

The Juice Cleanse

The intestines produce 90 to 95% of a person's serotonin. The brain typically produces 10% or less. A clean bowel will reduce depression, increase a general sense of well-being, and provide better nutrient delivery to the body. This cleanse is designed to help remove the excess waste that typically clogs and coats the intestinal tract. The purpose of the morning salt water drink is to replenish lost salt and to wash the insides similar to how taking a shower cleans contaminants from our skin. The salt should be either sea salt or himalayan salt, avoid table salt or any bleached salt. The senna based tea at before bed will help loosen any stubborn stool to aid in the evacuation of the next day. Canned items typically contain additives of sugar, salts, and corn syrup, avoid them if possible.

Day 1 - Whole Foods - Minimally processed Foods

Upon waking

16 to 32 oz of room temperature / warm water with salt (one teaspoon of salt per 16oz of water)

The days diet

Whole foods today include non/minimally processed:

Meats (no deli meat or ground meats like sausage).

Grains (breads are ok today)

Nuts

Vegetables

Fruits

Avoid milks and cheese

Drink as much distilled water as desired

Before Bed

Drink a cup of senna tea (found in most groceries as "laxative tea")

Day 2 - Whole Foods - no meats

Upon waking

16 to 32 oz of room temperature / warm water with salt (one teaspoon of salt per 16oz of water)

The days diet

Whole foods today include non processed:

Grains (no breads, rice, oats, quinoa, etc)

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Nuts

Vegetables

Fruits

Avoid canned fruits and vegetables

Drink as much distilled water as desired

Before Bed

Drink a cup of senna tea (found in most groceries as "laxative tea")

Day 3 - Fruits and Vegetables

Upon waking

16 to 32 oz of room temperature / warm water with salt (one teaspoon of salt per 16oz of water)

The days diet

Vegetables

Fruits

Avoid canned fruits and vegetables

Drink as much distilled water as desired

Before Bed

Drink a cup of senna tea (found in most groceries as "laxative tea")

Day 4 - Fruits

Upon waking

16 to 32 oz of room temperature / warm water with salt (one teaspoon of salt per 16oz of water)

The days diet

Fruits

Avoid canned fruits

Before Bed

Drink a cup of senna tea (found in most groceries as "laxative tea")

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Day 5 & 6 - Juices

Upon waking

16 to 32 oz of room temperature / warm water with salt (one teaspoon of salt per 16oz of water)

The days diet

Juice without added sugar is best

Juice mixes should contain a portion of water

Avoid juices that contain corn syrup

Drink as much distilled water as desired

Example Juice Mixes

¼ glass prune juice

¼ glass pomegranate juice

¼ glass cherry juice

¼ glass distilled water

(any juice combination will work. Including part as prune juice will help with the 'tart' taste of non sugar juices due to its natural sweetness)

Before Bed

Drink a cup of senna tea (found in most groceries as "laxative tea")

Day 7 & 8 - ease out

A cleansed body will be more sensitive to foods and able to absorb nutrients more efficiently. With a nutrient rich diet and a cleansed intestine the body will feel full with less food. To ease back into Whole foods it is recommended to start with soups and other easily digestible foods for days 7 & 8. Greasy foods on these days will make the cleansed gut uneasy. At this point there should be a noticeable improvement in feelings of well being and general outlook.

Repeat this cleanse (or try another!) every 3 to 6 months.

Bonus: Fasting one day a week (eating nothing, drinking distilled water for a 24 hour period) will help to maintain a clean bowel

NOTE: Feelings of light headedness or weakness during this fasting period, could be a lack of enough salt. Have a small glass of salt water (8oz 1/2tsp salt) to alleviate these feelings.