

## EP13 JUICE FASTING

### BREAK THE FAST

We are preparing the body for a FAST. However we're starting slowly with a simple juice fast first thing in the morning. We don't want you to jump into a week long fast before you understand how and why the body requires such a fast. We first want to introduce you to simply freeing the body of a heavy breakfast meal so the body can experience light, energetic feeling for the day. This is step one—don't try to over think it, overcomplicate it or extend the fast into the day at this point.



### ORGANIC JUICE FASTING

Juice fasting rids the body, mind, and spirit of unnecessary and damaging toxic debris. "Proven throughout history for physical, mental, and spiritual rejuvenation, fasting promotes cleansing and healing; helps normalize weight, blood pressure, cholesterol; rebuilds the immune system and helps reverse the aging process," says Patricia Bragg, Ph.D., author of *The Miracle of Fasting*. "If we are to get these poisons out of our bodies, we must fast. By fasting, we give our bodies a physiological rest. This rest builds vital force. The more vital force we have, the more toxins will be eliminated from the body to help keep it clean, pure and healthy."



## JUICE FASTING AFFECTS BODY, MIND, AND SPIRIT

Fasting provides a much-needed rest for the internal organs. It restores and normalizes glandular, metabolic and nervous-system functions; speeds up the elimination of morbid accumulations, toxic wastes and dead cells; accelerates new cell and tissue generation, and enhances cell-oxygenation. As the physical body detoxifies, rejuvenates and regenerates, the mind begins to function more efficiently. During the fast, the digestive system rests, freeing up energy for other things. This energy is used by the mind and promotes mental clarity. Fasting develops cognitive power and increased control over the senses and mind. Fasting allows the body and mind to become still, and in the stillness, one is more likely to connect to the spirit.

## PROTOCOL FOR BEGINNERS

Juice the following together:

- 8-10 large carrots
- 2 small apples
- 1 cucumber
- ½ beet
- 2 large handfuls of spinach



Mix in the following stir until melted:

- 1 cube of your frozen [lemon & ginger](#) juice
- 1 cube of your frozen [Wellness Shot](#)

For now, you can eat a regular nutritious lunch three hours after your juice fast. We'll talk more about nutrition and advanced fasting in upcoming episodes.

Live in good health with beautiful skin.

*~Tiffany Andersen*

*Thank You!*

