

# **GREEN JUICING DIET CLEANSE**

*A Guide To Detoxing Your Body*

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## **BOOK DESCRIPTION**

As the emphasis on personal health has escalated over the years, so has the concept of cleansing our body of the processed, unhealthy junk food that has become a part of our daily lives.

If you're looking to shed a few of those extra pounds, want to give your body a break from the constant hard work that it puts in to digest the food that we eat, or you're just curious as to what all the hype is about, this book will be a complete guide as to what you should and should not do while doing a green juice cleanse!

### ***This book will tell you:***

- The benefits of a green juice cleanse
- What detoxifying your body really means
- How to transition to a juicing diet
- What to expect while doing the juice cleanse – advice and tips
- What you should shop for
- Simple green juice recipes for the perfect cleanse
- And much more!!

The purpose of a green juice cleanse is to reset the body, and rid your body of harmful toxins by going for a nutrient rich, all pure liquid diet. This book is specifically designed to help you make this process as smooth as possible, so you can reap the maximum benefits out of this cleanse.

A healthy body is a healthy mind and this book will help kick start the process of purging your body of toxins, losing weight fast and feeling great!

## **INTRODUCTION**

The concept of juice cleanses has transformed from just a trend that was only popular among the health conscious community into a pretty common dietary choice. While some people have their inhibitions with regards to its effectiveness and benefits, or any possible harm that this dietary change may cause, all juicing devotees will give testament to its effectiveness. Most people switch from their everyday diet to a green juicing diet quite frequently and quite regularly as they really feel that this does them a lot of good.

So what exactly is green juicing? Juicing is a dietary pattern in which a person gives up all solid food for a set number of days and instead of food they have juices alone a number of times a day. While some people prefer extracting their juices from various fruits and vegetables during their cleanse, green juicing means that one only sticks to leafy greens and well, green-colored fruits and vegetables to extract juices. The principle behind this is that leafy green vegetables are much more nutritious and rich in anti-oxidants and thus will be of more benefit. Juices cleanse usually spans over a couple of days decided by the person himself. Remember, it is not recommended to have juice cleanses last very long as this may be detrimental to health! When done right, juicing helps prepare you to live a much healthier natural lifestyle!

# CHAPTER ONE: BENEFITS OF GREEN JUICING

Let's be honest. The idea of green juicing does sound pretty intimidating. Thinking about giving up solid food for 3-7 days, is it even worth it? What exactly does juicing have to offer? Well, about ninety five percent of the enzymes and vitamins that our bodies needs are present in the juice of raw vegetables and fruits. To mimic the same nutritional value of one 16 oz of juice one would need to consume massive bulks of the same fruit or vegetable whole. By drinking green juice, the highly concentrated minerals, enzymes and vitamins enter the bloodstream very quickly and the body rapidly absorbs all the nutritional benefits of the fruits and vegetable so the digestive organs can have a much-needed and well deserved break.

The benefits of a Green Juicing Diet Cleanse don't just lie in the array of nutrients and minerals that you take in to your body, but also the wide variety on unhealthy, processing, high fat, high sugar foods that we cut out of our dietary routine during the cleanse. Our eating habits are what make us feel unhealthy and generally lethargic. However, once you allow yourself to take a break from all such unhealthy eating habits, you allow your digestive system to take a break from all the work.

The low calorie and high fiber content in the juices helps detox the system. For those who undertake the cleanse for weight loss purpose this is how the cleanse works: this change in diet from high sugar, high calorie to low calorie and high fiber foods is what allows the body to start burning fat instead of storing it within the body.

## **ENERGY**

Green juices are extracted from fruits and vegetables which are packed with antioxidants, vitamins and minerals. Juices are a much concentrate form all these wonderful nutritious components, sometimes just one glass can equal the same amount of vegetables one could possibly consume whole in a whole day. Once these vegetables are juiced, the various natural sugars that are present in these vegetables are then separated from the pulp, which is basically where all the fiber is present. Once these natural sugars enter the bloodstream and glucose levels rise, one can feel a surge in energy from just a few servings.

## **WEIGHT LOSS**

While adding more fruits to a green juice does change the flavor of the concoction, but this does have one downfall which is the rise in caloric intake. A green juice cleanse offers more weight loss benefits alongside supplying the body with all the nutrients and minerals that it requires for healthy bodily function. However the tip to maximizing weight loss is to spread the intake of calories throughout the day as we use energy rather than just one or two calorie packed juice servings. Taking in the daily requirement of calories in a limited number of servings will cause weight gain and may even damage muscle in case there is energy depletion and the body's glycogen stores are also depleted.

## **IMMUNITY**

The basic constituents of green juices vegetables like broccoli, spinach and kale. In 2011, a study was conducted by the Babraham Institute in England was published, which said that vegetables such as broccoli and bok choy contain a certain compound that is greatly beneficial in boosting the immune system and also provides added protection to the cells in the human body against invasion and destruction.

## **NUTRITIONAL BENEFITS**

Green juices are an excellent source of anti-oxidants. Anti-oxidants are absolutely vital to the body. In the everyday metabolic functions of the body, a very natural process is always underway which is the production of 'free radicals' inside the body. This is a by-product of the production of energy. Even though this is a naturally occurring process, free radicals are extremely toxic to body tissues and are capable of causing extensive damage to body tissues. This is where anti-oxidants play their role. These anti-oxidants remove free radicals from the body, aiding in the process of detox. Most scientists now agree that a high anti-oxidant intake is useful in preventing a number of life threatening diseases. These included various cancers and Alzheimer's. Additionally, the physical manifestations are visible on the skin. The skin becomes rejuvenated and more vibrant, and anti-oxidants also prevent further skin damage and wrinkles. Some very commonly known anti-oxidant include Vitamin A, C, and E. Many green vegetables contain a very high amount of these very same vitamins. Vitamin C is important in skin and gum health, whereas vitamin A is also vital for the eyes and skin.

Apart from the abundance of anti-oxidants in green juices, there are a number of other essential nutrients that are packed in vegetables and we do not have enough of in our normal everyday routine. Thus the intake of these green juices can actually help correct a lot of nutritional deficiencies.

### **SOME EXAMPLES INCLUDE:**

#### **FOLIC ACID:**

It is absolutely vital for the human body, and leafy green vegetables are one of the best sources of folic acid. A deficiency of folic acid can lead to severe anemia. In pregnancy, a folic acid deficiency in the mother can be absolutely devastating to the developing baby in the first few weeks of pregnancy, resulting in severe neural tube defects. Thus, pregnant women are specifically advised to increase their intake of folic acid.

#### **POTASSIUM:**

Potassium is important for electrolyte regulation inside the human body. A sufficient intake of potassium helps the heart and also the kidney to function properly and stay sufficiently healthy. In addition, potassium helps the muscles retain their strength and also aids the nervous system in proper functioning. When potassium intake is low, you may feel fatigued and it can also lead to muscle pains and headaches. A more serious deficiency can also cause palpitations.

#### **VITAMIN A:**

Apart from the benefits of vitamin A as a powerful antioxidant, it is especially important in the visual cycle. A lack of vitamin A can result in night blindness. In addition it also prevents the degeneration of the macula in the elderly.

#### **VITAMIN C:**

It is invaluable for the proper functioning of tissues in the body which include the skin and even the gums. A lack of vitamin C can result in scurvy, a disease which results in bleeding of gums and ill health.

## **FIBER:**

While juices contain no fiber as the fiber is removed with the pulp, if you make your daily green drink with a blender instead this preserves all the fiber inside the vegetable as the produce is used as a whole. As this fiber is insoluble and remains undigested through the digestive tract, it helps to regulate bowel functions. In addition it also aids in the softening of stool that eases the intestine's work load. The undigested fiber lowers cholesterol levels by binding all the fat and cholesterol in the diet that prevents cholesterol absorption and leads to a healthy heart. Increased fiber in the diet also promotes a feeling of fullness, and this staves off hunger and cravings for solid food during the juice cleanse. This in turn also helps reduce weight. Since fiber is not present in fruit juices it is advisable to switch between extracting the juice and blending the whole blender to make a green smoothie. This was one can get the best of both worlds!

Going on a green juice cleanse mean that there is absolutely zero cholesterol in your diet. Elevated levels of bad cholesterol in the body cause deposition of this same cholesterol in the arteries and vessels. Over time this deposition causes narrowing of the vessels eventually even leading to a complete occlusion. This may result in an embolism, heart attack or even stroke by cutting of cerebral circulation.

Another bonus of this cleanse is the increase levels of hydration in the body. Dehydration is a common cause of fatigue, decreased cognitive functioning, headaches. The juice cleanse is an all liquid diet and with the consumption of juices and water throughout the day the body remains well hydrated. Good hydration leads to glowing, youthful looking clear skin as it flushes out toxins from the body making the cells healthier. The juice cleanse thoroughly cleans out all such toxins from the tissues and cells leaving the body purer.

Vegetables and plants are a rich a very rich source of compounds that are known as **PHYTONUTRIENTS**. These phytonutrients aid the boyd by helping to prevent cancers in the colon, pancreas, breast and urinary bladder.

Frequent Juice cleanses can also help keep diabetes in check. The low sugar content in vegetables efficiently keeps sugar and insulin levels in check. This helps the

functioning of the pancreas in the long run and prevents the development of diseases secondary to diabetes.

## **BENEFITS OF ALKALINITY**

Most of our food intake leaves our bodies acidic. Animal based food, processed food all contribute to this. This is why a green juice diet is so beneficial. It promotes alkalinity in the body, which in turn means that there is increased inflammation in the body. It helps make us feel good and more energetic whereas an acidic body makes us feel more tired, depressed and in need of a serious energy boost to help us make it through the day. Filling your body with vibrant, fresh green juices helps keep the body alkaline which in turn makes us feel more flexible and balanced. Ofcourse too alkaline a diet can always be a problem but that usually does not happen as our dietary constituents always help balance it out.

## **LOW GLYCEMIC INDEX**

A major benefit of the green juice diet is that it has much lower sugar than fruit juices which can really tax the liver which has to end up dealing with all of the fructose that the body is unable to use up in one go.

Green juices also aid us by helping to absorb nutrients from leafy greens much more easily than having to chew them down, for the digestive system to then break the down, only to have a bulk of these same nutrients wasted and excreted rather than being directly absorbed into the bloodstream as in the case of juices.

The goal of the juice cleanse is to purify to the body and help improve body function and efficacy. The idea of detoxifying the body might seem a little new to most people as to exactly that is possible. In fact the body is undergoing a constant process of purification and repair and a green juicing cleanse only helps improve it.

## **CHAPTER 2- CLEANSING AND DETOXIFYING – HOW WILL IT MAKE YOU FEEL?**

Most people get nervous when they hear the term detox, even though they should not at all! When done correctly, detox is just a different word to describe a healthy diet which is rich in raw, natural, un-processed whole foods. When you remove the chemicals and artificial flavors from your dietary intake, this helps re-set your body and gets it ready to be much healthier! By getting rid of the all the negative dietary influences you can extract the benefits of Mother Nature's nutrient rich gifts to us in the form of fruits and vegetables!

How exactly does a juice cleanse stimulate your body to detox itself? The green juices, made of raw food and consisting of different enzymes help the body to get into action. The body then converts into a cleaning house of sorts. It starts working on getting rid of old body cells, removing debris from the tissues and organs and transitioning into creating new, healthy cells, and thus a much healthier body. It is due to this reason that it isn't recommended to switch too abruptly from your normal diet to a juice cleanse as it can cause an array of uncomfortable symptoms of cleansing and easing into it gently helps significantly lower these symptoms or prevent them altogether.

During the detox process the various cells of the body purge themselves of metabolic waste and different environmental toxins and dump them into the bloodstream so that it may be transported to the kidneys and liver and finally be removed from the body. Once all this waste travels to these organs that help cleanse the body under normal circumstances too, the organs start excreting as much of these toxins out of the body. So the bowels, lungs, kidneys, liver and even skin start to release their waste through stool, urine, sweat and even through menstruation. A lot of these toxins are also excreted through the mucous in the sinuses and throat.

Even in normal routine, the body is constantly trying to remove and eliminate the waste products and toxins in the body. However our eating habits have become so

unnatural, that we subject our body to constant attack by overeating, chemicals and stress. Thus, the body cannot function as efficiently in its effort to remove all the waste. Its capacity to function optimally is greatly diminished. There is a gradual buildup of toxins over time, in the bowels and in the tissues. This results in an increased process of aging, illness and fatigue. In some cases this might also be the cause of obesity.

Thankfully, the body is quite equipped to heal itself, and it is a machine constantly trying to maintain a perfect balance in the body and promote wellness. A constant system of elimination of waste and toxins is always underway, and it is believed that during this process of elimination the body tends to undergo some ‘symptoms’ of detoxification. These symptoms also include foul-smelling underarms and body wastes, as a sign that toxins are being removed from the body.

Detoxification is a process of self-purification that is although ongoing at all times, but it is most active in the morning. Thus it is beneficial to start the day right off with a healthy early morning Green juice to kick start this process as heavy food when eaten at this time suspends this same process, and in some cases, causes a person to stay overweight. This phase of detoxification is also known as a ‘catabolic phase’ as the body is destroying unhealthy cells and to replace them later with healthier ones, repairing the damage caused by our habits and balancing out all our systems to progress to the ‘anabolic’ phase of rebuilding. This it is pretty obvious that the body is provided with all that is needed to keep us healthy and pure on the inside, but our dietary choices can greatly enhance that process and that is the role that a green juice cleanse plays. There is no need to waste money on different cleansing products, saunas or baths as they play no role in regulating the internal body functions and are thus useless.

In addition to the detoxification, the body also works on damage repair, on ensuring that new cells are regenerated and the body is rejuvenated. Whenever this process has to be undergone, the body requires more sleep as this repair usually occurs while we sleep. Thus during the beginning of this phase, it is expected that one needs more sleep for the healing process to take place. It is best that we appreciate this healing process and do everything possible to assist it. Thus during your green juice cleanse it is advisable that you take a break from all energy-consuming activities as this draws away

from the main goal of your juice cleanse. The more you rest the more your body focuses solely on detoxifying the body. The best gift we can give to ourselves is complete detoxification, with an amazing payoff!

## **WHAT TO EXPECT ON YOUR JUICE CLEANSE:**

Each person when going through a juice cleanse experiences many different symptoms depending on their body, what their eating habits are and have been in the past. The first cleanse is also very different from any cleanses you do successively. Most people undergo what is known as a ‘healing crisis’ which is taken as an indication that the body is purging itself. These symptoms are not unusual. When you go on a juice cleanse, the body undergoes sugar/caffeine withdrawal. The break from processed food also contributes to these symptoms. It is important to remember that these symptoms are not a result of the cleanse, but the habits you’ve had in the past. For example, these symptoms would be exacerbated in people who have high sugar and caffeine intake, but in people who already have a lifestyle that supports a low fat, raw food diet like a vegan lifestyle, they might hardly experience any symptoms as their bodies are already in the process or have undergone detoxification. It is just important to remember that once you know what to expect you get through the entire cleanse knowing that this is what was required by the body. The first few days of a juice cleanse are always considered to be the absolute worst as that is when the body is cleansing at an accelerated speed. The most common symptoms people experience are:

- Changes in the menstrual cycle
- Malodorous stools
- Excessive mucus production
- Bad breath
- Bad body odor
- Skin manifestations like acne
- Mood swings

Some people may also feel nauseous. Drinking ginger tea helps alleviate this symptom. As you go through the juice cleanse you will just have to read your body symptoms and deal with the situation as it develops. Some people just try and power

through, but if you that it is getting a lot to handle a massage, a calming bath or sleeping can help alleviate these symptoms. Most of these symptoms only persist for the first four to five days after which the discomfort is replaced by feeling absolutely great and revitalized. Again, no two bodies function alike thus the effects are different for everyone, the only thing that you need to focus on is how YOU feel as your health is what takes top priority.

### **WHAT SOME DETOX 'SYMPTOMS' MEAN:**

There are some common physical manifestations that people experience when on a juice cleanse that are not in fact detox symptoms but a sign that something in the diet needs a little tweaking.

#### **BLOATING AND GAS:**

There are pretty common symptoms when a person suddenly increases the amount of raw food in their diet and start having green smoothies or juices. These symptoms usually subside once the body gets used to the increased intake of unprocessed raw juice. If this persists though you can try to either reduce the servings of your juices or incase this still doesn't help it can be best to take a break from the cleanse and then slowly transition back into the cleanse.

#### **CONSTIPATION/DIARRHEA:**

This is a very common complaint among those undergoing a juice cleanse. Again, this too is a result of your body being new to your change in diet, and this it takes some time for it to get used to the new dietary intake. These problems usually go away in a couple of days on their own. However if you have persistent symptoms then you may need to increase fibre intake.

#### **FOGGY BRAIN:**

This is due to the fact that either your body is undergoing a caffeine/sugar withdrawal or your calorie intake is insufficient. You will have to power through the withdrawal symptoms, but if you think your calorie intake is low it is suggested you bump it up.

### **FATIGUE AND LOW ENERGY:**

Again, this is also a symptom of low calorie intake. Since a juice cleanse is drastically different from your everyday diet it is very easy to take in less nutrition and calories while experimenting with new diet plans. When on a juice cleanse you might not feel hungry but since fruits and vegetables are low in calories you might be taking in less calories even if you feel like you have been having a lot of juice. The best way to prevent this from happening and to also get rid of these symptoms is to chart the calories you take in. You may use an online diet tracker or an app too.

### **FOOD CRAVINGS:**

Cravings are a very widely reported detox symptom. Sometimes they are just withdrawal symptoms from your high-sugar diet. Craving a lot of sweet or fatty food means your calorie intake is low. This is just a side effect of your body getting used to totally new way of eating and thus your brain trying to hold on to old dietary habits!

### **BODY ACES/HEADACHES:**

Some people experience this if they keep up a very high energy routine throughout their cleanse like hitting the gym and working out a lot. This is because of the lack of calories thus it is recommended to take it easy during the days you decide to undertake the green juice cleanse. Sometimes, during the first few days of a juice cleanse, one tends to be hyper-aware of whatever changes we see in our body. Thus, random pains and aches which usually go unnoticed may seem to be very significant while on this regimen.

Thus, it is clear that it is important to understand the distinction between what you think is a symptom of detox or a sign that you are doing something wrong with your diet. It is for this reason that before undertaking a green juice cleanse you have appropriate information to guide you. Embarking on a green juice detox the wrong way will be of absolutely NO benefit and just leave you feeling starved and sick. Look up different juice cleanse regimens and see which you feel is more suitable for you. The number of days of the cleanse you set as your target should be one you are comfortable with. The end goal is to make yourself feel healthy and invigorated, it is not just a challenge to prove how long you can last! If you feel severely unwell, then do stop the cleanse, consult with a nutritionist or an expert to help facilitate yourself,

and you may start once again once you can figure out what you should be doing right. It is only normal for these detox symptoms to persist just the first few days of the juice cleanse. Any longer than that can be hazardous to health!

Your body is the best sensor of what you think is best for you. Thus, it is best to tweak your cleanses in line with what you feel is making you healthier. There is no need to adhere to a strict detox cleanse if it is making you sick! Change it up and see what works for you, because it is your body and you get to decide what's best for it. Your health should be top priority and if you feel it isn't right for you then don't adhere to some rigid parameters of a detox regimen.

## **CHAPTER 3: TRANSITIONING TO A GREEN JUICE CLEANSE – ADVICE**

Once you've made the active decision to undergo a green juice cleanse, the next step should be to be adequately prepared to start the cleanse. Any dietary modification should be undertaken with care and after having done adequate research into the topic. Going in without any knowledge or preparation beforehand will defeat the entire purpose of the cleanse and have a detrimental effect on your health rather than doing good.

While on a green juice cleanse, you will have to abstain from any solid food and only consume green juices along with water throughout the day. If for some deical reasons, you are on any sort of medication them it is imperative that before embarking on this cleanse you consult your health service provider in case this might affect your medication or medical condition. Some people go to a doctor before a cleanse anyway, just to assess how their health is at that moment, and then have themselves tested again post-cleanse to see if there has been any improvement in their health. It is very encouraging to see if there has been some sort of difference in such a short span, thus if you think this will encourage you to be more regular with your cleanses and while tracking your progress you should definitely do the same. If the main goal of your juice cleanse is weight loss, then this is especially recommended and highly encouraging.

### **THE FIRST STEP: HOW LONG YOU SHOULD STAY ON THE GREEN JUICE DIET**

The best thing to do would be to consult with your doctor or nutritionist with how long you think your cleanse should extend. To do this, keep in mind how healthy your current lifestyle is, how much in need of detoxifying you are and what your health goals at the end of the cleanse are. Also remember that the first three to five days are going to be the days you feel the onset of symptoms the strongest and may feel weak. Usually, after the fifth day people report a sudden spike in their vitality, and also their energy levels.

It is best to time your cleanse over a weekend or a holiday, so your entire focus can just be on your own health alone and taking your time to feel rejuvenated and on the top of your game. It wouldn't be a good idea to decide to start at a time when you are extremely busy. The first few days have to be reserved for allowing your body to heal itself. This means powering through the numerous symptoms you may feel that come along with it.

It is perfectly safe to continue your fast for a number of days. The optimum number of days you should try it out obviously depend on you alone, but do remember that you need to give your body a time of at least a week or two to be able to thoroughly clean out all the trash and detox, and then have time to begin healing and repairing itself. Most people can power through a juice cleanse of thirty to sixty days safely, and cleanses extending over this period of time are adopted by many people who are trying to heal different health issues, trying to wean themselves off their medications or simply just want to start a new chapter in their lives that is healthy, rejuvenated and vibrant.

If you feel that you are already fairly healthy, and just need a reboot, then your juice cleanse can last just a couple of days too, as it takes very less time for a healthy person to detox their system compared to someone who has neglected their bodies for quite a while.

If your goal is weight loss, then track your progress with the cleanse and stop once you've reached your acquired goal. However it is important to expect that you might hit a plateau. This is not at all out of the ordinary and has various reasons to it. It is understandable that if your main focus is weight loss a plateau can be very discouraging if a couple of days pass by and the weighing scale reads the same. One may begin to wonder what's wrong. However, if you aren't losing weight, don't fret and just be patient. Results will begin to show very soon. The health benefits that you feel in addition to shedding the extra pounds are going to feel amazing!

## **THE SECOND STEP: PREPARING FOR AND STARTING THE JUICE CLEANSE**

The process of starting and preparing for your juice cleanse does not have to be difficult at all. It will be helpful if you go about it an organized manner and a positive attitude. The biggest challenge that people face with this cleanse is their own motivation through the first few days of the cleanse especially. Visualize your end goal and strive towards it. Once you get through the tough part the spike in energy and the feeling of rejuvenating will only add to your resolve.

If your juice cleanse is going to last about thirty to sixty days then make sure to have an assortment of recipes and juices to have. You don't want to get bored with the same taste and same green juices every day. Make a juice plan for yourself, so you can plan out a variety of juicing recipes to follow through out the week.

You might feel tempted to cheat and have an unhealthy snack in the middle, so be prepared for that. Always have a delicious easy to make green recipe at hand so you can stave off cravings with a vibrant green juice. It is best if you make sure beforehand that all your drawers and cabinet have no junk food or unhealthy snacks that might tempt you. Go through your car too! If you don't have any of this junk food around you to tempt you, the process will become so much easier especially the first few days.

Before you start your cleanse, it is best to talk to your family and friends the dietary journey you are embarking in. Support can go a long way, and you won't have to worry about a friend showing up at your doorstep with pizza or cookies halfway through your juice cleanse. It will make things much easier for you if the people closest to you know beforehand about it so they can help you and also respect your choice. Do not expect all of them to be very understanding. There is a general lack of information regarding detox cleanses thus most people do think they are dangerous, and might try and talk you out of it. Assure them that you're taking your decisions after doing your research and getting proper advice. The best way is to just ask for respect when it comes to your decision, but do not try and convince people that what you are doing is best for them too!

Try and clear out your schedule as much as possible. Ideally you shouldn't have much to do during the first few days of the cleanse especially if this is the first time doing a

cleanse. You have no prior experience as to how your body reacts thus do not schedule activities or appointments for yourself that you might have to cancel or won't feel up to later on until you know for sure how your body is reacting. Rest as much as possible and indulge yourself in activities that help you relax and make you feel good!

It is best to plan out all your recipes beforehand. Before starting the cleanse make yourself a recipe diary or book along with the ingredients required for each recipe. Then go to the market. Make sure that you invest in organic fruits and vegetables. This can't be stressed enough. The whole purpose of the juice cleanse is to detox thus there is no point in going and investing in the same commercially produced fruit that is subject to various treatments and chemicals. Fresh, organic fruit will be the best option. Try and buy enough at a time to be able to last you a couple of days so you do not have to run out to the market every day. Since you're investing in organic fruits try going to a whole sale market or farmer's market and talk to one of the farmers. Once they realize that you are planning to buy in bulk they might just give you cost-saving deals!

## **FRESH VERSUS BOTTLED**

Some people find it easier to go for bottled juices while on a juice cleanse. While this may be easier and requires less preparation, it is a much healthier option to go for fresh pressed juice instead. Fresh juice has a much higher nutritional value, whereas bottled juices on the other hand contain might contain higher sugar contents added for taste. Additionally, bottle juices undergo pasteurization which means that they are heated extensively and then processed. As a result the vital mineral and nutrients that the juice contains is all destroyed. Fresh juice is the same as consuming a natural vitamin which contains enzymes, important mineral, various antioxidants and even natural antibiotics which are immensely beneficial for health.

## **JUICING VERSUS BLENDING**

You might be confused as to the difference between juicing and blending your leafy greens. You might think that the answer is pretty obvious but a lot of people when on a green juicing diet are actually blending instead of juicing. Thus it is important to touch on this misconception and clear it up!

When you start juicing the raw vegetables or fruits, the machine takes out all of the water and the nutrients contained in the produce and all the pulpy fiber is left behind. However, when you blend then obviously the entire product is blended together and the whole produce is in fact turned into a nutritious smoothie. While on a green juicing diet, you can choose which you prefer to have whether a green smoothie or a hundred percent green juice. It depends on your own choice and what texture you tend to enjoy more. Both these techniques make nutrient dense drinks, so whatever way you choose to consume them it is entirely up to you!

Blending helps conserve the fibre inside the fruit. This is great for the digestive tract and helps regulate the bowels and also slows the absorption of sugar down. However, alongside slowing down sugar absorption, it also ends up slowing down the absorption of the various nutrients and mineral packed into your drink. Without any of this fiber you tend to absorb a hundred percent of all the nutrients. The insoluble fiber in a green smoothie results in slow release of nutrients, but again, the slower the digestion the longer you'll feel full. So if you are prone to cravings and feeling hungry the first couple of days, a smoothie can help keep those hunger pangs at bay!

Either way, whether you decide to juice or blend for your green cleanse, remember to always clean your blender or juicer very thoroughly after each use. The residue left behind by the vegetables are a breeding ground for bacteria and this residue is more vulnerable to these bacteria in comparison to whole vegetables. The reason for this is that juice become much more susceptible to being decomposed once it is in this ravaged state. Thus, clean your machines every single day without any compromise. No matter how many times a day you use it, clean it every time you use it. Absolutely do not let your juicer or blender remain dirty for a long period of time.

## **THE LAST STEP: THE GREEN JUICE CLEANSE**

### **THREE DAYS BEFORE THE CLEANSE:**

From your usual diet, switch to a healthy but light diet. This helps reduce the food cravings that can occur during the juice cleansing. It is best if you only eat fresh organic fruits and vegetables, drink water frequently throughout the day and consume whole grains. Try and cut down or avoid caffeine, alcohol, red meat, gluten and sugar

completely. If you already life a healthy lifestyle with a high raw food intake or a vegan lifestyle then this process can be skipped altogether.

As mentioned before, for the best experience during this cleanse make time for yourself to rest and also to reflect. Do not schedule your juice cleanse during a time that is emotionally taxing or you are undergoing a major transition in your life. Set yourself up for success. Set an attitude that helps motivate you for the cleansing ahead. First and foremost, set the intention to start on said date. This intention is your commitment to alter what doesn't suit you in your lifestyle. Reflect on your goal, what you are looking to heal, and what changes you are wishing to see.

### **THE CLEANSE:**

Start your Green juice cleanse early in the morning. Make sure not to have eaten a heavy dinner the night before. It is not a wise decision. Try and drink as many glasses of green juice as you can in a day. If you feel hunger cravings setting in, drink some more. Stick to fresh green vegetables. You may also start your day with lemon juice mixed in water to kick start your system.

Limit the exercise you get to walks, stretching and yoga. Pay attention to the changing energy levels during the cleanse before you exercise. Over-exertion can leave you feeling fatigued. Introspective activities while on this diet are recommended. Meditate, write a journal or talk long nature walks, just spend time to look after yourself.

It is also best to drink your juices the same day that you press them, since once the juice is extracted and in contact with the air it begins to lose its nutritional value as it starts oxidizing. Storing these juices in the fridge does slow this process down but for optimum results, extract your juices fresh.

### **3 DAYS AFTER THE CLEANSE:**

Do not return to your usual dietary routine abruptly. For three days, try and follow a dietary routine that was simple to the diet you had three days before beginning the cleanse. Ideally, eat just fruits and vegetables the first day, and then the next day add brown rice or yoghurt. Add meat to your diet atleast five to six days after your cleanse.

Do not suddenly start an exhausting or strenuous project right after your cleanse. You need to give your body time to integrate back into your regular routine, so go slow.

Once you have reached your goal you will feel an immense sense of satisfaction and contentment. It is only the start of the regimen which is the hardest, however once you get through it the rest of the cleanse goes pretty smoothly. You will definitely feel very proud having gotten over any challenges you may have faced during the entire process. It is all just about one's own mindset, dedication and commitment. Once you stick to the plan, the health benefits you reap will definitely make it all worth it.

## **CHAPTER 4: WHAT TO SHOP FOR? - INGREDIENTS AND MATERIALS TO STOCK UP ON.**

First and foremost, invest in a good quality juicer. Whether you're green juicing for five days or you're spending thirty to sixty days having only juices, your juicer will be your best friend throughout this time. So make sure it won't give up on you half way there? If you're planning on consuming green smoothies instead, then invest in a blender.

You can buy Ziploc bags (gallon sized) to help keep the organic produce that you buy in bulk fresh for longer. This is ideal for storing fruits and vegetables beforehand for easy juicing the next morning.

Even though it is best to avoid salt in your juices, but you may stock up on different spices like pepper or buy fresh mint, oregano, thyme or basil to flavor your favorite concoctions.

### **VEGETABLES TO STOCK UP ON:**

#### **CUCUMBER:**

Cucumbers are well known for the ability to reduce inflammation when directly applied to the skin. However, they are greatly beneficial when consumed as a green juice too. Cucumbers are rich in a substance called phytosterols, which help to reduce cholesterol. They are also rich in potassium and have a very high water content that help keeping the body hydrated and healthy.

#### **CELERY:**

Celery juice is great for people who dislike having it whole due to its specific texture. Celery is very rich in sodium and this helps regulates the electrolytes present inside the body. It also contains 'carotenoids' which help improve eye health especially age related issues. It is also said to have cancer-preventing properties.

**APPLES:**

As the old saying goes an apple a day keeps the doctor away. This adage still rings true. Recent research involving apples has suggested that apples play a role in preventing various types of cancers which include colon cancer, especially due to the fact that they are so rich in antioxidants. The nutrients and fibre in your apples can also help lower cholesterol. Also, they are incredibly tasty!

**KALE:**

Kale is a perfect source of many amazing vitamins and minerals which include iron, manganese, copper, calcium, phosphorus, potassium and vitamins A and C. As if this isn't enough reason to definitely include it in your juicing regimen, kale is also extremely low in calories and yet very dense in nutrients. In addition, kale also has compounds like lutein that helps promote skin and eye health.

**LEMON:**

While it is not a leafy green vegetable, lemons should still play a vital role in your juices. It is a vitamin C packed fruit, which helps boost the immune system and metabolism and thus are very important when juicing to help the digestive system be more effective. Additionally they also have anti-nausea properties. Thus, during the first few days of your cleanse if your symptoms include nausea this can help alleviate your symptoms.

**GINGER:**

It is common knowledge that ginger has extensive benefits that aid the digestive system. It is now a staple for people who wish to boost their immune system and also to reduce inflammation or help control an angry tummy.

**SPINACH:**

Rich in iron this vegetable is absolutely necessary in the cleansing process. It is also very rich in antioxidants, which adds to its nutritional value. It is very rich in the compounds, lutein and zeaxanthin, which are pigments that collect in the eye. These two compounds protect the eyes from damage caused by light and even many age related issues. It is also a great source of Vitamin A and K and folate too.

**BROCCOLI:**

Broccoli is extremely low in calories and a rich source of many nutrients. It is packed with vitamin C, vitamin A and even folates.

### **PARSLEY:**

Parsley can be a great addition to your juices as it helps lowering cancer risk, decreases inflammation in the body, helps boost the immune system plus the cardiovascular and the urinary system. It also fights bad breath. This herb is pretty great in every juice combination so don't be afraid to add it in.

### **GARLIC:**

The benefits of garlic are numerous and it goes very well with sweet juices which incorporate apples or pineapples. It helps in the respiratory and circulatory system, and in addition it also aids in lowering lipids in the body. Alongside this it wards off cancer, helps reduce blood pressure, and prevents the unnecessary clotting of blood in the body. As if that is not enough it also has action against germs and microbes. Thus it is very beneficial to chuck a bit of garlic into your juices!

Other important vegetables or fruits you may buy include avocados, lime, green grapes, garlic etc. Different green juicing recipes incorporate a different combination of fruits and vegetables thus shop according to your favourite recipes. A green juice usually has a ratio of about 3 parts fruit/vegetable juice to one part of green juice. This is to prevent the human body from undergoing detoxifying effects too rapidly which may make you feel very unwell. Also, this ratio can help hide the 'green' taste, that a drink that consists of all vegetables has and would be hard to drink for many days in a row. This ratio helps make the taste much nicer and delicious. The label of a 'green juice cleanse' shouldn't limit the array of produce you incorporate into your juices. Experiment, mix things up and make a regimen that best suits you!

Some people also include probiotic supplements in their juicing regimens. Probiotics are 'good' bacteria that are also naturally present in our intestinal flora. These bacteria help break down food more randomly and also produce some essential vitamins and minerals for the body which include Vitamin K. Medications and bad dietary habits tend to destroy this natural flora of the intestine thus it is recommended to also invest in some good quality probiotics to help boost the digestive system.

Once you are satisfied with all your ingredients, be mindful of the fact that all the fruits and vegetables must be washed thoroughly before consumption especially if you are making a smoothie of the whole produce. Unwashed produce can be a very harmful source of bacteria, infections and in case you aren't buying organic produce, chemicals.

Now that everything is prepared and you are set to go, go through your favorite recipes, try them out before starting the actual cleanse so you know what tastes you prefer and how you best like your juices. This will save you a lot of trouble and having to gulp down last minute juices that you make on the go. The more you enjoy what you take inside your body, the easier and more enjoyable the juice cleanse will be for you and the more the benefits you will reap!

## **CHAPTER 5: EASY RECIPES FOR THE PERFECT GREEN CONCOCTIONS**

Even though making a simple green juice sounds pretty simple enough there is basic idea that needs to be kept in mind actually bring the process down to a science. First there must be a base, which consists of the main ingredient that the entire drink is based on, followed by a secondary ingredient or an optional ingredient. People are generally very quick to decide that they dislike the taste of green juice, in fact it takes some time for the taste buds to adjust to the change in taste and thus you can't just fall in love with green juice on first taste! If however you really dislike a drink then that only means that you had a bad mix of ingredients that just didn't go together. It is also a little ambitious to make a green juice without any sort of fruit component at all. It takes time to develop one's taste and thus it is important to be careful when choosing the base for your drink and then adding secondary ingredients. Thus a small cheat sheet will greatly help you in making drinks that suit your palate and don't make you want to abandon the green juice cleanse altogether. Some great combinations for bases are:

### **APPLES AND CARROTS**

Carrots are starchy and sweet and add a vibrant colour and taste to the juice. Adding apples to this concoction enhances the flavor of both. No matter what apples you choose: green, gala or fuji, the juice base will be delicious and sweet. This is a great base for people who are new to the juice cleanse to ease themselves into the juicing world before the plunge into stronger vegetable only juices.

### **APPLES WITH LEMONS (INCLUDING THE PEEL OF THE LEMON)**

The combination of lemons and apples adds an extra dimension of flavor to the juice. While the apples are sweet the citrus tang of the lemon becomes much more enhanced in this combination to make quite a delectable pair.

## **CELERY AND CUCUMBER**

This is quite a favourite among avid green juicers. This makes for a simple and elegant base for a cleansing juice. When you gulp down a concoction based on just these two vegetables you will feel your insides being cleaned thoroughly by this smooth mixture.

### **MAIN INGREDIENTS:**

#### **COLLARDS AND SPINACH**

This is a juice for those willing to go for a super green juice. In this specific mix of ingredients, it is advisable to add a sweet base because the taste of the celery cannot pull through thus this may leave the mixture feeling grassy. It is very important that you are careful with the balance of flavor when involving these two ingredients.

#### **CELERY AND KALE**

Again by adding these two ingredients to your juice it may make your juice very green, and give it that distinctive grassy taste. It is better to mute the bitterness of the kale by using the apple and carrot or the lemon and apple base. This will make for a much tastier drink.

#### **FENNEL AND APPLES**

Fennel has a very distinctive taste that some people tend to find a little odd. However it goes well with celery. Thus by adding using the celery and cucumber base, apples and fennel together make an absolutely perfect juice.

#### **FENNEL AND PINEAPPLE**

This also makes for a great combination. The sweetness and fragrance offsets the taste of the fennel. Thus the two complement each other and work great in collaboration with the main base, whichever you choose, adding a lot of flavor to the juice.

#### **CABBAGE AND BROCCOLI**

As raw vegetables the two tend to taste quite bitter however their juices are great for various concoctions. This combination of main ingredients goes along excellently with the base pair of apples and carrots.

#### **CELERY AND BRUSSEL SPROUTS**

Brussels sprouts are also a cruciferous vegetable, and one their own their juice is absolutely disgusting. Thus to have these in a juice it is imperative that you sweeten the juice up considerably. Thus a combination of some clean, fresh celery, a tangy lemon and an apple or maybe two, this juice becomes absolutely delicious if alongside being extremely nutritious.

## **TOMATOES AND GRAPEFRUITS**

Grapefruits are absolutely delicious to juice all on their own too. Both these fruits however make quite a delicious pair. When these two fruits are blended together, the resultant mixture is not only tasty but also very aesthetically pleasing. You can even use apples and celery as the base for this juice that results in an absolutely scrumptious juice that you will definitely go back to a number of times throughout the course of your juice cleanse

## **BROCCOLI AND LETTUCE**

Broccoli juice, exactly like the juice of brussel sprouts tastes quite earthy and honestly pretty bad all alone. The lettuce however helps to mask most of the uncomfortable flavor and the clean taste of the lettuce balances the broccoli juice out. Using the celery and apples as a base further multiplies this clean flavor, the broccoli taste becomes a little more downplayed than before.

## **APPLES AND BEETROOTS**

Beetroot juice is packed with nutrients and absolutely delicious. It is literally, a root, and thus it retains that 'fresh out of the ground' earthy flavor. So to offset this taste that most people don't take much of a liking to, it is important to add in a fruit such as apples. If however you enjoy the taste of beetroot juice all on its own then that's awesome, good on you. However, using the celery and cucumber base helps to even the base out a little more still maintaining the subtlety of the apples.

So now that the basic concept of layering juices up by first using a base, followed by a main ingredient has been thoroughly explained, you can easily experiment with various recipes and create your own. If you're juice cleanse is only meant to last for a couple of days then you can easily just do with the tried and tested basic recipes to get you

through. However, if you're planning to go for a month or so, then do try different juices to keep yourself from getting bored.

There are various combinations of vegetables that can be juiced together to make delicious drinks. For the most extensive collection of recipes it is best that before starting on a cleanse you collect recipes from all the material you can get a hand on, be it the internet, health gurus or cookbooks. The more recipes you have the more you have a chance to experiment and make the juicing process a fun one!

Some simple recipes you can start off with are listed below. IF you feel that making juices all on your own is a task that you do not feel like undertaking by yourself, the just find a nearby juice shop to make your daily concoctions fresh for you. Due to the boom in popularity of Green Juicing there are also many businesses supplying fresh detox juices for all those who cannot make them themselves. In the end however the best juices are the ones you make fresh at home with love and care for your own self!

## **THE MEAN GREEN JUICE**

This juice is quite popular and has pretty much become a staple in every juice cleanse across the world. To make this, extract the juices of one cucumber, about four celery stalker, two apples, half a lemon, a one inch piece of ginger and about six to eight Tuscan cabbage leaves. Once the juice has been prepared gulped down and enjoy! The combination of produce in this drink are what help provide a synergistic effect on the benefits of each vegetable component.

## **GREEN SMOOTHIE**

Another delicious drink to make also incorporates apples. This drink is a smoothie, which means it has to be prepared in a blender and not a juicer. It is extremely refreshing and filling thus, it is great to assuage those hunger pangs! To make the Green Smoothie in a blender add the JUICE of two apples ( thus extract this juice in a juicer before hand), about a handful of kale, the juice of one lemon, three sticks of celery, a little bit of ginger to taste, half an avocado and about one fourth of a cucumber. Blend this all together and voila! This drink is extremely tasty and very satisfying.

### **THE GREEN LUNCH DRINK**

Very similar to the mean green juice this one however incorporates a little more fruit into the recipe. To make this recipe, in a blender, whizz together four stalks of celery, one cucumber, a cup of kale leaves, half a green apple (just the juice), the juice of half a lime, a tablespoon of coconut oil, half a cup of almond oil and one cup of pineapple juice. Blend it all together for a delicious lunch treat!

### **THE GREEN MACHINE JUICE**

Extract the juice of four kale leaves, two apples, two cups of spinach, two stalks of celery, half a cucumber, one carrot (medium sized) and a one inch piece of ginger. Make a delicious concoction and gulp down!

### **MORNING GLORY**

The juice of two apples, one ccumuber, a cup of blueberries, two cups of kale leaves, a one inch piece of ginger and two cups of grapes make a wonderful juice that can be great for a morning energizer. It will help kick start the digestive start and give you an adequate energie boost to keeo you functionin through the day.

### **JOLT JUICE**

The extract of two apples, one orange, one fourth of a peeled lemon, four kale leave and one cucumber makes for a delicious tangy drink that is a refreshing mid day drink, especially on a hot day. It can also be taken for breakfast to cleanse the stomach.

### **SWEET GREEN**

Take one red apple, four cups of loosely packed spinach, two zucchinis, and you may add a hibiscus flower if you want to. Run all of these thorough a juicer. This juice tastes much better when cold and chilled, thus while you clean your juicer, put this juice in the freezer for a couple minutes and then serve!

Now that you have the know-how of making the perfect juice concoctions, what ingredients complement each other and how to pair various vegetables together go forth and detox! Cleanse your body with these delicious recipes and hopefully incorporate some of these drinks into your everyday diet long after you have switched back to a normal diet. Juice and Enjoy!

## **CONCLUSION**

A Green Juicing Diet Cleanse can be the perfect way to start a new healthy chapter in your life. You can act upon it at any time you wish, and stop the cleanse whenever you feel like you've achieved your end goal. The best part is that it isn't a dietary modification that you need to adhere to for years and years to see any real benefit, its value becomes apparent just a few days into the cleanse. While it does take a certain amount of dedication to one's own health to make the active decision of embarking on this journey, the commitment to one's own health is something that everyone should be taking seriously. Will power is needed to power through the symptoms of detoxification that become apparent or a plateau when it comes to weight loss but it is bound to pay off in the end. A juice detox will not only clean your body internally, but it will also leave you feeling mentally rejuvenated and better cognitive function.

Our body works in sync with all its components, thus there is no way that the physical cleansing of your body will not make you feel more vitalized both, emotionally and spiritually. Your eyes will become brighter, the skin firmer, more hydrated and glowing and your energy levels will be like you've never felt before. In fact, once you get used to the feeling that a juice cleanse brings, you'll be bound to go back to them from time to time more frequently. In today's fast paced world there are so many stressors, paired with pollution, and the unhealthy lifestyle that we are living that one tends to neglect our own well being and health.

With a juice cleanse once every couple of months though, we can take out the time to heal our body, repair it and come out the other side renewed.