

The Ultimate Juice Fast & Advanced Detox Protocol

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My Story

My name is Gustavo Castaner and I was certified as a Raw Nutritionist by David Wolfe and the Body Mind Institute in 2012.

One of the most profound healing experiences in my journey with raw foods was a 23 day juice fast. After doing a ton of research I learned that during a juice fast a person can release a plethora of toxins from their body and if those toxins are not flushed out properly they can cause auto-intoxication. What this means is that your body re-absorbs these toxins and you get to experience headaches, rashes, aches and you feel sick.

That is why it is extremely important to help your body detoxify properly while doing a juice fast. When you do this you will triple the health benefits and avoid auto-intoxication symptoms.

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- This Ebook is an educational product.
- It's not intended to diagnose, treat or cure any disease and it is not a replacement for professional medical treatment or advise.
- The information contained in this Ebook is meant to increase your overall state of well being, balance and harmony.
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- Always consult a medical doctor before making any changes to your lifestyle and diet.
- Pregnant and breastfeeding women should never undertake a cleanse, fast, detox or parasite cleanse of any kind.

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Why Juice Fast?

- Juice fasting or juice feasting can be an extremely powerful way of cleansing each of the trillions of cells that make up your entire body. There is no faster and more effective way to eliminate the plethora of toxins that you have accumulated for decades through processed foods, pesticides, herbicides, heavy metals, pharmaceutical drugs and other environmental contaminants just to name a few.
- No matter what your intent is, juice fasting is guaranteed to produce massive changes in your physical, emotional, mental and even spiritual well being.

Why Juice Fast?

- There is plenty of information regarding juice fasting that might seem confusing and overwhelming, at least this was my experience 7 years ago when I began doing research in preparation for my first juice fast. Over the years more and more information has surfaced regarding juice fasting and I have decided to offer you the exact protocol that I use now whenever I embark on a juice feasting journey.
- This protocol is intended to help you avoid the most common yet serious mistakes people tend to make when doing a juice fast like auto intoxication (headaches, feeling sick, tiredness, skin break outs, poor bowel movements, etc.). With this protocol you will be able to have the BEST juice fasting experience you could ever have whether you are juice fasting for 3 days or 30 days. Remember to always consult your doctor before attempting to juice fast.

The Juice Fasting Wonder

- What makes juicing your food so unique is that it removes the fiber, which allows your body to assimilate nutrients faster and more efficiently. When fiber is removed your body doesn't have to digest what you "eat" or drink in this case, and instead it will use all the nutrients and energy not only to nourish you but also clean all sorts of toxins stored throughout your body and impacted food waste from your small intestine and colon. It is quite common for the average person to hold pounds of toxic old fecal matter in their intestines! Imagine how would you feel if you released 5 or 10lbs. of toxic old matter that has been stored for years in your intestines, just feeling lighter would be an understatement.
- When you go through a proper juice fast you will allow your body to release all the junk that is stored and clogging your intestines. And because you are fasting with fresh pressed juices you will not deprive your body of nutrients nor the necessary calories, as these will all be provided by the juices and supplements you consume throughout the day. These nutrient packed juices and supplements will flood your body with vitamins, minerals and other highly bioavailable nutrients that will accelerate the healing and repairing processes.

What Are The Typical Results From a Juice Fast?

- Apart from the most common results, like losing weight for those who are carrying excess weight (fat and impacted fecal matter), looking younger, having radiant and glowing skin, better sleep, clear eyes and a deep detoxification, juice fasting delivers mental, emotional and spiritual benefits like greater clarity of thought, concentration and life changing insights and realizations.
- During the first four days of a juice fast the usual challenge is food cravings. For most people it is quite strange to feel nourished without having the feeling of having a “full stomach”; it can even seem like a paradox to be extremely nourished on an empty stomach but this is exactly what happens when you do a juice fast. In fact you are most likely to be more nourished during a juice fast than on your regular diet. After day four it is quite common to experience a profound state of joy, bliss and a high level of energy. You are likely to feel empowered, stronger, lighter and happier when you are juice fasting. Most people are unaware that the toxins that are stored in their cells and throughout their body can make them feel depressed, fatigued and uninspired to go out and live life to the fullest.
- The time you spend doing a juice fast is an excellent opportunity to meditate, contemplate and re-evaluate areas of your life in which you want to make changes. Take advantage of your high energy levels and mental clarity to develop a strategic plan to make brilliant changes and fulfill your desired and most brilliant outcomes.

How Much Juice Should I Drink?

- The reason I prefer the term juice feasting to juice fast is because fasting is associated with deprivation. During a juice fast you should aim to drink at least 1 gallon of fresh pressed vegetable and fruit juices each day. It is vital that your juices are mainly green juices, made up from mostly green vegetables, leafy greens and some fruit juice. The macronutrients in green juices are about 50% protein and 50% carbohydrate, which will help keep your blood sugar balanced. Therefore it is wise to make vegetables like celery and cucumber the basis of most of your green juices; lemons are a great choice as well. Green apples have lower sugar content so they are a perfect low glycemic fruit to sweeten up your green juices if you cannot tolerate bitter flavors. Having bitter vegetables as the foundation of your juices is key, these vegetables will provide the necessary macronutrients that will allow your body to experience a deep cleanse and rejuvenation. In the case of juice fasting, bitter is better.
- To add some variety you can also incorporate fresh coconut water and your favorite herbal teas. I love making horsetail and nettle teas with reishi mushrooms, goji berries, a pinch of sea salt and a vanilla powder. Anytime you feel hungry you should drink at least 8oz of juice. It is extremely important to keep yourself hydrated with water; you need to drink lots of water in addition to your juices. The water will help keep you hydrated and flush out the toxins. As well it is very important to supply enough calories in the form of green juices and fruit juices, this will allow you to juice fast for as long as you intend to. Listen to your body and follow your intuition.
- Check out my [juice shopping list](#) and [types of juicers](#) so you know what to get.

How Long Should I Juice Fast?

- This is a personal choice and really depends on what your intent is and what you want to get out of the juice fast. The longer you fast, the deeper the healing will be. If you have never fasted before then it is wise to start out by doing a one to three day juice fast and see how you handle it. If you have never fasted before you have never let your digestive system take a break. Don't be fooled, just one day of juice fasting can do great things for your body and if you do this once every week or every other week the results will be profound.
- After you feel comfortable juicing for three days you can step it up. The first three days of a juice fast are typically the most challenging, especially for beginners who may unknowingly have emotional and physical food addictions. The first time I did a juice fast I went for 7 days and my last juice fast lasted 23 days using the exact same protocol you are reading here. Follow your intuition and if you feel ready to jump in for an extended juice fast of 10 or 21 days just be flexible, if along the way you want to shorten your juice fast that is ok and you should pay tribute for what you have accomplished so far, in no way is this a failure.

How Long Should I Juice Fast?

- The turning point for the majority of people occurs on day four when the food cravings and hunger tend to greatly diminish or disappear completely. On day four and beyond people begin to feel extremely energized and realize they can continue to do this for an extended period of time and reach their goal. Going through a juice fast can be such a powerful accomplishment that it can literally help you raise your self-esteem, self-confidence and the belief that you can do anything you set your mind to.
- A week of juice fasting will deliver tremendous benefits for colon cleansing, getting rid of old toxic impacted matter and transitioning to healthier eating habits. People who do extended juice fast have radically changed their life by losing massive amounts of weight, allowing their body to heal itself from serious dis-eases and adopting a new healthier lifestyle.
- Be sure to check out my juice fasting tips and how to deal with cleansing reactions for a successful juice fast.

Advanced Detox

- This may very well be the most important and crucial part of your juice fast. The proper or improper release of toxins can be the difference between one of the most enlightening and blissful experiences of your life or a terrible nightmare that you want desperately to end.
- Even though juice fast in itself will detoxify your body, it is extremely important that you take the necessary precautions to avoid what is known as auto-intoxication. You have probably heard stories from people who have done juice fasting and experienced headaches, skin break outs and felt horribly sick while doing a juice fast. Like Joe Cross in the movie *Fat, Sick and Nearly Dead* where he did not want to get out of bed because how horrible he felt during his first few days on the juice fast. In most cases the reason for feeling terrible during a juice fast is due the release of various toxins in massive amounts and at a much accelerated rate. However the lymphatic system, which requires stimulation to work properly, and the colon, which can be clogged up, can't eliminate all these toxins and the body ends up re-absorbing them and causing what is commonly known as auto-intoxication.
- There are very effective and simple ways to assist your body to eliminate the massive flux of toxins that come with a juice fast so that you don't re-absorb them into your system, avoid feeling sick and instead feel the best you have ever felt in your life. The advanced detox protocol will help you have the best juice fast ever and accelerate your body self-healing abilities.

Friendly Bacteria?

- Our digestive system is full of bacteria, in fact there are more bacteria in our bodies than there are cells. There are different kinds of bacteria, good and bad. Friendly bacteria or probiotics are 50% of the picture when it comes to nutrition. If you don't have enough friendly bacteria in your gut, you could very well eat the most nutritious foods and supplements available yet absorb only a minimal amount of the nutrients contained within them. In the process of breaking food down to access valuable nutrients, the bacteria also help the body digest various foods, thereby increasing the amount of nutrition that the body can extract from food. Friendly bacteria in the gut also combat bacterial invaders which can cause infection.
- It is of vital importance that during the juice fast you replenish your body with friendly bacteria while you detox from candida and other parasites that promote harmful bacteria to take over your gut. One excellent way to massively increase the amounts of friendly bacteria in your gut is to get yourself a fresh coconut, take out it's water and place it in a glass jar. Then simply empty 8-12 capsule of high quality probiotics and mix it with the coconut water. Place a cloth over the glass jar and stir every 8-10 hours. The probiotics will start to eat the sugars contained in the coconut water and continue to create more friendly bacteria. Then after 24 hours drink the fizzy coconut water filled with probiotics.
- Another option is to get probiotics is to drink kombucha or simply take probiotics.

How To End Your Juice Fast

- How you end your juice fast is as important as every other step. If you decide to go back to eating heavy solid foods right away you will shock your body and could actually reverse some of the healing work you have done so far, even get sick. There is a proper way to end your juice fast and that is by re-introducing solid foods slowly and starting with green smoothies and fruits (especially papaya which is amazing for your digestive system). Soaked organic prunes is another great option as your first meal after a juice fast, their laxative effect makes them an ideal food to get your digestive system back to solid foods.
- For the first day after your juice fast eat fresh papaya and soaked prunes and continue to drink juice. On the second day continue to eat soaked prunes and add a green smoothie (water, kale or spinach, your favorite sweet fruit), keep it simple. On the third day you can add fruits and veggies like watermelons, cantaloupe and cucumbers and make sure you are still drinking at least 32oz of juice. On the fourth day begin to add salads with light dressings, you can add some avocados. The key is to take it slow and not go on a binge, as this can really hurt your body. Of course this way of ending a juice fast is intended if you go on a 7 day juice fast or longer. If you only fast for one or three days then there is no need to have 4 days to break your fast, 1 or 2 days is enough.

Juice Fast Weekly Shopping List

- The following list will supply you with a week worth's of juices, making at least one gallon of juice a day. You want vegetables and leafy greens primarily in your juices because they contain chlorophyll which is a detoxifier, deodorant, healer of inner wounds and inflammations. When we juice vegetables and leafy greens we are liberating the chlorophyll in its pure form and getting it into our bodies immediately. Chlorophyll is centered on magnesium while our blood is centered on iron, making chlorophyll almost identical to our blood, with not much of a difference with hemoglobin.

Juice Fast Weekly Shopping List

- **Green Base Vegetables:**

- 10-12 Cucumbers
- 6-8 Heads of Celery
- 12-15 lemons

- **Leafy Greens:**

- 3 bunches of parsley
- 3 bunches of cilantro
- 3 heads of kale
- 2 heads of romaine lettuce
- 1 head of chard or rainbow chard
- 1 head of arugula
- 2 heads of bok choy
- 1 head Fennel

- **Root Vegetables:**

- 5-10 lbs. of carrots
- 10 beets (better if you juice their green leaves as well)

- **Fruits:**

- 10 Green apples and 5-10 of your favorite apples
- 6 pears
- 1 bag green grapes
- 1-2 pineapples
- 5 limes
- 3 honeydews or watermelons or cantaloupe. You can also do one of each to mix it up.
- 3 Grapefruits
- 5 oranges

*It is recommended that you buy everything organic for optimal results

My Favorite Green Juice Recipe

- My favorite green juice recipe:
 - 1 cucumber
 - 1 whole celery
 - 4 kale leaves
 - 1 or 2 green apples
 - 1 organic lemon with peel
 - 1 thumb of ginger
- For more juice recipes I recommend [The Healthy Green Drink Diet](#) and [The Juicing Bible](#).
- Or you can find tons of recipes for free by clicking [HERE](#).

Juice Recipe Hack

- Making a gallon of juice a day can sometimes be very time consuming.
- You can supplement your green juices with the Master Cleanse recipe. I would advise eliminating the maple syrup from the recipe because it contains too much sugar.
- Master Cleanse Recipe:
 - 2 TBSP organic fresh squeezed lemon or lime juice (do not use canned or frozen or bottled juice)
 - 1/10 TSP organic cayenne pepper
 - 10 oz medium hot water (cold water may be used if preferred)
- Making carrot juice is another time saver. Add lemon and/or ginger.

Types of Juicers

- The beauty about juicers, unlike blending, is that they take all the fiber out of our fruits, vegetables and leafy greens. This leaves ALL the energy to be extremely bioavailable and ready to be absorbed by the body within 15 seconds! This can only happen if we skip the digestive process that the fiber requires to go through. Juicing is great for beginners because most people are not used to the high amounts of fiber a high raw food diet has.
- 2 different types of juicers:
 1. Spinning or centrifugal juicers use a high speed spinning blade that turns at 10,000 to 15,000 RPM's to separate the fiber from the juice.
 2. Masticating juicers feature an auger which turns at 80 to 100 RPM's, crushing and squeezing against the outside wall of the juicer the fruits, vegetables and leafy greens.

Types of Juicers

- As you can see there is a big difference on the speed or RMP's between a centrifugal juicer and a masticating juicer, yet in this case faster is not better. The high speeds of centrifugal juicers cause oxidation which means that the juice won't last more than an hour, usually 30-40 minutes before all the living enzymes die out. So when you are using a centrifugal juicer it is best to drink the juice as soon as you make it. On the other hand a masticating juicer takes the pulp through a press at a lower speed thus avoiding the effect of oxidation. What does this mean? Simply that your juice will last longer, up to 3 days when refrigerated. Another advantage that the masticating juicer has is that the pulp comes out much drier meaning that you are getting more juice out of your produce. Plus masticating juicers tend to juice effectively leafy greens, while centrifugal juicers tend to do a poor job when it comes to juicing kale, spinach, lettuce or other leafy greens. This fact alone is often a decision breaker because leafy greens are one of the most beneficial things to juice.
- Now that you know the key differences between a centrifugal juicer and a masticating juicer the million dollar question that I get asked the most is "What is the best juicer?" And my answer is "The one you can afford and will use the most." Yes, even though there are major differences and benefits when it comes to different types of juicers, price is often a determining factor. Do not be discouraged if you cannot buy the "best" juicer, because juicing with any type of juicer is better than no juicing at all.
- For those serious about juicing I am going to recommend some of the most popular and "best" juicers that would get the job done for a juice fast or simply adding juices to your lifestyle.

Centrifugal Juicers

- Jack Lalanne PJP Power Juicer Pro

- This was my first juicer and it does a great job. At a great price the Jack Lalanne PJP Power Juicer Pro is one of Jack's finest juicers. What I love about this juicer is how fast it is, from making the juice to cleaning it up, you can have your juice ready in just a few minutes.

- Breville JE98XL Juice Fountain Plus 850-Watt Juice Extractor

- The Breville Juice Fountain was made famous by the movie Fat, Sick and Nearly Dead. This amazing and stylish juicer by Breville is very simple to operate and its powerful 850 watt motor can easily grind pretty much any type of produce that you push down it. With a wide opening or "big mouth" it can take large pieces of fruit and vegetables without the need to cut chop them, it can take a whole apple in just a few seconds! This juicer is very easy to clean and you can have your juice in no time. Another great feature is that it has two speeds: 12,000 RPM to grind hard vegetables and fruits or 6,500 RPM when you need to juice delicate fruits or leafy greens. All the parts are dish washer safe which is a great plus. Just make sure you put them in the top area of your dishwasher as the high heat from the bottom could be too much.

Masticating Juicers

- Omega VRT350S Heavy Duty Dual-Stage Vertical Single Auger Low Speed Juicer

- This is the juicer I currently own and I love it. The Omega VRT350HD is one of the best juicers on the market. Its compact size doesn't take up much counter space. The best feature from the Omega VRT350 is that it turns at only 80 RPM's. This slow rotation speed ensures that the enzymes and nutrients are not damaged by the process and allows you to store the juice for up to 72 before the oxidation process begins to take place. The Omega VRT350HD is very easy and fast to clean and all its parts are heavy duty so it is considered commercial grade (great for heavy juicers or those who plan to do a long juice fast).
- Juicing leafy greens like kale is a piece of cake with this juicer, making it one of the best all-around choices. When you are juicing your produce there is no need to push down because the juicer actually "eats" them up and self-ejects the pulp. The Omega VRT350HD is extremely quiet when compared to centrifugal juicers so you can make juices early in the morning without waking up your family or even the neighbors.
- A few tips will come in handy if you are planning to get this juicer. First make sure you chop your produce, especially when juicing leafy greens, celery and sometimes big carrots. By doing this you will avoid the juicer getting stuck, which is one of the most common complaints with this juicer. Another tip is to strain your juice before drinking as the Omega VRT350HD does tend to leave some pulp, but once it's strained get ready for an amazing fresh juice.
- Update: Recently the Omega VRT400 HD came out with noteworthy improvements and features.

Twin Gear Juicer

- [Green Star GSE-5000 Elite Jumbo Twin Gear Juice Extractor](#)
- This is the mother of all juicers and pretty much the only juicer you will ever need. It can pretty much juice anything, from all kinds of fruits, vegetables, hard roots and even leafy greens like wheat grass, this juicer yields the most juice and the least pulp. The Green Star GSE-5000 contains everything you'll need for easy juicing and food processing. Green Star Juicers feature an exclusive low-speed, quiet and heavy-duty Twin-Gear impeller press system that operates with minimal noise, friction and heat, preserving even the most fragile nutrients. HD Twin-Gear juicing technology produces higher juice yield and enhances the nutritional value of every drop.
- This is a multitask juicer that can be used to make your favorite nut butters, baby food, pasta and even frozen desserts! It has a slow RPM of 110 that ensures a nutrient and enzyme dense juice. Plus it comes with a 12 year warranty. The Green Star GSE-5000 is the "latest" twin gear machine, excellent for the price. Quality of juice is far superior than centrifugal and masticating juicers.

Advanced Detox Protocol

- Intestinal Drawing Formula: this supplement grabs toxins that are being released throughout your body, especially in the colon, and prevents them from being re-absorbed into your body. Start with 1 teaspoon and work up to 1-2 tablespoons, 1 to 3 times per day. Make sure to read and follow the instructions on the label.
 - You can replace the intestinal drawing formula with activated charcoal. Be sure to take this 2 hours before or after drinking juice or taking any supplement.
- Dry Skin Brushing: Once in the morning and once before you go to bed. Dry skin brushing is known for accelerating lymphatic drainage, improving blood flow and toxin elimination. It is also known for reducing cellulite. Be sure to use a natural bristle brush. Google how to use a dry skin brush or look up a video on YouTube.

Advanced Detox Protocol

- Neti Pot: First thing in the morning and right before you go to bed. Clears out any toxins that are releasing in your nasal passage for healthy sinus. Look up how to use a neti pot on Google or YouTube.
- Tongue Scraper: if you have never used a tongue scraper you will wonder how could you have lived so long without one! This practice will help remove toxins from your mouth and the mucus that comes out of your gut that tooth brushing is unable to remove. Before brushing your teeth, gently scrape your tongue from the back forward three or four times.

Advanced Detox Protocol

- Coffee Enema: this is the most important practice of the detox protocol and ideally should be done every day of your juice fast. If you have never done one, I know it might sound weird, yet this is a time proven technique to cleanse your body from harmful toxins and impacted fecal matter.
- Coffee enemas remove circulating toxins and partial metabolites because they dilate the bile ducts. Coffee (with caffeine) stimulates an enzyme in the liver called glutathione-S-transferase, that is capable of removing a wide variety of free radicals from the bloodstream. During the 15 minutes that the coffee enema is being held in the gut, all of the blood in the body passes through the liver at least five times because every three minutes, all of the blood in your body goes through the liver. The water being held with the coffee stimulates your visceral nervous system and the toxic bile will be flushed out of your system.
 - [Click here to learn how to use a coffee enema and know what items you'll need.](#)
- You can also do a water enema, very simple and you only need water. For a water enema you only need to hold it for 5-10 minutes.

Advanced Detox Protocol

- Rebounding: this is one of the most complete, simple and rejuvenating exercises you could do and it only takes 10-30 minutes a day. Rebounding or jumping in a mini trampoline is one of the most beneficial methods for lymphatic drainage, which will assist your body's detox.
- If you cannot afford a rebounder at least do some gentle yoga and/or walk at least 30 minutes a day. It's important to get the body moving.

Parasite Cleanse

- Many people are oblivious to the fact that almost everyone has parasites that are living inside their body, it's practically impossible to not come in contact with them. Parasites are everywhere: doorknobs, keyboards, restrooms, shopping carts, fingernails, water, pets, walking barefoot, etc. Parasites can cause all sorts of health problems like producing toxic substances and allergic reactions, irritation of body tissues, pressure and obstruction on body organs, chronic fatigue, craving junk foods, poor absorption of nutrients (they can eat more food than you do, wonder why you are hungry all the time?), immune system malfunction, weight gain and inability to lose weight. There are different types of parasites (roundworm, tapeworm, pinworm, hookworm, giardia, whipworm) and each causing specific symptoms.
- The easiest way to get rid of parasites is to use [Parasite Free](#) or [SCRAM by Healthforce Nutritionals](#) which contains traditional anti-parasite herbs like black walnut, wormwood and cloves combined with oregano and thyme to kill parasites all over your body. This is simply the best and most effective parasite cleanse I have used. Follow the instructions on the label during your juice fast.

How To Do A Coffee Enema

- What you need:

1. 3 Tablespoons ground organic light roast coffee (not decaf, it doesn't work). Make sure is organic, otherwise you will be putting more toxins into your body.
2. 1 Quart distilled pure water, please don't use tap water.
3. An enema bag or enema bucket
4. Coconut oil or any natural lubricant.

- Steps to do a coffee enema:

- Bring water to a boil, then add 3 tablespoons of organic coffee and lower the heat, let it simmer for 15 minutes. Cool down to body temperature, you can put the hot coffee in a container and put it in the fridge to speed up the cooling process. Strain out all grinds in fine mesh strainer or milk bag. Pour into enema bag or enema bucket. Put some coconut oil on the tip of the enema insertion tube and then lie down on your right side, and insert enema tube.
- Retain the entire quart for 15 minutes. Don't worry if you cannot hold it in at the beginning, it will get easier after a few attempts. Make sure you are comfortable and relaxed. Release after 15 minutes. Clean your enema with hydrogen peroxide water.

Juice Fasting Tips

- Tip 1: Drink juices every 2-3 hours to prevent cravings. Remember this is a juice feast and you are not meant to deprive or starve yourself. Consuming one gallon of freshly pressed juices floods your cells with nutrition, while giving your body a break from digesting foods.
- Tip 2: Always start each day with a green vegetable based juice. Green juices are known for their alkalizing effects on your body. It is a great idea to alternate a green vegetable juice with a fruit juice throughout the day. Remember the quantity of green juices should be greater than that of fruit juices which contain too much sugar. If you can't tolerate the green juices then drink more fruit juices and just add a bit of green vegetables. The more you drink green juices the more accustomed your body will get to them and eventually you will crave them!
- Tip 3: Avoid making one of the biggest and most common mistakes, not drinking enough water. Even though you are drinking great amounts of liquids in the form of juice you will still need water to flush out the toxins your body is releasing. Drink at least 8oz of water between each juice and drink 16oz of water before your first green juice in the morning.
- Tip 4: Include these powerful supplements to enhance your nutrition.
- Tip 5: Avoid juicing fruits with a lot of pulp like papaya, avocado, mango or bananas as they will slow down your cleansing process.
- Tip 6: As long as you continue to eliminate solid waste matter in your bowel movements while you are juice fasting then that is a sign that you have still more impacted matter that can be cleared out of your intestines. Continue to cleanse your intestines through coffee enemas until you are not eliminating any solid waste.
- Tip 7: Incorporate the advanced detox protocol every day to avoid auto-intoxication.

Advanced Juice Fasting Supplements

- [Spirulina](#): by taking 1 or 2 tablespoons of spirulina a day you will be providing your body with extremely bioavailable protein, vitamins and minerals that will enhance your body's nourishment and strength. You will also reap all the benefits from its rich chlorophyll content.
- [Wild Force Green Formula](#): by taking 1 or 2 tablespoons a day of this green powder will help you alkalize your body and provide much needed nutrients. You can take any other green powder, just make sure the ingredients are based on whole foods and preferably organic. Wild Force in my opinion is simply the best one out there, the quality of ingredients is superb making it much more than a supplement but a complete food source of its own.
- [Bee Pollen](#): take 1 or 2 tablespoons per day. Bee pollen is a superfood par excellence, fresh bee pollen is a rich source of complete protein, amino acids, enzymes, minerals and vitamins. No wonder why bee pollen is considered to be the most nutritionally dense food on the planet. When you purchase bee pollen make sure you are not allergic to it, begin with a very small amount.
- [Intestinal Drawing Formula](#) or [activate charcoal](#): I highly recommend taking this supplement. This acts like a magnet that grabs toxins that are being released and prevents them from being re-absorbed into your body. Following the instructions on the label is extremely important.

How and When To Take The Supplements

- Before taking any supplements or drinking any juice, the first thing you should do in the morning is drink at least 16oz of water to flush out toxins. After 30mins you can then prepare your first green juice of the day and combine it with spirulina.
- You can mix your second or third juice of the day with the Wild Force Green Formula. Personally I like to eat bee pollen straight up, chew it and then flush it down with some water or juice. For some people the taste is not that pleasant. Try it by itself and if you don't like it then simply mix it with some juice.
- The intestinal drawing formula or activated charcoal should not be taken at the same time with any supplement or food as it will draw out all the nutrients. It must be taken 45 minutes prior to taking any supplements or 1-2 hours after taking any supplements.

Dealing With Cleansing Reactions

- When you go through a juice fast you could experience what are known as cleansing reactions and healing crises. A cleansing reaction is the more common type and it is mainly caused by toxins that are not being properly eliminated through your urine, bowel movements and lymphatic system. Usually cleansing reactions are slightly uncomfortable but are not something to be alarmed about as long as you employ effective methods to assist your body in getting rid of the toxins which are causing the cleansing reaction in the first place. Examples of cleansing reactions can be headaches, skin breakouts, minor aches and pains, fatigue, feeling irritated, anxiety and other emotional reactions.
- On the other hand a healing crisis is more serious yet rarely happens when doing a proper juice fast that includes drinking at least one gallon of fresh juices a day, plenty of water and an advanced detox protocol. Examples of healing crises could be high fevers, vomiting or persistent diarrhea. If you ever have a healing crisis you should immediately stop your juice fast and seek professional medical attention.
- If you have a cleansing reaction there are a few things you can do to alleviate and transcend it:
 1. Drink pure water, remember that if you do not drink enough water the toxins that are being release throughout your body can build up and cause auto intoxication. Water is your best friend when it comes to flushing out the toxins out of your body.
 2. Do a proper coffee enema. By doing a daily coffee enema you can avoid ever having a cleansing reaction and if you do have one, a coffee enema could be one of the fastest ways to turn a cleansing reaction back into a enlightening juice fast. This effective form of hydrotherapy will immediately assist your body to eliminate anything that you may be releasing and re-absorbing through your colon. Always make sure that you are well hydrated before doing coffee enemas, that you don't have any distractions and that you can have your privacy for the duration of the enema.
 3. Use a dry skin brush and take an alternating hot and cold shower afterwards. Dry skin brushes are known for stimulating your lymphatic system. Alternating hot and cold water is one of the simplest forms of hydrotherapy that results in the stimulation of your lymphatic system fluid to flow and make sure you release toxins.
 4. Take an Epsom salt bath.
 5. Drink some fresh ginger juice with some lemon and a bit of honey. Peppermint tea also helps calm your stomach.

A Typical Day During A Juice Fast

- First thing upon waking:
 - Tongue Scraping
 - Dry Skin Brushing: 5 Minutes
 - Neti-Pot (8 oz. warm pure water, 1/4 tsp pure salt per nostril) Total time for above: 10 Minutes
- 7:00am: Drink 20-32oz of water. You can add lemon juice.
- 7:45am 16-20 ounces Green Vegetable Juice with 1 TBSP. Spirulina
- 10:00 am 16-20 ounces Fruit Juice and 1 TBSP. Bee Pollen
- 11am drink more water.
- 12:30 pm 32 ounces Green Vegetable Juice with 1 TBSP. Wild Force Formula mixed in

A Typical Day During A Juice Fast

- 2:00pm drink more water.
- 3:00 pm 16-20 ounces Fruit Juice or Master Cleanse (maple syrup optional)
- 5:30 pm 16-20 ounces Green Vegetable Juice
- 7:30pm 16-20 ounces Green, Fruit Juice or Master Cleanser
- Before Bed:
 - Brush your teeth and use the tongue Scraping
 - Dry Skin Brushing: 5 Minutes
 - Neti-Pot

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