

## Chapter 13

### The 7-Day Juicing Detoxification Program

In this chapter, you will find...

- A 7-day juicing detoxification plan that will help you to eliminate environmental toxins and metabolic waste from your body
- Exercise suggestions to improve the detoxification process

Juicing and juice fasting are used in many cultures for medicinal purposes, especially to cleanse the body of unwanted waste and boost immune system function. Today, juicing has become a mainstream practice in the United States, and more and more people are joining the juicing revolution to beat cancer or simply maintain their health.

I highly recommend adding juicing to your daily wellness regimen for several reasons. First, juicing gives you energy and provides instantaneous, noticeable positive results in the way that you feel, which can be a powerful motivational factor that spurs you on to meet your health goals. You'll probably notice that juicing increases your energy, clears up your brain fog, restores your digestion and/or reduces other symptoms. It also cleanses your cells and gives your organs a rest from having to digest and metabolize solid food. Finally, it boosts your immune system and conserves your body's

energy, so that there is more energy available to it to eliminate cancer cells, pathogens and toxins.

In this chapter I will be sharing with you a 7-day juicing and exercise program that we use at the Center, which will help you to detoxify, heal and restore your body, so that you can heal faster and better, or simply feel better than you ever have before. Although you will not be eating any solid foods on this program, you will still be getting all of the nutrients that you need during the juice fast, since juices retain 95% of all of the nutrients that are found in whole fruits and vegetables. You are also not likely to feel hungry during the program since you will be consuming some plant-based protein powders that will give you strength and help to keep your blood sugar balanced. Juicing, along with mild to moderate exercise, is by far the quickest and most nutritious way to clean out the rubbish in your body.

While this program is 7 days long, you can also shorten it to fit your schedule and needs. For instance, you could do a 3-day plan and follow days 1-3 of the plan, or do a 5-day plan and follow days 1-5. So if you can't do a full 7 days, that's okay! Just pat yourself on the back for whatever you are able to do, and if you are able to juice for a full seven days, then that's great! While this program focuses on juicing and exercise, for greater impact and benefit, you can also add to it any of the other do-it-yourself detoxification

strategies described in Chapter 5, such as a sauna, Epsom salt baths or body brushing.

As a final note, if you are too tired or don't have the energy or time to make all of the juices described in this chapter, you can purchase ready-made vegetable juices at your local health food store, grocery store or juice bar (see the guidelines on how to choose healthy juices in Chapter 4 by purchasing *The Cancer Revolution* book). You will still reap most of the benefits of this fast by doing it this way. Juice bars are becoming increasingly common across the United States and some nationwide companies, like Jamba Juice, now make cold-pressed green veggie juices that are very healthy and delicious. In some cities, you can even purchase fresh juices for delivery to your home!

### **Prep and Side Effects**

If you have been following the 14-day plan, your body will have by now rid itself of some toxins, as a result of eating purely healthy foods, and will be better prepared to take on the 7-day program. In fact, I highly recommend that you do the 14-day plan before starting this program, as it will minimize any undesirable detoxification symptoms that you might

experience from juicing, and which are caused by your body dumping a large amount of toxins all at once. They can include such things as feeling spacey, irritable, light headed or hungry, especially after the first two days on the juicing program. If you happen to experience these symptoms anyway, you can add in more protein powder to any of the following recipes, provided that the protein that you use is plant-based. You may also want to eat just vegetables for a couple of days before and after the fast, as this will help to prepare your body for it. This is especially important after the fast, after your body has become accustomed to consuming only juices. Start with some salads and cooked veggies, and after a couple of days, slowly add some protein and animal products back in to your diet.

If you feel that you need more sustenance on this plan, you can also substitute the blended juice recipes that are mentioned in the Recipes section at the end of this book, for any of the juices mentioned here. The juices in the Recipe section contain fiber and as such, are a bit “heavier” than some of the juices listed here. See the Recipes for more information.

Finally, if you are weak or have lost a lot of weight as a result of conventional cancer treatments, or have another medical condition that might preclude fasting, consult with your doctor before doing this program, to make sure that it is safe and appropriate for you. He or she might

recommend that you try out a shorter fast of 1-2 days instead, or simply wait until you are stronger or more rehabilitated.

### **Exercise and Juicing**

As part of the 7-day program, I also recommend that you do some moderate exercise daily, which will further help your body to eliminate toxins. In particular, I recommend rebounding, which is a great, low-impact exercise that stimulates your lymphatic system and helps your body to “take out the garbage” (toxins) and “bring in the groceries” (or nutrients from the juices). You can purchase a rebounder, or mini-trampoline, at most sporting good stores.

Rebounders are great because you can do a wide variety of exercises on them, from light ankle bounces to single leg jumps, squat jumps or side lunges. You can even do twists and jumping jacks. You can get very creative and even break a sweat if you like. Rebounding is an amazing way to get into shape, and is the only exercise that uses every single muscle in the body. I highly recommend rebounding outside in the sun as a way to get your daily dose of Vitamin D and stimulate your body’s production of mood-enhancing serotonin.

Alternatively, you can take a walk daily, which will also facilitate toxin removal, by stimulating your circulation and lymphatic system, and by oxygenating your tissues, especially if you walk up and down a varied terrain. You don't need to do strenuous exercise as part of the 7-day program; just do something active for 30 minutes or longer every day, although ideally, you want it to be an activity that will stimulate your lymphatic system and cause you to sweat a little.

### **Daily Journaling**

As part of the 7-day detox program, you'll also want to keep a daily journal about your experience so that you can evaluate how you felt throughout the process. Following are some questions to ponder and write about in your journal during and after the program, which will help you to get the most out of your detoxification program and refine it for the future.

1. How did you feel each day of the program?
2. Which juices did you like the most?
3. Were you able to incorporate at least 30 minutes of exercise into your daily routine, and if so, which exercises did you do?
4. How did these exercises make you feel?
5. How do you feel now, after having finished the 7-day program?
6. On a scale of 1-10, rate the overall change in your energy level.

7. During the program, did you only drink juice, or did you add protein powder or other foods to the program?
8. Were you hungry on any of the days?
9. How was your mental clarity before, during and after the process?
10. What did you discover about yourself as a result of the 7-day program?

### **Post-Fasting Considerations**

As I mentioned earlier in this chapter, once you finish the fast, it is a good idea to reintroduce solid foods back into your body slowly, as your body will have become accustomed to consuming only liquids. This process should only take a couple of days. Start with some fruits and veggies, and then add in some light protein by the third day.

During this time, I encourage you to reflect upon how you feel. Look over the journal that you maintained and rate your overall experience during the program. Then give yourself a big high five for all that you learned about yourself; your body and your mind, and for the positive changes that you made to your health!

### **Juicing Tools and Ingredients**

To make the following juices you will need:

- A juicer (a centrifugal or slow masticating cold press juicer is best)
- A quality blender or Vitamix
- Vegetable scrubber
- Grape seed extract (GSE) for rinsing all of your produce. GSE cleanses and eliminates parasites on produce. Add 20 drops to a tin of water.
- Glass containers to store the washed vegetables
- Mason jars to store the juice
- Organic produce
- Psyllium husks. These are an excellent fiber that will aid in eliminating toxins. Once inside the intestines, the psyllium traps and removes toxins that might otherwise accumulate and back up into your body, and cause symptoms such as headaches, loss of energy and fatigue. As a bulking agent, psyllium also creates a sense of fullness. You can take this fiber several times daily in water or add it to your freshly prepared juices. The fiber bulks up quickly, so drink it immediately after mixing it in your beverages; otherwise, you may have to eat your drink with a spoon!
- Protein powder from a vegetarian source. Plant-based protein provides amino acids to your body and supports detoxification.
- A high-quality probiotic, to aid in repopulating the gut with beneficial bacteria and destroying pathogens such as Candida.
- Organic spirulina powder. This tiny aquatic plant, which is 60% protein, is bursting with essential vitamins and phytonutrients, such as the antioxidant beta-carotene and the essential fatty acid GLA. It also contains a high amount of chlorophyll to support alkalinity.
- Stevia (optional, to sweeten the juices)



**Tips for Top Juices:**

- Rinse all of your produce with grape seed extract (GSE) GSE cleanses and eliminates parasites on produce. Add 20 drops to a large bowl of water.
- For all of the following recipes, simply place the washed vegetables and/or fruits into a juicer, one at a time, and turn the juicer on until you get the desired amount of juice for each vegetable/fruit.
- You can prepare all of the juices for the day each morning and store them in mason jars in the refrigerator for later use, or prepare them fresh throughout the day. We recommend making approximately 32-36 ounces of each juice and then mixing them together as needed to make the appropriate recipes. So for example, if on one day your total carrot juice intake is 32 ounces, or 36 ounces of cucumber, you would make juice from each one of these vegetables and store them separately in mason jars, and then when it comes time to make the recipe, you mix the different varieties of juices together.

- If you wish to add avocado or protein powder to any of the recipes, simply mix the juice, along with the avocado or protein powder, in a blender or Vitamix.

## **Recipes for the 7-Day Plan**

### **1) Lemon Ginger Turmeric Juice**

1 large pink grapefruit  
1 orange  
1 whole lemon (juice)  
1 cup water  
1 cm. long turmeric root  
1 cm. long ginger root  
Stevia to taste, optional

### **2) Super Duper Juice**

½ large cucumber  
1 cup parsley  
6 Swiss chard leaves  
4 celery stalks  
4 cups spinach  
8 large kale leaves  
3 medium-sized carrots

### **3) Vital Greens Juice**

4 medium-sized carrots  
8 cups of spinach  
1 Tbsp. lemon juice  
1 medium-sized beet  
1 medium-sized apple of your choice

(optional: add ½ avocado or plant based protein powder such as hemp to this recipe)

#### **4) Mineral Refresh Juice**

7 cups of spinach  
½ large cucumber  
1 apple  
4 celery stalks  
1 cup of parsley

#### **5) The Stabilizer Juice**

3 carrots  
10 Romaine or other type of lettuce leaves  
8 string beans (1 oz.)  
1/2. cucumber  
3 celery stalks

#### **6) Citrus Magic or Lemon Citrus Turmeric Juice**

1 large pink grapefruit  
1 orange  
1 whole lemon (juice)  
Handful of mint  
1 cm. long ginger root  
4-6 oz. purified water  
Stevia, to taste (optional)

#### **7) Super Ruby Greens**

1 medium-sized beet  
4 medium-sized carrots  
½ head cabbage  
4 celery stalks

1 garlic clove  
1 cup cilantro

### **8) The Emerald**

6 cups of spinach  
 $\frac{3}{4}$  large cucumber  
1 apple  
4 celery stalks  
1 cup parsley or cilantro (optional)

### **Day 1**

First thing in the morning or at 7am:

Drink some warm lemon water or hot mint tea

8 am: Lemon Ginger Turmeric Juice

11 am: Super Duper\* Juice

2 pm: Vital Greens\* Juice

5 pm: Mineral Refresh

8 pm: The Stabilizer\* Juice

9 pm: mint, Sleepytime (Celestial Seasonings) or chamomile tea

### **Day 2**

7 am: Hot lemon in warm water or hot mint tea

8 am: Citrus Magic or Lemon Citrus Turmeric juice

11 am: Super Ruby Greens

2 pm: The Emerald

5 pm: Super Ruby Greens

8 pm: Lemon Ginger Turmeric Juice

9 pm: mint, Sleepytime or chamomile tea

### **Day 3**

7am: warm lemon water or hot mint tea

8 am: Lemon Ginger Turmeric Juice  
11 am: Super Duper Juice  
2 pm: Vital Greens  
5 pm: Lemon Ginger Turmeric Juice  
8 pm: The Stabilizer  
9 pm: mint, Sleepytime or chamomile tea

#### **Day 4**

7 am: Warm lemon water or hot mint tea  
8 am: Citrus Magic or Lemon Citrus Turmeric Juice  
11 am: Super Ruby Greens  
2 pm: The Emerald  
5 pm: Super Ruby Greens  
8 pm: Lemon Ginger Turmeric Juice  
9 pm: mint, Sleepytime or chamomile tea

#### **Day 5**

7am: hot lemon in warm water or hot mint tea  
8 am: Lemon Ginger Turmeric Juice  
11 am: Super Duper Juice  
2 pm: Vital Greens  
5 pm: Mineral refresh  
8 pm: The Stabilizer  
9 pm: mint, Sleepytime or chamomile tea

#### **Day 6**

7 am: Warm lemon water or hot mint tea  
8 am: Citrus Magic or Lemon Citrus Turmeric juice  
11 am: Super Ruby Greens  
2 pm: The Emerald  
5 pm: Super Ruby Greens  
8 pm: Lemon Ginger Turmeric Juice  
9 pm: mint, Sleepytime or chamomile tea

#### **Day 7**

7am: hot lemon in warm water or hot mint tea

8 am: Lemon Ginger Turmeric Juice  
11 am: Super Duper Juice  
2 pm: Vital Greens  
5 pm: Lemon Ginger Turmeric Juice  
8 pm: The Stabilizer  
9 pm: mint, Sleepytime or chamomile tea

Below are a couple of additional juices that you can use in place of any of the above, for greater variety. As part of the 7-day fast, you may also add broth to your recipes.

### **Meta Boost**

This juice blend has a diuretic effect and may help your body to flush out any unwanted fat deposits and toxins. It may also help to speed up your metabolism.

4 carrots  
6 cups of spinach  
4 cups of cabbage  
1/2 lemon (juice)  
1 large kale leaves  
½ medium-sized cucumber

## **Clarity Blend**

This juice is high in potassium. Potassium can help you to maintain a healthy nervous system and optimal brain function. There are high amount of antioxidants and minerals in this juice, including Vitamins D, A, K and C; iron, folic acid, calcium, CoQ10, and sulforaphane to support detoxification.

1 cup broccoli (with stalks)  
4 carrots  
4 cups of spinach  
1 medium apple  
1/2 medium cucumber

## **Angenieta's Story**

I took a class on juicing from Liliana, the nutritionist at the Center and decided to do the 7-day juice fast. It ended up being the best fast that I've ever done in my life—and I've done many! In fact, I loved it so much that I ended up recommending and turning other people on to it.

The juices were tasty, and I was in a really good mood and felt amazing throughout the entire fast—almost euphoric, really. What's more, the recipe plan included both juices and smoothies, so I was never hungry. I

would add avocado to some of the recipes, which made them filling and taste great. If you do get hungry, you can add plant protein powder to the juices. Toward the end of the fast, I ate a couple of salads to ease out of it, and I really think that it did a lot to help me in my healing journey. While I am not on a fast now, every morning I continue to make smoothies from the vegetables that I grow in my garden.

In addition to juicing, I also follow a modified low-carbohydrate diet. Dr. Connealy discovered that I had precancerous cells due to mold toxicity. Also, my father had died at age 58 of lung cancer, so she thought that I was at risk for developing it. The ketogenic diet was hard for me, but I have found that I can manage a low carb diet if I don't have to be perfect and can occasionally eat things like an apple with almond butter. I found that it was more stressful for my body to try to do everything perfectly than to go off my diet occasionally, so I have continued to follow a healthy food plan, but not be so strict with myself. And I think it is working!"