

Three Day Juice Cleanse

General Info.:

In order to help the body regain health, it is advisable to begin with a three day juice cleanse. Following this cleansing period, one should ease into consuming solid food by taking vegetable juices and raw vegetables and fruit. This will aid in the transition to eating a mucusless diet. The mucusless diet is one that eliminates mucus-forming foods and helps the body remove constipating mucus. Foods to consume include fruits and vegetables, whole grains, raw nuts and seeds. One should eliminate the following foods: processed salt, eggs, sugar and all sugar products, meat, dairy products, flour and flour products. These are mucus producing substances that are loaded with saturated fat, Trans fat and cholesterol. All of these are damaging to the heart. A diet rich in nutrients and fiber and low in calories is desirable. A good challenge is to consume four pieces of fresh fruit per day along with one pound of leafy green salad, one pound lightly steamed vegetables, one cup legumes and one gallon of steam distilled water. This type of diet will provide the necessary fiber and nutrients needed in order to regain health and rebuild the body.

Directions:

Day before the cleanse: eat fruits, vegetables and brown rice.

For the cleanse: choose one type of juice and use that exclusively throughout the three days. (e.g.- carrot, apple, grape, citrus or tomato.) This should be fresh made juice if possible.

Day 1: Upon arising in the morning, drink 16 oz. or more of prune juice. The purpose of this is to draw the toxins of the body into the intestines so they can be eliminated through the bowel.

Drink at least two quarts of chosen juice a day and a gallon of steam distilled water. After drinking the prune juice, begin with 8 oz. of chosen juice. One half hour later, drink one 8 oz. glass of steam distilled water. Continue with this pattern alternating juice and water consumption. Make sure to "chew" each mouthful of juice thoroughly as this will aid in digestion and prevent an unpleasant sugar reaction. Do not eat anything all day. If one is very hungry by evening, then have a handful of the same fruit as juice being consumed. Make sure to thoroughly chew the fruit. Along with the juice and water, one should consume one to two tablespoons of olive oil three times a day in order to lubricate the bile and liver ducts.

As you detoxify, you may likely experience constipation. If you do, use more prune juice, or take some herbal Lower Bowel Formula, two or more capsules three times a day.

Continue this program for three consecutive days. Approximately three gallons of toxic lymph will have been eliminated from the body and will have been replaced by three gallons of alkaline juices. People have found that as their body system became more alkaline, they experienced healing of their particular complaints.

On the fourth and subsequent days, begin taking vegetable juices and vegetables and fruit, preferably all raw. Do not eat any heavy foods immediately after a cleansing period or a fast, but add these to your diet gradually.

Some people feel somewhat weak during or after this detoxification. These people soon find that they have greater energy and vitality as a result of a cleaner and healthier body. This is a safe cleanse that can be done monthly or several times a year. This can be modified for pregnant women, nursing moms and children by doing the Three Day Cleanse program in the morning and throughout the afternoon. However, eat a salad or other fresh and raw fruits and vegetables for the evening meal.