

Juice Feast Ingredients

For 1.5 yrs I have used these products that have been formulated to assist my body in releasing built up toxins as well as assisting me maintaining an alkaline balance. I recommend them only because I have found incredible results. I have shared with a few friends and they too have found excellent results and have incorporated them into their daily regime.

Super Greens- Highly alkalizing with 300+ megahertz of energy per scoop. I drink 3-5 litres per day of these greens stirred in alkaline water

Prime PH- pH drops to alkalize your water if you do not have an alkaline water filter- These are great as they improve your water immensely and can also be used for travelling so you don't have to lug your filter:)

Phor Salts- This will alkalize you and provide 4 key minerals, sodium, Magnesium, Potassium & calcium. I take this 2x per day and will forever. It's a keystone product. Excellent to take extra if you feel like you are getting a bit of a cold (excess toxins are escaping- or you had too much wine at dinner)

Colloidal Supplements – these bypass your digestive track and enter your body with ease by placing these liquid drops under your tongue for maximum absorption to your blood stream for immediate use by your body. You can select a cleansing pack here if you desire to maximize your cleanse. I take them twice everyday to supplement my diet but they are incredibly helpful when cleansing especially the myco detox drops.

Supplement Capsules – these are incredibly helpful in regenerating new healthy cells as well as detoxing. They are formulated as a soft capsule that is easily released for absorption and designed to be targeted to specific parts of your body with accuracy. Again there is a beginning combination here for you to try out. I take these everyday as well. Dr. Robert O. Young has spent 40 years studying and developing methods for supplementation that get results. If you feel the difference like I do you'll keep taking them, but only you will know so stay tuned in to your body. For further info on these products consult this website http://www.innerlightinc.com/Family_Wellness.aspx?ID=alkalinesisters

Groceries- buy as much organic as you can and a wide variety of veggies–these are some that I like but you will decide what green juices you want to make and what you like- just buy your favourites to experiment with.

10 cucumbers- lots of these. (I buy either field or long english- whichever is largest and best price) These are very alkalizing, a great neutral base for any juice and yield lots of juice for their very high water content

8-10 cucumbers

3 dozen carrots

2 parsnips

3 bunches celery

1 head of cabbage

1 head of fennel

3 bunches bok choy

1 bunch broccoli

1 bunch kale

12 beets

12 lemons or more

The Juicing Feast

7 am-ish or upon rising • Start your day with a glass of water, either Alkaline or filtered with a [squeeze of lemon](#)

Take your colloidal supplements

There after • [1 glass of mineral salts- phor salts-](#) dissolved in 6 oz alkaline water or with 4 drops of [Prime pH](#) in 8oz. This will alkalize you and provide 4 key minerals, sodium, Magnesium, Potassium & calcium. I take this 2x per day and will forever. It's a keystone product. Excellent to take extra if you feel like you are getting a bit of a cold (excess toxins are escaping- or you had to much wine at dinner)

JUICE-15 mins later • make 8 oz of carrot juice with one lemon peeled (approx 6-8 carrots- varies depending on size) This drink will stave off the first early morning hunger and increase your blood sugar level after your night of fasting during sleep. It's a nice jump start for me if I am a tad growlie. Carrots are filled with minerals and of course assist in detoxifying your body.

Take your capsule supplements

30 mins later • [slowly drink 1 liter of green drink](#) - 1 scoop of super greens mixed in alkaline water or with 12 drops of Prime pH in each liter

JUICE-10 am-ish or 1.5 -2 hrs later • make 12 oz green veggie juice
-combinations like 1 cucumber, a piece of fennel, 1 lemon peeled, 1 stalk celery, few stems of bok choy.
-or try 1 cucumber, few stems each of mint & parsley, 2 leaves of kale, 1/2 in piece of ginger, 1 lemon peeled

30 mins later • [slowly drink 1 liter of green drink](#) - 1 scoop of super greens mixed in alkaline water or with 12 drops of Prime pH in each liter

Take your colloidal supplements

JUICE-12 noon-ish or 1.5 -2 hrs later • make 12 oz green veggie juice with an avocado added for creaminess if you wish
-try this- juice 1 cucumber, a few broccoli stems, 1 stalk celery, few stems of bok choy, a 3-4 inch piece of parsnip, a piece of cabbage, few stems parsley. Pour this green juice into the blender and add 1 avocado, 1 small clove garlic, pinch of sea salt and 1-2 teaspoons of Braggs soy sauce. This is my favourite and I save it for lunch or for dinner during this cleanse. I sometimes even pour it into a bowl as a soup- delicious!

30 mins later • [slowly drink 1/2 liter of green drink](#) - 1 scoop of super greens mixed in alkaline water or with 12 drops of Prime pH in each liter

JUICE-2 pm-ish or 1.5 -2 hrs later • make 12 oz green veggie juice

Take your colloidal supplements

30 mins later • [slowly drink 1/2 liter of green drink](#) - 1 scoop of super greens mixed in alkaline water or with 12 drops of Prime pH in each liter

JUICE-4 pm-ish or 1.5 -2 hrs later • make 12 oz green veggie juice

30 mins later • [slowly drink 1/2 liter of green drink](#) - 1 scoop of super greens mixed in alkaline water or with 12 drops of Prime pH in each liter

JUICE-6 pm-ish or 1.5 -2 hrs later • make 12 oz green veggie juice

Take your capsule supplements

30 mins later • [slowly drink 1 liter of green drink](#) - 1 scoop of super greens mixed in alkaline water or with 12 drops of Prime pH in each liter

JUICE-8pm-ish • juice 8 oz of beet juice with one lemon peeled and 1/2 in pc of ginger (approx 3-4 med beets peeled- varies depending on size) This is yum-yum-yummy! This hit of beet sugar will give your body what it needs to boost your system as it contains phosphorus, sodium, magnesium, calcium, iron, and potassium along with vitamins A & C, niacin and biotin to nourish and cleanse your body thru the night.

Take your colloidal supplements You may enjoy a cup of herbal tea at any time --try chamomile, mint, raspberry and pau d'arco teas.

Before bed • [1 glass of mineral salts- phor salts-](#) dissolved in 6 oz alkaline water or with 4 drops of [Prime pH](#) in each 8oz.

Sleep well:) Wake up and repeat:)

If you can manage 3 days of this cleanse this is what you may experience.

•First day you will not feel too different, you may just urinate often.

•Second Day you may still not feel any different. You will urinate often and empty your colon a couple times.

•Third Day you may feel a bit off, with cold or flu like symptoms (I felt fine but my sister felt this way) and you will urinate often as well as have a number of colon cleansing moments that I describe as a shower for your colon. This is the idea of the cleanse. You are washing your colon as you empty the toxins from your body. I did not feel crampy, I just felt lighter and cleaner by the end of the day.

After completing the cleanse for 3 days you may decide to do another day or choose to be complete. On this day you must break the cleansing feast with gentle foods for your tummy and your system. A healing soup is recommended. You may eat as much of this soup as you desire thru the day.

Breaking the Feast

7 am-ish or upon rising • Start your day with a glass of water, either Alkaline or filtered with a squeeze of lemon

Take your colloidal supplements

there after • 1 glass of mineral salts- phor salts- dissolved in 6 oz alkaline water or with 4 drops of Prime pH in each 8oz.

Make the healing soup and drink just the broth this morning. The recipe is as follows. This vegetable soup is satisfying and can be used for any meal for the next few days.

Healing Soup

Assorted favourite fresh veggies such as

green beans
carrots
broccoli
celery
zucchini
yellow squash
red peppers - or other colours
leeks
tomatoes
white or purple cabbage
1 large onion- diced small
5-6 garlic cloves
2 tetra packs veggie broth
celtic sea salt
herbs-fresh or dry- basil, parsley, oregano, herbes de provence

Method

- Dice up all vegetables, set aside keeping onion & garlic separate
- In a large soup pot lightly stir fry minced garlic with diced onions in a little water or vegetable broth.
- Add the vegetable broth, 1-2 tetra packs depending on your volume of veggies. Heat thru.
- Add the diced veggies and heat just til colours brighten and veggies soften slightly, they should have a little crunch still
- Flavor with herbs & spices to taste.

Enjoy the broth upon waking and then have a bowl of soup when you feel hungry and enjoy as often as you may during the day. Each time you re-heat it will soften a wee bit more. Not to worry.

Take your capsule supplements 2x during the day

30 mins later • slowly drink 1 liter of green drink - 1 scoop of super greens mixed in alkaline water or with 12 drops of Prime pH in each liter

In between drink a total of 3-4 litres of the green drink.

Continue to take your colloidal and cupsule supplements daily as per directions on the bottle.

In the days & weeks that follow be sure to eat as much alkaline food as possible. See our food chart for reference. Try your best to stay "green" for the next 3 weeks.

Eat raw and lightly steamed green vegetables. Have green salads with a lemon-based dressing (olive oil w/ lemon juice seasoned w/ S&P.) Eat lots of sprouts for energy. Have liberal amounts of essential omega oils- flax, udo's oil and evening primrose supplements. Continue drinking 4 liters of water each day with 1 scoop of SuperGreens Powder and 12 drops of Prime pH in each liter. What you do for the next 30 days will become a habit. You will develop a pattern of taking care of yourself that will stick if you are persistent right now. If you really want optimum health this window of time is crucial.