

Fasting with Juices

The improper digestion of food is generally reflected on those extra pounds that are gained over time, and the food that is not properly digested ends up accumulating in the colon (the large intestine) as fecal material. This becomes very unfavorable for the body. One way to quickly return the balance to the body and help it discard all the waste and substance that has accumulated is through a juice fast.

What is a juice fast?

Fasting is simply to take a break from eating foods, to not ingest them. The principle behind a fast is simply the restoration of health through a cleansing. So fast means to not ingest any food, just water. However, doing this kind of fast requires certain circumstances for it to be done, for example: a warm climate, restrict physical activity, have experience with previous fasts, etc. Therefore, at this time we are talking about how to do a semi-fast, or a fast with juices, which contain the necessary nutrients to restore our health.

Why Fast?

Our body has a limited capacity to store and/or eliminate non-digested matter that is ingested through diet. This matter, if it is allowed to circulate through the system, is hostile to the cells and organs, and are describe collectively as toxins.

Our food is full of colorings, condiments, preservatives, artificial sweeteners, pesticides, insecticides, herbicides, antibiotics, growth hormones, trans fats, and other non-digestible chemicals, that all they do is debilitating and harming our kidneys, intestines, lungs, skin, and liver. As these toxins accumulate through years of bad eating habits, water and air contamination, and others, they begin to interfere with the body's normal functions, and our way of discarding this waste becomes obsolete, developing an increasing cumulation of these toxins.

Some scientists state that this type of toxin is the reason why we develop illnesses. A sick person has his/her system full of poisons that are obtained via the contaminants in his/her diet; like heavy metals (lead, arsenic, aluminum), medicines, nicotine, waste cellular material from contamination from undigested food, caffeine, sugars, saturated fats, specially products from animal origin, etc.

You probably have headaches when you wake up, junk around your eyes, a strong sweat smell, your tongue covered by a viscous film, stuffy nose, etc. These are all symptoms that the body is trying to get rid of toxins, because after all, your body will try to get rid of them by any means possible.

When ignored, these poisons attach to the body and become a chronic pathology. So, fasting helps to revert this toxic tendency and eliminate these stored toxins.

Fasting with Juices

How does the fast work?

The reason why a fast works is because our God has made our bodies with a natural restoring power. When there are no obstacles (toxins) in its way, our body will automatically find health through a process of eliminating the toxins and producing a chemical balance. There is a vital restoring energy in us, and when that vital energy is not burdened by physical activities, drained by the labor of digestion, or weakened by stress, it will be available to restore the body.

It's not a cure in itself, but instead an opportunity to rejuvenate the organs, as long as those vital organs have not been damaged severely by the abuse of our lifestyle, or by some ailment or medical treatment. In other words, when we fast we effect a change in functional system of our body. So instead of being in the business of receiving, processing, storing, analyzing, assimilating, demanding, and discharging, we realize a business change that ends in the following; cleansing, removing, healing, rebuilding, and renewing.

That is why Sister White recommends fasting once week for therapeutic reasons.

The main reason should be to restore and allow God to heal our physical health. Keep in mind that animals fast when they feel sick. It's part of their nature. Fasting increases energy and extends life. Fasting is meant for the only purpose of detox and improve health.

The Juice Fast

Here is the best way to begin for all those who desire to obtain the benefits of giving the body some rest (specially the digestive system), and help to detox it. As opposed to a strict fast that is done only with water, the juice fast provides calories and nutrients, and protects us, at least partially, from the levels of stress and activity related to work.

Note: It would be ideally to use organic food, because after all, we are seeking to eliminate the toxins and not consume them any longer, but at least we place ourselves in God's merciful hands.

Some inconveniences we need understand:

First, we need to put the toxins back in motion because they have been settled in the body for years. Once they are put in motion they will seek a way to exit the body. They may travel through the head causing headaches, they may travel through the skin causing irritations, they may travel through the intestines causing diarrhea, they may travel through the lungs causing congestion and cough - bronchitis, asthma, or through the kidneys causing pain or strong odor in the urine. What happens if they can't exit the

Fasting with Juices

body easily? The longer they have been in the body, the weaker and more tired we will feel.

Unfortunately we are not always told that doing a detox and restoration has its inconveniences. Trying to detox can make us feel sick for a while. This is known as a “healing event”. Why? Because the toxins and poisons affect us twice, first when they enter our body and second when they exit our body. These toxins can come from anywhere: through the use of medications, food preservatives, colorings, sweeteners, artificial flavorings, pesticides, fertilizers, saturated fats that come from animal origin, rancid oils found in the markets, or the wrong combination of foods we ingest.

The liver is a great friend that stores these toxins and poisons for years, but everything has a limit. The colon (the large intestine) has happily maintained toxic material that eventually becomes a serious illness called auto-intoxication.

Final Instructions

Keeping in mind that this may be the first time you are doing a fast, the recommendation is to begin with a 3-day juice fast. Three days is more than enough to restore the health of the digestive system by allowing it to rest from solid foods. It is also enough time to not create an imbalance in the daily life; work, family, etc. Keep in mind that you will be doing your body a great favor, and more important, you will be nourishing it with the juices, fruits and vegetables you will be consuming during the day. Try to pick the three less busy days that you have in the week. The key to any fast is to have rest.

The body regenerates only when it sleeps, so try to sleep as much as possible. Remember that fasting requires the conservation of energy. It is not recommended to begin a fast at time when your physical, emotional and mental demands are great.

Juice to Detox the Digestive Track

Ingredients:

- 2 slices of pineapple (excellent anti-inflammatory)
- 1 apple
- 1 carrot
- 1 stalk of celery
- 1 teaspoon of flaxseed
- 1 teaspoon of chia seeds
- Juice from one lemon (only in the morning juice)

Preparation:

Place all the ingredients in a blender or juice extractor.

Fasting with Juices

Attention: (Only in the morning) add the juice of one lemon.

*** Drink this for three days, three times a day ***

Drink 2 glasses of filtered water in between each juice drink, ending with one glass before going to bed, as follows:

Suggested schedule:

7:00 am - JUICE

9:00 am - water

11:00 am - water

*** overtime you feel hungry drink water ***

1:00 pm - JUICE

3:00 pm - water

5:00pm - water

7:00 pm - JUICE

*** Drink water two hours after the last juice, or one hour before going to bed if you go to sleep before 9:00 PM ***

Blood Tonic Juice for Gallbladder

This is very blood tonic purifying juice that helps to remove toxins from the liver and gallbladder.

Ingredients:

3 celery stalks

1 beet

Preparation:

Extract the juice and drink in the morning.

Gallbladder disease affect both sexes. The most common symptoms are: intermittent pain (comes and goes) in the upper right side of the abdomen, indigestion, nausea, bloating, and burping after eating greasy foods, dark color urine.

Attention: This is a delicate condition, and your doctor needs to be aware of it if you have gallstones. One of them can get stock in the gallbladder duct and cause great pain, and may need to be removed surgically.

A good juice can help avoid the increase in size of the stones, and promote their expulsion.

Fasting with Juices

Juice for the Liver

Ingredients:

4 carrots

1 beet

The juice of two oranges

Preparation:

Extract the juice of the oranges and set apart. Place the carrots and beet in the blender or juice extractor. Then combine both juices and drink every morning.