

ROGER GIETZEN, MD



Juice Cleanse Guide



The 10 day juice cleanse...
a catalyst for change.



Contents

Part I: Principles; The What and Why

- Disclaimer 3
- Foreword 3
- Definition 4
- Introduction 4
- Detox 5
- Holistic Roots to Health 6
- Personal Experiences 6
- A Healthy Diet 10
- Health Benefits of a Vegan Diet 11

Part II: Logistics; The How

- How Long to Cleanse 13
- Preparation 13
- Recipes 15
- Approximate Groceries List 17
- Laxatives and Enemas 18
- Introducing Solid Foods 20

Part III: Extras

- Optional Treatments for the Cleanse 21
- Navigating the Detox 23
- Caffeine Withdraw 23
- Detox Warning Signs 24
- Plan B 24
- The Master Cleanse 24
- Fasting 25
- Fresh Coconut Juice Cleansing 26
- Juice Cleansing and Medications 26

Part IV: Conclusion

- Keep it to Yourself 27
- References 27
- Donations 28
- Image Credits 28
- Copyright 28



Part I: Principles; The What and Why

Disclaimer:

This document comes from personal experience, not from medical research unless a reference is provided. The information provided in this document is intended for informational purposes and not meant to be used as medical advice.

Foreword:

How can a juice cleanse be a catalyst for change? Stay with me here a bit and let me explain. A juice cleanse, along with a spiritual oriented lifestyle and healthy life changes, have been changing me, for the better, from the inside out. When I talk about changing on the inside, I mean that my preferences, habits and natural ways of thinking have changed substantially, resulting in me just being happy most of the time. I had always recognized I had vices, but figured that is just the way things are. That's how I am. My very first juice cleanse taught me differently. My attraction to some unhealthy foods and alcohol lost its power over me. As I incorporated these changes, my energy levels increased and I had a series of self discoveries.

I became aware of where I was harboring negative factors in my life. I saw how I was the cause of my own problems. It started with eating habits, but spread to my relationships, my career and my family life. Each time I discovered that something was harmful to me, I would make efforts to change. This was always a pain in the butt at first, but eventually the change could be maintained effortlessly. I'll go into some specific examples later, but just be open for the possibility that a juice cleanse can act like a catalyst in your life. It isn't my only tool, but it is an important one and I come back to it whenever I feel stuck in life or need clarity. It works like a charm.

You may be skeptical that a juice cleanse can really trigger a lasting and real change in a person, but think about it. A juice cleanse can melt away your cravings. It can change your eating habits and you are what you eat. And it goes deeper than that. Your food preferences are influenced by your environment, the quality of your relationships, your lifestyle and your stress levels. How do I know this to be true? At one point my life was divided into three locations; career, family and charitable work.

Despite cooking the same foods for myself at each place, I was surprised to see that I was much happier with my diet while doing charitable work. Food just wasn't really on my mind. Whereas with my family, I was not satisfied with exactly the same foods and sometimes experiencing constant cravings. I've had cravings so strong that they didn't go away even when I ate whatever foods I wanted. In fact, I could be craving a food while I was eating it! How is that possible, right?

The message was clear to me, although I can suppress cravings with food, they are not a reliable sign of hunger. They are largely caused by conflict in my life. I could see that the more harmonious my life was, the more I preferred healthy foods. My food cravings were tied into everything else in life. I believe this is true for other people too. So if you can make a real change in your food preferences, it affects everything else. A juice cleanse can be a catalyst for positive change. Want to learn how? Just continue reading.

Definition:

To juice cleanse is to consume a liquid only diet, consisting of freshly prepared fruit and vegetable juices for a specific period of time. This is quite different than just supplementing your diet with smoothies. This is a type of fast. As compared to other forms of fasting, where calorie restrictions are employed, juice cleansing allows a normal calorie intake.

Introduction:

The body goes into a "deep cleaning" mode when the gut is free from continually digesting solid food. In the past it was common for people to fast, either because of seasonal fluctuations in food availability or for spiritual reasons. Virtually all spiritual traditions recognize there is value in fasting. Nowadays, the value of this practice has been largely forgotten or its even thought to be harmful. But let me assure you, it is healthy for the gut to have a break from digesting food. In fact, a recent research study discovered that the immune system resets itself after just three days of water fasting!

You may believe that consuming juices is not enough. That is just not true. I can speak from

personal experience. A juice cleanse will provide everything you need. Sure you may become moody, have low energy or have strong cravings, but don't confuse these symptoms with starvation. They are part of the detox process that the body undertakes. How can you know this is true? That's easy, if you stick with a cleanse long enough, you will see the symptoms ease up even though you haven't eaten any solid food. Often the detox symptoms are the worst in the first 3 days and after that many people notice things get easier. If you experience this yourself once, then you will see the symptoms for what they are, a temporary deep cleaning.

Although water fasting is one of the most powerful ways to stimulate the body's detox process, juice cleansing works too. For those new to this practice, I recommend juice cleansing for several reasons.

The detox is smoother, energy levels are better and it is easier to convince yourself that your cravings are not a valid sign of hunger. You can easily consume 2000 calories a day and probably far more nutrients than you would with your normal diet. But at the same time, the juice cleanse gives the gut a break. The more consecutive days you drink the juices, the deeper the cleanse goes. Just be cautious to stay within your limits.

Detox:

The benefits of juice cleansing are holistic. The detox process is working at the level of the mind, body and spirit. For those not familiar with a detox, it can be an unpleasant experience. You might feel like you are torturing yourself. "Crap" that has been accumulating inside, comes to the surface to be released.

We live in a toxic world. Unless you are making extraordinary efforts to care for yourself, then it is safe to assume that physically, mentally and emotionally your system is being exposed to a bombardment of negative factors. A cleanse allows your body to start mobilizing these various negative factors to release them.

At the physical level it is common to have low energy levels, skin breakouts, stinky sweat, stinky bowel movements, bad breath, headaches, transient symptoms of sickness and stiffness and other aches and pains. Sometimes I just feel like a sick, old man while I'm detoxing.

Some people describe eliminating a bowel movement after their colon was already empty, that has the appearance of a stranded, mucous covered discharge. It can be dark in color and shaped like the colon. It appears that their colon is shedding a layer of gunk. Some people even report tasting cigarettes or other substances they've used in the past, as the

essence of these substances come to the surface for removal.

At the mental/emotional/spiritual level there maybe moodiness, apathy, nightmares, anxiety, fears, irritability, feeling funky and easily perturbed or other manifestations of negativity. There may be obsessions, hypercritical/judgmental thinking and hopelessness. It is important to recognize that these various forms of negativity are transient and they will pass if allowed to.

Just be patient with the process, take things slower if your energy levels are low. Don't let these symptoms control you. Don't give life to your negativity. Focus your mind on something positive. Follow this guide closely and you can be sure to successfully navigate through the detox experience.

Holistic Roots to Health:

I have been juice cleansing (and also water fasting) on a monthly basis for more than a decade. I've come to see that the body is intelligent and is capable of healing illnesses on its own. I believe that there is a spiritual and emotional root cause for every illness. When we recognize and fix the root cause, the physical illness resolves effortlessly. I believe the suffering an illness causes is a call for us to change. The sooner we respond to our body's warning signs, the easier it is to heal.

In contrast, my conventional medical training has taught me that the body often cannot fix itself. When problems arise, I learned to use medical treatments to suppress the very symptoms that would otherwise have instigated change.

Suppressive treatments block our body's warning signs and create a false sense of security. The symptoms are better, but the problem is still lurking. As long as we need to continue taking a medical treatment, the illness is not healed. The problem can come back later, or pop up in other parts of the body.

Personal Experiences:

In 2008, after several stressful years in my life, I knew I had been neglecting my health. I remembered a friend who had done a juice cleanse and reported amazing results and decided this is what I needed.

After looking at my options, I chose a 10 day long lemonade diet, known as the master cleanse. I learned about the master cleanse by reading "The Complete Master Cleanse" by Tom Woloshyn (<https://www.amazon.com/Complete-Master-Cleanse-Step-Step/>)

dp/1569756139). That book was an eye opener for me. In it there are countless testimonies from people who reported health changes that I didn't even know were possible.

I also vividly recall the author emphasizing that a constantly full stomach is actually taxing on the body. It takes a lot of energy to digest food and having the bowels continually full of feces is a burden. It is much healthier to eat small quantities, of high quality food. I knew this was right. I had been treating my body like a trashcan, just to satisfy my cravings and as a way to deal with stress. I was ready to change.

I proceeded to do the 10 day lemonade cleanse, just as the author described. It was a real challenge because in those days I was accustomed to large amounts of heavy foods, caffeine and regular alcohol consumption. But I survived the 10 days. Even though it was rough, I learned that I can function with an empty stomach.

After the cleanse I attempted to return to my previous eating habits but my body rejected them. I quickly realized it was the meat specifically that I couldn't handle. It caused me to go into a food coma. For 3-4 hours after eating I was exhausted. Just as soon as I recovered from lunch, I would eat dinner and was down again. I finally decided that eating vegetarian was easier for me. It was easier to deal with the unfulfilled cravings for a couple hours then it was to live then a state of continual severe drowsiness.

I committed fully to the vegetarian diet and after a couple months I was given a gift. My cravings for meat were gone! My new diet became effortless and I enjoyed higher energy levels than I had ever known before. Occasionally in the summer the smell of grilled meats would trigger the cravings again, but after several years even that has disappeared. I still like the smells, but have no desire to eat the meat.

Now I choose to eat vegetarian because that is what I love. It is not a sacrifice at all. To see that my food preferences could totally and naturally change was a surprising experience for me. I had figured they were a part of who I was. I was starting to see that my true identity was something different than I had believed.

During this same time in my life, I had several epiphanies in which I became aware of how I was creating my own stress. These insights were guiding me to make many positive changes and to reach for God in my life. This ultimately culminated in a deep spiritual experience on Christmas Eve of 2008. I believe this was triggered because I was applying the teachings "The Spiritual Treasures" in my life - http://www.kriyayoga.com/Spiritual_Treasures.html.

I mention this experience, because it is the main factor that has motivated me to continue juice cleansing and water fasting. It is not just to achieve physical health. I suspect only a spiritual goal could give me enough energy to juice cleanse and fast as often as I have.

How often do I cleanse these days? Every month I fast for 3 consecutive days. This started as a juice cleanse, but after 4 years it got easier so I switched to water fasting. In addition to that, 2-3 times a year I do a longer juice cleanse or water fast. These are usually 10-21 days long.

After just one year of this regimen, I noticed many changes: My body odor actually became pleasant. People in my life noticed this difference and commented on it. It was such a substantial change that deodorant became optional. My skin was less oily and my complexion improved. In the past, I got ring around the collar and I needed to use stain removers to keep my shirts clean. That problem is gone. I haven't had to do that in years.

My bowels have become more regular. I can tell by the appearance of my bowel movements, that my body is extracting more of the nutrition from my food. Plus the "transit time" through my gut is much faster.

These changes are very gratifying. But most importantly my energy levels are much higher as my system has gotten more efficient at processing food. Maybe this is why we can be healthy on smaller quantities of high quality foods?

After about 8 years of regular fasting, I notice that my immune system is stronger. A couple times a year I would get a cold that would start with a bad sore throat. Now I rarely get that and if I do, it is mild. I also used to get bad migraines occasionally. Now they rarely happen too.

As I have become accustomed to what a cleanse feels like, it is clear to me that many illnesses are purely a cleanse. In those cases, the illnesses are the corrective action, not the enemy. Now I am better at embracing the whole experience.

There are other positive changes as well. Many people have commented on the fact that I look younger, or that my eyes are bluer, my skin is softer or that I just seem healthier. I lost 30 pounds and my waist size went from a 36-38 inch at my maximum to 32-33 inch currently, without any efforts or intentions to lose weight. I make efforts to eat nourishing foods, give my body what it needs and the rest takes care of itself.

I suspect that these positive changes are the result of an entire lifestyle devoted to being

loving, but I believe that fasting is one of the most important factors. It is also important to mention that often there were no immediate rewards. Especially during the shorter cleanses. I can recall many low energy, moody days where I thought “why do I torture myself?”.

Many times during a cleanse, I thought “nothing can make me happy”. But that would pass and after each successful cleanse, something about it made me feel good about myself. I recognized that it was making me spiritually stronger. I was developing a sense of well-being based on integrity and self-discipline. Now even the entire detox experience is more pleasant.

My life has come into balance, so that I am capable of cleansing while working, while on vacation or with my kids. I used to have certain parts of my life that were too stressful to consider cleansing during. Now I can do a juice cleanse almost anytime and any place and often I have positive experiences.

For example, my energy levels are higher. Sometimes I can even do activities, such as hiking and jogging. Sure I’m much slower than usual, but I can do them. My food cravings pass quicker and sometimes are nonexistent. My relationships are more harmonious. During a recent session I spontaneously met two people from my past, both of whom I had parted with in animosity. In both cases, everything had changed. We were just happy to see each other and there was only goodwill.

This is a big contrast from my first cleansing experiences where I seemed to attract massive emotional upsets. I felt like I was being attacked at my most vulnerable times. But I always accepted there was a deeper purpose to what happens. It was like the universe was forcing me to find a different way to handle stress, rather than eating. Apparently I passed those lessons, because now the upsets have all but stopped.

I have also had some sweet loving dreams that were so strong that they had a positive effect on my day-to-day life. When I was feeling negative at work, I could recall these dreams and be immediately uplifted.

I have also had dreams of reconciliations with people whom I was in tremendous conflict with. In the dream I would remember how it was to be friends with them. Often this would occur shortly before they come back into my life. The dream would pave the way for a real life reconciliation.

These entirely positive cleansing experiences are very motivating and they show me how

the quality of my relationships affect my energy levels and my food choices. When my relationships are harmonious, I'm naturally attracted to healthy foods. When I'm under a lot of stress, I'm attracted to all the wrong stuff. Now that I can see firsthand, how the juice cleanse is beneficial, I love to cleanse anytime. I know it is just "money in the bank" for my health and wellbeing.

A Healthy Diet:

Everyone's body has different dietary needs. This will be influenced by many factors such as your body type, exercise levels, stress levels and the quality of interpersonal relationships. If you are making healthy changes in your life, then your body's needs will change over time. So there is no way to prescribe a single set of eating rules for everyone to live by.

Then how to know what your body needs? Learn to use your intuition. A good way to start is by asking the right questions. Ask yourself what foods are nourishing for your body. What foods are like medicine? The next time you go to the grocery store, keep this thought in mind and see what foods are fitting. You can also learn what your needs are directly from your body by being more attentive during mealtime. Be aware of how it feels to consume different foods. Make the eating experience special.

Eat at the dinner table and create a calm environment. Reduce distractions by putting the cell phone away and turning off the TV. Slow down and consciously chew your food. If you are choosing nourishing foods, it is easy to enjoy the eating experience. The juice cleanse will also help sensitize you to your body's needs. Remember how my body rejected meat by going into food coma after my first cleanse? I believe everyone can learn to feel what food their body needs. But that takes time and efforts. Until you get to that point, consider adopting the following strategies:

Make as much of your diet as possible a "plant-based diet". This means fruits, vegetables and grains. The closer the food is to its natural state, the better. Avoid added chemicals, preservatives and artificial coloring. This means choosing foods from the outside aisles of the grocery store. Prepare lots of fresh, uncooked dishes such as raw vegetable or fruit salads. When you do cook, choose natural forms of cooking such as range top cooking, not microwaving. If you make leftovers, it is best to eat them within 2 days. If possible, avoid freezing, canning or other forms of preserving. Keep things fresh! If you plan to incorporate some animal products, reduce the portion sizes. A good goal is to make this 10% or less of what you normally consume.

I personally don't count calories. I don't pay attention to fat, cholesterol or salt content. I feel that the fat and cholesterol that comes naturally from the mostly plant-based diet I eat, is good for me. Because I cook virtually all my own food, the salt content is low. I also don't worry about protein intake. I know that if I am getting enough calories in my wholefoods, plant-based diet, then I am getting enough protein. Here is a good source of information on this topic: <https://michaelbluejay.com/veg/protein.html>. Lastly, I don't take any daily supplements. It's my intention to get my daily vitamins and minerals through the foods I eat.

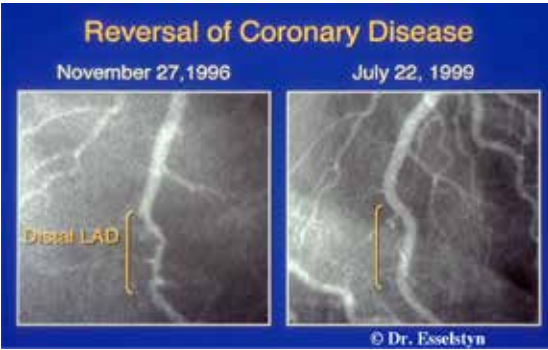
Lastly, anything that improves your relationship with the food you eat, will help you. Here are some tips: Support your local farmers. Meet the people who actually grow the food you eat. Consider growing a garden (the kitchen waste resulting from juice extracting is perfect for composting, just mix with leaves - http://www.healthy-mind-body.com/healthy_spirit_blog/2015/10/how-to-make-richcompost-fast/). Even if you only grow a couple herbs or plants, you will develop a deeper appreciation for the food you eat. In my opinion, locally grown foods taste far better.

Health Benefits of a Vegan Diet:

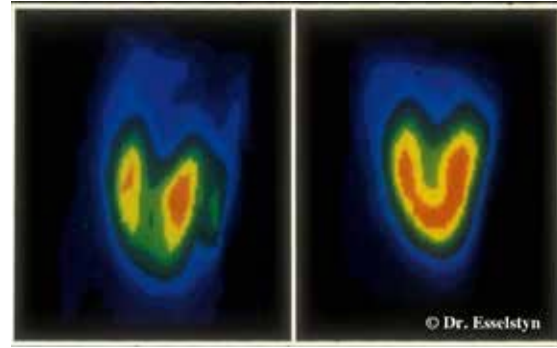
1. Benefits in Vascular Disease:

People taking conventional medical treatments, including medicines and surgeries, can expect their clogged arteries to gradually get worse. Yet research by two doctors has shown that hardening of the arteries can actually be reversed by diet changes. Dr. Esselstyn had a small study using a vegan diet, in which 70% saw opening of clogged arteries². Dr. Ornish used a low fat, vegetarian diet and 82% showed signs of improvement³. What is most convincing about the power of the diet changes are the images that show striking reversal of clogged arteries from Dr. Esselstyn's patients. I have never seen anything like this before.

Dietary changes are twice as effective at preventing repeat heart attacks than the cholesterol lower drugs called statins. Although there is very little research on the vegan diet, there is a lot for the Mediterranean diet. This diet is also high in wholefood fruits and vegetables and low in meat. The number of people needed to treat to prevent one recurrent heart attack with the diet is 18, compared to 39 with statins⁴⁵.



Plaque Reversal With Vegan Diet



Nuclear Scan Before & 6 Weeks After Diet

2. Reduces Risk of Cancer:

The China study looked at large populations of people and compared what they ate with their health. It found that animal proteins promote the growth of cancer⁶.

3. Prevents Many Diseases:

The China study also found that a wholefoods, plant-based diet may help ward off many other illnesses such as diabetes, obesity, autoimmune diseases, bone, kidney, eye and brain diseases⁵.

I have cared for one patient who had a severe case of an autoimmune disease called myasthenia gravis. Despite the strongest medical treatments available, she regularly had attacks that impaired her breathing and swallowing so badly she needed to be put on a breathing machine and a feeding tube. She started a juice cleanse program and switched to a vegan diet. Her disease went into remission.

In fact, she gets credit for inspiring me to restart juice cleansing after I had stopped for a while. Later I saw her in the hospital again. She had relapsed. She confessed that she had allowed a trouble-making family member move in with her. The stress levels were so high she let her diet slip. Before long her disease came back.

The juice cleanse program that woman followed deserves mentioning. It is written by Liani Shanti. I have purchased her guide and followed it many times. It is called the "Complete Juice Fast Guide and Parasite Cleanse" and can be purchased and downloaded from this website: <http://juicefastguide.com/>.



Part II: Logistics; The How

How Long to Cleanse:

If this is your first time, I highly recommend a 10 day cleanse. Why? Because it is important to get a firsthand experience of how cravings can ease up, without the reintroduction of solid foods. That was a powerful experience for me with my first cleanse. It gave me strength over my cravings. If you go for 10 days, you are nearly guaranteed to get this.

After that, then it is okay to do cleanses of any length. Even the shorter ones, where you may not experience this "relief" are beneficial and you will know that to be true. But for the first session, I recommend going longer.

I challenge you to adopt cleansing in two ways: frequent, short sessions and occasional, longer sessions. The frequent shorter sessions are known as intermittent fasting. Consider 3 consecutive days/month or 1 day/week. *As for the longer cleanses, I love them in the range of 10-21 days because that's when the magic starts to happen.* Some of my favorite times for long cleanses are the weeks before Christmas and Easter.

I encourage the readers of this guide to incorporate juice cleansing into their lives and keep at it until the process becomes pleasant. Continue until it doesn't matter whether you are cleansing or eating solid food. Although it still takes me efforts to cleanse, it is a pleasant experience. I can assure you this is possible.

Preparation:

A juice cleanse and the detox that ensues, requires a lot of your time and energy. Set aside some dates when you have fewer than normal responsibilities. After you have cleansed

once, you will know better how well you can function during a juice cleanse. Although it is good to have free time for the first cleanse, it is also important to have something useful to do. It is a great time to go through old, rarely used belongings and find a new, happy home for them. That way you're "cleaning house" inside and out.

The mind will stop obsessing about food if gently redirected to productive activities. Stay away from restaurants and meal times at home, if you are around other people who are eating solid food. Be nice, don't torture yourself. If you have to prepare meals for others, I can assure you it can be done. Just make sure you have one or two juices before you start cooking and don't lick those fingers! Have your plan and stick to it.

During the cleanse you will take a break from caffeine, alcohol and dairy products. If any of these items make up a regular part of your daily diet, then plan on weaning yourself off them gradually over the 3 days before the cleanse starts. Otherwise you'll be going through a withdraw and a detox at the same time. Be nice to yourself. The last day before the cleanse it is best to have mostly vegetarian food.

How to prepare the fresh juices? You will need a juice machine that separates the pulp from the juice. Any juicer that achieves this is fine. Both centrifugal and masticating juice extractors will work. A good quality juice extractor can be purchased for as little as \$50-60. The juices are best if made immediately before consumption.

But if you need to make the juice in advance, it is okay. They will easily last through a work-day, when prepared in the morning. The only juices that do poorly if prepared in advance, are those containing the allium family of vegetables (garlic, onion, leeks, shallots, etc). I ruined my taste for one of my favorite garlic containing recipes doing this. Don't make the same mistake!



Centrifugal Juicer



Masticating Juicer

Below are some of my favorite juice recipes and the accompanying list of groceries. But of course, you can make any combination you wish. Many recipes can be found online. If you

feel attracted to certain fruits or vegetables, you can search online using that keyword to find juice recipes for them.

Whatever juices you make, it is important to maintain a mix, so that the content is at least half veggie or more. If you make one juice that is mostly fruits, that is okay, but then make sure your next juice is mostly veggies.

Avoid juicing heavy, pulpy fruits such as banana, papaya, mango and avocado. The juice is extracted poorly from them and they require more energy for the gut to digest. If you are wondering what veggies you'll add to your juice, consider cucumber and celery. They provide a lot of quality liquid and can be easily substituted for each other. I tend to use more celery only because it is easier to extract and costs less than cucumber.

Diabetics should watch their blood sugars closely and may have to stay away from sweeter fruits like oranges, pineapple and grapes. *Plan on consuming somewhere between 4-8 pint glasses of juice per day. Anytime time you feel hungry, make yourself a glass of juice or two. You may need to do this as often as every 2-3 hours.* If you find the juices are too concentrated for you to tolerate, simply dilute them with water to the desired consistency. You may also enjoy drinking herbal teas, coconut water, kombucha tea and other health elixirs. Just choose fresh non-caffeinated beverages which you feel are nourishing. Remember to stay hydrated by drinking plenty of clean water as well.

Recipes:

Here are some of my favorite recipes. By rotating through just a handful of options, I can go multiple days in row and the drinks are still satisfying:

FRESH APPLE CELERY

CELERY 4-5 STICKS
LIME 1/4 - 1/2 (RIND REMOVED)
APPLE 1 (GREEN OR RED)
FRESH MINT ABOUT 4-5 LEAVES
OPTIONAL: FENNEL BULB AND LEAVES



APPLE, ORANGE, CARROT, GINGER

- ORANGE 1 (REMOVE RIND)
- APPLE 1
- CARROTS 3-4
- GINGER 1/2 INCH PIECE
- OPTIONAL: GREENS (KALE, SPINACH, CHARD), RED BEET (GOLF BALL SIZED), FRESH TURMERIC - 1/2 INCH PIECE



THE REAL V 8

- CELERY 3 STICKS
- CARROT 2-3
- TOMATO 1 LARGE
- LEMON 1/2 (REMOVE RIND)
- GARLIC 1 SMALL CLOVE (ALMOND SIZED)
- PARSLEY 1 CUP
- KALE 2-3 LEAVES
- BEET 1 SMALL



ORANGE, CARROT, SWEET POTATO, GINGER

- ORANGE 1
- CARROT 3-4
- SWEET POTATO 1 SMALL
- GINGER 1/2 INCH PIECE
- OPTIONAL: FRESH TURMERIC - 1/2 INCH PIECE,



GRAPES AND CABBAGE

- GRAPES 2 CUPS
- CABBAGE 1 CUP
- CELERY 3-4 STICKS,
- CARROTS 2



FRESH MELON MINT

CANTALOUPE 1/3 OF SMALL MELON
(REMOVE SKIN)
LIME 1/2 - 1/4 (REMOVE RIND)
MINT 5-10 LEAVES
CELERY 3 STALKS
OPTIONAL: GINGER - 1/2 INCH PIECE



GREEN CUCUMBER JUICE

CUCUMBER 1/2
KALE 2-3 LEAVES
LEMON 1/3 (NO RIND)
GINGER 1/2 INCH PIECE
APPLE 1
CELERY 3 STALKS



Approximate Grocery List:

I recommend shopping for 3 days at a time, so the groceries are fresh.

GROCERIES: 3 DAYS

3-4 BAGS OF CELERY	2 TOMATOES
2-2LB BAGS OF CARROTS	2 LIMES
2-3LB BAGS OF APPLES	2 LEMONS
4LB BAG OF ORANGES	FRESH GINGER - 6 INCH PIECE
1 CANTALOUPE	FRESH TURMERIC - 6 INCH PIECE
1 CUCUMBER	KALE (OR SPINACH OR CHARD)
2-3 SMALL SWEET POTATOES	A BUNCH OF PARSLEY AND MINT
3-4 SMALL BEETS	

The cost per pint of juice ranges from \$3-6 using organic ingredients and varies depending on the recipe and the prices. I recommend using only organic fruits and veggies. Chemicals used in conventional farming are absorbed into the food and cannot be simply washed off.

If the expense of organics is prohibitive, you may find it useful to stick to the “clean fifteen” and avoid the “dirty dozen” list of conventional foods. The consumer advocacy group, EWG, has studied the chemical levels of produce in the US and found that there are relatively few pesticide residues in those items in the “clean fifteen” list. Conversely the “dirty dozen” list usually contains substantially higher levels of chemicals.

If you live in another country, these lists may not be applicable. Produce is grown differently in different regions. These lists are updated yearly, so it is best to visit their website to see the current list (hint: apples and celery are almost always on the dirty list, whereas melons are usually clean):

Clean Fifteen: https://www.ewg.org/foodnews/clean_fifteen_list.php

Dirty Dozen: https://www.ewg.org/foodnews/dirty_dozen_list.php

Laxatives and Enemas:

I recommend taking some gentle measures to clean the colon of feces during a juice cleanse, especially a longer one. Using various types of natural laxatives and enemas is a popular practice among many programs. At any given time there is normally several pounds of waste in the colon. A healthy elimination can be just what is needed to snap you out of a moody funk. That being said, I recommend going lightly on these treatments. It can be exhausting if you need to run to the bathroom frequently and never trust a fart if you’ve taken a laxative! I have tried many different methods and they each have their pros and cons.

My favorite tool is psyllium powder (Metamucil). It is a bulking agent. It works by absorbing 40 times its weight in water. I imagine it acts like a sponge, helping absorb any toxic liquids the colon releases during the cleanse and giving it a good scrubbing in the process. I take 1 tbsp of powder with 8 oz of water daily until the colon is cleaned out. It can be taken up to 3 times per day.

If you are not sure when your colon is cleaned out, I have a trick. Make the last solid food you consume a full cooked beet. This normally will turn the feces red in color so you can see when it is passed. Be warned that the beet will also make the urine red. Don’t confuse this with blood when you urinate.

If the psyllium powder is not working, I recommend using a lavender enema. I prefer the enema over laxatives because the process is quick and complete. A single enema normally clears the colon of most remaining waste. It feels pretty darn good to have a totally clean

and empty colon. I prefer to use the reusable enema bags, which can be found online, at pharmacies or medical supply stores.



Reusable Enema Bag

LAVENDER ENEMA RECIPE

4 CUPS - DISTILLED WATER, WARM

20-30 DROPS - LAVENDER ESSENTIAL OIL

(CHOOSE A QUALITY BRAND, INTENDED FOR INTERNAL USAGE)

Warm the 4 cups of water on the stove top. It should feel comfortable to leave your finger in the water.

Then add the essential oil and pour the 4 cups of water in the bag. You will want to lay on your side in the fetal position. You can lay on a towel on the bathroom floor, for example. The enema bag should be about 2 feet higher than your body. If it is higher than this, it will create more pressure in the abdomen and this can be uncomfortable. If it is lower than this, the bag will not empty well. Use a lubricant (I prefer coconut oil) to place the enema tip in the rectum. Open the valve and allow the enema to empty into the colon.

It is normal to feel the liquid moving inside you. It is similar to the feeling of diarrhea, but know that this is a soothing, cleansing wash for your colon. It is important to allow the abdomen to relax while simultaneously holding the sphincter tight, especially when you feel the fluid moving. With practice this becomes easy. Hold the enema in for about 15 minutes, then move directly to the toilet and expel all. Give yourself about 20 minutes as it can take time for the process to complete.

If you prefer to try a natural laxative, here are my experiences with various treatments:

Natural Laxatives Description

Senna

Take tea or pills as directed. In my experience there is a small “sweet spot” where the dosage produces more or less gentle bowel movements, usually within about 6-8 hours. If I take too little, nothing happens. If the dose is too big, then the experience is uncomfortable. After I was accustomed to the laxative, I often took them before bed and could rely on an elimination first thing in the morning.

Cascara Sagrada

This works almost identical to the Senna.

Salt Water Flush

Mix 2 teaspoons of quality salt with 1 Liter of pure water and drink it all in 5 minutes. It tastes a little funny, but if I imagined I was drinking a soup broth it was easy to consume. Watery bowel movements will happen periodically for the next 1-2 hours. Make sure you have the free time.

Introducing Solid Foods:

If you cleanse for 3 consecutive days or more, it is important to be cautious when you start eating solid foods again. I know from firsthand experience if too much heavy food is eaten too quickly, the gut will seize up and it can take hours to feel well again. People have even been hospitalized because of this! *The cravings can come back strong that first day after the cleanse, so it is important to have a “game plan” and stick to it. Think of that day as part of the cleanse too.* The longer your cleanse lasted, the more cautious you will want to be.

In general, it is best to start with only fresh, uncooked fruits and vegetables which are light and have a high water content as your first meal (melons, oranges, pineapple, cucumber, tomatoes, lettuce or carrots). When adding new elements to the diet, it is safest to try small quantities and wait an hour to see how your system tolerates it. For example, next you may consider adding cooked vegetables and non-dairy probiotics (kombucha and quality pickled vegetables). Then grains, fresh baked goods, nuts and avocados. If all is going well, then small amounts of quality oils, salt and dairy products. The last foods to introduce should be the heaviest foods such as sweets, meats, eggs and coffee. Its best to wait until the second or third day before trying these heavy foods. After you go through this process once, it gets easier to know what your body will tolerate for the next time.



Part III: Extras

Optional Treatments For The Cleanse:

1. Bentonite clay:

This product is known to have properties that help the body detox, especially heavy metals. The clay has a strong electrical charge that allows it to act like a magnet in the body. Use only bentonite clay products intended for internal use, such as Great Plains, Yerba Prima. I normally mix the clay, as directed, with the psyllium powder during the juice cleanse.

2. Spirulina powder:

There are many “green mixes” on the market that contain spirulina in a powder form that can be added to juices and smoothies. They are nutrient dense. Just add a tbs to your fresh juice to up the nutrient content.

3. Bee pollen:

Bee pollen is a nutrient dense food, which is high in protein. 1-2 tsp or more can be consumed by mouth daily. Some people can have allergic reactions to this treatment, so start with a small amount for your first time.

4. Probiotics:

Probiotics are full of microorganisms that help support a healthy gut flora. Having an overgrowth of bad gut microorganisms affects our physical, mental and emotional health. It can cause cravings for sugary and unhealthy foods, that promote the bad gut flora and keep us sick. Probably one of the most powerful ways to fix this is with a juice cleanse or

even better with a water fast. During a juice cleanse you can take kombucha tea, or other liquid forms of probiotics to help build up the good bacteria.

After the cleanse I recommend good quality fermented vegetables; pickles, sauerkraut and kimchi are some common options. I make my own. It is as easy as soaking veggies, fully submerged in a saltwater brine for a couple weeks. A simple recipe can be found here: <https://www.saveur.com/base-brinefermented-vegetables-recipe>. Whatever you choose, make sure it is fresh and does not contain preservatives.

5. Natural Antiparasitic Remedies:

Intestinal parasites are more common than generally believed, even in developed countries. In addition to causing stomach symptoms and weight loss, they can also affect an individual's mental status and emotional state. A juice cleanse is a challenge for a gut parasite. It is the perfect time to add a natural antiparasitic remedy. These treatments are a totally optional part of the cleanse, but I figure there is a lot to potentially gain, and little to lose. I've probably never had a parasitic infection and I hope to keep it that way.

My personal favorite remedy is papaya seeds. One study found papaya seeds (*Carica papaya*) to be 71-100% effective at clearing intestinal parasites with a single treatment, without any harmful effects⁷.

There are some precautions that need to be taken when using these seeds. The most common side effect is an upset stomach. If this is a problem, the dose can be decreased until tolerated. Remember an upset stomach can also be caused by parasites and parasite death. Infertility in both men and women is possible with daily doses of papaya seeds taken over a long period of time. Usually when used for months. This problem is temporary and fears of this should not stop an individual from using the treatment for parasites. It is unknown if the seeds are safe for pregnant women. Rarely people can have an allergic reaction to the seeds. The allergy may present with a rash, itchiness, swelling of the lips and mouth. It is best to take a small test dose the first time using the seeds to avoid this.

The following doses are adapted from the research study mentioned above, but the frequency of dosing is based on folk remedies. The study only gave a one time dosing, which I feel is inadequate if someone has an active parasitic infection.

PAPAYA SEED REMEDY DOSING

SAME DOSE FOR ADULTS AND CHILDREN: 4 ROUNDED TEASPOONS FRESH SEEDS OR 2 ROUNDED TEASPOONS DRY SEEDS. FOR BEST RESULTS GRIND THE SEEDS.

PREVENTION: TAKE DOSE ONE TIME

TREATMENT: TAKE DOSE DAILY FOR 1 WEEK, THEN 2 WEEKS NO SEEDS, THEN TAKE DOSE DAILY AGAIN FOR 1 WEEK

Another natural antiparasitic, made popular by Dr. Hulda Clark, is the combination of black walnut hulls, cloves and wormwood. These herbal remedies are normally taken together over a 2 week period.

For more detailed instructions visit this webpage: <https://www.facebook.com/notes/healthy-mindbody/make-your-own-black-walnut-hull-wormwood-clove-tinctures/882818155172350>.

Food grade diatomaceous earth (DE) can also be used against parasites. In my experience, it is the most gentle of all the options listed here. Food grade DE can be hard to find, be sure not to purchase lower grade versions of this product which are often used in lawns and pools. There are many good food grade products available. I have positive firsthand experiences with the brand Lumino (<http://www.luminofoodgradede.com/>). Take 1 tablespoon of DE, mixed with a beverage, daily for 1 week.

Navigating the Detox:

Its normal to have strong cravings and low points come up during the cleanse. They will usually pass in a few hours. If they don't, try one of the following activities to break the funk:

1. Take a slow meditative walk in nature
2. Journal
3. Nap
4. Do some yoga or stretches
5. Meditate, pray
6. Take an enema
7. Watch an uplifting movie or read a positive book
8. Perform a random act of kindness (Even if you feel like crap, it works! For real. Try it.)
9. Sunbathe

Caffeine Withdraw:

If you are a bit of a caffeine junkie and at risk for withdraw symptoms, you can ease them by weaning yourself off of caffeine slowly in the days before you cleanse. According to the creator of the master cleanse, vitamin B5 taken in large doses during these days, also helps reduce symptoms. I don't have firsthand experience with this treatment. If you wish to try it, take vitamin B5 400mg three times a day while weaning and for first couple days you stop caffeine. Then stop the vitamin. This is a very high dose and it should not be continued for long periods of time.

Detox Warning Signs:

1. Sudden nausea and vomiting:

This is often a sign of dehydration during a cleanse. Hydrate yourself immediately if you develop these symptoms. If you continue to have vomiting, or if it is associated with diarrhea, it is time to stop the cleanse.

2. Changes in heart rate:

A sudden fast or slow heart rate, or irregular heart beats are warning signs that the detox is too intense for the body. If this persists, stop the cleanse.

3. Extreme weakness:

Low energy levels are normal during the cleanse, but if you become extremely weak, stop the cleanse.

4. Confusion:

It is common to have some mental cloudiness during a cleanse, but if there is disorientation, significant memory loss or confusion, stop the cleanse.

Plan B:

If you stop the cleanse because you have experienced the warning signs mentioned above or you just didn't achieve the goal you set out for, its okay. This maybe the first time you have engaged in work like this. With persistence you will get stronger and be able to achieve your goals. There is always a "Plan B". Instead of a juice cleanse, just eat a vegan diet with lots of fresh produce for 10 consecutive days and get rid of things like alcohol and caffeine. You will experience a cleanse. If you are unsuccessful with 10 days, then eat vegan 2 days per week. You will still cleanse. When that gets easy, then its time to reattempt the 10 day vegan diet. Keep at it and you will succeed.

The Master Cleanse:

If you cannot afford to juice cleanse or it is too complicated, consider the master cleanse. This is the lemonade only juice cleanse. It normally costs about \$10 per day using all organic ingredients. Plus no juice extractor is needed. I purchased a hand citrus juicer, which can be found for less than \$10 and is worth the investment.



I've done the Master Cleanse many times and it is surprisingly tasty even after many days of drinking it. Although it can be prepared in bulk daily, it is much tastier if prepared fresh, one glass at a time. Plan on drinking six to twelve glasses of lemonade per day. Here is the recipe:

MASTER CLEANSE LEMONADE

10 OZ CLEAN WATER

2 TBSP FRESH SQUEEZED LEMON (USUALLY HALF A LEMON)

2 TBSP ORGANIC GRADE B MAPLE SYRUP

(GET THE REAL SYRUP, NOT THE ARTIFICIALLY FLAVORED STUFF)

1/10TH OF TSP CAYENNE PEPPER POWDER

Fasting:

There are many methods for fasting that use calorie restrictions. They are also effective at stimulating a detox process. Here is information on some of those practices:

1. Very Low Calorie Diet:

VLCD fasting can be carried out in a variety of different ways. The common theme among them is that the daily calorie intake is between 500-800. Some people use this technique for many consecutive days, even up to 8 weeks. Others use it for intermittent fasting, such as 2 days per week. I recommend consuming a diet with high quality, wholefoods, especially high in plant-based foods. Best would be a mostly vegan diet. This website has an

“automatic meal plan generator” which can give you some ideas of daily meals. Just set the daily calorie amount and choose the type of diet you wish to follow and it gives you some examples: <https://www.eatthismuch.com/>.

2. Water Fasting:

Water fasting means to drink only fresh water for a period of time. This cleanse goes much deeper than a very low calorie diet or juice cleanse, and the detox process is more challenging. You may experience very low energy levels and have difficulty managing your daily responsibilities. If so, you can always ease into water fasting. First just skip one of your regular meals. Then attempt a whole day water fast. Once that gets easier for you, extend to two or three days. Water fasts beyond three days should only be performed with professional help.

3. Other:

The following website is a great resource for water fasting and many other forms of cleansing: <http://www.allaboutfasting.com/index.html>. It outlines many different options including rice fasting and fruit fasting (eating solid fruits). Plus it has testimonies from people who've had success. Also my friend had a powerful detox while water fasting and shares his experience in this article: <https://geistheiler.blogspot.com/2016/07/water-fasting.html>.

Fresh Coconut Juice Cleansing:




Fresh Cambodian baby coconut

For those who may wish to cleanse while in a tropical region, there is an option to drink only fresh coconut juice from baby coconuts. Coconut juice is nutritious and has many electrolytes. I have completed a 10 day coconut only juice fast with good results. Be sure you drink fresh baby coconuts that are chopped open at the time you consume them. I would not recommend trying this with the coconut juice which has been bottled and can be purchased at many health food stores. You want something like in the picture.

Juice Cleansing and Medications:

If you take any medications which are not essential and your doctor is okay if you stop them, then do so during the juice cleanse. Otherwise plan to stay on your prescription medications. If you cleanse often, your body's health will get stronger and some chronic illnesses can disappear. Be aware of this and periodically recheck to see if you still need the medications you take. Also, a juice cleanse will make you more sensitive to any factors in life which are harmful to you. This also applies to medications. You may start to notice side effects, which you previously never had. This is good. It is a sign that your health is getting stronger and soon that medicine may no longer be fitting for you.

Consult with your doctor and look into reducing the dose of the medication if this happens.



Part IV: Conclusion

Keep it to Yourself:

When I first discovered juice cleansing, I was pretty excited and wanted to tell everyone about it.

However, I learned it was best not to broadcast my plans to everyone. It put pressure on me to perform, or for “something to happen”. I love to share my experiences about cleansing, but I do this afterwards and only if I feel the other person is open to it. Maybe you agree, its better to keep your plans to juice cleanse to yourself.

References:

1. Cheng et al; 2014; Prolonged Fasting reduces IGF-1/PKA to promote hematopoietic stem cell-based regeneration and reverse immunosuppression; Cell Stem Cell; 14(6): 810-823.
2. Esselstyn CB., Jr Updating a 12-year experience with arrest and reversal therapy for coronary heart disease (an overdue requiem for palliative cardiology) Am J Cardiol. 1999;84:339-341.
3. Ornish D, Brown SE, Scherwitz LW, et al. Can lifestyle changes reverse coronary heart disease? The Lifestyle Heart Trial. Lancet. 1990;336:129-133.
4. The NNT. Statins for Heart Disease Prevention (With Known Heart Disease). www.thennt.com/nnt/statins-for-heart-disease-prevention-with-known-heart-disease .
5. The NNT. Mediterranean Diet for Post Heart-Attack Care. www.thennt.com/nnt/mediterranean-dietfor-post-heart-attack-care.
6. Campbell TC, Parpia B, Chen J. Diet, lifestyle, and the etiology of coronary artery disease: the Cornell China study. Am J Cardiol. 1998;82:18T-21T.

7. Okeniyi J, Ogunlesi T, Oyelami O, Adeyemi L; 2007; Effectiveness of dried Carica papaya seeds against human intestinal parasitosis; Journal of Medicinal Food; 10(1): 194-196.

Donations:

Honest donations are graciously welcomed to support this work. All proceeds go to my mind body spirit work and humanitarian projects. Donations can be made at the Paypal link found on this webpage: <http://www.healthy-mind-body.com/clinic/fees.html>

Image Credits:

P12: Reprinted with permission from Dr. Caldwell Esselstyn; www.dresselstyn.com

P 2, 13, 21 and 27: Reprinted with permission from Pond Hill Farm; www.pondhill.com

Copyright:

© 2016 Roger Gietzen, MD (doctor.roger@healthy-mind-body.com). All rights reserved. This publication is to remain free for distribution to all people worldwide. This document can be shared by providing paper copies or electronically by sending the pdf, as long as it is done for free or for fair reimbursement. It is not to be used for commercial purposes or distributed "for profit". The document is to remain in its original form with original content. The most up-to-date version of this document can be found at www.healthy-mind-body.com.



Healthy Mind Body