fuel that is easier to assimilate, so more energy is available for the rest of life. David Rain, who has undertaken three 92 Day cleanses, actually uses them now as a tool for the times when he has a great deal of work to handle and wants to be able to work very efficiently and clearly, on fewer hours of sleep per day (often just 3-4 hours sleep).

## **I Feel Tearful/Depressed/Anxious while Juice Feasting - is Something Going 'Wrong'?**

It is very normal to experience massive shifts on emotional and spiritual levels too while Juice Feasting, not just physical transformations. Your cells hold a great deal of information in them, including old repressed emotions, trapped feelings, unreleased fears and so on. While you may feel elation, lightness and joy much of the time while Juice Feasting, you will likely also dip into heavier feelings at times too. As the cells release, sadness, anger, frustration, loneliness, depression, etc may all arise - and this is all to be expected. Being aware that it is highly likely you will experience large shifts in mood while Feasting may help you prepare for the shifts as they arise and feel more comfortable, as well as forewarning others around you. This can take the 'drama' out of situations that may otherwise seem very challenging. It is a very good idea to have support around you at this time too from others who understand what you are experiencing and will hold space for you in your process, without judgement, criticism or expectations. Talk things through with others as they come up, try to read or watch inspirational material to help yourself keep perspective on the bigger picture and use emotional release tools such as [EFT](#) (Emotional Freedom Technique).

## **How am I Going to be Able to Travel while Juicing?**

Ahhhhh, well now, you're asking the right person there ;) I have been 'on the road' for most of the last decade and my Juice Feast was no exception. I passed my Feasting time in Costa Rica and indeed wondered the same thing. How on earth am I going to go anywhere or be away from a juicer for more than a couple of hours at a time during these 3 months? Well, as it happened, it turned out to be rather easy in the end. Like so many things, it seemed like a huge challenge in the beginning, but once I was past the initial hurdles, it was fine.

Here are my top tips for travelling:

- Be prepared. Depending of course on your location and your knowledge of juicing facilities there, it's not usually advisable to assume you'll be able to 'wing it' and find juice.
- Cooler bags and boxes are extremely useful when travelling. I would recommend having a large box for any longer trips you are taking, where you won't be carrying much of your luggage. For day trips, a small shoulder-bag cooler that can carry a couple of quarts/litres of juice with an ice pack, is a great companion. Aim to always have ice packs ready in the freezer to pull out and use.
- If you're taking juice with you for a day's supply, try to take things that are quite stable. For example, if you want to drink a mixture of pineapple and greens that day, be sure to keep the two juices in separate containers until you want to drink them. This way the fruit will not start to break down the greens before you drink it.
- As noted above, other useful things to have to hand when travelling are green powders, pollen, kelp granules, spirulina/chlorella tablets and oils. These are things that require no preparation, which you can use in-between 'pit-stops' for juice, to keep you going and keep the metabolism ticking over.
- Coconuts are another great juice source to travel with, depending on your access to them and how much weight you want to be carrying. Just cut into them, stick in a straw and you've got instant juice. Don't forget your nut milk bag too - a vital source of instant juice.

- Keep a lookout for places to buy juice on your travels. If you see somewhere, it's probably a good idea to go and get something there and then, as it may be a while before you find another place. Look out for things that are frequently available too, like fresh orange and apple juices, which you may find available in many places if you ask.

I went on quite a few trips during my Feast and survived them all happily and healthily. What I found was that in the beginning I would take a huge amount of stuff with me when setting out on a trip – I felt like I was going out into the unknown and needed everything with me as protection. Later on, as I felt much more relaxed about it all, I would go out on trips of a few days with little more than a small backpack and cooler bag and was fine :)

## What Else Can I Do to Help my Body Cleanse?

**Dry Skin Brushing** – This may sound painful at first, but is a hugely beneficial process for your body. It involves the daily brushing of the skin, from the feet upwards (avoiding sensitive areas like breasts and face), with a special bristle brush. This is done when the skin is completely dry, usually prior to bathing and has so many health benefits – the skin gets a thorough exfoliation, loosening up dead, trapped cells and freeing glossier layers of new skin below, your muscles get a good workout as you push against them with the brush, your circulation is improved, lymph tissue is gently pushed back into lymph nodes and it even helps against cellulite. It is well worth investing in a good, solid dry skin brush, with a back-reach attachment, which is built to last (they only cost around £10/US\$10). Start from the soles of your feet and move the brush firmly in sweeping motions up the body, always towards the heart. It may feel peculiar to begin with, so start gently, but after a while you may come to love the sensation and really notice the improvement in your skin quality.



Dry Skin Brush

**Hot/Cold Shower** treatment – This is also a great method for moving blood and lymph, tightening skin and improving circulation. Like skin brushing, it can seem rather harsh in the beginning, but if you stick with it, you may start to find the sensation quite enjoyable. Shower as usual, then alternate the water temperature between hot and cold, staying with each temperature for five seconds at first before switching to the other and alternating perhaps five times between hot and cold in the beginning. You can later build up both the amount of time you spend on each temperature, and the number of times you alternate. Try to end on cold though, so that your skin remains tightened up. I highly recommend that you use a filter on the water supply in your bathroom,

so that you are not bathing in toxins. You can get shower filters and also bath ball de-chlorinators (see Recommended Products section for more info).

**Sauna/Hot Springs/Mud Baths** – if you have access to a sauna, mud baths or natural hot springs during your Feast, by all means use them to aid the release of toxins. Our skin is our biggest organ and we can release a great deal through it. Raising the body temperature in a sauna helps us release through sweating and also, by creating a ‘false fever’, helps the body fight infections. Relaxing in healing natural, mineral-rich hot springs is highly beneficial to the body too for drawing out toxins, just be wary of visiting springs where the water is treated with chemicals such as chlorine. There is little healing benefit to be found by opening all the skin pores in the hot water and inviting chemicals in to your system. Mud/clay baths/wraps/scrubs are also great for sucking toxins out of your skin. You can buy mud/clay and do this at home, just on your face if you like, or on your whole body, allowing it to dry before washing off. Alternatively, find a local health spa or treatment centre that offers mud baths.

**Tongue Scraping** – a centuries-old technique for helping the body eliminate waste. During Feasting, in the mornings especially, you will likely find you have a build-up of an unpleasant fuzzy white film of bacteria on your tongue. Using a tongue scraper cleans the tongue’s surface and enhances the function of the taste buds. Halitosis is reduced in the process and better dental hygiene also results. It is a very simple and fast technique – simply use a specially made tongue scraper (approx £5/\$5) to remove the film, or even just a small spoon will suffice to draw the film out and off of the tongue. Be thorough but gentle with your tongue cleaning – try not to irritate the surface of the tongue with harsh scraping.



Dr Tung’s Tongue Scraper

**Colon Hydrotherapy** - This term can refer to a number of different procedures – ‘enema’, ‘colema’, ‘colonic’, but the main idea is the same – warm water is gently washed through a thin tube into the colon, coaxing out the impacted waste and parasites. Enemas and [colemas](#) are simpler procedures, usually involving less water and less pressure and can easily be done at home or, depending on your budget, professional colonics are also available with health practitioners. It is HIGHLY recommended that you do some form of colon hydrotherapy during your Feast, as it will aid enormously in the cleansing process. In the beginning, be sure to do an enema preferably every day (it does not take long – 15-30 mins), then space this out to a few times a week later on. You can use a little coconut oil to lubricate the enema tip. Water used in colon hydrotherapy needs to be at room/body temperature for comfort – not too hot or cold. Use only PURE water in the colon – it is extremely sensitive and absorptive. You can use things in the water with the enema to aid the cleansing too, such as:

**Herbal Enemas** – use 4tbsps of your chosen herb/root/bark per litre/quart of water in an infusion. E.g. *chamomile* for relaxation, recuperation, *sage* is warming and purifying or *slippery elm* is nourishing and softening. Use stainless steel or enamel pots only to make decoction – no aluminium.

**Flax Oil** – soothing, nourishing

**Aloe Vera Gel** – soothing, rejuvenating

**Garlic** – extremely purifying. Liquidise 4 cloves of garlic in 1 pint/500ml warm water and strain.

**Spirulina** – purifies blood, supplies strength, stimulates peristalsis.

**Probiotics** – to directly replenish and support the intestinal flora

**Chlorophyll Implant** – use fresh green juice (esp. wheatgrass juice) – either straight or mixed in with water.

**Coffee** – special technique used to stimulate the liver to release bile/waste. Make a batch of fresh organic coffee (non-instant, non-decaffeinated), using around 2-4 tbsps ground coffee to each quart/litre and leave it to cool until it is around body temperature/comfortable to the touch. Make sure the grounds are filtered from the liquid – either use a sieve or a French press - before using in the enema bag. (Not recommended before sleep, as it is stimulating. Herbal substitute – red clover, yellow dock root, burdock and red raspberry together.)



6-quart enema bag

A good friend of mine who has been doing enemas at home for many years always likes to use *something* in the water with her enema. She says to not do so seems like a ‘missed opportunity’ – just as it tends to feel more pleasant to most people to bathe or shower using some kind of nice soap/bubble bath etc, so it is the same with an enema... ;) Please be mindful that while doing enemas/colemas/colonics daily or a few times a week for a short time, like during a Juice Feast, can be highly beneficial for healing, doing them that often in the *long-term* can be detrimental to your health. The body can replace the intestinal flora within 24 hours after colon therapy, but if you repeatedly do not give the body space to do that, by using enemas/colonics daily, then it is hard to retain/build good flora and you may run into problems, with lots of gas and bloating. If this is the case for you, try to use plenty of probiotics and sauerkraut and start to space out your colonic sessions to once every 3 days, then once a week, twice a week, once a month, etc.

To find a professional colon hydrotherapist, try the following resources: in the UK – <http://www.colonic-association.com> and in North America - <http://www.i-act.org> - which actually has a worldwide list of practitioners.

### Where Can I Get More Support?

More and more people are starting to use Juice Feasting as a healing tool. The [RawReform](#) website is a great place to start connecting with others. There are [Juice Feast Retreats and Workshops](#) to join, plus a special board all about Juice

Feasts on the [Raw Re-FORUM](#), where you can ask and answer more questions about juicing. If you would like to discuss Juice Feasting in more detail, I am also available for one-on-one [Consultations](#). John Rose and David Rain of [www.juicefeasting.com](http://www.juicefeasting.com) also provide amazing support tools and can be contacted for personal guidance. Try plugging 'Juice Feast' into a search engine and see what you find, as the community grows you will likely access other exciting new resources...I fully recommend Feasting alongside others - it is great for motivation, support and sharing.



One really great way to keep yourself on track, feel accountable and connect with others, is to keep a blog, or online 'journal' of your own juicing journey. Blog pages are easy to set up and a great way to share your message with the world. I set up the RawReform Blog (<http://rawreform.blogspot.com>) for my Feast and was humbled daily at the messages of appreciation coming in from people who drew inspiration from reading it. It is not so challenging to take a little time each day to note what you've had to drink and how you're feeling and the impact of those simple seeds you sow may never be known to you in affecting the lives, paths and well-being of others. I really encourage blogging as a great way to share this message of health and healing. Consider sharing 'before', 'during' and 'after' photos to help track your progress too. I recommend setting up a blog using Blogger ([www.blogger.com](http://www.blogger.com)), Wordpress ([www.wordpress.com](http://www.wordpress.com)) or Typepad ([www.typepad.com](http://www.typepad.com)).

If blogging feels too 'public' for you however, keeping a simple journal for yourself will also be a great way to stay feeling 'accountable' and to keep track of where you're going with things - especially if you share sometimes with another about the things you are experiencing and review your writing to check for any patterns in your juicing trends...

Things I would recommend paying attention to and keeping track of include: bowel movements, your sleep patterns, your feelings, whether you have skin brushed that day, enemas taken, the amount of juice you've had, the amount of supplements you've had and your level of exercise.

### **Can I Keep on Juice Feasting Indefinitely...?**

You may love the effects of Juice Feasting so much that you feel interested in remaining on juices indefinitely. This is not recommended. Though people have gone for 100 days and more on just juices, in the long term, your health will very likely decline on a diet of solely juice. The jaw and teeth will become weakened from the lack of chewing and the fibre will not be there to help move out things lodged in the colon. You will lack access to certain micro-nutrients found in fibre or made easier to access when fibre is present. A combination of

blended drinks/smoothies *with* juices however is an option for the longer-run, but not JUST juices and remember that the teeth/jaw require stimulation to stay strong.

Juice Feasting is a tool you can come back to again and again – it does not have to be a once-in-a-lifetime experience and it does not have to be for 92 Days. Some people have been known to experience a kind of depression post-Feast, as the joyful light feeling and energy of being on just juices is replaced with the heavier reality of solid foods. You can always go back and Juice Feast more in the future – it is good to give the body time to settle though in-between sessions of intense cleansing on a Feast.

### **How do I Break the Feast?**

Coming to the end of a Juice Feast is truly a momentous event and definitely warrants celebration, yet it is also key for us to try to break ourselves back into the world of solids slowly and carefully. You may feel a HUGE desire to begin eating large quantities and many different foods again – this will however not really serve your health very well. Many people therefore find it beneficial to have a structured plan to follow as they begin to eat again, with secure guidelines in place to curb the impulses to consume wildly and at will. David Rain suggests a very practical three-phase Juice Feast-Breaking Protocol, which is outlined here:

#### **FEAST BREAKING PROTOCOL**

If you have Juice Feasted for longer than 24 days, take 6 days to break your Feast, spending two days on each phase of the process –

##### **1. PRUNES**

Break your Feast with 8oz/225g of organic prunes, soaked overnight. This is a very gentle way to ‘jump-start’ your digestion of solids again. Drink the soak water first, then eat as many of the prunes as you like. This is the only solid meal on the first day and a bowel movement will ideally follow after 3-6 hours. (If not, use Cascara Sagrada – it is not desirable to leave this food sitting in your colon for too long, as it will begin to putrefy.)

For the second day of this phase, eat 1-2 meals of soaked prunes, preferably earlier in the day. Maintain the same amount of juices you consumed while Feasting.

##### **2. JUICY FRUITS**

Continue with juices and soaked prune meals, now adding in juicy fruits too, such as watermelon, berries, mangoes, cherries, tomatoes, cucumbers, oranges etc. Avoid denser fruits at this point, like bananas, avocados or durian. Try to have about half the amount of juice you were having while Feasting – preferably keep drinking the green veggie juices and cut back fruit juices now, as you start to *eat* fruits instead. Eat the juicy fruits as regular meals.

##### **3. SALADS**

The final phase is to begin to add in salads, while still having juices, prunes and juicy fruits as suits you. Use tender leafy salad greens, sprouts and very simple dressings like flax oil and lemon juice – avoiding ‘creamy’ dressings at this point. You can now begin to add in fatty foods like avocados and raw olives.

In addition to these foods, Feast-breaking is also the time it is recommended to begin taking White Oak Bark and Ginger Root capsules to shrink the colon,



aid elimination and repair any prolapsus, plus Stonebreaker to help the body release any kidney/liver/gallbladder stones. You may also find it beneficial to begin taking the Ayurvedic remedy '[Triphala](#)' now as powder for the next 6 months to a year, which works to gently rebuild peristalsis and tone the colon.

Please note that this Feast Breaking Protocol was developed over many years by John Rose and David Rain of [www.juicefeasting.com](http://www.juicefeasting.com), based on both their own experiences and from observing the patterns of their students. It is truly a tried and tested formula and it is strongly recommended that you follow it closely for a successful transition back to solids. There may be the desire to take it more quickly or more slowly or even not to do it at all – but as the famous fasting quote from Otto Buschinger goes:

“Any fool can fast—only a wise person can break a fast properly.”

Take it too quickly and you could run into all kinds of painful digestive upset and bingeing issues, take it too slowly and your colon may not get enough to work with to really get peristalsis up and running again. Follow the protocol as outlined above however and you will be much more likely to experience a smooth and easy transition back to solids.

N.B. If you have been Juice Feasting for **fewer than 24 days**, divide the number of days you've Feasted by 4. This is the number of days you will take to break the Feast. Then divide that number by three to see how many days you will be taking for each phase of the Feast breaking. (E.g. if you have juiced for 12 days, you divide 12 by 4 to find that you will break your Feast over 3 days. So, you would take 1 whole day for each step of the Feast-breaking protocol.)

The day you begin breaking your Feast tends to be a significant life event, so you may want to honour that in your own way. You could choose to spend the day somewhere that holds meaning for you, alone or with those you love, contemplating your transformation, taking photos, making note of your feelings, taking time to reflect and review your experiences while Feasting, making goals for the future and so on. Enjoy the process and try to be gentle with yourself as you move back into the world of solids. Whether you are breaking your Feast at day 16, 57 or 92, you have surely experienced an amazing transformation while taking time out from solids – CONGRATULATIONS :).

### **How Do I Avoid the Post-Feast Overeating Trap?**

It is quite common that after a Juice Feast or fast, people begin to overeat on foods. This is usually accompanied by feelings of regret, disbelief, shame and fear. It is very advisable to therefore be prepared for this period, so that you can exercise caution and experience a smooth and slow transition back to solids.

After a long time cleansing on just juices, the newness of the experience of eating solids again can seem almost overwhelmingly enticing. Your taste buds and nasal passages will thrill at the smells and flavours and you may want to try a bit of anything and everything you see or think of, which can lead to a digestive nightmare if acted out. You may be surprised to find that when you first eat again, the foods do not seem to give you energy – in fact the reverse may happen. You may feel tired, sluggish and depressed. This is often due to the body expelling yet more waste from the intestines that has been loosening

and is now being swept through. It can all feel very peculiar, but resist turning to more food to cover over any uncomfortable feelings.

Eat slowly, chew well and only eat when you truly feel hunger, allowing the digestive system to slowly re-awaken. Be mindful that your body will need much smaller amounts of food now than pre-Feasting. If you find it challenging to eat around others at this time, be clear about that and ask for support. It can be very beneficial to plan enjoyable activities for immediately after meal-times, so that you have something to focus on post-eating and a great reason to move away from the table/kitchen.

Try to stay focused on the positive aspects of breaking your Juice Feast, rather than going into it with fear and trepidation about overeating. Visualise and create for yourself an easy transition. A very useful piece of guidance is to imagine that you are still actually on the Juice Feast and are simply starting to slowly add in little bits of other things. This switch in focus from it being a complete change in pace to a small, gradual re-introduction of solids can work wonders. Another useful key is to be very clear with yourself each morning exactly what it is you are going to consume that day – literally, write it down and follow it, meal by meal. Having a structured Protocol to follow like the one outlined above is very useful in this regard, rather than eating based on urges. If you do overeat, try to stay calm. It does not have to be a drama – you are free in every moment to make a new choice. Breathe deeply and return to juices for as long as it takes for actual hunger to come again, then continue to break the Feast, slowly and carefully.

## What Next After Juice Feasting?

*"The food you eat can be either the safest and most powerful form of medicine, or the slowest form of poison"*

Dr Ann Wigmore

After finishing a Juice Feast, you are in an ideal position to make very positive and healthy choices about how you eat from then on. You have a 'clean slate' to work with and this is an exciting position to be in. What will you choose...? If pre-Feast you were eating things such as refined sugars, processed starches, animal products and so on, this is a great opportunity to re-assess your choices. Feasting will have dramatically increased your sensitivity to these kind of foods. This is an ideal time to adopt a lifestyle high in raw, living foods, or to continue on that path if you were already raw prior to Feasting, perhaps now with a more balanced intake.

Hopefully, during your time Feasting, you will have taken the space to consider your relationship with food. If not, take time now to write out a clear and honest overview of your patterns around eating. If you can identify food addiction issues in yourself, it is a great idea, *before* you start to eat foods again, to compile a 'trigger list' of foods that you see trigger you into overeating – these are the things you need to avoid from now on for optimal health. Create for yourself an 'ultimate' routine for how you'd love your new life to be and see yourself living it. (For guidelines on these exercises, see my booklet '[How to go Raw for Weight Loss](#)').

After the intense cleansing process of a Feast, your body will respond best to simple foods and simple combinations. Perhaps you will decide to lean towards mono-meals, stay primarily liquidarian, with a focus on juices and smoothies, or start to incorporate new healing foods you had not given much focus to before, but now seem appealing, like different sprouts, sauerkraut or seaweeds.

Almost certainly you will find that your taste buds have changed while Juice Feasting – they will now be more sensitive and you will likely find for example that anything with salt added to it – even ‘healthy’ salt like Himalayan Rock Salt – will taste extremely salty. This is a real opportunity to make wonderfully conscious, clean choices for yourself about how you choose to fuel your body from now on – enjoy it :)

Please also be mindful that our thoughts and feelings about the things we put into our bodies are just as important (if not more so) as the actual physical foods we choose. Eating with conscious appreciation, enjoyment and love is key to vibrant health. It is possible to be eating a diet of the healthiest, freshest organic raw foods available and to still feel empty, angry or unwell if you are not also bringing love and appreciation to your meals. Try saying a simple message of thanks and to connect to the foods you are ingesting before you consume them – they are literally about to become part of you –so, try saying hello first ;)

I would also fully encourage you to share this message of vibrant health with others – pass this gift on. It is almost certain that people will see the difference in your health during and after Feasting and there will likely be those interested to know more. Share your thoughts and experiences with them. Direct them to your blog if you’ve been keeping one, or other online resources/books. If there is interest, perhaps you will hold a presentation and discussion evening on the subject, so that you can address a number of people at once. The more people who are out there spreading this healing message, the merrier :) Almost everybody around you is likely dealing with health challenges of some sort that could be relieved with some juice therapy...and very few people get themselves access to information about natural healing like this...so, be a beacon for change in *your* area by simply sharing your experiences.

### A Juice Feasting Timeline

Here is a simple guideline for a 92-Day Feast, incorporating a 6-day Feast breaking protocol. Be aware that the time frames given are just as a general guideline and do not have to be strictly adhered to.

Time Frame	Action
Days 1-7	Do an enema daily
Day 7 onwards	Do enemas every few days, take cascara sagrada
Day 20 onwards	Watch for significant life changes ;)
Day 40 onwards	Cease using cascara sagrada
Day 45 onwards	Begin to do more exercise, esp. light weight training
Day 60	Start a parasite cleanse
Day 75 onwards	Begin taking probiotics
Days 93 and 94	Begin Feast-breaking protocol with prunes + recommended supplements (Stonebreaker, White Oak Bark, Ginger Root, plus possibly Triphala)
Days 95 and 96	Continue Feast-breaking, adding in juicy fruits
Days 97 and 98	Continue Feast-breaking, adding in simple salads
Day 99 +	Go forth and enjoy your new-found health and well-being – share with others :)

## MY JUICY STORY ;)

### Why Did I Choose to Juice Feast?

When I was first introduced to Juice Feasting, I was not very enamoured with the idea. I had undertaken many short-term fasts during my 4.5 years raw, but the thought of 92 Days sounded too extreme. However, as I got more into the details, the concept resonated with me more and more until I reached the point where I could no longer resist it. I began to see clearly that this was the next big step on my personal healing journey. Undoubtedly I have been through HUGE physical transformation in the last years, losing around 160lbs/70kg/12 stone of excess fat in total, and compared to 'the average woman on the street' I was indeed very 'cleansed' and healthy. Yet I felt I still had detoxing to do to clean this body out more thoroughly. It is not surprising that 20-something years of very toxic eating and drinking creates a lot of un-eliminated waste matter. Juice Feasting seemed to me like the optimal solution - no unpleasant hunger, optimal nutrition, possible to do while working, and just three months down the line it's virtually like having a new body :)

### How Was my Experience of Juice Feasting?

In a word: AMAZING. I LOVE it. I feel so much more capable Feasting than I ever have before on a fast. My skin became more vibrant, I lost weight again (15lbs+) and my body threw out *masses* of old toxins. I feel very good energetically while Feasting - doing yoga and jogging almost every day and getting through just as much work as usual. I drank around 5-6 litres (1.5+ gallons) of fruit/green juice a day on the Feast, and feel so blessed to have done this in Costa Rica, with access to cheap, incredible exotic fruits and coconuts...I also felt very fortunate to have the loving support of many people around the world while Feasting.

The main health challenges I experienced during this cleanse were:

- General 'detox' symptoms. These started with things like a runny nose, sneezing, sore throat, tiredness, skin outbreaks, mouth ulcers (canker sores), lower back pain and feeling cold. Later I moved into having bizarre body odour, raised lumps on a sore and coated tongue, plus the odd sensation as if wind was entering in through my ears at times.
- I experienced the release of large amounts of mucus in my bowel movements, especially in the first half of the Feasting. This seemed to be a combination of both old mucus that was being finally released, plus new mucus that was being created to help move out the flow of toxins that my body was expelling. The new mucus was forming to enwrap the un-eliminated waste matter and carbonic gases being released from my cells and escort it all safely out of my body, protecting my organs on the way. That was great to know at a logical level, but quite odd to experience and witness.
- Pancreas issues. This was the most painful and challenging part of cleansing for me. After years of extremely unhealthy eating, my pancreas is not in the greatest form and the amount of fruit juices I was consuming at the start of this Feast was very hard on my pancreas. I began to feel intense pain on my left side, just below the rib cage and became quite concerned that I was dealing with pancreatitis. I realised however that if that was the case, there was really nothing better I could be doing for my body than cleansing and rebuilding my health on this cleanse. So, I cut back on the fruit juices to give my pancreas a break

and switched to mainly green juices with coconut water, apples, pineapple and watermelon juices as extras. The pain in my abdomen receded instantly and the green juices that I had been having trouble enjoying suddenly began to taste very good again. I believe my pancreas has had good time and space to heal during this cleanse and hope that it will be stronger now in general, post-cleansing.

## THE RAWREFORM JUICING BLOG - HIGHLIGHTS

My whole Juice Feasting process has been recorded daily on my online blog, <http://rawreform.blogspot.com>, beginning November 19<sup>th</sup>, 2006. There are daily entries about what I had to drink, how I felt, and how my detox unfolded...

Choice segments from my Juicing Blog:

### Day 1

...it's been an amazing first day for me...I am LOVING this Juice Feasting... I have drunk 4.5 litres of juice today (1 gallon + 1 pint) and I feel fantastic...I have barely touched the realms of hunger all day -I feel strong and exhilarated and packed with nutrients... :)  
...already today I looked at the jar of coconut oil in the kitchen and it was starting to look unappealing - wow...change is coming quick - my blood is getting cleeeean :)



Pictures of me from Day 1

### Day 2

I woke feeling groggy, with sleep in my eyes, a runny nose, a slight sore throat and fuzzy teeth. Definite detox occurring ;) great stuff...cacao exiting the system :)

As I got going with the day, the grogginess etc soon lifted, but the fuzzy-teeth feeling has persisted...I am brushing and brushing...but the fuzzy feeling remains...hmmm...my friend just gave me some diluted food grade hydrogen peroxide to use though on my teeth, so we'll see how that works out...

### **Day 3**

Woke with all kinds of things going on...running nose, sleep in my eyes, coated tongue and lower back pain...some serious moving and shaking going on in my cleansing - WONDERFUL - better out that in :)

I have had soooooo much juice today - consider all the nutrients in that amount of fruit and veg, all coursing through my body, getting to work now - amazing...I am not hungry AT ALL - far from it - I'm on my last juice of the day right now and it's actually a bit of a challenge to get it down...

### **Day 4**

I have such a feeling of abundance right now - there are so many juice combinations I want to try and it's like there's more options than time in the day or calories needed to accommodate it all :)

### **Day 5**

...I'm getting more and more sensitive...it got me thinking about what it means to take the body to deep levels of cleanliness...it seems that one really needs to be prepared to go out and live in the wilderness if deep cleanliness is desired...if we were not born from a body that was very cleansed and then fed breast milk or other milk products that were not particularly 'clean' either, deep cleansing is really like going beyond taking our bodies back to the state they were in when we were born...into a new territory of cleanliness...which can create a situation where one becomes quite 'dysfunctional' in many living situations, as the pollution becomes so intense to such a clean system...for example, the smell of my friend's body lotion, which just a few days ago smelt really nice to me, today seemed so strong that I could barely tolerate it... so, a lot of my thoughts today were around that matter - wondering how far down the 'rabbit hole' of cleansing I want to take this body

### **Day 7**

...the body 'abhors a vacuum', so when we keep cleaning out the large colon - whatever there is in there - it creates space for the small intestine - the one holding the really unpleasant stuff, for most people - to release more waste.

### **Day 8**

...now I'm a week into this, it is like second-nature...it feels like there's no way I would eat something at the moment - what I am in right now is juicing and that's it - that's what my body wants and asks for and that's what I'm giving it. I am feeling as if I'm drinking almost all day - sooooo much liquid passing through this body - juices sit by my side and take me quite some time to get through...Every mouthful is diligently 'chewed' before swallowing - I'm discovering that it really doesn't feel good to me anymore to swallow a liquid straight down after it enters my mouth - my body really wants it to be mixed in with saliva first...even water...

I am seeing interesting changes in the skin on my face. I looked in the mirror this evening after enema-ing, skin brushing, showering, then msm lotion-ing and I don't believe I have ever seen my face look so clean and clear overall as an adult as it does right now...

### **Day 10**

One thing that has been striking today is people asking 'why?' when they hear about this Feast. I guess a programme of this length seems long even to most raw foodists, so to someone eating a 'standard diet', it must seem like off-the-scale insanity and deprivation...

### **Day 12**

I was excited to do some calculations today. That doesn't happen often... ;) I began last Saturday to keep note of all our food bills for this week, to see how much Juice Feasting here costs per day, on average. The incredible answer is that it seems we are spending less than \$10 / £5 per person per day on the fresh produce for this Feast. Wow. That is amazing to me. That is incredible - to think that I'm very likely getting more nutrients directly into my body right now than at any other time in my life and *it's costing less per day than many people probably spend on just one lunch.*

bizarre eye-twitch of yesterday has disappeared, to be replaced by a large spot (pimple) on the opposite side of the same eye...ok then...don't know WHAT'S going on with that, but am just humouring it...just smile at the detox symptoms and they seem to fade away... :)

### **Day 13**

Overall today I have a feeling of being more 'solid' in my whole being - like I am becoming more capable and centred in being on this Feast. I guess my body is getting more and more adjusted to this way of being and is bringing me up to a more functional level as quickly as it can, using this new source of nutrients...just juice...

I am definitely not becoming less interested in sweet things though so far. Quite the opposite in fact. It is typical that people become less interested in fruits and more in greens when Juice Feasting like this - right now that's not my experience. The greens are seeming often like a chore and the fruits feel really exciting...funny...so, we'll see where my body goes with that...

### **Day 15**

...having the fruit and greens together really helped me get the greens down today - like a green-smoothie-juice ;) a welcome hybrid...

I am amazed now that I'm still here to recall these tales, after all that this body went through...I guess perhaps I'm getting back to those layers of toxins right now and that's why these memories are coming to me...it really is incredible to think what the human body can endure...

I feel so far away from the world of solid foods now - before starting this Feast, I was really in the world of food and it seemed like a 'big deal' to think of being without solids for 3 months, but now I'm in this, it really seems so straightforward to be living this way...I am really grateful to be feeling this way and appreciating my path of healing...

### **Day 16**

I feel less connected spiritually while Feasting like this than I do in 'normal life'...curious...I had somewhat anticipated the reverse...so many people fast for more spiritual clarity, but I'm finding that it feels actually more challenging for me to accept the universal energy flow through my structure right now than usual - like I'm more vulnerable in this state and the amplitude needs to be toned down...

### **Day 18**

I was kind of shocked today to realise I've been Juice Feasting now for 18 DAYS...that's longer than I've ever fasted on anything...I've been so much focused on the overall structure of this programme and the fact that I'm in this for 92 days, that I hadn't really even noticed how amazing it is that I've done 18 days of this now already...this is easily a 'personal record' for me for being off solids...



On Day 18

### **Day 19**

...today has been a pretty full-on day for me with detox...I had a big cleansing reaction this morning...I started the day with green juice and not long after began to experience intense pain in my descending colon as things moved through me.

### **Day 20**

...according to David Rain, 'somewhere between days 19-21 is generally where real subtle but significant euphoria sets in. That is wonderful! One interesting note on extended Juice Feasts: significant life-changes occur during Feasts.'...NICE :) well, here we are right in the middle of that day 19-21 time frame and it's definitely been a great day :)

### **Day 21**

...we chose to flout all food combining guidelines with the last juice of the day, combining as we did melon with greens and celery (typically melon is always best consumed completely separately from all other foods, due to its extremely fast rate of digestion). eeeeeek...slap my wrist, Wigmore...;) I went to the biggest mall in Costa Rica for a couple of hours this afternoon and it was quite some experience. I was blissed out on juice and the amazingness of life and walked into this extraordinary Mecca of consumerism...and I loved it...and all the people there...I was just smiling at everybody and marvelling at all the lights and people and smells and noises and so on... I think a lot of people there found watching me wander around in bliss, sipping on my green drink from a mason jar equally amusing too... :) life is fun :)

### **Day 22**

I was at that oh-so-familiar crossroads I seem to reach so often at the moment of having loads of sugar in me and the choice to either use it and have big



power from it and enjoy it, or just sit with it and have it swamp me into a spacey state... :) which doesn't sound like a very difficult choice at all when I put it like that - but it's REMEMBERING to act on it that's the key for me...

#### **Day 24**

I feel like a kid with my juices at the moment - I only want to put stuff into my mouth if it's sweet...before Juice Feasting I loved my green juices - they felt 'sacred', like a high point of the day - now they've really lost their appeal...it's odd... I find the only way to really get myself to have them now is to have them first thing in the day, to set the pace for the day and to drink them quickly.

#### **Day 25**

...the pain has been quite intense at times today and my energy very low...I am not sure what the cause is, but am considering pancreatitis, or old candida issues in my colon...whatever it is, I am keeping away from much sugar for now - going to focus on primarily greens and keep my activity minimal...

...today has been tough physically, but whatever it is that my body is working through, it's clear to me that coming out on the other side is going to feel amazing...this is an incredible chance for me to reach deep cleansing and heal these issues that have addled me on and off for some time...so, I feel confident and blessed on this path...

#### **Day 26**

I think coming off the major sugars is throwing me into wobbly moods...happy to be coming off them though - feel more like an adult to be having so much greens instead... ;)

#### **Day 29**

I just definitely seem to need to avoid the straight full-on fruit mixes now - they've become too unbalancing and sugary for me...

#### **Day 30**

I woke really low in energy today, on all levels - physically it felt hard to do my yoga, emotionally it felt hard to feel any joy and spiritually it felt hard to connect or feel love. Wow. It was pretty 'blank' overall and bleak...

Bizarrely, I have also begun to notice that MOST food now smells interesting to me - including cooked food smells. I find this very curious. A few months back, as a raw food EATER, I did not find the smells of cooked food appealing - rather more, they mostly smelt dead and greasy and odd to me...now, in this Feasting state, I am finding nearly ALL food smells appealing...odd... let me be clear here though - there is no way I can imagine I would actually EAT even any raw foods right now, let alone anything cooked - that is not a question for me - it just interests me to notice myself finding such smells appealing again...

#### **Day 31**

I am happy to observe that in general my teeth are MUCH less fuzzier these days than a couple of weeks back, when they seemed almost constantly furry...I attribute this shift to primarily drinking greens now, which is still going great and I feel SO much better and balanced overall...hurrah...

I have been getting SO into different pollens here...they fascinate me - they all taste so different, have different textures and colours and granule sizes and so on...

### Day 32

Today's been a great day...I'm delighted...

Yoga? YES

Jogging? YES

Enema? YES

Skin Brushing? YES

Drinking huge quantities of greeeeeeens? YES

Enjoying hemp oil and bee pollen? YEEEEES

Work? YES

Being social? YES

Listening to smthg inspiring? YES

Facing some challenges? YES

I love days like this, which feel full of the things I feel good about and also balanced - hurray for full spectrum living... ;)

### Day 34

I am feeling great and healthy and full of gratitude to be OUT OF THE CITY :) and spending masses of time in nature - seeing iridescent blue butterflies, snakes and lizards, bathing in healing sulphur waters, hiking in rainforests at night amid incredible thunder storms, breathing CLEAN air, spreading mineral mud on my face and laying in the healing sun...yuummmmmmmmmmmmmmmmy :)



Exploring the wilds...

### Day 35

This was a pretty amazing day for me, as we actually walked about 8 miles through rainforest today on our journeys between 2 hot springs...and until the evening, I had really taken so little into my body and yet was doing so well - my energy was great.

### Day 36 (Dec 25<sup>th</sup> 2006, Christmas Day)

...what I am seeing is that I can only really handle sugars in the context of exercise - before or after exercise yes, sitting still in a car, no. BIG no...I really have to use that sugar energy or it drains me totally...I seriously SLUMPED... if I was looking to re-create that stereotyped Christmas after-lunch slump, I certainly did it with this juice...

### **Day 37**

...so interesting to see the shifts going on in my body...living like this makes it all so stark - seeing how this body reacts to different things and shows me what it wants/needs...fascinating...

### **Day 39**

I'm also feeling good that this feels just so much a way of life for me now - before I was 'in it', it all seemed a bit 'huge' and intimidating from the outside...now I'm in here, in juicing world...it just seems so very natural and easy...the only thing that really makes me consider the desire to eat again at the moment is the thought of durian ;)

### **Day 40**

...my bowel movements are STILL solid, even 40 DAYS into this... HOW ??? ;)

### **Day 41**

...there was a bizarre amount of gurgling and rattling and shifting about going on in my colon however, that has persisted all day...it's very unusual - a lot of gas moving through and mucus being expelled, yet no unpleasant smells involved at all...I get the impression that this is a result of the bacteria in my colon dealing with any sugars I send that way at the moment...I'm not sure, but that feels to me like the cause of all this odd gas production...it's strange, but definitely an improvement on intense pancreas ache, for now... ;)

I am also interested in starting to do some weight training/toning soon, but feel resistance about it too - my fear of gym spaces rising up to greet me again ;) I know how it works for me though - I just need to go there and get into it - using machines and so on - get past the initial mind hurdle and I'll settle into it soon enough - things often seem so big and daunting and new from the outside, but once I just start to do them, they flow so easily - like with jogging, or meditation, or being raw...or any of the big shifts in my life I've experienced in the last 5 years or so...

### **Day 44**

...it's amazing to me to think I used to find watermelons so tasteless and 'pointless' as a cooked/junk food addict...they really seemed to have no taste to my de-sensitised taste buds...now it feels like one of the sweetest things I put in my body...

### **Day 45**

I feel like I must be a toxic minefield inside...to have been taking almost nothing but pure fresh fruit and veggie juices into this body for 1.5 months and my body to still be producing body odour really says something to me...and you know what? It smells like CAKE...my body smells like cake...well...I guess I ate so much of it in my past that a fair percentage of my cells must be structured from icing and sponge layers ;)

I was reminded today of the importance of taking care of myself and my own health and needs before those of others...actually it's a theme that has been re-occurring the last few days for me and I just wanted to express it here too, as I feel it's so fundamental to our journeys and abilities to be there for each other. If I am well and happy and healthy in myself, then I am so better able to be there for others too. I am happy to be taking these steps to really heal my own body at the moment and encourage others too, as always, to take the next step for yourself, to support your well-being and honour your truth...

## Day 46

Well, here we are then, Day 46 – officially half-way through the 92-day Juice Feast...and by popular demand, here are some new photos of how I'm looking now – these were just taken today...



Since starting this Juice Feast back on Nov 20th, I have lost around 15lbs. I was surprised at the start of this process to find my weight had crept back up to 153lbs. Now I am back down to 138lbs, which feels comfortable and good for me - a good size for my frame.

here I am, 46 days in and feeling GREAT - very stable and solid in this process and enjoying it.

It just seems to flow so easily now - I'll get a feeling of hunger and there's no drama, just a simple, quick juice prep and that's it, issue dealt with and on with life - it feels so 'fluid' - no pun intended ;)

## Day 47

I finally really understand why it is that juicing like this now feels so 'solid' to me and natural and easy...

it frees me from thinking about food...

...almost completely. That is something I do not feel I have experienced in my life as an adult. As an obese overeater, my mind was more or less nearly always 'in the food' – if I wasn't actually eating, I was thinking about food and when I would next eat and what I would have and so on...SO much of my time and brain space and energy went into things related to food...life was lived for me literally like a series of opportunities to eat...

What I experience now is that Juice Feasting frees me from that whole pattern. Even as a raw food EATER a lot of my time and energy and interest was around food – though my compulsions and patterns were vastly different and healthier than in my obese days, food still occupied so much of my head space...now, on just juice, I feel SO liberated from all that.

I go to the kitchen, prepare a juice using whatever seems right in that moment for my body and the time of day and that's it – I go back to whatever I was doing, drink the juice and get on with life. It's so simple. In between, my mind is almost TOTALLY off food. No obsessing. This is a revelation for me...so

liberating...I have unconsciously moved into a space where I have SO much more time, energy and space in my life to use on more constructive things than thinking about food...I am truly grateful for that...I can also feel pretty much secure that my body is getting all that it needs, as my intake is so nutrient dense, I feel and look vibrant and I simply don't crave anything...wow...what a blessing...

#### **Day 48**

...the desire to eat has been almost completely absent for me during this Feast - it just doesn't interest me at the moment. I get tiny flashes of it - like when the guy offered me a slice of guanabana a couple of weeks back in the market, or the thought of durian ;) etc - but nothing strong...just like little peeks into a different reality...

it does feel important to get a good pace going right from the start though - 1 gallon AT LEAST a day is a LOT of liquids to be getting down you - a lot more than many people are used to. Start the day with something with greens and keep the pace up well during the day - every couple of hours at least - keep the metabolism ticking over so that it does not go into lulls or 'starvation mode'.

#### **Day 49**

...there is no greater release for me than to surrender my will to the universe on a daily and moment-by-moment basis, letting myself be guided rather than trying to control it all myself...

All that matters in the end, is how well did you live, how well did you love and how much did you learn to let go?

#### **Day 50**

DAY 50 of Juice Feasting today...how exciting...and amazing, to think how quickly it has all gone...I can't imagine that in just 42 days, solids will come back into my life again - it all seems very swift...and in terms of my 100 day outlook on this whole process, today marks my mid-point...wow...I feel kind of sad to think about that...this really is such an energising, clean and amazing way to live...

I notice that my juice choices are getting so simple these days...in the beginning, we wanted to try lots of different combos and it was more experimental. Now I know which things feel and taste good to me and tend to stay more with those. It saves me time and energy, as I can knock juices out so fast now and know I'll very likely enjoy them...I am becoming very sensitive to both the things my body says 'yes' to when I open the fridge door to choose juice ingredients and also the combinations of things that will taste good together.

#### **Day 51**

I did my [interview](#) with legendary talk show host Sally Jessy Raphael this morning...it seems my story and comments raised a lot of controversy for Sally and her crew, who could not understand where a raw foodist gets protein from...this, as all raw foodists know, is the perennial question we face...I am sorry that they did not seem to resonate with the idea of alternative protein sources than meat/beans/legumes, but am happy nonetheless to have got this message out there...just keeping on spreading those seeds of consciousness ;)

### **Day 53**

...the more we explore and understand and can simply stand still and share honestly what we are all experiencing, the stronger the message is, I feel...the idea of someone living without a 'recognised' source of protein for 3 months definitely seems to be bizarre to most people...by simply living our truths and showing there is another way, the message will slowly seep deeper into mass consciousness...

### **Day 54**

I am SOOOOOOOOOOOOOO happy right now - I just moved into my own place :))))))))))

It is very simple and functional, but sweet and I'm just SO happy to be in a place of my own - this has been SUCH a long time coming in my life - I think this is in fact the FIRST time in my life that I am renting and living somewhere, by myself...wow...it feels SOOOO good - like my whole being is saying 'YES' and relaxing...deep sigh of relief...

### **Day 55**

I'm experiencing some really unpleasant cleansing reactions on my tongue right now - it's like my whole tongue is a little swollen and tender and all over it there are little raised pinkish-red bumps. There is also a film of nasty-looking white/green stuff on it in areas and at times and I don't have a tongue scraper here and also feel like it would really irritate it to use a tongue scraper anyway right now - feels tender...also the sides of my mouth feel very dry and cracked...when I drink juices, I have the feeling that they taste 'peppery'...it's all rather unpleasant...

My fresh raw juices are my multivitamin supplements - they contain almost all this body needs, in the most assimilable form. My feeling about multivitamins in general is that there is a tendency for people to attempt to use them as an easy cure-all/cover-all...i.e. a mentality along the lines of 'I'll definitely be ok eating these doughnuts and taking these antibiotics, 'cos I use this multivitamin...' ...it is a very outdated and ill-informed choice, as I see it...raw fresh juices daily offer FAR more in the way of accessible nutrients.

### **Day 57**

I was feeling very stuffed up and bloated today in my stomach and abdomen and decided to take a cascara sagrada capsule to see if it would help me release some stuff. I won't be trying that again...Now I understand why David Rain said I probably don't need to be taking that anymore, this far into a cleanse...I've gone from feeling stuffed up to feeling like I am being totally drained internally...I feel very low in energy and weak, cold, tired, need to just get into bed and sleep this through...

wow...I have not felt this unwell physically in a really really long time...it is a great reminder for me of how debilitating it can feel to not feel good physically and what an amazing BLESSING it is that in general in my life now I feel such vibrant health...

### **Day 58**

I basically slept through the worst of my illness last night and woke today feeling much more together and have felt totally energised and back to full-speed all day...wow...such a huge turn-around from feeling barely capable of even moving last night...like a phoenix from the ashes of detox... ;)

I have been reading a few different things about Juice Feasts the last days and am a bit baffled to hear that many people find it difficult or just don't fit in the

suggested minimum of a gallon of juices a day...I wonder why that would be? I feel like for this body it's important to get at least that much, just to keep going...I usually have at least around 1.5 gallons a day and don't feel I could deal with having less than a gallon daily on this Feast...interesting...how different our experiences can be...we are truly all so individual and listening to our own intuition about what we need really serves us best...no-one else can ever fully know what it feels like to be you, in your body...

#### **Day 59**

...it was a VERY interesting experiment for me to walk around the farm and take pieces of the fruits into my mouth, mash them enough to extract the liquids, then spit the fibre out - it felt pretty challenging mentally...lol...I needed to concentrate and it felt bizarre to bite into something after nearly 2 months of no solids...

#### **Day 60**

...for the first time on this Feast, I had NO fresh greens at all in the space of a day...I felt ok though, as I had some green powders and nothing very unbalancing for my system - mainly coconut water...

we cut fresh pau d'arco bark from a tree on the journey and chewed it as we went along...it tasted OUTRAGEOUSLY bitter to me and very powerful...whereas my friend found it sweet and enjoyable...bizarre...I think any lingering candida in my body was freaking out and trying to instruct me to not chew on this powerful stuff...

#### **Day 62**

...just 30 days left...eeeeeeeeeeeeek...it's gone soooo quickly...health check: feeling great overall, still passing solids, mouth calmer now - still raised bumps on tongue, but doesn't feel as swollen and angry, cracked/open area at side of mouth has healed, skin is throwing out a lot of junk still...

#### **Day 63**

My juice combos today were really simple and I felt really good abt that...I have been trying to aim towards simplicity more these last weeks with my juices (as with all in my life) and being away now camping for a while really helped me to accelerate that step to simpler things...I like the strategy of just using 3 main ingredients maximum - makes it all so much easier for the body to read and assimilate...

I feel like my body odour is so bizarre at the moment...the smell which seemed like cake to me a few weeks back has persisted and even strengthened it seems to me...my friend told me it was sulphur from all the hot springing we did, but that was weeks back and I still notice this peculiar smell...I wonder what it is? Something hideous from my juvenile years being released perhaps...all those years of anti-perspirant sprays catching up with me ;) or...I don't know...but it's a very bizarre smell to me and unfamiliar...

#### **Day 64**

My friend arrived today for a visit from the States...we're on day 64 of Feasting and going strong ;) He says he notices big differences in me since we last met a couple of months back - physically he says I seem much smaller and 'sleeker' than before and in my being he says I seem more quiet, calm and relaxed...very interesting for me to hear...

I have begun to become interested in solid foods again - slowly, slowly, the interest is starting to creep back in and it feels very natural and gently

progressive...like by the time I get to day 92, it will feel right and time to get back to it – like things are just moving along at a great pace...until now, there has really been so little interest in solids for me, but the last few days I've been thinking more along the lines of how it's going to be enjoyable to just pick up and eat a piece of fruit for example, without the effort of juicing it first...I do have fear coming up though about the possibility of starting to eat stuff and getting totally captured by it and ending up eating large amounts of things, less than optimal combinations and so on...I feel secure knowing there is a 'Feast breaking protocol' to follow, but am definitely a little wary of potentially jumping in way too far too fast with solids and getting carried away...

### **Day 65**

Today I revisited the idea that:

We go back in time about 120 days for each day of Juice Feasting.

So...using that idea, I have so far gone back in time around 7800 days in my 65 days of Juice Feasting... :O...wow...that's over 21 years...hmmm...that would make me about 7 years old then at present...lol...well, that might explain my crazy sugary behaviour today then... ;)

### **Day 67**

...giving over my will to spirit/the universe on a daily basis is a definite key for me to direct the energies that come through me more towards that which will serve for the good of all oneness everywhere, rather than just 'me' and that seems to be the most essential thing for me to participate in to keep things flowing as they are... I just keep trusting the universe to help me with my choices and do my best to stay true to the flow...it seems to work for me, I enjoy life and I feel very blessed...

### **Day 68**

...my friend had asked me what I feel my energy will mainly be directed into during the rest of my time here on Earth...as I started to answer in my semi-awake, semi-dormant state, the energy came through with immense clarity and the feeling I had was that absolute truth was being directed through me at that point...my sense for what is 'me' rapidly fell away, piece by piece and it felt like every word that came forth from my mouth was a little droplet of truth falling out into the endless expanse of eternity...I've never experienced such an intense connection, yet it felt absolutely benign and comfortable...beautiful...hmmmmmmmmmmmmmmmmmmmm...

### **Day 69**

...the travelling light thing has been such a great experiment for me...I think back to a similar trip to the north a few weeks back, with the HUGE cooler box I brought along and Vita-mix, etc etc...this trip I just have a small backpack and that's pretty much it...such a contrast :) and I've been absolutely fine...wow...so great to know that I can really provide comfortably for myself, even like this...and I didn't feel sugar-spiked at all, or any blood imbalances or pancreas pain...

...we arrived out in the national park at the mud baths, where we sauna-ed, got painted with fresh volcanic mud, then soaked in an amazing mineral-rich pool of geothermal water...mmmmmmmmmmmm...yummy...my skin felt very soft and smooth afterwards and it was great to get out of the city again for a while ;)





Enjoying the mud baths

### Day 71

...today was a bit odd for me with juice flow - I did not have much most of the day, then in the evening made a HUGE batch of guanabana juice with greens, which was really tasty but waaaay too much for me late at night - it was around 3 litres/quarts in total, so I drank abt half and am hoping the rest might still want to be friendly tomorrow...I am also noticing that after drinking it, my scalp is really itchy...feels bizarre...another odd symptom that I seem to experience at times after sweet things...

### Day 72

...wow...only 20 days left of a juicy lifestyle...eek...I feel a little distraught when I think in those terms...when I was 20 days INTO this Juice Feast, that seemed like such a huge number and such a big deal to have got that far...now that it's only 20 days to the end, I feel like that's such a short amount of time...lol...what to do...?

I woke to find my scalp was still extremely itchy today and decided to give myself a huge break and not drink the leftover guanabana/greens juice from last night. It was actually a very empowering experience for me to return that stuff to the earth, with thanks, as in my past I would always have felt compelled to consume the whole thing, without question. I no longer wish to treat this body in that way however, so, to let that drink go, rather than 'make' myself drink it all felt really nourishing to me...plus it meant no more itchy head ;)

It is very interesting for me to watch how the messages from my body become more and more direct and acute. It does not feel so easy to 'push the boundaries' anymore of what it will accept, as these events today highlighted for me...it feels very clear now what is going to sit well with me at any given moment and what feels less than optimal...I really appreciate that...

### Day 73

My body's theme today has once again been about simplifying...it seems to ask for that over and over again now - it just feels so much cleaner and easier for me to handle...the green drinks from today for example felt a bit too complex for me to deal with - too many different ingredients and I feel like it's just more work for my body to deal with...I am considering the possibility that I might like to lean for a while towards mono-dieting once I start back on solids

- just eating one thing at a time, to aid digestion and absorption...we shall see...

#### **Day 74**

I am feeling good physically in general at the moment...no swollen tongue issues anymore, no pancreas pains (or rarely), good, consistent energy most of the time, happy, healthy and feeling very tuned in to what my body wants/can handle in the way of nutrition at each moment...feels like a nice place to be...I'm also STILL having solid bowel movements...after 74 days of Juice Feasting...lol...quite amazing...

#### **Day 76**

The spinach in the last drink of the evening left me feeling nauseous in the stomach and like my throat was burning a bit...it's really odd and unpleasant and has been occurring a few times this last couple of weeks with the organic spinach here in CR...not sure what it's all about...it seems like maybe the produce is not really organic...either that, or my body is just starting to have had more than enough of it...perhaps I am getting an oxalic acid overload...whatever it is, it feels unpleasant and I couldn't finish all the juice this evening.

I am absolutely LOVING the sugar cane sticks at the moment - they really are my favourite toy...they are sweet, without spiking my blood sugar out, easy and practical as I don't have to do anything to prepare them, just open a packet and start chewing and I LOVE that it means my teeth get a good workout too. The fibre in sugar cane is totally indigestible - like chewing straw - so, I get to chew and chew, giving the jaw a great work-out, while releasing the yummy juice and then throw the fibre away...I really love them and am getting through about 2 packets here a day of them at the moment (which costs abt \$2/£1 ... ;) bargain...

#### **Day 77**

I've been reading a lot lately about hybridized fruits and started to consider humans this morning from a similar standpoint...

Hybridised fruits have been altered to such a degree that they will not normally actually survive if left out in the wild...they are so 'over-sweet' and dependent on chemicals to 'protect' them...which strikes me as rather similar to the case of most people in western societies these days...the majority of us seem so very disconnected from nature, we would also quite likely die out pretty quickly if taken out to live in the wild...

It's so great to me to see the organic food movement continually grow, yet also quite bizarre to see the concurrent demand that these foods are very clean, 'natural' and free from chemicals, while many people go ahead and eat these foods, yet pollute their OWN clothes/skins/bodies/houses etc with chemicals and pollutants...from this perspective, we seem to care more about the plant's health and protection from chemicals than our own...it's like there's a blindness to the ongoing weakening of our own organisms...

so, I really wonder how the other animals here see us...fellow animal? Crazy? Dangerous? Weak? Silly? Confused? Hmmm...well, I suppose most animals are likely indifferent to our circles and cycles...they've got their own stuff to focus on...I would be so curious though to view a human from a different perspective...like an otter...or zebra...or toucan... :)

### **Day 78**

...I feel like a marathon runner with this...I'm so 'in the zone' now - the juicing zone...once I got past the initial hurdles and set-ups and mind games to get myself into a juicing framework, then I was just there, in it, nothing to think about anymore...it feels so easy to be doing this now and yet before I started, it seemed like such a big deal...

I notice that pattern again and again in my life though, with so many things...it so often seems like things are going to be such a big challenge, but as soon as I just bite the bullet and get on with them, I'll find that soon enough I've softened and found myself in that activity and am actually usually enjoying it. I just need to get past that initial procrastination/fear stage. The more I look at this pattern though, the easier it gets for me to be able to move through things faster, for which I am very grateful. Something which may have taken me months to work through before may now be dealt with in a matter of weeks or even days/hours, depending on how 'on the ball' I'm feeling...it's enjoyable for me to see that shift in my being...

### **Day 79**

My hair is changing colour. It's strange and most probably imperceptible to anyone who doesn't know me well, but it's definitely different. It has a lot more reddish and blondish tones to it than I've seen for a very long time...this used to happen at the front of my hair in the summer sun as a child...guess maybe it's that coming back, rather than a juicing side-effect ;)

I started using another different juicer today - a 'Juiceman Junior' centrifugal ejection model that I borrowed from a friend's place. Hmmmmm...well, I'm definitely happy to have something to be using, but it also so clearly shows me the differences in machine quality and performance. It leaves a lot of pulp and even whole pieces of veggies behind. I squeeze everything through a nut milk bag afterwards and loads more juice comes out.

I did the watermelon juice today totally by hand. I just cut it down into very small pieces, threw them all in the nut milk bag and squeezed. A friend of mine raised the point to me recently that this is really a much more body-friendly approach than using a juicer or blender. The liquid has been barely oxidised and instead just squeezed by hand, straight into a jar to drink - it likely contains much more immediately recognisable information than watermelon juice, even from the same fruit, that has been prepared with a juicer or blender. I like that concept...

### **Day 80**

I remember David Rain mentioning before I started this that by Day 80 of his first Feast, he was still having solid bowel movements. I was so surprised and yet, here I am too, 80 days in and in the same position...it's so curious...I can definitely feel there is still a lot of cleansing work for this body to go through yet...I can imagine I will enjoy to take a break from Juice Feasting after this, get back into the world of solids for a while, then return to Juice Feasting again at some point in the future...

I do love coconuts...they are truly amazing sources of nourishment...I love that we are able to live on just their water for extended periods - they provide all that we need and were indeed 'life-savers' for me today in my busy state, to just reach for one, poke a hole through one of the 'eyes' and stick a straw in...I feel very grateful to be in a place where they are available in such abundance...



My sophisticated coconut-smashing technique ;)

I'm pretty much off honey at the moment. I feel like it's triggering too much unmanageable sugar stuff for me - I have a bit and want more and I'm sure any lingering candida get more enjoyment out of it ultimately than I do, so, I've stopped using it.

My energy at the moment in general is very good. I sleep around 7 hours a night, wake up refreshed and ready to go, feel sustained pretty much consistently during the day and then wind down towards sleep around midnight. It feels like a very nice, stable, healthy pattern to me. I think back to how much my energy jolted around all over the place nearer the beginning of this Feast and see that I am so much clearer and more stable now...nice... :)

### Day 83

This was such a delightful, relaxing day for me. We woke by the beach and went out for a morning walk by the water, basking in the sunlight and drinking fresh young coconuts for about 25cents/12pence each...people were out jogging on the sand, kids splashed happily in the water with a rubber dingy and beautiful blue long-tailed birds flew among the trees and hotel fronts...



On the volcanic beach in Nicaragua

#### **Day 84**

...it was a really great experience for me to be out foraging like that on my own - I realised suddenly that every time I have foraged in the past, I have been with guys, who have known what they're looking at and told me what each tree is. Being out there on my own was a different experience, as I really had to look for myself and work things out for myself - it was fun - it felt like seeing with different eyes - not just a blurry mass of green, but individual trees and plants with different things on offer...

By this time I was feeling quite worn out from not having green juice for the last few days. It was quite challenging for both my friend and I to find enough sustaining raw food on this trip, BUT, it is do-able and we both found ways. The coconuts are incredible and really balancing and sustaining for me and I love the fact that oranges/mandarins are so easy to juice by mouth, just walking along, sucking the juice out and discarding the pulp. For me, it is so much about having the will and the commitment to stay with it - there is a solution for every apparent 'problem' - I just do my best, working with what I have. An intake of mainly coconuts, orange juice and green powder was however starting to feel a little depleting and I was very spacey by the night-time and went to sleep early.

#### **Day 85**

The bus journey back down into Costa Rica was a very special experience for me. I really LOVE journeys like that where it feels like there is a lot of time for contemplation. I was drawn to use the time to examine how it is that my life came to be at the point it currently is at...I took myself back to 2 years ago and traced my path forward to where I am now, seeing clearly how it all moved and pieced together. I rarely go into old stuff like this and it gave me SUCH an overview and different perspective on things - it felt like watching a film of someone's life, understanding the whole thing from the 'bigger picture', rather than at the day-to-day level...wow...it was amazing...I felt like I understand myself so much better afterwards...

#### **Day 86**

...by this time next week, I'll be back in the world of solids...I am starting to look forward to it a bit by now...juicing has begun to feel a bit more of a challenge without optimal equipment here these last few days and the thought of just eating something again, like watermelon, rather than all the extra effort of juicing it, sounds like fun ;)

I felt very run down and weak this morning, after 4 days or so without fresh celery or greens...I got it together to go to the supermarket and get what I needed. As soon as I had the celery juice I started to feel lifted and balanced...wow...it really is great stuff...different friends have been saying lately how that's the one juice they would not go without and as little as I like the flavour of it, I could really resonate with that feeling today - it really is SO hydrating...

#### **Day 87 (Valentine's Day)**

It was funny for me to go to the supermarket today and see all the happy people buying wine, chocolates and cakes for their loved ones and to be there myself with...hmmm...celery, coconuts and sugar cane sticks...lol...I'm sure the workers there think I'm quite insane by now...but I guess we all have our own way of expressing our love and my loving gift to myself today, as for the last 86 days, was lashings of lovely juice...

### Day 88

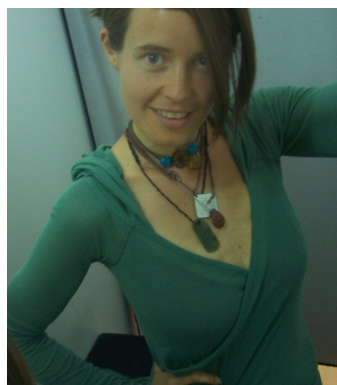
I notice that I make smaller quantities of juice these days...it used to be more like 1.5 - 2 litres/quarts at a time - now it tends to be around the 1 litre/quart mark - it just feels more 'manageable' to me that way - it's enough to satisfy me, but not so much that I tire of it...I also know very clearly now which juices and combos I do and don't like and can just stay with them - it has become less about experimenting and more just rhythmic for me, this juicy life... I can really anticipate remaining with a high juice/liquids intake post-Feast... well, we shall see how it all unfolds for me...I definitely don't want to miss out on chewing stuff altogether and weaken my jaw/teeth, but am loving the liquid life...

### Day 89

I released an extraordinary amount of mucus in bowel movements today...quite bizarre...I had not done an enema in a really long time though, so decided to do one this evening. It was good. I discovered that there was a huge amount of pain at one point in the top of my descending colon as I massaged it. I stayed with the pain until it was all released, which was gruelling, but felt worth it afterwards, when I pressed that area again and found the pain was gone...

### Day 90

...today I was excited to get my hair cut, so took a few snaps - here are some before/after from today...



I feel great about the way my body looks at the moment. I feel like it is getting healthier all the time and a very good weight for my size and build (I'm 5'7")

and currently around 138lbs/62kg). I am in fact a bit surprised that I have not become excessively thin at any point during this feast, which suggests that for me, there is likely still significant cleansing work to do at some point in the future, to really clean out deeper before more re-building. I'm prepared for that and happy to be where I'm at with things right now.

I enjoy this new body. It is always so much fun for me these days to go clothes shopping for example...today I actually bought a top which is XS size...XS...I used to be XXXL...imagine...little things like that are fun for me to experience and acknowledge...it's such a different reality for me now...and I love it :)

Today I was reading other peoples' online accounts of coming off feasts/fasts...many seem to find it extremely challenging to not overeat - especially during the initial stages of feast breaking - it was a bit disturbing to read, especially as someone with a definite background in food addiction issues, but I was glad to be reading it now - I feel like it steeled me further in my desire to eat 'optimally' for this body from here on in...

### **Day 91**

I felt ready to explode with energy - powerful, very sharp, fearless, fierce - I drank very little compared to usual and yet was absolutely wired with power - I danced like a crazy banshee in my room to release some of it...lol...and I jogged...and I blasted through my work schedule...and I sang along SO loudly to Alanis Morissette, wrenching out her heartache and bitterness on 'Jagged Little Pill'...yep...it was that kind of day... ;) If anyone has any doubt that a person can still be functional after 3 months with no solid food, they should have seen me today - I felt like I could have run a marathon...

...it all finally came to a head around 5.30pm, when the heavens finally broke and the rain came. It felt relieving to me. It is the first time it has rained here in weeks. Then dusk came in too and with it, a relaxing, a softening and the dissipation of all this tension...pheeeeeeeeeeeeeewww...wow, I guess one of the side-effects of juicing for so long is greater connection to nature and I surely felt that today...intense...

I had mainly coconuts today. I could not face fruits. My descending colon said no - it is hurting at the moment - I feel like it wants a couple of days with minimal sweet things...when I went to the supermarket and tried to buy a pineapple, my colon was in strong disagreement. I stood looking round the produce area for quite some time and nothing looked like it would work except the coconuts, so...coconuts it was...I could feel the strong need for greens today too, so made straight celery and swiss chard juice and sat down to drink it with a coconut in the other hand. I was prepared for the worst - I was pretty sure the greens were going to taste foul to me. I was completely surprised to find that in fact the greens tasted great and the coconut actually tasted a bit odd...hmmm...wow - really needing greens then I guess...

I feel like at some point later this year I'd love to do another green juice fast - get off the sweet stuff totally for a number of days - maybe 10 days or so...for now, this is the penultimate day of this Feast...tomorrow is my last totally liquid day...ahhhh, the end of an era... ;)

### **Day 92**

Well then, so...here we are...Day 92...and how do I feel?

Hmmmmmm...well...quiet, mainly...reflective...it seems at once all so huge and yet so fleeting...

I have thought a lot today about how much I desire to keep things simple post-Feast...it is going to take so little to physically satisfy my stomach - that is not really the issue - the issue will be with my mind -the longer I can keep a simple

focus on things and remember how easy it has been to nourish this body optimally on plain juices for 3 months, the better...this body doesn't need complicated foods or recipes - in fact, quite the opposite...long may I remember that...

Over the last three months I have lived and juiced through the ups and downs of green juice rejection, pancreas issues, sugar withdrawals, massive mucus expulsion, intrepid hiking trips, housing upheavals and more... You could probably fill a swimming pool with the amount of juice I've consumed...and going by the theory that we 'go back in time 120 days for each day of juice feasting', I have gone back in time over 30 years now...which means...I am pre-birth again I guess... ;) well, that's nice...time to rise like a phoenix again then... and so I emerge now on the other side of three months on just liquids feeling clearer, happier, more balanced, calmer, 18lbs lighter and extremely thankful for having chosen this experience...

This has been an amazing journey of discovery for me and I thank you all for sharing in it - for your comments, feedback, questions and support...

### **Breaking my Feast/Life after Juicing...**

Transitioning back into the world of solids was quite a challenge for me mentally, as I had so enjoyed feeling 'liberated' on liquids for 92 Days. To see how things went for me as I broke my Feast, please see the following [video](#) online, which I made just prior to eating my first meal in three months:

<http://www.rawreform.com/content/view/280/2/>

I also kept note of my entire Feast-Breaking experience and my 'life after liquids' in the RawReform Blog: <http://rawreform.blogspot.com>. Please check in there to see how things have progressed for me as life unfolds into a more 'solid' experience... ;)

### **How Would I Summarise the Main Life Changes I Experienced While Feasting?**

- \*I became clearer and more focused in my work.
- \*I became more centred in my being, more confident and relaxed.
- \*I started to feel clearer about what I truly want in life and to better choose that.
- \*I began to procrastinate less and get more to action.
- \*I came to feel a sharper connection and understanding with my physical body.
- \*I felt liberated from obsessions and preoccupations around food.
- \*I came to lead a softer, more balanced life of moderation, rather than extremes.
- \*I began to take more responsibility for my self and well-being.
- \*I moved out of a pattern of living in other peoples' places and began renting.
- \*I felt I began to see my patterns ever-more clearly and could quicker step out of the ones that I do not feel serve me so well.

### **What Would I Do Differently if I Were to Juice Feast Again?**

- \*I would avoid having many straight fruit juices in the beginning.
- \*I would try to have predominantly green juices and avoid honey completely.
- \*I would use mainly very simple combinations of juices - 3 ingredients max.
- \*I would try to be more consistent with exercise, especially from day 45 onwards.



- \*I would secure access to a good juicer/blender for the duration of the Feast.
- \*I would take MSM every day.
- \*I would have a rebounder available to exercise with.
- \*I would do enemas more frequently.
- \*I would do coffee enemas.
- \*I would get professional colonics during the Feast.
- \*I would try to use saunas/steam rooms/mud baths more frequently.
- \*I would focus more of my attention and energy towards healing my eyesight.

### ...and Now...it's YOUR Turn ;)

So, there you have it: Juice Feasting in a (coco)-nut shell. I really hope this book has been useful for answering all the questions you may have about Juice Feasting. I hope too that you now feel empowered and excited to take this information and get going on your own Juicy adventure. It is SUCH a beneficial process. I fully encourage you to use the tools suggested herein to help you take that amazing next step for your healing. Keep this book handy while juicing to refer to, get past those initial mind hurdles, find some support, gather together the equipment you need and most of all, as always, ENJOY :) All love and best wishes to you for your journey, Angela. xxx

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## RESOURCES

### Online Resources:

- \*[www.rawreform.com](http://www.rawreform.com) - the natural way to weight loss.
- \*<http://www.juicefeastersepicer.com> - Your one-stop-shop for all juicy accessories - equipment, books, Juice Feasting Packages...
- \*<http://rawreform.blogspot.com> - my daily online journal
- \*<http://groups.google.com/group/juice-feasters> Free online juicy group.
- \*[www.juicefeasting.com](http://www.juicefeasting.com) - the online home of 92-Day Juice Feasting

### RECOMMENDED PRODUCTS:

Below is a list of the various products to aid your Juice Feasting process. Almost all the products can be obtained from the *Juice Feaster's Epicenter* here: <http://www.rawreform.com/store>, where you will also find specially selected Juice Feasting PACKAGES, to help you get all you need, all in one ;)

### Foods

- **Honey and Pollen** - raw, cold processed, organic. We carry raw [Manuka Healing Honey](#) from New Zealand.
- **Hemp Oil** - raw, organic, cold-pressed. We carry hemp oil from [Nutiva](#). This hemp oil is the BEST in the world, in my opinion...made in small batches in Canada - delicious.
- **Coconut Oil** - raw, organic. Our coconut oil is also from [Nutiva](#).
- **Flax Oil** - raw, organic, cold-pressed. Barleans - <http://www.barleans.com>
- **Kelp Granules** - my favourite is [kelp with cayenne powder](#), from Maine Coast Sea Veg. They also have dulse and nori flakes.
- **Prunes** - raw, organic, sun-dried. Pavich Raisins - <http://www.pavichraisins.com>

- **Green Powder** – raw, organic. My favourites are Greener Grasses and Spirulina by [Healthforce Nutritionals](#).

### Supplements

- **Digestive Enzymes** - Fred Bisci's powerful range, available here - <http://www.rawreform.com/store>.
- **Probiotics** - Fred Bisci's effective (and tasty ;) blend, available here - <http://www.rawreform.com/store>.
- **MSM** – [powder or caps](#). Available in the RawReform Store.
- **Stonebreaker** – also known as '[Chanca Piedra](#)'.
- **Parastro** – [the parasite cleanse](#).
- **Cascara Sagrada** – in [vegicaps](#).
- **Ginger Root V-Capsules** – from Now Foods - <http://www.nowfoods.com>
- **White Oak Bark** – I have not been able to source this in V-Caps. Solaray sell white oak caps, but with gelatin shells – see <http://www.nutraceutical.com>.
- **Triphala** – from [Planetary Herbals](#).

### Miscellaneous Equipment

- **Nut Milk Bags** – Durable, amazing [nut milk bags](#) for straining juice are available in the Juice Feaster's Epicenter.
- **Enema Bags** – we stock very high quality, large-capacity (6-quart) [enema bags](#).
- **Organic Coffee** – for enemas. See <http://www.sacredgroundscoffee.com>
- **Aloe Vera Gel** – for enemas - see <http://www.rawreform.com/store>
- **pH Papers** – use our [pH papers](#) to test urine or saliva.
- **Tongue Scraper** – for daily cleansing. We stock [Dr Tung's](#) scrapers.
- **Dry Skin Brush** – release dead skin. [Our brushes](#) will last for years.
- **Shower Filters** – [clear the chlorine](#) from your water supply.
- **Bath Ball De-Chlorinator** – for use in bath. See <http://www.rainshowermfg.com>
- **Colema Board** – home 'colonics'. Our plastic, durable [colema boards](#) are made in California.

### Kitchen Equipment

- **Vita-Mix Blender** – the most powerful and user-friendly [blender](#) on the market.
- **Green Star Juicer** – for the best quality [twin-gear juicer](#) on the market.

### Recommended Reading/Viewing

- ['Fresh Vegetable and Fruit Juices'](#) by Dr Norman Walker
- ['Rainbow Green Live-Food Cuisine'](#) by Gabriel Cousens
- [Juice Fasting and Detoxification](#) by Steve Meyerowitz

**Medical Disclaimer**

This book is not designed to provide medical advice. All content, including text, graphics, images and information available in this book are for general informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. You take full legal responsibility for whatever decisions you make regarding your own health care. This material is offered solely for educational purposes. If you are interested in undertaking a cleansing programme of any kind, it is recommended that you seek the guidance of a health care provider first.

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