



The 3-Day Juice Cleanse Plan

-GUIDEBOOK-

Jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health with this guided step-by-step plan.

The 3-Day Juice Cleanse Plan

-GUIDEBOOK-



created with lots of love by...

Zuzana and Nikki

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Welcome To The 3-Day Juice Cleanse

The following information will help you tremendously in getting started and achieving success with your cleanse and detoxification. We urge you to read through the entire cleanse kit (recipes and all!) so you become familiar with it.

Message From Zuzana & Nikki

Congratulations!

You have now taken a significant step towards Vibrant Health.

We want to honour and acknowledge how far you have undoubtedly travelled in your life to make this kind of commitment to your well being.

We understand that venturing into any new lifestyle change can seem like an overwhelming pursue. However, our hope and intention are that after the “3 Day-Juice Cleanse” you are going to look and feel healthier, stronger, leaner and have a strong desire to lead a healthy lifestyle. We are confident that the more you follow this cleanse, the more you will aspire to develop this new way of being in a relationship with food and are encouraged to continue on your journey to vibrant health and well being.

Thank you so much for joining us, we look forward to your journey over the next few days!



What Is A Cleanse?

There is a lot of hype around detox and cleansing so before we dive in we want to explain what a cleanse is and why detoxing may be beneficial.

Anything that you eat, drink, breathe or otherwise expose yourself to and which is not useful to your body can be considered a "toxin." At a most basic level, your body holds onto what it requires and eliminates everything else through a process commonly called "detoxification." Your body detoxifies naturally, mainly through your liver, your kidneys, your digestive tract, your lungs, your lymphatic system and your skin.

Perspiration is the action of the sweat glands throwing-off toxins which would be damaging to us if they become stored in the body. The kidneys excrete the end products of food and body waste from the liver. The bowels also eliminate food waste and waste matter in the form of used-up cells and tissues, which are the result of our physical and mental activities. The lymphatic system aids the immune system in removing and destroying waste, debris, dead blood cells, pathogens, toxins, and cancer cells. If the body does not eliminate this waste, it will cause protein putrefaction (decay and rotting in the body) resulting in toxemia (toxic blood) or acidosis (too much acid in the body). The retention of this body waste has a much more damaging effect on our health than is generally understood and its elimination is one of the first steps toward vibrant health.

The Best Reason To Do A Juice Cleanse:

In recent times our diets have become more and more reliant on highly processed foods. Most of the packaged foods at the supermarket barely resemble anything found in nature. Many packaged foods contain additives such as preservatives, artificial colours, flavours, sweeteners and food processing agents, which can be thought of as toxins that your body must eliminate. Many highly processed foods are also low in micronutrients when compared to whole-foods and minimally processed foods.

Unfortunately, there is a lack of education and awareness on how precisely these radical changes to our food supply affect our bodies and our overall wellbeing. What is undeniable though is that there has been an increase in lifestyle diseases among populations that consume this type of diet.

A juice cleanse is a natural way to heal the body. From our personal experience, we can tell you that juicing helps unleash the inherent healing power of the body. Juicing floods your system with powerful nutrients and antioxidants. It may also help retrain your taste buds to enjoy healthy fruits and vegetables, making it the first step toward a long-lasting lifestyle change, or jumpstarting a weight-loss regimen.

Regular juicing can also be highly beneficial for people with elevated cholesterol, high blood pressure, and those suffering from autoimmune diseases, like arthritis, digestive problems, and skin conditions.

The Safe & Natural Way To Vibrant Health:

Life breeds life, and if you are continually stressing your digestive system and other organs with too many of the wrong sorts of foods and drinks there is no question you will feel tired, bloated, weigh more than you should, have dull skin or suffer from health conditions such as allergies, frequent colds, arthritis, thyroid dysfunction and others.

There is also no question that the physical side effects of a bad diet and no exercise (such as being overweight and lacking in energy), can often destroy your motivation and lower your spirits. And low spirits often lead to unhappiness and depression.

The goal of this 3-Day Juice Cleanse Plan is to make you feel alive again! It will simply give your body a break - a mini vacation, and allow it to detoxify naturally. A clean body is a healthy, lean, energetic and vibrant body. And this should be your goal in life, to be VIBRANTLY HEALTHY, full of life, vitality and peak happiness. It's possible, and YOU CAN DO IT!

Getting prepared is without question the key to making this plan as comfortable as possible. It is also the key to making sure that the 3-Day Juice Cleanse becomes a catalyst to a lifelong healthy lifestyle instead of "yet another diet." In order to avoid this, that is why we keep encouraging you to read the entire guide before you start as it is incredibly important to have the correct preparation to make the cleanse easy and even enjoyable.

How To Prepare For A Cleanse



First Things, First

So you decided to do the cleanse, now what?

First things first: set a start date. Choose a time when you have the fewest obligations. The cleanse will be more effective if you can unwind.

We recommend you give yourself at least 2-3 days before you plan to start the cleanse to read through this guide, purge your kitchen of temptations, and hit up the grocery store. Once you've decided on the actual start date, write it down in your planner or calendar. Writing it down may seem trivial to you; however, it's more likely you will put something off if it's not written in ink in your planner. Things that get scheduled are the things that get DONE!

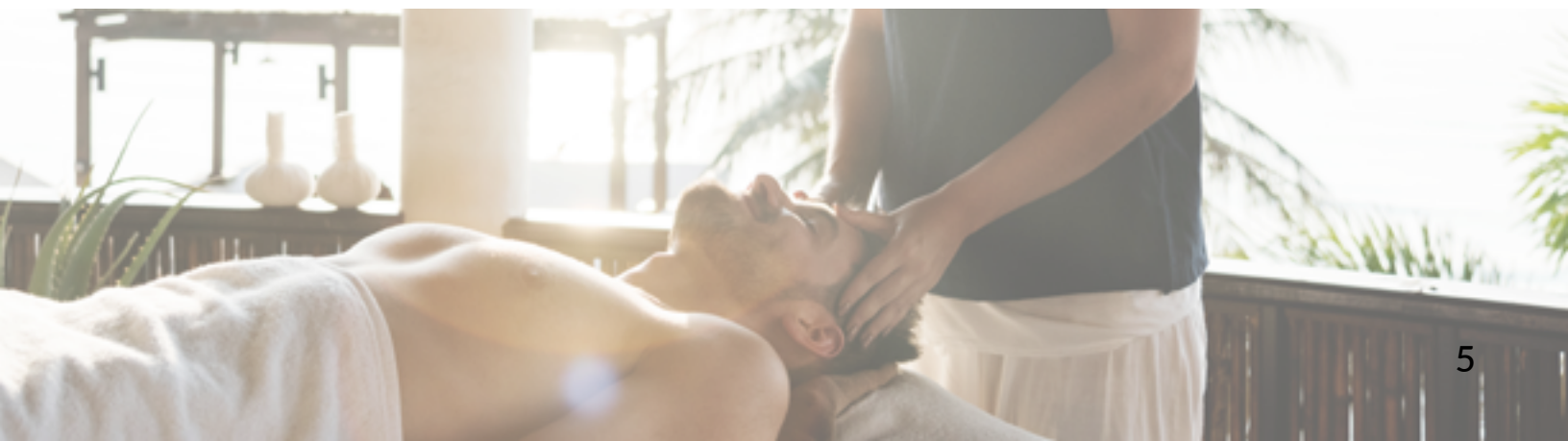
3 Days Before

Here are a few key guidelines you should implement leading up to the cleanse that will significantly improve your experience and the results you will achieve:

Diet & Lifestyle

Enjoy

- Fruit for breakfast (always eat melons alone or leave them alone)
- Fruit smoothies with a water or nut mylk base (no dairy)
- Fresh fruit and vegetable juices
- Gluten free grains such as quinoa, amaranth, teff, millet, whole grain wild and brown rice
- Veggies, raw and steamed
- Salads and greens
- Root vegetables such as sweet potato, turnip and carrots
- Homemade salad dressings such as lemon and olive oil, apple cider vinegar or orange juice based dressing
- Homemade vegetable soups
- A small amount of unrefined sea salt
- Olive oil, coconut oil, herbs and spices (without added preservatives)
- Lentils
- Raw stevia, local honey, raw agave, grade B maple syrup (in moderation)
- Herbal tea, hot water with lemon
- Raw, unsalted nuts (small amount and only if they agree with you)
- Eat until you're comfortably full
- Pay full attention to you food, eat at a table no electronics.
- Eat no later than two hours before bed
- Moderate exercise
- Natural light
- Fresh air
- At least 2 liters of water per day
- Quality sleep
- Yoga and other stress reducing activities



Avoid

- Animal products (red meat, fish, chicken, eggs)
- Processed sugar, high fructose corn syrup
- Artificial sweeteners
- Processed foods (such as pasta, bread, soy products, pre-packaged salads, soups and dressing)
- Coffee and black tea (suggestion: switch to caffeinated green tea at least a week before juice cleanse and stop drinking caffeinated green tea all together at least two days before juice detox)
- Alcohol
- Soda
- Dairy
- Eggs
- Refined flour
- Raw fish
- Fried foods
- Fast food and takeaway foods
- Oversalting your food (no table salt! use unrefined sea salt instead)
- Overeating
- Eating poorly combined foods when you know they stress your system (fruit with protein or starch with grains, for example)
- Eating before bed (eat your last meal at least 2 hours before bedtime)
- Dehydration
- Cigarettes
- Stress, lack of sleep, sedentary lifestyle, people who drain your energy (as much as possible)

Diet & Lifestyle Continued...

Ideally, you'll want to implement the above protocol three days in advance of starting your cleanse, however, this ultimately represents a healthy, nutritious way of eating. So we suggest that you keep up with these lifestyle habits even after you complete the 3-Day Juice Cleanse.

MEDICATION: Please do not taper or stop taking prescription medications without your physician's consent.



What To Expect During The Cleanse

Expect the 3-Day Juice Cleanse to be one of the biggest challenges you have ever taken on. As you journey down this path, you may experience a few trials. These trials can reveal some strengths you possess that you may not have known of until you started this cleanse.

Healing Crisis

During this plan, your body can experience various stages of cleansing and repairing. Cold and flu-like symptoms, sneezing, coughing, diarrhea, sweats, fevers, aches and pains are all natural methods used by the body to detoxify (release toxins) and heal itself.

The road may seem mostly uphill, and very frustrating at times, but know that you can do this! You will be amazed at the results. As long as you know beforehand that it will be very challenging at times, you will persevere. And when completed, you'll experience a victory unlike any you've experienced before.

Withdrawal Symptoms

Cutting out caffeine, sugar, alcohol, etc. can be difficult and you may experience withdrawal symptoms. These symptoms can vary in intensity, and will most likely happen around the second or third day of cleansing. Take it easy and drink plenty of water and herbal teas (*dandelion root tea is great!*) to help your liver process the increased toxic load.

- Headaches
- Irritability
- Dizziness
- Bloating
- Mood swings
- Weight loss
- Muscle cramps
- Congestion
- Change
- Skin irritations
- Minor aches & pains
- in bowel frequency
- Fatigue

These symptoms should resolve themselves, so just be patient and focus on the fact that your symptoms are a sign that your body is releasing all those nasty toxins that are slowing you down!

Nature Yourself

BE SURE TO NURTURE YOURSELF WHILE CLEANSING!

- Take a bath or soak your feet in Epsom salts to relieve sore muscles and enhance relaxation
- Dry brush your skin daily during your cleanse to help slough away dead skin cells and opens your pores for the elimination process.
- Take a yoga class to increase nutrient absorption of the spine, bringing balance into your body, mind and spirit. Yoga also helps to improve circulation and oxygenation, helping to burn toxins and open a space for self-nourishment. (We recommend a Yin class for super relaxation, and Ashtanga for a moving-meditation style, strengthening class.)
- Meditate or practice presence-awareness every day to become more aware of your own body and the world around you.
- Journaling helps to write out thoughts or emotions that may arise during a cleanse.



Things To Bear In Mind

1. BE PATIENT

When you embark on this journey to better health through natural cleansing and detoxification, it is essential to bear in mind that natural foods in the form of fresh fruit and vegetable juices may unleash a regular housecleaning process throughout the entire system. This process may be (and sometimes is) accompanied by a period of pains or aches in various parts of the body where healing takes place. It may even at times make you feel as if you are sick.

Please do not fall into the illusion that the juices are making you ill especially if these juices are prepared fresh with high-quality ingredients. On the contrary, we should realize that the cleansing and healing process is well on its way, and the sooner such discomforts are felt after taking plenty of juices, the better because we will be over them just so much quicker. The more juices we drink, the faster the recovery is. When in doubt, it is best to consult a doctor whose

practice includes an understanding of Juice Therapy. Also keep in mind that it's unreasonable to expect that a lifetime accumulation of toxins can be squeezed out of our body miraculously, overnight - it takes time.

2. BE STRONGER THAN YOUR EXCUSES

Health is not just the absence of disease; it's the presence of vitality! You will need to pause often when your ego comes along with fancy persuading excuses that try to derail you. During these moments, it's best to pause, let the thoughts pass through you and then get back on course.

The truth is there is never a gray choice here, you are either choosing wellness or choosing to stay in your illness. Refer back to your goals and remind yourself why you are doing this. Asking yourself this question will quickly shift your focus from agonizing about eating chocolate to a lifetime of great health and vitality!

3. BE KIND TO YOURSELF & DON'T QUIT

You WILL have a moment of weakness. Don't just stop the cleanse if you do. One snack does not derail the massive benefits of your full body detox. If you do fall off, stand up, brush yourself off and get right back up on the saddle. These moments of weakness are practice and each day is a dress rehearsal. Be kind to yourself however don't let yourself off the hook either. You are too strong to allow a cheat stop you! If you can't control your stomach for three days then who is really in charge here?

How To Start Juicing



10 Easy Steps:

1. Place all the ingredients you need for your recipe on your chopping board before you do anything else.
2. Place a biodegradable pulp bag in the 'pulp container' of your juicer. Doing this helps with the cleanup. Note: Not all juicers have separate pulp containers.
3. Prepare, wash and, if you need to (depending on your juicer), cut the produce into pieces small enough to go into the chute of your juicer. Put back into the fridge any produce not required for the recipe.
4. Half fill the sink with warm soapy water.
5. Turn on the juice extractor and juice everything in one go.
6. Put the juice into a glass container with a lid and place it in the fridge. Make it a rule not to drink your juice until you have cleaned the machine.
7. Undo the machine, scoop out the pulp from the lid of the device and place it into the bag that's in the pulp container (or into the compost bin if you don't have a separate pulp container on your juicer). Throw the bag into the bin or, preferably, put it aside for composting.
8. Put all the parts of the machine (except the electrical unit) into the sink.
9. Most parts of the machine will rinse clean with warm running water. The mesh/ filter part will need attention with a washing brush (or nail brush) to clean it effectively. It is crucial that this part is adequately cleaned to extract the maximum juice during future uses.
10. Quickly run a tea towel over the machine, put it back together and return everything to your "Juice Station," where it's once again inviting to use.

After Your Cleanse

The day's post cleanse are as important as the days before and during your cleanse.

Eating the wrong foods right after finishing a juice cleanse is one of the most common mistakes novice cleansers make.

Breaking The Cleanse

It is not uncommon to spend your juice cleanse dreaming and fantasizing about all the foods you are going to indulge in after your cleanse is complete. But remember this is the beginning of a lifestyle change. Therefore, heading straight for the pizza, ice cream, or other heavily processed foods after completing your cleanse will quickly undo all the good you did to your body and mind for the past three days.

The most important rule for weaning yourself off your juice cleanse is to keep it simple. If you stuck to the cleanse for three days, take at least 1 1/2 days before eating solid foods. Use this period to ease yourself back onto solid foods. It is best to start by consuming fresh fruit smoothies, soups and more cold-pressed juice! Once you are ready, ease back to solid foods with lots of vegetables, fruits, and salads is ideal. Continue drinking plenty of water daily.

Avoid these items for up to 2 weeks after your cleanse to maintain good energy and lightness:

- Caffeine
- Alcohol
- White Foods (sugar, dairy, white flour, processed/ packaged food)
- Meat
- Nicotine
- Over-the-counter medication (unless prescribed by your physician)

Here are more tips on how to break your cleanse the right way and how to make detox part of your daily routine:

- Drink more water. It's the best way to flush toxins out of the body.
- Chew slowly. Digestion begins in the mouth.
- Avoid overeating. Less is more, especially when breaking a cleanse.
- Keep it simple. Avoid eating too many different foods in one meal to ease digestion.
- Find a good probiotic. Good bacteria keep your digestive tract healthy.
- Pay attention to your elimination habits.
- Eat organic and avoid processed foods. Cleaner food means fewer toxins.
- Avoid alcohol. It's toxic.
- Exercise. You'll sweat out toxins as you move.
- Take time to meditate. [Deep Breathing](#) helps cleanse the body.
- Get plenty of sleep. Your body heals itself as you rest.

Detoxifying foods that you can add to any diet:

- Hot water with lemon
- Dandelion root tea
- Cranberry juice and water
- Ground flax and chia seeds
- [Coconut Yogurt](#)
- Raw sauerkraut
- Grapefruit
- Beets
- Celery
- Asparagus
- Leafy greens
- Daikon radishes
- Onions
- Garlic
- Sprouts

Final Words

Not everyone may continue with the outlined lifestyle; we are a realist, and many will only use the 3-Day Juice Cleanse as a quick fix, "Oh, I have to look good for the wedding/party/date/holiday/boy/girl/ whatever – and I have to do it fast!" But that's OK. The worst thing that will happen is that you will give your body a super cleanse, lose some weight, feel good and get healthier – and what's wrong with that? What's wrong with someone who's usual diet may be full of processed foods, then drinking some living liquid fuel for three days and giving their body a much-needed rest?

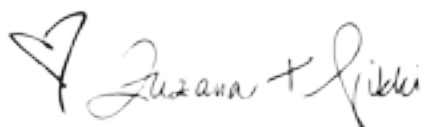
Equally, many people will use this plan specifically as a "super health clean" – almost like putting their body in for service once every three months. In fact, going on this plan once every season is one of the best things you can ever do for your health and even your longevity.

Wherever you are on your journey, please trust that we are here for you and committed to helping you live the life you dream.

Our website www.activevegetarian.com was created out of pure love and passion for healthy plant-based living. We are blessed with the opportunity to share our experience with clients and readers all over the world. It's our offering to help you take back the control of your own life, health and happiness. Helping others is what we do best and seeing you succeed is what fulfills us and inspires us to keep evolving.

Happy Juicing!

Dedicated to your health and well-being,







*Regaining health is a great learning process, alerting go of old,
outdated beliefs and values.*

There is no need to rush.

*Appreciate each moment as an opportunity to develop your inner power,
confidence and wisdom.*

*Each day can be a day of pain or day of great blessing,
depending on our attitude and how we view things.*

See yourself healthy and everything you need will come your way.

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