



10 Day Juice Fast

For the Liver

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Introduction

What is a “juice fast”? A “juice fast” is when one avoids consuming anything other than freshly pressed juices, specific nutritional supplements, and water, for a certain amount of time in order to elicit a detoxing response in the body. Juice fasts help give the digestive system a “break” from metabolizing food so that it can instead focus on cleaning itself out. Freshly pressed juices are easily absorbed, full of nutrients, and require very little digestion, and by taking the burden of digestion off the body while on a juice fast, we allow the body time to heal and self-clean. Juice fasts can be very beneficial in helping people “reset” their bodies, especially if they constantly feel tired, have low energy, feel weighed down, or are generally “sick”, and/or feel sluggish.

There are right and wrong ways to do juice fasts however, and this guide was written in order to help individuals do a basic juice fast the right way; which is to support the liver, gallbladder, kidneys, and colon, which are the main organs that are part of the detox system in the body, and which need support from time to time. Just as a car needs an oil change or a house needs a spring cleaning, our bodies need a detox period so that it can run more efficiently and “clean out” the debris and toxins that have been building up overtime.

The liver is the main organ associated with detoxification in the human body. It performs many different functions, all of which are important and necessary for the health and wellbeing of the person it belongs to. Along with nutrient metabolism, the liver breaks down and neutralizes harmful toxins that are present in our every-day environment, including toxins found in our diet, water, air, medications, work place, personal care products, cleaning supplies, clothes, etc. A healthy, strong, and clean liver can metabolize “normal” amounts of toxins very well, to the point where a person with a well-functioning liver may not notice any harmful side effects of toxin exposure. A weak, tired, and “dirty” liver, however, is unable to fully metabolize the harmful toxins that it is exposed to, which results in the leakage of those toxins into our bloodstream and their build up in other places of the body. This build-up can cause low energy and many different chronic illnesses, including autoimmune disorders, mental illnesses, joint pain, trouble sleeping, poor mood, digestive issues, and more, depending on which area of the body these toxins build up in.¹

Since the beginning of the industrial revolution in the early 1900’s, when the number of factories and commercial products increased dramatically throughout the United States, and eventually the entire civilized world, there has been an increase of toxins in our environment, our water, our soil, our food, the air, and even in our clothes. These toxins are created large scale in order to help manufacture and mass produce products we buy at the store, and are also sometimes created as by-products of the manufacturing process. Even 100 years ago, humans did not have access to the types and amounts of commercially-made products that we have now, and thus didn’t have to deal with the higher amounts of pollution that resulted from the production of these products, including automobile production, plastic production, clothing production, rubber and

tar production, and even food production.² Now, about 120 years after the boom of the industrial revolution, we are finding that the by-products of the production of a majority of these products have harmful effects on all life forms inhabiting this planet, from the type of microbial life that lives in the soil, to animal life both in the ocean and on land, and even the lives and health of those who live in our own homes, such as our children, families, friends, and ourselves. The rise of chronic diseases such as cancer, diabetes, heart disease, arthritis, mental illnesses, etc. have dramatically increased in the Western world even in the past 30 years alone.³ This issue is something that we can no longer ignore and need to take active steps in order to both reverse and prevent, or we, our children, and our grandchildren will pay the price of chronic disease. As an individual who has struggled with her own mental and other health challenges, and was able to reverse them through holistic alternative medicine, this is something that I am very passionate about, and as such, want to help others overcome for themselves.

The following is a detox protocol that was designed to help “clean” and support the liver, kidneys, and colon, so that they can function better and more efficiently in protecting our bodies against the onslaught of toxins we face every day. This specific document is also meant to be a basic introduction to the world of short-term juicing and how to do it effectively in order to help your body detox and feel good. I have compiled this information from several different sources including my own experience doing a variety of juice and liver cleanses on my own liver detox journey, and I hope that you enjoy the information that I have to share with you.

*Disclaimer: The claims in this document have not been evaluated by the Food and Drug Administration (FDA) and are not intended to treat, cure, or prevent any disease. Scientific data was used in the creation of this protocol and it is quite safe, however individual needs and medical conditions may vary, and a physician or practitioner should be consulted before completing the following protocol.

Recommended Supplements

The following is a list of nutritional supplements that help support the detox organs and mechanisms of the body, and should be used during a juice fast:

- **Milk Thistle:** Silymarin (a flavonoid found in milk thistle) has anti-inflammatory and antioxidant properties that safeguard the liver, specifically from toxic substances.⁴ A high-quality supplement is one that ONLY has milk thistle and a capsule made of cellulose.⁵ Any other add-ins to the supplement are not necessary and may be harmful rather than helpful to the liver while it is detoxing.

Here is a link to the brand I use and recommend:

https://www.amazon.com/Pure-Encapsulations-Hypoallergenic-Supplement-Concentrated/dp/Bo7BSKQ5NJ/ref=sr_1_1?crid=38SF7L1ATQET&keywords=organic+milk+thistle+supplement&qid=1707687533&sprefix=organic+milk+thistle%2Caps%2C138&sr=8-1

(Supplement info; Brand: Pure Encapsulations. Name: Silymarin. Store: Can be found on Amazon)

- **N-acetylcysteine (NAC)** promotes glutathione production in the body, and glutathione aids in detoxification and free radical elimination (free radicals can cause cancer).⁶ As such it is also recommended while on a juice fast.

Here is a link to the brand that I use and recommend:

https://www.amazon.com/Xymogen-NAC-N-Acetyl-L-Cysteine-Cardiovascular-Detoxification/dp/Bo06UHUNJo/ref=sr_1_1?crid=TFZ222FFS5Yo&keywords=n-acetylcysteine&qid=1707701483&sprefix=%2Caps%2C126&sr=8-1

(Brand: XYMOGEN. Name: NAC N-acetylcysteine. Store: Amazon)

- **Magnesium spray** that only contains magnesium citrate, magnesium malate, or magnesium glycinate (easily absorbed forms of magnesium) and water.⁷ Magnesium is needed to help the body metabolize sugar and nutrients, sleep, DNA synthesis, muscle contractions, detoxification, increase energy levels, relieve stress, and a multiplicity of other functions. Magnesium is typically found in plant foods, but due to increased food production from large scale commercial farms since the early 1900's, the soils that these foods are grown in have been depleted of nutrients over time (because the soils don't have time to get replenished between plantings), and as such magnesium amounts have been declining in our food supply.¹⁻⁵ Thus, even if you eat your fruits and vegetables you may not be getting all of the nutrients that you need from them. As such, it is important to supplement magnesium specifically, and one of the safest ways to do so is by rubbing it on the skin. One of the best areas of the body to rub the Magnesium oil on is in the armpits, because the armpits are very absorbent and also are a draining area of the lymph system.⁸ If you use magnesium spray in the place of commercial deodorants on your armpits every day, you will further help the body detox through the lymph system, decrease body odor, AND help get the magnesium your body needs to function properly.

Magnesium is an electrolyte, and as such is good for your heart and muscles. I recommend rubbing some magnesium oil on your stomach and chest area during your juice fast in order to prevent cramps in your digestive system and to regulate the heartbeat if you feel your heart racing.

Here is a link to the magnesium that I use and recommend:

https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/dp/Bo0Q78C1EW/ref=asc_df_Bo0Q78C1EW/?tag=hyprod-

[20&linkCode=df0&hvadid=666700525438&hvpos=&hvnetw=g&hvrnd=1078846055333289440&hvpon=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9024583&hvtargid=pla-331430423689&psc=1&mcid=fd68d8e04dd73d42b5e13fb2d9cf486f](https://www.amazon.com/dp/B000000000?ref=ppx_yf_tit_cmt&pf_rd_p=666700525438&pf_rd_r=1078846055333289440&pf_rd_s=9024583&pf_rd_t=331430423689&pf_rd_w=1&pf_rd_wl=fd68d8e04dd73d42b5e13fb2d9cf486f)

(Brand: Seven Minerals. Name: Pure Magnesium Oil Spray. Store: Amazon)

- **Concentrace Minerals** and/or **sea salts** (such as Celtic Sea Salt, REAL Salt, Himalayan Pink Salt, etc.). Add a pinch to each glass of filtered drinking water for adequate natural electrolytes. This is essential to do during a juice fast in order to prevent dehydration and supply essential electrolytes.

- **Zeolite Spray and Drops** aids in natural heavy metal detox both on the cellular level and in the digestive system. These can be taken even when not on a juice fast: <https://healthwithkayla.thegoodinside.com/shop/product/zeolite-detox-pack>

(Brand: Touchstone Essentials. Name: Zeolite Detox Pack. Store: thegoodinside.com)

- **Fulvic Minerals** bind to heavy metals and chelate them from the body; should be used with the zeolite spray and drops in order to help the body detox. <https://healthwithkayla.thegoodinside.com/shop/product/fulvic-minerals-plus>

(Brand: Touchstone Essentials. Name: Fulvic Minerals Plus. Store: thegoodinside.com)

- **GLF**: Gallbladder and Liver Flush is an essential oil that is only sold by Young Living and works MAGIC on the liver and gallbladder in helping them detox and “flush” themselves out. It should be used along with the milk thistle. <https://www.youngliving.com/us/en/product/glf-essential-oil-blend>

(Brand: Young Living. Name: GLF Essential Oil Blend. Store: youngliving.com)

- **Kidney Health** supports the kidneys while the body is detoxing, which is essential in ensuring that the kidneys are not overwhelmed while they filter the blood and help the body detox. <https://globalhealing.com/collections/herbal-blends/products/kidney-health>

(Brand: Global Healing. Name: Kidney Health Supplement. Store: globalhealing.com)

- **Cleaver Leaf/Stem Tea** (Organic) helps the lymphatic system drain and supports the kidneys in expelling waste.⁹ (Optional, but recommended)

(Brand: Mountain Rose Herbs. Name: Cleavers. Store: mountainroseherbs.com)

A Note on Juicers

The best commercial juicers available cost anywhere between \$2,000-\$3,000. I have linked 2 of them below:

1. <https://www.nutrifaster.com/collections/juicers/products/nutrifaster-n450> (Brand: NutriFaster. Name: N450. Store: nutrifaster.com)
2. <https://purejuicer.com/collections/juicers>
(Brand: Pure Juicer. Name: Hydraulic Cold Pressed Juicer. Store: purejuicer.com)

The more budget friendly options I have also linked below.

1. https://namawell.com/products/nama-j2-cold-press-juicer?variant=40808244248753¤cy=USD&utm_medium=product_syn_c&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&gad_source=1&gclid=CjwKCAjw7-SvBhB6EiwAwYdCAXYQqWDSZSWY-ZcqSeZEiUA7XOGMqHLNCyjJ6pSZEKfyiKYzEKogBoCgmoQAvD_BwE
(Brand: Nama. Name: Nama J2 Cold Press Juicer. Store: namawell.com)
2. https://www.amazon.com/Ninja-JC151-Countertop-Dishwasher-Generation/dp/B0BR8HZL9V/ref=sr_1_7?dib=eyJ2IjoiMSJ9.ePMDTX7kmqCJTxfRY7sOHhrR1hw2Ho1nPFrK_ekpIKIT2D3rXk7Jhocobp_7kmEkOougdmzyfGtCgqKgG_Bfd31uhQjiusijOmBMGKnHaLboFLdOoT58OXYTgDA1NErV38cNfSz_OfBbLPSu8UcEPi1Jbib4oLH818XEmAiPvoRDPmw_UhFeE9w7UBuFESbhwS_H2IdZnnk5GWiyOLRdCwBlyE8jqrz3HSXMa5u-T_xs.PoqTX1AoAZbo3OekHonDT9xDqyDn7vcvoxel6bpRwAo&dib_tag=se&key words=juicer&qid=1710882690&sr=8-7
(Brand: Ninja. Name: JC151 NeverClog Cold Press Juicer. Store: Amazon)
3. https://www.amazon.com/JoyBear-Cold-Press-Juicer-Machine/dp/B0C9ZK6P67/ref=sr_1_8?dib=eyJ2IjoiMSJ9.ePMDTX7kmqCJTxf

[RY7sOHhrR1hw2H01nPFrK_ekpIKIT2D3rXk7JhocoBp_7kmEkOougdmzyfGtCgqKgG_Bfd31uhQjijusijOmBMGKnHaLboFLdOoT58OXYTgDA1NErV38cNfSz_OfBbLPSu8UcEPi1Jbib4oLH818XEmAiPvoRDPmw_UhFeE9w7UBuFESbhwSH2IdZnnk5GWiyOLRdCwBLyE8jqrz3HSXMa5u-T_xs.PoqTX1AoAZbo3OekHonDT9xDqyDn7vcvOxel6bpRwAo&dib_tag=se&keywords=juicer&qid=1710882526&sr=8-8](https://www.amazon.com/gp/product/B000060000?pf_rd_p=1710882526&pf_rd_r=7kmEkOougdmzyfGtCgqKgG_Bfd31uhQjijusijOmBMGKnHaLboFLdOoT58OXYTgDA1NErV38cNfSz_OfBbLPSu8UcEPi1Jbib4oLH818XEmAiPvoRDPmw_UhFeE9w7UBuFESbhwSH2IdZnnk5GWiyOLRdCwBLyE8jqrz3HSXMa5u-T_xs.PoqTX1AoAZbo3OekHonDT9xDqyDn7vcvOxel6bpRwAo&dib_tag=se&keywords=juicer&qid=1710882526&sr=8-8)

(Brand: JoyBear. Name: Cold Press Juicer Machine. Store: Amazon)

The biggest differences between the higher quality juicers versus the cheaper juicers is the amount of pulp that makes it into the juice once it comes out of the machine, the amount of juice that makes it into the pulp (or “waste”) of the vegetables when they come out of the machine, and the cheaper juicers are also slower and more time consuming than the more expensive ones (although cleaning time is about the same for both).

If opting for the more affordable options, these are my recommendations:

In order to counter the amount of pulp that comes out of the machine and into the juice, I recommend straining the juice TWICE before drinking (using a fine metal or mesh sieve, or cheesecloth). It is important to strain the juice before drinking because all of the nutrients in juice are meant to be absorbed in the small intestine before they make it to the colon, which is part of the juice fast. The pulp is composed of fiber that cannot be digested or absorbed in the small intestine, and thus makes it to the colon where it can be broken down. Part of the protocol of a juice fast is to give the colon a break while it works on getting rid of all of the fecal matter that has been building up inside of it for years, and you cannot get rid of the build-up if you keep adding to it. More information regarding the cleaning of the colon will be spoken about in the next section.

Enemas

Ene- what?! As previously mentioned at the end of the last section, one of the purposes of a juice fast is to help the body clean out the colon. There are many reasons why cleaning out the colon is important, one of which is to clean out all of the matter that has been building up inside of the colon for years, and for many, even their whole lifetime.

Most people are shocked when they find out how much fecal matter is stored inside of their colon, and they usually only find that out when they try to clean it out. In my experience, most adults who complete their first cleanse in their 30's or beyond often find that a “black sludge” starts to come out the deeper they clean out the colon. Again,

this is common because it is literally a lifetime of waste that one is figuratively “scraping away” from the walls of their colon.

In order to help get rid of the fecal matter in the colon while doing a 10-day juice fast, I recommend the use of enemas at least 1-2 times per day. Make sure the water in the enema bag is filtered, warm to the touch, and has at least ¼-½ tsp of sea salt inside of it to help replace electrolytes. Drink lots of filtered water with added electrolytes (a pinch of sea salt or Concentrace Minerals) before and after doing an enema, and throughout the day while on a juice fast in order to help the body stay hydrated and to aid in detoxing.

Adequate hydration is essential while doing enemas. The colon is the area of the digestive system that absorbs water and electrolytes, and if a person is not adequately hydrated while doing an enema, their body will absorb the water and electrolytes from the enema and will not expel it (along with other waste) back out. So, if you notice that you are not expelling as much water as you are putting into your colon via the enema, you are dehydrated and need to be drinking more water.

Please note however, that while an enema will help clean out fecal matter and is very beneficial on a juice fast, it will not clean out the colon entirely, especially if only doing the juice fast for 10 days. In order to completely clean out the colon, one will need to utilize a hydrotherapy bed daily for 2-3 weeks or more while doing a juice fast simultaneously. Since this is the protocol for only a 10-day juice fast, that is beyond the scope of this guide. I only recommend enemas for a juice fast of this duration. If you would like to learn more about the utilization of a hydrotherapy bed, I recommend learning more about it at Colenz.com.

It is also important to note that even though an enema will not completely clean out the colon, it will still clean a lot out, which is very beneficial for your health. The body has many different ways of detoxification, and one of them is elimination of toxins through the stool. In order to ensure that the body is eliminating toxins through the stool, is to ensure that stool is being eliminated daily. As such, enemas are necessary to do daily while on a juice fast.

The Importance of Filtered Water

Only drink filtered water, especially on a juice cleanse, because tap water has been found to obtain a multiplicity of toxic substances. According to Research published by the University of New Mexico:

“[S]even known contaminants that often find their way into drinking water: arsenic, fracking fluids, lead, nitrates, chlorinated disinfection byproducts,

manmade chemicals known as PFAS (per- and polyfluoroalkyl substances) and uranium. The ability to detect and remove these substances from drinking water varies widely. Most of the substances, including inorganic arsenic, nitrates, uranium and lead, are known or suspected carcinogens, while chronic exposure to most of the contaminants has been linked to a host of other issues, including neurological and developmental problems.”¹⁰

In other words, filtering your water is essential for good health, even when not on a juice fast. All of the above-mentioned toxins are present in tap water (especially in the United States), but can be filtered out through Reverse Osmosis filters, which is what I recommend.

Rest

Part of the protocol of going on a juice fast is allowing your body to rest so that it can heal. The process of detoxification takes a lot out of the body, so you need to give yourself permission to rest so that your body can spend the necessary energy healing. Juice fasts typically cause a short-term decrease in caloric intake, which is another reason why you will feel decreased energy levels during a juice fast. As such, it is important to not physically exert oneself too much while on a juice fast, and to spend the majority of the time resting.

A Note on Produce

Only use organic or homegrown produce in the following recipes to avoid consumption of high amounts of herbicides and pesticides, which are toxic to the human body and gut microbiome. If you can't find one or more organic or homegrown options for any of the following ingredients, it is better to go without them than to purchase an item that isn't organic. If you cannot find organic dandelion leaves however, I recommend that you find an organic dandelion supplement to take instead, since the dandelion helps support the liver and is very important in the elimination of toxins in the liver.

Days 1-3

Juice: cucumber and celery juice (equal parts) 3-5 times per day. The juice must be made fresh and drunk within 20-30 minutes of making in order to preserve nutrient quality. Juice cannot be made only once in the morning, and then drunk throughout the day.

Ingredients:

- 3-5 celery stalks
- 1/2 cucumber (about 5-6 inches)
- 10-15 drops ConcenTrace minerals OR 1/4 tsp sea salt (for electrolytes)
- 3 drops GLF Essential Oil Blend

Daily checklist:

Morning

- Drink Lemon Water (within 10 minutes of waking)
- Juice
- 2-3 drops GLF Essential Oil (added to juice or with water)
- Drink 1 mL Kidney Health (added to juice or with water)
- Drink 1 mL Fulvic Acid in 8 oz. water
- Supplements: 2 Milk Thistle, 2 NAC, Zeolite spray (4 squirts) & drops (4)
- Spray Magnesium in armpits to aid in detoxing (use in place of regular deodorant)
- Prepare filtered water bottle with ConcenTrace minerals to drink throughout the day to stay hydrated (1/2-1 gallon)

Noon

- Juice
- GLF Essential Oil
- Zeolite spray (4 squirts) and 4 drops

Evening

- Juice
- GLF Essential Oil
- 2 Milk Thistle, 2 NAC, Zeolite spray (4) and drops (4)
- 1 mL Fulvic acid in 8 oz. water
- 1-2 cups of Cleaver Leaf Tea (optional)
- 1 mL Kidney Health
- Magnesium spray on feet before bed

Lemon water ingredients: (Morning detox ritual for the liver)

- 1/2-1 organic lemon squeezed into 8-16 oz. warm filtered water

Cleaver Leaf Tea ingredients:

- 1/4 cup cleavers
- 16 oz. filtered water

Instructions: boil the water, then add the cleavers to the water and steep for 10-15 minutes. Strain out the cleavers before drinking the tea.

It is important to stay hydrated while on a juice fast, because the body needs adequate amounts of water to help clean itself out while undergoing detoxification. The best way to do so is to drink at least an additional 1/2 gallon of water throughout the day IN ACCORDANCE with the juice. A natural form of electrolytes such as a pinch of sea salt or 10-15 drops Concentrace Minerals needs to be added to a glass of filtered water in order to ensure the body is properly hydrated as well. About 1/2-1 tsp of salt will dissolve well in 1/2 gallon of water.

Days 4-10

Vegetable Juice (drink immediately; within 20-30 minutes of making) 3-4 times per day

Ingredients for Vegetable Juice (Make sure they are all organic):

- 3 carrots
- 1 celery stalk
- 1/4 cucumber
- 1/4 beet
- 1 slice black radish (optional)
- 4 dandelion leaves
- 1 chard leaf
- 1 kale leaf
- 1 handful of cilantro
- 1 square inch ginger root
- 1 green apple
- 1/2 lemon
- 1/4 tsp sea salt
- 1 pinch of red pepper

*Note: Please remember to do your best to find organic ingredients, but if you can't, it is better to leave the ingredients out.

Daily checklist: Days 4-10

Morning

- Drink Lemon Water (within 10 minutes of waking)
- Juice
- 2-3 drops GLF essential oil
- Drink 1 mL Kidney Health
- Drink 1 mL Fulvic Acid in 8 oz. water
- Morning Supplements: 2 Milk Thistle, 2 NAC, Zeolite spray (4 squirts) and drops (4)
- Spray Magnesium in armpits to aid in detoxing
- Prepare water bottle with ConcenTrace minerals to drink throughout the day

Noon

- Juice
- GLF
- Zeolite spray (4 squirts) and 4 drops
- 10 Minutes of Grounding
- 1 Hour Being Outside with skin exposed to the sun

Evening

- Juice
- GLF
- 2 Milk Thistle, 2 NAC, Zeolite spray and drops
- 1 mL Fulvic acid in 8 oz. water
- 1-2 cups of Cleaver Leaf Tea
- Magnesium spray on feet before bed

Liver Flush instructions (Do this on day 10 to flush gallstones from liver/gallbladder. Don't drink any juice after 1:00 PM on this day. Note: this liver flush comes from *The Amazing Gallbladder and Liver Flush* by Andreas Moritz. Please refer to the book for more detailed information).

Will need the following in order to do the flush:

- 4 Tbsp Epsom salts
- 3 cups filtered water
- 1 grapefruit (organic)
- 4 oz. organic, cold pressed, virgin olive oil

Flush Protocol:

- 6:00 PM: Mix 4 Tbsp of Epsom salts in 3 cups (24 oz.) of filtered water. Divide into 4 equal parts (6 oz. servings) and drink the first 6 oz. serving at 5:00 PM

- 8:00 PM: drink the next 6 oz. serving
- 9:45 PM: squeeze the grapefruit juice into a glass cup (need about 6 oz.) and then add the 4 oz. of olive oil to the juice. Mix well, using an immersion blender or fork if necessary.
- 10:00 PM: drink the olive oil and grapefruit juice next to your bed, then immediately LIE DOWN. If you need to use the restroom, use it BEFORE you drink this. You will NOT want to get up for at least 20-30 minutes after you drink this, and lie completely still on your back during that time.

Next Day:

- 6:00 AM: Drink 8 oz. of warm water, followed by the next 6 oz. of the Epsom salts.
- 8:00 AM: Drink the remaining 6 oz. of the Epsom Salt mixture.
- 10:00 AM: drink your first glass of juice, if desired.
- Note: Complete a hydrotherapy session today in order to wash out any remaining gallstones in the colon if possible. At minimum, complete an enema.

Day 11: Continue on fresh juice and fresh fruit the following day after the flush. This allows the liver and gallbladder to “take a break” from fats after the flush. Feel free to add more fruit into your juice if desired (but no more than 50% of the juice should be from fruit). Fresh fruits and vegetables are allowed on this day.

Note: This flush will make the most long term difference out of anything you do on this cleanse. Please refer to the book *The Amazing Gallbladder and Liver Flush* by Andreas Moritz for more detailed information).

Additional Natural Detoxing Methods

The following is a list of natural detoxing methods that can/should be done in accordance with a juice fast in order to further aid the detoxification process of the body.

- Sauna: 30-45 minutes per day, 2-4 times per week
 - Being in a sauna helps increase blood circulation and sweating. The increase in blood circulation helps spread essential nutrients throughout the body which helps the body feel better. Sweating helps eliminate heavy metals including nickel, lead, cadmium, aluminum, antimony, and mercury, from the body, and as such aids in natural detoxification as well.¹¹
- Grounding (bare feet on exposed earth) for at least 10 minutes every day, which helps align the magnetic field of your body with the Earth’s magnetic field, which is very healing.

- Sunbathing for 1-2 hours per day
 - Laying in the sun with the skin exposed increases vitamin D₃ synthesis, which is a natural detoxifier. The Sun activates Vitamin D, which then goes through the body and helps with detoxification.
- Journaling
- Sleeping
- Rest

Days 11-14 (Optional)

3 carrots

1 green apple

1/2 lemon

1/2" ginger

Any other vegetables or herbs of your choice

2 raw, farm fresh eggs

1/4 cup coconut milk

1 pinch turmeric

1 pinch cayenne pepper

1/4 tsp Celtic (or other) sea salt

Juice the fruit and vegetables, then add and whisk the other ingredients into the drink. Drink 3-5 times per day.

The carrots, apples, and lemon help clean and support the liver. The ginger supports the digestive system, and the turmeric and cayenne pepper are superfoods that have a multiplicity of beneficial phytochemicals and nutrients. The egg whites help chelate heavy metals, and the egg yolks supply necessary fat-soluble vitamins to aid in nourishing the body and replenishing nutrient stores.¹ The coconut milk supplies a delicious taste and increases the fat content of the drink. When individuals eat high amounts of fat in one sitting, it stimulates the gallbladder to open and release bile, which also flushes out gallstones that are trapped in the gallbladder. Thus, this drink is designed to help detox and support the liver and gallbladder by supplying adequate

nutrients to do so, flushing gallstones naturally, and chelating heavy metals all at the same time.

FAQ:

Q: Why don't you include more fruit in the juice recipes?

A: Vegetables contain a lower glucose and fructose content than fruits, and thus don't cause severe spikes in blood sugar levels as opposed to fruit juices, thus making it easier on the pancreas and causing a decreased need for insulin levels in the body.

Q: Why can't I use juices I buy off the shelf from the store?

A: Fresh pressed juices contain more nutrients than the juices that have been pasteurized and placed on the shelves in stores, and as such are more beneficial to drink while on a juice fast.

Q: What do I eat the day after I finish the juice fast?

A: Light foods. Avoid eating red meat or high fat foods such as ice cream and pastries on the first day after a juice fast in order to ease the body back into eating food and to not overwhelm the digestive system. It is also important to note that the body has been taking a break from eating large amounts of food for the past 10+ days, and as such it is important to not overeat the day after, because your body isn't used to it and may struggle with indigestion (for a day or two). Allow your body time to rest between meals and ensure that you are drinking adequate electrolytes to avoid dehydration or heart palpitations. In fact, a good rule of thumb is to avoid eating heavy foods, or foods that contain high amounts of fat, the first day after a juice fast. Wait for a day or two after a juice fast before resuming regular eating habits in order to ease your body back into eating. Cooked fruit, apple sauce, fruit smoothies, kefir smoothies, vegetable salads, etc. are great examples of lighter foods to eat the day after ending a juice fast.

Q: Can I make a bunch of juice all at once and store it throughout the day?

A: No. The juice needs to be made fresh and drunk within 20-30 minutes after juicing in order to preserve nutrient quality.

Q: How often can I do this 10-day protocol?

A: I don't recommend that this be done more than once a month, or less than twice per year. The more you do it, the more you will clean out and support your liver, but the ingredients in these juices do not supply all of the vitamins, minerals, and energy that

the body needs to function and as such it is only a short-term protocol due to not being sustainable long-term. It is great for a body “reset”, but is not meant to be a long-term lifestyle.

Q: What medical conditions are contra-indicated for a juice fast?

A: If you are pregnant, nursing, or struggle with an eating disorder, this protocol may not medically be safe for you until you are no longer pregnant, nursing, or struggling with an eating disorder. If you have Diabetes Mellitus Type I or II, or are pre-diabetic or have other metabolic conditions, consult with a doctor or practitioner before doing this protocol to see if it is right for you.

Q: What if I feel like my body is telling me to stop doing the juice fast?

A: LISTEN TO YOUR BODY. Everyone has different medical needs and conditions, and the best expert on your body IS YOUR OWN BODY. Juice fasts aren't easy, but there is a difference between not wanting to follow through with the protocol because it is “hard”, versus feeling the need in your gut to stop doing it. If it is just hard, that most likely means that it is doing good in your body and is very beneficial for you. But if everything inside of you seems to be telling you to stop because you feel that something is wrong or “off”, then slow down the detox and use your best judgement in listening and attending to the needs of your body. This protocol should be done with care. This document was created as a guide to help your body detox, but if you find yourself overriding something in your gut that is telling you to stop detoxing this quickly, listen to it. If you feel the need to shorten this to a 7 day or 3 day protocol instead of a 10 day protocol, you will still receive benefits of detoxing, and should listen to the needs of your body.

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