

What is a Juice Cleanse? **by Andrea Ramirez**

What is a juice cleanse? What's it good for?

It's a mild modality of fasting. Instead of not eating anything, or drinking only water — both can be very unbalancing — the idea is to flush toxins out of the body with the help of fruit and vegetable juices and broths. Juice cleanses are enjoyable, safe, and effective to clean and renew the body. According to many holistic practitioners, early fall is the second best time of the year — after early spring — to do a juice cleanse.

Do I need to prepare for the cleanse?

Yes. You should eat lots of fresh fruits, salads, and vegetables, and drink plenty of water starting at least four days — ideally one week — before the cleanse starts. Also you should decrease your intake of processed foods, sugar, dairy, animal protein, and fats to a minimum during this time. The day before we start, you should eat only fruit and veggies. The more you stick to this pre-cleanse diet, the easier — and more beneficial — the cleanse will be.

When is the cleanse going to take place?

It will go from Saturday, September 15 through Monday, September 17. We'll begin by meeting at the Collective on Friday the 14 at 7pm. We'll eat our last solid meal — salad — before we start the cleanse the next morning. We'll go over all the details that we need to know for the next three days, and you'll take home the 4 juices to be *eaten on Saturday. On Saturday we'll meet again at 7pm, share the experiences of the first day of cleansing, have vegetable broth together, and take home the juices for Sunday. On Sunday we'll meet at 7pm again for another group support session and to get the juices for Monday. On Monday at 7 pm we'll have our final meeting.

Do I have to come to the four meetings?

No, although I strongly recommend you do. The meetings will be a time to regroup, share the experiences of the day and have a delicious and comforting vegetable broth. We'll also talk about other cleansing activities to do during the cleanse to make it a more holistic experience. The first meeting is required, the rest are not. If you can't be at the meetings, you still have to come sometime between 6 and 8pm to pick up your juices for the next day.

Can I work during the cleanse?

Ideally, no. But if you have to work one of the 3 days, you should be fine. You can bring the juices to your office and keep them cold. I don't recommend doing the cleanse if you have to do intense physical labor during this time.

Can I eat during the cleanse?

No. These are 3 days to give your body a break from digesting . This cleanse is completely safe for healthy people. If you have to take medication with solid food and you can't stop your medication for 3 days, then you can't do the cleanse. If you suffer from extreme blood sugar swings — hypoglycemia, diabetes, etc — and can't stop eating,

then you can't do the cleanse. There are other ways to detox your body if you are in such condition, and if you are interested, you can ask me about those.

Will I feel hungry?

No. In fact, more often than not you'll find it difficult to finish your juice! Physically, you'll be nourished and satisfied, but lots of feelings about emotional attachments to food may rise to the surface. In this way, a cleanse can be an "emotional roller coaster." I encourage you to explore it.

Why three days?

Three days is an ideal length of time to truly start the process of clearing out toxins from the body. Think about it: how long have you been accumulating them? In perspective, three days is not really too much to ask to give a rest to your system, is it?

What are the juices made of?

Fresh fruits and vegetables. Organic and/or local, if available. Some will have small amounts of garlic or ginger to aid the cleansing process. How much does it cost? The fee of \$175 includes everything you need for a great cleansing experience and more. All the juices, vegetable broths, a body brush, handouts, daily meetings, and unlimited email support. It is such a good deal! Remember that you won't need to spend any money on food during those three days :)

Andrea Ramirez, HHC, AADP

healthy eating, balanced living expert healthier and happier than ever, for the rest of your life!

845.231.2470, 347.432.5856

andrea@soulterraholic.com

www.soulterraholic.com