

1 DAY JUICE DETOX

The Ultimate Guide



MANY PEOPLE ALREADY KNOW HOW IMPORTANT WHAT YOU PUT INTO YOUR BODY IS TO YOUR HEALTH.

AND YET PEOPLE'S HEALTH IS GETTING WORSE?

By the time you finish reading this paragraph, four people will have had a heart attack, 1 in 3 people are getting cancer, 2 out of 3 people are obese and 171 million people worldwide have been diagnosed with diabetes.*

Hi Chris here, Editor of [Organic Health](#).

For the last 10 years I've been researching, studying and interviewing health experts to find out why our health is in such bad shape?



What is Going On?

The vast majority of these diseases can be linked to consuming the "western diet", excessive stress and exposure to harmful chemicals (pollutants).

[SuperJuice Me](#) gives a beautifully simple explanation of this: [View YouTube Here](#).

It seems we have forgotten the basics. In order to survive, our bodies need 3 things: healthy food, water and air.



Right now you may be asking 'Am I healthy?'

The best way to gauge this is to ask yourself, "How are you feeling right now?" Do you feel great? Do you have tons of energy? Do you feel attractive? Pain-Free? Ready to take on the world?

Or do you feel Fat? Tired? Sick? Bloating, Miserable or just, blah!?

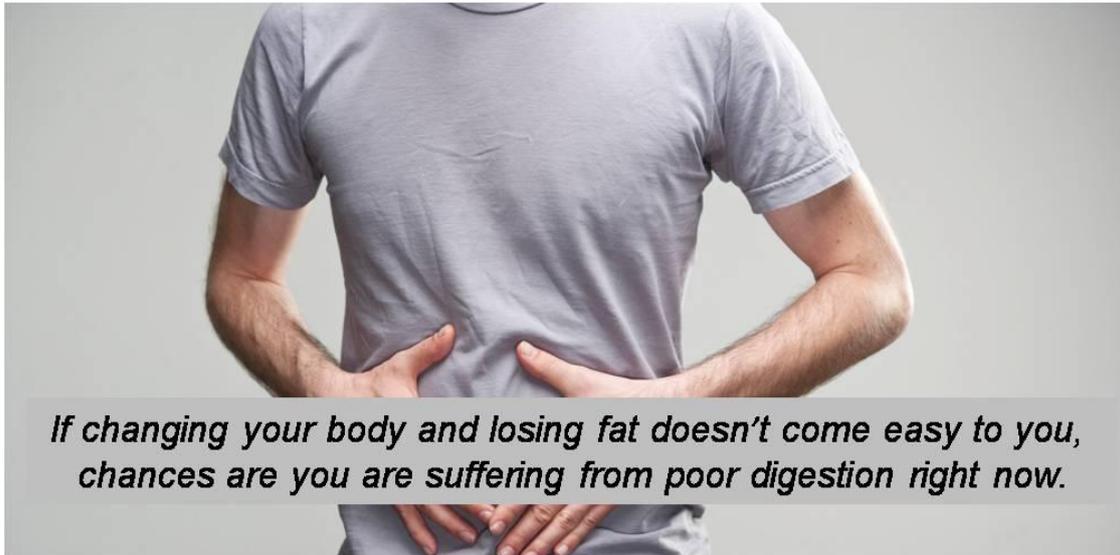
HEALTHY BODY

Take heart, this can be changed, provided you are prepared to go all in.

After years of consistent, less-than-ideal food, our body's digestive system has become overworked and less efficient, which can lead to metabolic problems, hormonal imbalances and potential disease (picture pouring fast food and flour down your kitchen sink for years to get an idea of how clogged up your digestive system could be).



Digestion is so important, because it allows us to breakdown and absorb the food we eat plus nearly 70% of our immune system is in our gut.



If changing your body and losing fat doesn't come easy to you, chances are you are suffering from poor digestion right now.

The most common symptoms of poor digestion are:

- Gas, bloating, stomach aches.
- Fatigue, mental fog, lack of energy.
- Changes in bowels (i.e. diarrhoea, constipation, discomfort).
- Congestion, running nose, mucus in throat or coughing.
- Hives, rashes, spots etc.



Always Tired?

Ever wondered why we get so sleepy after big meals, our digestive system is working overtime to break down all that food, and next thing you know, your energy levels drop and you're taking an afternoon nap. Juicing delivers the nutrients as liquid, meaning we absorb them far quicker and with less energy required, resulting in the boosted energy levels many people experience when Juicing!

WHAT HELPS?

1 DAY JUICE DETOX



Essentially this means that, for a period of 24 hours, you will actually be eating almost no food – and the food you do put in your system is strategically used to clear your digestive tract (your pipes) in the form of nutritionally alive juiced produce.

You will need a juicer: [The Kuvings Slow Juicer](#) is one of the best juicers available.

However, any juicer is a great way to drink more vitamins and minerals.

Some people write in saying they borrowed a juicer from a friend. Some say they purchased one 2nd hand. Don't spend too much time on that decision. The important thing is that you get one and get started!

BONUS TIP: If you're too busy with work or a family, you may not have time to juice. It's okay. That's why we created [Nutrivers Superfood Juice](#). It's a U.S.D.A. Certified Organic Superfood Mix. It tastes delicious, and even children love the flavour. Nutrivers Juice has 16 of the best Superfoods, vitamins, minerals and anti-oxidants from around the world. Backed by hard science, one of the unique organic ingredients helps your body perform optimally and has over 50 patents! Together, they'll give you more energy to steam through the day - [Check it out here](#).



OVERVIEW: WHAT TO DO OVER THE NEXT 24 HOURS

- 1. Juice:** Drink 3-6 vegetable juices throughout the day, no solid foods.
- 2. Hydrate:** Drink at least 80 oz (2 L) of water a day to help flush your body while detoxing.
- 3. Supplement:** Take any of the recommended organic supplements below as needed.
- 4. Move:** Be physically active for at least 20mins to stimulate your lymph system as you detoxify your body. This can be anything light or low intensity – walking, yoga, dancing, stretching, etc.
- 5. Rest:** Prioritize at least 7-8 hrs sleep a night.



POWER OF JUICING



- **Many people ask why they should juice when they could eat the vegetables or fruits whole? Juicing provides your body with more nutrients that are directly absorbable rather than tied up in the fibre as they are in whole foods or even blended foods. Since your body doesn't have to break down any components like insoluble fibre, your body is quickly able to absorb micronutrients, antioxidants, vitamins, minerals and much more from the juice. That's why you'll often get an instant energy boost after having a juice!**
- **Juicing allows you to consume the needed vegetables and fruits that your body requires for optimal health. Do you find it challenging to consume the 8-10 servings of recommended fruits and veggies daily (I do)? If you answered yes, then juicing is perfect for you. With juicing you benefit from getting a wide variety of different vegetables into your daily requirements – easily!**
- **Juicing is a means to change the way you eat and will change the way you live. After you juice for a week, you will see and feel instant results. Often after the first week of juicing, people tell us how much more energy they have, how their skin has improved and how much overall mental clarity they have.**
- **Also, a juice detox program can help you change your taste buds and make changing your eating habits easier!**

1 DAY JUICE DETOX

WHAT TO EXPECT



Occasionally, when juice fasting, you may experience some of the following:

Low energy, headaches, constipation, irritability and trouble sleeping.

The good news is this is only in the beginning as your body adjusts, when done correctly, you can avoid these symptoms completely while juice fasting and enjoy burning some serious body fat while improving your health!

1. Your bathroom visits change:

Increased no 1's, decreased no 2's. This is totally ok and normal. Remember, you're drinking tons of extra water via your Juices and drastically decreasing or eliminating solid food intake completely. For these reasons, you can anticipate little to no bowel movements. Simply put, you don't have anything to eliminate, aside from liquid.

Side note regarding juicing beets and your bowel movements: Very commonly, juicing beet results in red stools or orange urine...don't worry this isn't an emergency; it's simply the colour from the beets. Keep on juicing!

2. Your energy levels change:

Energy high right after you consume a fresh juice. Energy low between juices and often in the evening. You might want to sleep ALL the time. This is completely ok. Remember, your body is working overtime to detox and cleanse your system. This, in combination with lower calorie intake, will make you much more tired.

3. Your cognitive function may change:

Mental foginess in the beginning with occasional increase in morning mental focus. This is a great time to get writing or productive.

4. Your temperature regulation may change:

Your feet, toes, hands and fingers may be cold. This is ok! It's very common when we are in calorie deficit to experience cold extremities. The body is simply not as good at regulating your body temperature while fasting.



THE DETOX

BEFORE YOU START...

1. Read over the guide.
2. Decide which recipes and what supplements you'll use.
3. Make a shopping list and go shopping.
4. Prepare your veggies the night before (as shown below).
5. Look into a ["Quick Juice" formula](#) for busy days.
6. Set your intention for your 1-day juice detox: Your reason why you're doing this, stick this wherever you can see it often.
7. Prepare for improved health.



VEGETABLE PREPARATION

COMPLETE THE NIGHT BEFORE YOUR 1-DAY FAST

1. Wash veggies: either in fresh water or with produce wash pre- juicing.
2. Cut and/or peel produce: We recommend peeling anything not organic that can be peeled (i.e. cucumbers, lemons/limes, apples, even non-organic carrots).
3. Store individual juice recipe ingredients in containers or bags for easy access the next day.

HOW IT'S DONE:

1. Drink as much water as possible throughout the day, preferably with a little bit of lemon juice squeezed in.
2. Drink up to 2 cups of fresh vegetable juice every three hours (10 to 12 cups a day). *Ideally, "fresh" entails the following:
 1. Straight out of a juicer from real fruits and vegetables, and if that's not possible...
 2. Any juice purchased "pre-made" that's made from 100% vegetable juice with no other ingredients (tip: if it's on the supermarket shelf, it's probably not 100% pure juice).

3. Drink 1 glass of [Nutraiverus Super Juice](#), preferably in the morning or afternoon. This will give you an instant boost of Superfood energy and it tastes delicious.

TIP:

Look for juices with a short shelf-life! The best pre-made juices should always have an expiration date right on the bottle, showing that the ingredients are **ALIVE** and won't last very long on the shelf.



Juices not only are excellent for your health and body weight; it's a lot easier to drink the healthy nutrients, than eating the same amount of fruits and vegetables.

RECIPES

ALL JUICE RECIPES

The following recipes are suggestions designed for beginners. If you'd like to swap these for your own creations that is completely OK.

DETOX DELIGHT

- ▶ ½ CUCUMBER
- ▶ ½ LEMON
- ▶ ½ INCH GINGER ROOT
- ▶ 2 CARROTS
- ▶ 1 APPLE
- ▶ 3 STALKS OF CELERY
- ▶ 2 HANDFULS SPINACH

BEET THE BULGE

- ▶ 2 CHARD LEAVES
- ▶ 1 HANDFUL OF MINT (1-2 SPRIGS)
- ▶ 2 CUCUMBERS
- ▶ ½ BEET

LEAN, MEAN AND GREEN

- ▶ 1 LEMON
- ▶ ½ CUCUMBER
- ▶ 2 CARROTS
- ▶ 1 BUNCH WATERCRESS
- ▶ 1 INCH GINGER ROOT

THIS JUICE IS GREAT FOR COLDS AND NAUSEA. IT IS ALSO GREAT FOR SMOOTHER, AGE-DEFYING SKIN.

ZIP ZAP ZING JUICE

- ▶ ½ BEET
- ▶ ½ CUCUMBER
- ▶ ½ LEMON
- ▶ 2 STALKS CELERY
- ▶ 1 HANDFUL CILANTRO
- ▶ 1 HANDFUL CHARD
- ▶ 1 INCH GINGER ROOT

THIS A POWERFUL JUICE TO DRINK BEFORE A MEETING AND WHEN YOU NEED EXTRA BRAIN POWER. THIS WILL GIVE YOUR BRAIN THE ZIP-ZING THAT IT NEEDS TO FOCUS ON THE TASK AT HAND AND GET STUFF DONE.

MY JUICE

- ▶ 4 APPLES
- ▶ 1 INCH GINGER ROOT

THIS IS MY FAVORITE FRUIT JUICE. FIRST OF ALL, I LOVE THE FLAVOR OF APPLE JUICE, AND WHEN THE GINGER IS ADDED IT GIVES IT AN AMAZING KICK. OF COURSE, I'M THE GUY WOULD CHEW ON GINGER IF IT WAS AROUND ME. MMMM. THIS IS A GREAT ONE FOR COLD PREVENTION AS WELL.

BEAT THE STREET JUICE

- ▶ 1 BEET
- ▶ 4 STALKS CELERY
- ▶ 1 LEMON

THIS A JUICE I LIKE TO DRINK BEFORE A LONG RUN. THIS GIVES ME SUSTAINABLE ENERGY AND IT TASTES DELICIOUS. BE CAREFUL AT FIRST, THOUGH, IF YOU'RE NOT USED TO BEETS.

RECIPES

FLJ #3

▶ **1** CUCUMBER ▶ **½** LEMON ▶ **3** STALKS CELERY ▶ **2** HANDFULS SPINACH

SUPER GREEN LIVER CLEANSE

▶ **1** DROPPER OF MILK THISTLE ▶ **2** STALKS OF CELERY ▶ **1** CUCUMBER ▶ **1** HANDFUL OF PARSLEY
▶ **1** HANDFUL OF LETTUCE ▶ **1** LEMON

GREEN MONSTER

▶ **1** HANDFUL OF PARSLEY ▶ **2** KALE LEAVES ▶ **2** CHARD LEAVES ▶ **3** ROMAINE LEAVES
▶ **1** HANDFUL OF DANDELION GREENS ▶ **2** GREEN APPLES

C.A.R.

▶ **1** YELLOW BELL PEPPER ▶ **2** CUCUMBERS ▶ **1** HANDFUL OF PARSLEY ▶ **½** HEAD OF ROMAINE LETTUCE

C.A.R. 2

▶ **2** GRAPEFRUITS ▶ **1** CUCUMBER ▶ **1** HANDFUL OF PARSLEY ▶ **2** HANDFULS OF DANDELION GREENS

ARMS 'N ABS

▶ **1** HANDFUL OF KALE ▶ **1** HANDFUL OF CILANTRO ▶ **8** STALKS CELERY ▶ **1** GREEN APPLE

ENERGIZER BUNNY

▶ **1** HANDFUL OF MINT ▶ **1** HANDFUL OF PARSLEY ▶ **½** INCH OF GINGER ▶ **2** CUCUMBERS ▶ **2** CARROTS

BODY CLEANSE

▶ **2** APPLES ▶ **1** CUCUMBER ▶ **4** STALKS CELERY ▶ **1** LEMON ▶ **1** CUP CRANBERRIES
▶ **1** INCH GINGER ▶ **1** BEET

Add these Supplements to **Supercharge your Juices:**

1. **Coconut oil** – great source of healthy fat.
2. **Avocado** – great with anything, helps the body absorb nutrients (great in salads).
3. **Magnesium** - maintaining energy levels, heart health, healthy blood vessels and helping you relax.
4. **Chia seeds** – supports healthy skin, digestive health, heart health and boosts energy and metabolism.



Once you've completed the 1 Day Juice Detox, you may like to try a 5 Day Juice Detox? Listen to your body, consult with your healthcare professional and if both agree, more health power to you! 😊 We're here to help every step of the way, let us know how it's going [here](#).



Yours in Health,

Chris and the Organic Health Team



ORGANIC HEALTH

simple ways to live a healthy life

P.S. It's brilliant you're taking this step! Thousands of healthy, energised people did the same. Before you know it, 24 hours will be over. Your body will be full of wonderful vitamins and minerals. Maybe for the first time in your life, you'll feel bright and vibrant. The best part is, your taste buds will be craving more micronutrients so you can stay looking and feeling your healthy best!

*** SOURCES:**

World Health Organisation: [Diabetes action now - World Health Organization](#), accessed 3 February, 2017.

National Institute of Diabetes, Digestive and Kidney Diseases: [Overweight and Obesity Statistics](#), accessed 3 February, 2017.

Additional source: American Cancer Society, [Lifetime risk of developing or dying from cancer](#), accessed 3 February, 2017.

Additional source: National Cancer Institute, [SEER fact sheets](#), accessed 3 February, 2017

DISCLAIMER:

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