



Frequently Asked Questions

- Q & A -

"Learn as if you were to live forever."
- Mahatma Gandhi

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created with lots of love by...
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Frequently Asked Questions

Q & A

Please read this part before starting the cleanse. If you do have questions that aren't answered here, feel free to email us at info@activevegetarian.com. We'll respond as quickly as possible.

Q: I don't have a juicer. Can I use a blender instead?

A: NO,- this is a juice cleanse and in order to make fresh juice you need a juicer extractor. Juicer will separate the fibers from the juices whereas a blender will not. It's important while on the fast to eliminate the fibers and pulp from your diet. This allows your digestive system to rest allowing it to absorb nutrients and phytonutrients without having to use energy to digest all those fibers.

Q: Should I buy organic produce?

A: Organic produce is preferred as it tends to yield more juice and have better flavor based on what's in season and where it's from.

Q: Do I have to drink all four juices each day?

A: No, you don't. The reason why the plan recommends a juice every three hours is to prevent any dips in sugar levels which can lead to cravings. When experimenting with this and other juice cleanses, we found that you don't have to have a juice every three hours. However if this is your first time going through you will probably want to stick to the outline 4 juices per day protocol. You might find that by day three you won't feel hungry. By the end of the day you might feel little tired so treat yourself to a nice hot bath, read a book or lie down and listen to some relaxing music. You can sip some water and drift off to sleep.

Q: Can I make a big batch of juice ahead of time and store it for a few days ?

A: You should always make juice fresh whenever you can – 'fresh is best', as they say. The next best thing is to make some, add a bit of lemon or lime juice and seal it immediately, then put it in the fridge and drink it within the next eight hours. Remember, though, that with every hour that passes you lose more and more nutrients, so drink it as soon as you can. Having said that, if you still have some in a jar after 12–14 hours, don't throw it away; it will still have plenty of vitamins, minerals, fats, carbohydrates and some amino acids. But fresh is best whenever you can.

Q: Do I have to keep exactly to the juices suggested on each day or can I create my own combinations?

A: The juices on this cleanse aren't just thrown together and the order has been carefully thought out. However, please feel free to be flexible when it comes to making them. Sometimes you might not be able to get certain produce, or you may not feel like a particular juice. You may also particularly like a certain juice and want to drink it more often.

Q: How do you Juice and go to Work?

A: This gets asked a lot! It's okay to pre-make your juices and bring them to work with you. It's best to drink them fresh so make and bring only the juices you can't make and drink at home. Your juices should be stored in a fridge and if you don't have access to a fridge you might consider getting a small cooler to store your juices in while you work.

Q: What should I do when eating out on the cleanse?

A: Quite simply, DON'T! There is no eating on this 3-day plan , but you are welcome to take your juice with you! We understand that life doesn't stop while you are juicing, however you can absolutely manage to make it work. When we are on a juice cleanse we often have meetings, lunches, dinners and so on to take care of. We know from personal experience that nothing can prevent you from following this 3-Day Juice Cleanse to the letter if you really want to – except you, that is.

Q: Is it okay to drink tea while on a juice cleanse?

A: Yes, it's good to drink tea while on a cleanse. Stay away from black tea and most green teas as they contain a heavy amount of caffeine. Since you are detoxing, you don't want to be adding toxins like caffeine into your system. Herbal teas will work perfectly! Any night time tea will be good too. One thing we like to do is brew a big batch of tea in the morning and sip on it throughout the day.

Q: Can I still drink coffee while on the juice cleanse?

A: NO! You want to stay away from caffeine and coffee altogether while on the juice cleanse. It's important to drink just the juice you make while on the fast to ensure you're not taking in any toxins that you're trying to rid your body of.

Q: Can I eat fruit or vegetables if I don't feel like juicing it?

A: Yes and No! Firstly, this is a 'juice only' cleanse and that means if you are going to do it to the letter you won't be using your teeth for three days. Having said that, if it's a case of 'Unless I eat something, ANYTHING – NOW! – I'm going to forget the whole thing,' then at least make sure you eat something good. The best suggestion is to eat foods with an extremely high water content, like fruits and vegetables. The best choice is melon.

Q: Can I drink bottled juices while on the cleanse if I don't have the time to juice fresh?

A: If push really comes to shove then yes, but only in absolute emergencies. The reality is that if you are fully prepared there are very few situations where you cannot get a fresh juice or make a fresh juice. However, we are also aware that unexpected 'stuff' can come up in life and best intentions can often go out of the window. With that in mind here are our suggestions for juices when out and about.

1. Direct from a juice bar. If you have a juice bar near you then ask them to make up the exact juice you want and make sure you can see them making it. Many juice bars have 'ready-made' juices in coolers – these are almost always not freshly extracted juices. You are the paying customer and even if you have to pay more – get the real thing. If you are in a regular juice bar and they cannot make the exact juice you want, then just make up a juice from their menu of fruit and veggie choices.
2. A 'good' bottled juice. Majority of juices that are in bottle have been pasteurized. This process lowers the vitamin and mineral content and destroys the enzyme activity – the life force contained within the plant. Also, it is almost impossible to get a good 'veggie' bottled juice and most are fruit based. I would suggest that if you are going to 'hit the bottle' then you should go for 100% pure juices not made from concentrate. However, remember these have also been pasteurized.

Q: My stool/urine is an odd color? Is this normal?

A: Yes, it's normal and nothing to worry about. It's the same if you eat or juice a lot of beets. Your urine will be an orange or red color. Another reason is that your body might not be absorbing all of the chlorophyll from your juice drinks. This too is normal since you are taking in a lot of natural vitamins and nutrients. The excess gets passed out in your stool and urine.

Q: What if I am allergic to one of the ingredients!?

A: No problem! If you are allergic or simply do not like any one particular ingredient, just replace it with something you do like.

Q: Can I take vitamin supplements while juicing?

A: We wouldn't recommend it due to the fact that when you are juice cleansing, you are already providing your body with so many nutrients and phytonutrients that it wouldn't make sense to add even more via a supplement. Supplements can be helpful if you aren't getting those nutrients to begin with, but when you are juicing you get a big variety of nutrients throughout the day making it unnecessary to take vitamin supplements.

Q: I am constipated. What should I do?

A: When people either embark on this plan or come on a juice cleanse, around 20% of them experience a 'blockage' in the bowels. This is nothing to worry about and all will soon start moving again. If for some reason you do stay 'stuck' then eat some prunes, have some prune

juice or see your GP to determine if there's anything else that could be causing the blockage.

Q: I have the opposite problem ... I can't stop going to the bathroom. Can you help?

A: Firstly, it's nothing to worry about, and secondly, see it as a free colonic! This is often a very good sign – it's the body ridding itself of the built-up junk. If, however, your 'waste' is simply coming out too fast, then here's a tip. Add 1 Tbs of organic psyllium husks to your juices. Please remember, everything is here for a reason.

Q: Can I do this cleanse if I'm pregnant?

A: That's not straightforward to answer. We don't know anything about you and we wouldn't want you to jump into this plan and then find something is wrong. As always, when in doubt consult your GP first. Having said this, we can't see how it could possibly be harmful – we would have thought that if you were pregnant you would require larger juice portions – but please check.

Q: How do I start eating again after a juice cleanse?

A: Please refer back to section in this book titled "AFTER THE CLEANSE". You can find it on page 11.

Q: I get headaches while juice cleansing.

A: This is normal during the first few days of juicing as your body is detoxing. Our suggestion is to increase your water intake, get enough fresh air, include some light movement (walk, yoga) and focus on deep abdominal breathing.

Q: Can I juice and still work out or exercise?

A: This question deserves a longer answer. So let's begin with explaining one of the body's main channels of elimination - The Lymphatic System. Your lymphatic system is your body's primary system for the removal of waste. Yet unlike your circulatory system, where blood is pumped throughout the body by your heart, your lymphatic system does not have a pump. For your lymphatic system to be effective and eliminate waste and toxins from the body it requires your body to be moving.

Exercise can kickstart the natural detox process as it flushes out the lungs, and cleanses the skin as we work up a sweat. It also increases blood flow promoting better circulation to pump white blood cells through the body and help organs cleanse themselves effectively.

With that said, deciding to exercise should be based on listening to your body. If you are feeling fatigued in the beginning of your cleanse, take it easy and do light exercise such as gentle yoga or a brisk walk. When you feel your energy levels increased, stick with your normal routine.

One think to keep in mind - Don't overdo it! – there's no need and the effects could be counter-productive. If you run a lot, for example, think about switching your morning outing for a brisk

20-30 minute walk.

Avoid high impact exercise - such as all-out sprints, intense intervals or long training sessions during your cleanse. Too much impact can be difficult for the digestive system to cope with during this transitional time and can leave you feeling faint.

When we are working with our personal clients, we typically suggest a minimum of 20 minutes of light exercise twice a day. This could be something as simple as a short walk.

Q: How much weight will I lose on the 3-Day Juice Cleanse?

A: The weight lost while on a juice cleanse will differ from person to person. The more weight you start out with, the more you will lose in a shorter period of time. Typical results are 3-7 pounds (1-3kg).

Q: How often should I go on the 3 -Day Cleanse?

A: We recommend once a season. Even if your health and fitness suffered, you will know that at the start of every three months you do at least the 3-Day Cleanse. Ideally we would recommend that you enroll into our online program so you can establish strong and sustainable healthy routine that will become part of your lifestyle. This way you can maintain all the benefits you gain from the 3-Day Juice Cleanse and continue your journey to vibrant health. You can find more about our step-by-step nutrition, exercise, and lifestyle coaching program [HERE](#).

Q: Is there any reason why there isn't more information about what juices are for what illnesses and so on?

A: Yes. Juicing is such a complex subject and if we had included all of the information on every disease and what juices can help and so on, the book would have been three times the size. For more information on juicing, get hold of *Fresh Vegetable and Fruit Juices*.



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