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Healthy, easy to prepare and delicious tasting, fruit and vegetable juices are packed with goodness and are the perfect addition to our fast, modern lifestyles.

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THE ONE WEEK AND TWO WEEK VITALITY PLANS.

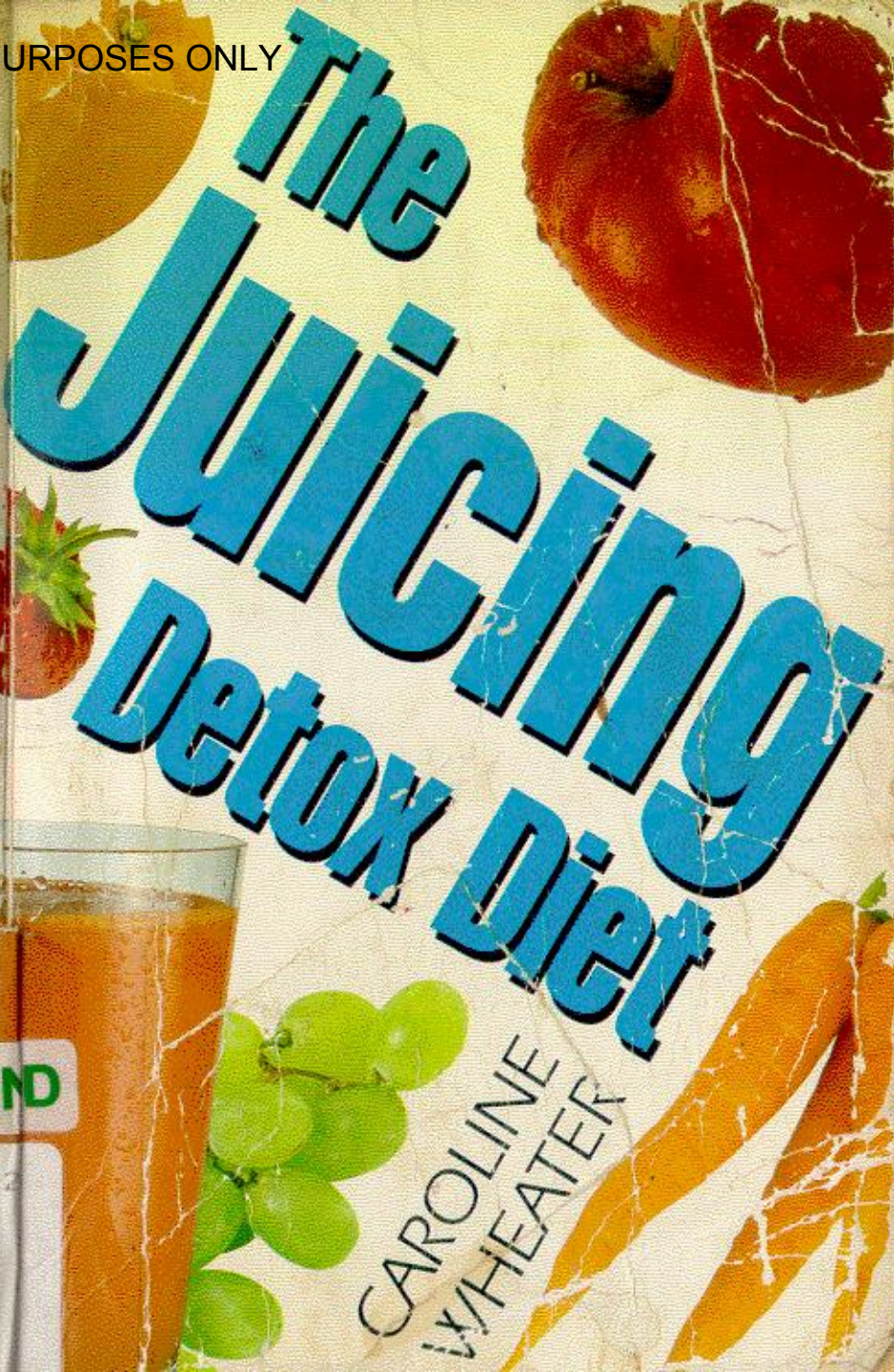
Here is everything you need to know about preparing, mixing and using juices. Plus tips on how to pamper yourself while following your juicing plan.

It's *the* keep fit program – for *inner* health and beauty.

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Caroline Wheeler
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The Juicing Detox Diet

CAROLINE WHEATER



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Introduction

THE WONDERS OF DETOXING

If an alien landed on Earth and wanted to know all about the latest health and beauty trends, the word 'detox' would be on everybody's lips. It's the all-natural way to look and feel healthy without having to spend a fortune. Gone are the days when only a facelift would do - now we've got better options and eternal youth is not the only goal.

Many people think that detoxing - that is, either going on a no-foods fast, or a diet plan which recommends only simple, cleansing foods - is a new phenomenon. It's not. People have been doing it, for a whole range of reasons, for thousands of years. Fasting is commonplace in the Bible and some religions still use the denial of food as a way of focusing the mind and cleansing the body in preparation for worship. In more modern times, detox programs have become widespread in addiction clinics, where they help people come off drugs or alcohol. And now many ordinary people, in the prime of their health,

have found that a simple detox can benefit them too.

So what's all the fuss? Won't a holiday by the sea or in the mountains do just as much good? It's true that there's nothing like breathing in fresh air to bring your body back to life, and you'll certainly return from a holiday looking rested and relaxed. But had you followed a detox program too the benefits would have been even greater.

The beauty of a detox plan is that it cleanses and renews the parts that you don't normally see: your digestive system, your blood, the tiny cells that make up your body. It encourages stored toxins to be removed and rests all the digestive organs that are often so overworked. Why not give your stomach a holiday, it deserves one just as much as you do.

Ask anyone who's been on a detox diet plan how they felt afterwards and most would agree that it left them feeling sparkling and more healthy. They may have had a couple of headaches or felt a bit moody to begin with, but the end results were worth it. Just a few days on a juice fast or detox plan can result in clearer skin, brighter eyes and shinier hair and an overall feeling of extra energy. And it's all achieved in a completely natural way inside your own home.

We often feel less than perfect - tired, and suffering from poor skin, cellulite, bags under our eyes, wrinkles, muscle aches, indigestion, constipation, bunged up noses, and so on. But how many of us are prepared to sit down and consider just why these things occur? Could part of the answer be that we are putting our bodies under too much strain? We may be eating too much of the wrong foods, burning the candle at both ends, smoking,

drinking, supporting a family and doing a job, all at once, with the result that our bodies are being denied the rest and recuperation they need to be in top form. You would have no problem justifying a household spring clean, so why not do the same for your body? Good health is so valuable, and essential if we are to enjoy life to the full.

The detox plans in this book are different from anything else you may have tried because they focus on fresh fruit and vegetable juices. Juices are Nature's cleansers, and also happen to be bursting with vitamins and minerals. Drunk on their own, or combined with plain foods, they can make a noticeable difference to the way you feel.

The very word 'detox' sounds quite rigorous and perhaps a little off putting. There's no doubt that you do need to be fairly disciplined when following a juice detox plan, otherwise there is little point in doing it. But it is also the ideal time to pamper yourself and to give yourself treats that make the whole thing easier to contemplate! The best time to follow a juice detox plan is over a weekend or when you have some time off and can take it easy. Try to avoid too many social engagements during the plan, or you could use up all your precious energy on other people instead of yourself.

If you know that you can't eat all day, your hunger pangs are bound to tempt you to snack on something like a pizza or chocolate. There's no point getting upset if you do, because lots of people find it difficult to stick to the plan to begin with. The key to avoiding such temptation and also to enjoying a juice detox plan is to try and keep your mind occupied with other things; a sauna perhaps,

a massage, a facial or even a steamy Turkish bath. There are simply masses of fun but therapeutic activities you can do which will take your mind off that noisy stomach.

WAYS TO HELP YOU ENJOY YOUR DETOX PLAN

Be a Bookworm

First things first: make sure you have a good supply of magazines, newspapers and books to keep your mind occupied. Your detox plan could be the big chance to catch up on all that reading you've been desperate to do.

Pen a Note

Is there someone out there you haven't written to in a long time? Now's the moment to put pen to paper, when your head is clear and nothing else is pressing.

Phone Home

If a letter's too much, why not give an old friend a ring and persuade them to try out a detox plan!

Videodrome

Get out some films you haven't seen yet, or catch up on television programs you've had on tape for months.

Go Walkabout

You shouldn't do too much strenuous exercise while on a juice detox plan, but there's nothing wrong with a short stroll in the park or by the river. Full-scale shopping is a bit too taxing, but browsing around your favourite junk stall is fine.

Hot and Steamy

When you venture out of the house, why not make for your local sauna or Turkish bath - both are wonderful accompaniments to a detox plan. The dry heat of a sauna quickly opens the pores in your skin and allows the toxins to work their way out. The steamy, jungle-type atmosphere of a Turkish bath is just as good and probably more interesting because there is a selection of steam rooms to try out.

The Marvels of Massage

What better way to truly relax, tone up your muscles and improve circulation than to have a whole body massage.

THE JUICING DETOX DIET

With or without aromatherapy oils, an hour's session is pampering but health-giving, refreshing yet relaxing, and is the ideal way to encourage a restful nap.

Feet, Hands and Face

Have you looked at your feet recently? The chances are that they could do with a bit of attention, especially if they have been stuck inside tights and shoes all winter. A pedicure is the ultimate in pampering and goes well with a manicure. To make yourself feel even more special, have a wonderfully relaxing facial to bring the roses back into your cheeks.

Home Health Club

In addition to all these activities are the equally beneficial health and beauty treatments that you can do in your own home. Daily body brushing stimulates the circulation and helps remove toxins, as do breathing exercises, hot and cold showers, salt rubs, mud packs and Epsom salt baths. Just shut yourself away in the bathroom and indulge (see Chapter 9 for details).

With so much to do, a detox plan isn't really that daunting is it? It's fun as well as therapeutic. Anyway, it would be hard to find a better excuse to curl up with a good book and be pampered. So, it's feet up and let yourself unwind. Go on, you deserve it!

A WORD OF WARNING

Unsupervised juice fasts and cleansing plans as outlined in this book are not suitable for children, pregnant women, those recovering from serious illness, or those with hypoglycaemia, diabetes or severe candidiasis. Dietary treatment including the use of juices can benefit the elderly and those recovering from ill health if properly supervised by your naturopath and/or General Practitioner.

If you come under any of these categories and remain interested in following a fast or cleansing plan, seek professional advice and guidance first from your local GP, and then from a qualified naturopath or nutrition consultant (see Appendix 2 for addresses).

Part 1

The Power of Juice



1 How Does a Detox Plan Work?

Appearance is vitally important to most of us. We wouldn't dream of going to work in dirty, crumpled clothes, or not washing and brushing our hair before going out on an important date. Teeth, skin, ears, toenails, all get the treatment and each year we spend millions of pounds ensuring that we look good from top to toe - clean as a whistle and attractive to boot!

But have you ever stopped to consider how you look inside as well as out? You might perhaps have given a passing thought to your poor, over strained body after a particularly heavy night on the town, and downed a few bottles of mineral water to make up for it. But for the majority of us, 'inside' means out of sight out of mind, even if we're not feeling particularly healthy. Does your liver, for example, get a nice conditioning treatment every three months? Do you cleanse your kidneys morning and night? Do you take time to strengthen your lungs? Or give your stomach and colon a refreshing wash and rinse?

Of course you don't . . . but just like our hair and skin, the cells that make up our organs, bloodstream and

tissues need to be looked after and regularly cleansed and rested to be at their best. As a result of our modern-day, busy lifestyles it is easy for excess wastes and impurities to build up inside our bodies, slow down metabolism, and make us feel sluggish. Tiredness, lack of energy, blemishes, dull hair, skin and eyes can all be signs that we need extra help to stimulate the elimination of wastes, and strengthen our bodies. What simpler and more natural way to do this than through a dietary detox plan that cleanses and revitalizes.

To emphasize the need for inner detoxification, let's analyse what the average body copes with on a regular basis. Foodwise – there might be late-night curries, bottles of wine, crisps, pastries, buns, TV dinners, coffee and cola, all going down without a second thought. Fumewise – there are the clouds of pollution that enter our lungs from cars, buses and lorries, industry and power stations, not to mention cigarettes. Your body usually copes with all these things, but if you're under stress and feeling low too, they may well have a more disruptive effect.

Following a detox plan once in a while cleanses, strengthens and revitalizes all at once. And before you think 'I couldn't possibly live on dry bread and water for a week', relax – you don't have to! The detox plans in this book revolve around the beneficial use of tasty fresh fruit and vegetable juices, made in your own home, accompanied by simple, natural and very nutritious foods. Ranging from the One Day Juice Plan to the One Week and Two Week Vitality Plans, you can choose a program to suit you. A regular juice-based cleanse can

give you more energy and sharpen up your mental powers. The elimination of impurities is speeded up, while tissues and organs are rested and renewed – all it requires is a few days' effort. Let's take a closer look at why our bodies benefit from being cleansed inside out.

THE ELIMINATION OF TOXINS

The great majority of us are born with an efficient filtering and elimination system that copes admirably with ejecting toxins, waste products, and dead cells from our bodies. The liver, kidneys, colon, lungs, skin and lymphatic system work around the clock to make sure that our bodies are not hampered by these things.

The liver and kidneys deal directly with toxins that are found in digested food/liquid and either neutralize them or pass them out of the body through the colon.

The colon is the route through which solid food waste passes out. It is greatly helped by the presence of fibre in the diet which forms bulk and makes elimination easier.

The lungs eliminate carbon dioxide, toxins from air pollution, and sometimes alcohol. Their complex structure of tiny air tubes acts as an efficient filter.

The skin is a vital organ of elimination, and plays an important part in disposing of waste materials, particularly if the kidneys are sluggish. The appearance of blemishes can mean that the skin is being used as a main route for elimination.

The lymphatic system is a network of tiny vessels

found in all parts of the body tissue, through which flows a fluid called lymph. Lymph collects and removes dead cells, waste, large proteins and bacteria from our tissues.

Efficient elimination is vital to our health and should run smoothly, but sometimes it doesn't. It could be that we're eating too many of the wrong things, have a sluggish lymphatic system, or are over-exposed to pollutants, allowing impurities and wastes to build up inside our bodies. Coupled with the weakening effects of stress, these factors can put us in need of an effective detox. Let's examine further the effect that such toxins and wastes have on our bodies.

WHAT ARE TOXINS AND WASTES?

A toxin in the formal sense is a substance that is potentially poisonous, although some toxins are far more powerful than others. The type of toxins that we all have to cope with on a day-to-day basis are low-dose ones derived from foods, drinks, and our exposure to the chemicals found in sources such as pollution and drugs. Usually they are quickly and efficiently eliminated through the kidneys, liver, colon, lungs, skin or lymphatic system, or stored away in fat cells. However, during their time in the body, they can enter the bloodstream and circulate around tissues and organs, which is not healthy.

As a simple example, let's look at the effect of alcohol. Drunk in moderation it will not harm your body, it may even do it some good! However, when it is consistently

drunk in large volumes over a period of time, it can build up in the body and poison it to such an extent that it does lasting damage. An occasional hangover with its accompanying sickness, headache and dehydration demonstrates the power of the toxins found in alcohol.

Wastes can exist at different physical levels. They can be found in microscopic amounts in our cells, and in large quantities in the colon. In both cases, they are substances that the body no longer has any use for and needs to eliminate in order to stay healthy. A build-up of waste, either in the cells or in the colon, hampers health. Under certain conditions, for example, if the 'friendly' bacteria in your gut have been damaged, or if the bowel mucosa have been damaged as a result of parasite or yeast overgrowth, toxins from waste that is passing too slowly through the colon can be reabsorbed back into the bloodstream, and do the rounds once more.

WHERE DO TOXINS COME FROM?

Food

Food is one of the main sources of toxins. Food is, of course, essential to life, but not all of it is good for us, and even within the best foods there will be elements that the body does not need or want. Some examples are excess fat, protein, acid, salt, sugar, caffeine, alcohol, spices, additives, or chemical residues found in drugs, drinking

water, fruits and vegetables, and meat. Wastes and toxins are usually neutralized and eliminated through the liver, kidneys and colon, but should this system be sluggish, they may well change route and come out through the skin.

Diet plays a major role in the amount of impurities and wastes our bodies have to deal with, and it also influences how well they process them. The ideal diet not only provides energy and nourishment for the body, but helps it to function efficiently. A food intake that includes plenty of fresh, whole foods that have not been refined and processed provides adequate nutrition and ensures that the digestive system will work well. Despite the excellent effects of a detox plan, you should return to a balanced, fibre-rich diet once the program is over. Foods such as fruit, vegetables, beans, nuts, grains, cereals, fish, lean meat and some dairy products, will provide us with all the fibre, nutrients, protein, fat and complex carbohydrates that we need to maintain a healthy body.

But how many of us can claim to eat that well every day? It's more likely that the average diet will contain a wide range of processed convenience foods and take-aways that are high in fat, sugar, protein and additives, but low in fibre, complex carbohydrates, and vitamins and minerals. TV dinners may be time-saving, but what does your body think of them? In terms of daily elimination of wastes and toxins, the most important element that is lacking from refined foods is fibre, which the colon needs to help push out wastes quickly and efficiently. Without adequate fibre constipation occurs, and waste can stagnate in the colon for days.

A juice detox plan doesn't provide a huge amount of fibre, but it does help off-load wastes and toxins by flushing out the digestive system and colon. It speeds up the metabolism and mobilizes stored toxins to be eliminated, and it provides plenty of strengthening nutrients to tonify the body in general. A diet including mineral-rich vegetable juices enhances the effect of 'friendly' bacteria found in the gut. These are also important for effective detoxification of the bowel. In addition, your digestive system is rested.

Air Pollution

Now let's consider the effects of air pollution in toxifying the body. Unless you live in a bubble, or in a hut high up in the Himalayas, you'll be breathing in fumes of one kind or another every day. The majority come from traffic and include the chemicals sulphur dioxide, carbon monoxide, nitrogen oxides, ozone (on a sunny day), hydrocarbons, benzene, and the heavy metal lead. Then of course there are things like tar fumes, cigarette smoke, and even the smoke from barbecues. On the whole, the lungs are pretty good at filtering out these chemicals. But even with such an excellent filtering system, inevitably some chemical traces find their way into the bloodstream and body tissues.

Once inside the body, some of these substances can have an immediate unhealthy effect. It is thought that they can increase the incidence of respiratory illnesses, such as asthma and sore throats. They can also work

against the body on a cellular level if they undergo a chemical reaction which turns them into substances called free radicals.

Free Radicals

Free radicals are unbalanced molecules which are very reactive and have the capacity to disable and damage other molecules. Their action is linked to the development of some degenerative diseases such as heart disease and cataracts.

Fortunately the body has weapons to combat the damage that free radicals do. First comes a group of naturally occurring chemicals in the body; the second line of defence are the vitamins A, C, E and beta-carotene and the mineral selenium. They are collectively called the antioxidant nutrients, and can absorb free radicals and therefore limit harm. Since fruit and vegetable juices are good sources of vitamin C and beta-carotene in particular, a juice detox plan can boost supplies of antioxidants and help quench harmful free radicals, as well as helping to eliminate other toxins.

THE ROLE OF STRESS

The weakening effects of stress can compound the action of toxins and wastes inside our body. Our busy lifestyles have most of us running around frantically, getting anxious, annoyed, angry, even fearful, often on a day-to-

day basis. Every time we feel one of these emotions, the body instinctively gets ready to stand up for itself and prepares for 'fight' or 'flight'.

A hormone called adrenaline is released into the bloodstream to enable us to react physically. It shuts down the digestive system, so that extra blood supplies can be redirected to our muscles to provide strength, and to our brains to sharpen our thoughts. The heart begins to pound and push the blood around double quick.

All this is absolutely essential if indeed we do need to confront somebody, or run for our lives. But nine times out of ten, the anger or anxiety ends up in a few cross words, or no words at all – just quiet submission – but the adrenalin is still racing around in your veins and creates a heightened state of tension for which there is no outlet. For a while, perhaps even a whole day, your body is unable to relax and carry on with its everyday jobs such as the digestion of food and assimilation of nutrients.

As you can imagine, constant repetition of this situation means that you can never relax, and it puts strain on the adrenal glands and digestive system. You may well suffer from muscle tension, fatigue, anxiety, diarrhoea and an over-production of acid in your churning stomach. Stress also weakens the power of the immune system to fight off illness. It could be that you start to get more colds, sore throats and tummy upsets, or a skin condition such as eczema might flare up. A detox plan helps counter the effects of stress by helping to strengthen the immune system, cleansing the kidneys and sluggish digestive tract, reducing acidity, and helping you to relax.

HISTORICAL BACKGROUND

The idea of detoxing the body through diet is not new; since biblical times men and women have fasted (consumed only liquids) to prepare their bodies for religious worship or to improve their mental clarity. This century, detoxing has been most commonly linked with the treatment of alcoholism or drug addiction, where patients often go through severe withdrawal symptoms as the large build-up of toxins from long-term abuse is cleared from their bodies. In addition, smaller-scale detox programs are widely used by alternative and complementary natural health practitioners, who believe that this whole-body treatment can cleanse, strengthen and promote healing. Spas and health centres in Europe and America are keen on advocating cleansing plans to improve health and prevent illness in the first place.

THE ROLE OF JUICES AND FOODS

The detox plans in this book focus on the use of freshly juiced fruits and vegetables. They have remarkable cleansing and tonifying qualities, and are also rich in vitamins and minerals (see Appendix 1). On the One Day Juice Plan and Weekend Clean-Up Plan you are encouraged to consume only liquids. On the longer plans, the One Week and Full Two Week Vitality Plans, simple and nutritious foods are eaten alongside the juices to

complement the cleansing process. Such foods include the wholegrains rice, millet, and barley, beans, sprouting seeds, fruits and vegetables, seaweeds and rice cakes.

If you wish to detox for a period of longer than two weeks, seek professional advice and supervision (see Appendix 2 for details). Juice-only fasts should not be pursued for more than two days without medical/naturopathic supervision – even if you're on a diet. Lack of food sources can seriously lower your energy levels to a point where the plan does more harm than good.

The detox plans outlined in Part Two can be followed to the letter, or used as guidelines. For example, if you feel you can only manage four days on the One Week Vitality Plan, then do that. If in a fit of ravenous hunger you succumb to a bar of chocolate, do not despair, simply carry on with the plan and try not to do it again by making sure that you have more suitable snack foods around. Following through a detox plan with a few slips here and there is better than not doing it at all. Many people find it easier to get into the detox habit by starting off with the One Day Juice Plan. You can build up your discipline to attempt a longer fast or detox when you've got used to the idea and know what to expect.

HOW OFTEN SHOULD WE DETOX?

Detox plans are not supposed to replace your ordinary, varied diet, but are designed to punctuate it at intervals.

THE JUICING DETOX DIET

The regularity of the detox depends on the length of the plan. Use this as your guideline:

- One Day Juice Plan - once a week/once every two weeks
- Weekend Clean-Up Plan - every one/two months
- One Week Vitality Plan - four times a year at the beginning of each season
- Full Two Week Vitality Plan - twice a year, perhaps once in the spring, and once in the winter

You should not run any of the detox plans on one after another. Ideally, you should view the plans as part of a general move towards a more healthy lifestyle which includes more nutritious foods, more exercise and more time for relaxation.

WHAT TO EXPECT

Most people usually find that by going on a cleansing plan they have extra energy, healthier-looking skin, shinier hair, stronger nails and brighter eyes. During the longer plans, you may find that you experience one or two days when your mood changes; or you may have a blow-up of minor symptoms such as spots or catarrh which shows that your body is eliminating efficiently. In most cases any emotional and physical symptoms will pass, but if you have persistent symptoms of discomfort which are making you feel unwell, then return to your normal diet.

You may find that you want to take more naps than

normal. If this is so then don't feel guilty, it's just your body's way of resting and recuperating. However, this doesn't mean that you have to rule out all exercise - gentle exercise is very good for you and helps in the elimination process (see Chapter 9 for suggestions).

WEIGHT LOSS

These cleansing plans are not designed to be used as weight loss diets, and should not be followed as such. If you are overweight, you may well lose a couple of pounds by fasting or going on a cleansing plan, however most of this will be fluid which will return once you resume a normal diet. If you are fairly thin, then it is unlikely that you will lose much, and if you do it will soon be replaced once you return to a well-balanced diet.

CELLULITE

The formation of cellulite or 'orange-peel' skin is linked to the build-up of toxins and waste products in the fat cells of the body. There is no doubt that going on a cleansing regime may help shift some of it, but what is really needed is an ongoing campaign against it. What helps eliminate cellulite more than anything is regular exercise and daily body brushing (the technique for which is described in Chapter 9).

INSTANT GOOD HEALTH?

Embarking on a detox plan will benefit most people. It will cleanse, tonify, rest and strengthen your body, particularly those organs and systems involved in elimination. But it is not the secret of eternal youth or instant good health! To be in with a chance of achieving these things, you must also make radical, long-term changes in your lifestyle, such as improving your eating habits, taking more exercise, stopping smoking, cutting back on alcohol, and learning about how to relax properly.

2 The Cleansing Power of Juices

For many years, fresh fruit and vegetable juices have been used by naturopaths to help cleanse and restore the body back to good health. They are a part of the rich European tradition of 'nature-cure' developed in the nineteenth century, which rests on the principle that the body is self-healing and can be encouraged back to health through diet and other natural therapies. The practice of nature-cure (usually known as naturopathy in the UK) is particularly popular in America, Germany and Switzerland, where well-known medical pioneers Max Bircher-Benner and Max Gerson originally devised the treatment programs which used fresh juices. Nowadays, versions of the juice fast (also known as the Röhlsaft Kur) are offered all over the world.

Fresh juices have distinct advantages over plain water when used during a fast or detox plan. Whereas water contains nothing but the necessary liquid to flush out the digestive system, juices provide the body with energy derived from the simple sugars and complex carbohydrates found in fruits and vegetables, and a wide

range of vitamins, minerals and other biologically active elements. These help nurture and strengthen the body.

Before you rush out to the shop to buy lots of fruit juices, it's important to understand that juices in cartons, tins or bottles have usually been processed in some way, and do not have the same nutritional value as juices extracted directly from fresh produce, by an electric or manual juicer (see Chapter 3 for details). In their natural, whole state, fresh juices can make a very important contribution to our health. To start with, they can help to boost rapidly our intake of essential nutrients; secondly they retain their enzymes and chlorophyll supplies which aid in cleansing.

In terms of power, fruit juices are stronger cleansers than vegetable juices because they are more acidic. Strangely, this acidity is turned into alkalinity when it reaches the gut. This quality enables them to scour the gastro-intestinal tract of bacteria and waste, and they also have a mild laxative effect. Citrus fruits are particularly powerful because they contain citric acid – the strongest of the fruit acids – but they should be drunk in moderation or diluted as they are so powerful. Other non-citrus fruits contain either tartaric or malic acid which have a gentler scouring effect. Vegetable juices are generally seen as good restorative liquids, but they also have a gentle cleansing effect, and are also very efficient at rebalancing the acid/alkaline status of your body.

Now, let's take a more detailed look at why fresh fruit and vegetable juices are so well suited to become the central focus of any detox plan.

RAW GOODNESS

When you cook fruits and vegetables, you lose much of their goodness. Vitamin C and the B group vitamins are water soluble and can reduce during boiling and steaming; the fat soluble vitamins (A/beta-carotene, D, E and K) can also be destroyed at high temperatures. Processing, such as tinning and pre-cooking, destroys much of the natural goodness of fresh foods. The beauty of raw produce is that it retains all the nutrients with which nature has endowed it. This means that when you put raw fruit and vegetables in your juicer, out streams a vitamin- and mineral-rich drink, essential for any detox plan. Using juices to cleanse your body not only stimulates elimination, but provides it with an army of nutrients to strengthen tissues. In addition, many of the nutrients found in raw fruits and vegetables are bound on to other substances which make them more easily absorbed.

Raw fruits and vegetables are literally alive with energy, they mature over time and sometimes even sprout just to prove it! In their best-selling book, *Raw Energy*, health expert Leslie Kenton and her daughter Susannah have meticulously collected research to show that a diet high in raw foods increases vitality. They write: 'Living foods vibrate with a special quality of energy. This energy, when regularly taken into your body, changes you physically as well as mentally.' It's not surprising, then, that after going on a juice detox plan you feel full of zest, as well as demonstrating the outward signs of glowing skin, clear eyes and shining hair.

QUALITY NOT QUANTITY

Drinking fresh fruit and vegetable juices is an easy way to obtain lots of concentrated nutritional goodness. For example, you would have to eat three large carrots to equal the vitamin and mineral value of drinking just one 8fl oz/230ml glass of carrot juice. Juices are an excellent way of increasing your fruit and vegetable intake, without eating pounds and pounds of produce. Of course, fresh juices don't contain much fibre, so they should complement rather than replace a regular intake of fibre-rich fresh fruit and vegetables.

EASY TO DIGEST

Fresh juices put the digestive system under far less strain than coping with whole fruits and vegetables, and their goodness is easily absorbed into the bloodstream for distribution around the body. This is very important as one of the main reasons for going on a detox plan is to rest the digestive system. Using juices in your detox plan means that the stomach does not have to cope with masses of fibre. The juicing process removes the majority of it, making the job of digestion much easier.

Raw fruits and vegetables are also rich in enzymes – essential substances that break down chemicals. Every living thing (including human beings) contains enzymes to promote chemical change. Enzymes in fresh juices help the stomach's own digestive enzymes to break down the

chemical structure of the juice quickly and enable nutrients to be absorbed within minutes of entering the stomach. They also help to neutralize excess proteins and fat found in the digestive system. Like vitamins, enzymes are fragile substances and are destroyed by cooking.

CLEANSING CHLOROPHYLL

Chlorophyll is found in abundance in all green plants and is essential to their survival. It is a substance which absorbs energy from the sunlight, thus enabling plants to convert carbon dioxide and water into food. Chlorophyll has been shown to have antiseptic properties and can build up red blood cells; it is regarded as an excellent cleanser and tonic. It is thought that the reason some algae, such as chlorella, are such powerful cleansers is that they contain high levels of chlorophyll. Chlorella has, for example, been used effectively to help treat alcoholism in the USA and Italy. Green, leafy vegetables and sprouting seeds are rich in chlorophyll.

PECTIN POWER

Some fresh fruit juices contain pectin, a form of fibre. Once in the stomach it forms a gel and speeds up digestion by stimulating peristaltic waves. Pectin can also absorb and eliminate toxins. Fruits high in pectin include apples, grapefruit and oranges.

PURE FLUIDS

Fresh fruits and vegetables are storehouses of pure, distilled water. When they are watered with rain or tap water, their elaborate fibrous structure filters out any impurities. This pre-filtering process means that our bodies do not have to spend so much time and effort on eliminating unwanted substances during digestion. Each person is made up of between 60 and 80 per cent water, and a constant flow of fluid is vital for the correct functioning of our bodies and elimination systems.

NUTRIENTS NEATLY PACKAGED

Whole foods like raw fruits and vegetables are so much more nutritious than processed and refined foods because they come with a full complement of nutrients, amino acids, enzymes and bioflavonoids as well as the better known vitamins and minerals. Each element has an important role to play and contributes to the health-giving nature of fresh juices. For example, bioflavonoids are plant pigments that tend to occur in the pith of citrus fruits; they enhance the absorption of vitamin C, which in turn helps ward off bacterial infections.

As we see with bioflavonoids, the fact that nutrients come in packages generally makes it easier for the body to absorb them and therefore increases their efficacy. For instance, take the minerals found in fresh juices – these are attached (or 'chelated') to an amino acid or sometimes

a vitamin which makes them easier for the body to recognize and then absorb into the bloodstream.

BOOST YOUR IMMUNITY

A detox plan not only speeds up elimination of toxins from the body, it should also strengthen and tonify the immune system by providing it with a wide range of useful nutrients. Fruit and vegetable juices are good sources of the vitamins and minerals which especially support the immune system, such as vitamins C, E, the B group, beta-carotene, and zinc. These nutrients can help fight off infections and viruses. Also known as antioxidants (see page 24) they are thought to protect against the ravages of free radicals which can contribute to the development of degenerative diseases.

RESTORE YOUR pH BALANCE

If you remember those dim and distant chemistry lessons, you'll probably recall doing litmus tests to establish whether the pH of a substance was more acid than alkaline. Just as liquids in test-tubes have a pH balance, so do our bodies – they should be more alkaline than acid. The average modern-day diet of too much fat, sugar and protein can create more acidity than is healthy, and this has been linked to a weakening of the immune system, the overgrowth of candida albicans and fatigue. Vegetable and fruit juices are alkaline-forming and can

help rebalance the acid/alkaline status of your body, by neutralizing acidity.

FREEDOM FROM ADDITIVES

It sounds rather obvious, but juices extracted fresh from raw fruits and vegetables are completely additive-free – they contain absolutely no hidden extras. As with water, the filtering and elimination of unwanted chemicals from food can make unnecessary work for the body's organs of elimination such as the liver and kidneys. Although fruit and vegetables may have been sprayed with chemical insecticides before you buy them, washing them thoroughly or peeling them before juicing – or, even better, buying organic produce – means that your body will not have to deal with these chemicals. The lack of additives in fresh juices is also very beneficial to those with food sensitivities and who may react adversely to various food colourings, flavourings or preservatives.

ALL YEAR ROUND

Once you have a juicer, you can use fresh, home-made juices for your detox plans all year round. There will be seasonal changes – lots of soft fruits and salad vegetables in the summer, and harder fruits and root vegetables in the winter. These changes suit our bodies' needs – for lighter foods in the spring and summer and more warming ones in the autumn and winter.

WHICH JUICES ARE BEST?

Although you can juice just about anything from onions to cherries, there are a number of fruit and vegetable juices that are particularly well suited to detox plans, and many of them are available all year round. Fruits are stronger cleansers than vegetables, which is why there are more listed below; they are also very efficient when used over a short period such as a one-day fast. However, during the longer detox plans it makes sense to combine the strength of fruits with the gentler, restorative action of vegetables. You may find that vegetable juices agree with you better than do fruits, in which case use them in preference. Each of the fruits and vegetables provide a wide range of vitamins and minerals (see Appendix 1).

The best cleansing fruit juices

Apple
Grape
Grapefruit
Lemon
Lime
Mango
Melon
Orange
Papaya
Peach
Pear
Pineapple
Strawberry
Watermelon

The best cleansing vegetable juices

Beetroot
Carrot
Celery
Cucumber
Spinach
Watercress

3

How to Juice

With the right equipment, fresh, home-made juices are easy and economical to make. All you need is a steady supply of fruit and vegetables and a juicing machine – otherwise known as a ‘juicer’. You may already have a blender or a food processor, but unless one of these has a juicing attachment, you will not be able to extract juice properly (although you can puree whole fruits, or whip them up with milk and yoghurt which is delicious). A dedicated juicer is usually what you need.

HOW TO CHOOSE A JUICER

Juicers come in all shapes and sizes, and prices range from reasonable to expensive, depending on the quality and power of the juicer that you purchase. If you can't afford a juicer, you can actually do it by hand, although it's a lot more time-consuming. Availability of the more specialized juicers is limited but they are obtainable (see Appendix 2). Here is a quick rundown of what is on the market.

Centrifugal Juicers

At the lower end of the price scale are the centrifugal juicers. These are electrically powered and work by grating fruits and vegetables and then spinning them very fast to separate the juice from the pulp. The juice is filtered into a jug and the pulp diverted to a separate container. Centrifugal juicers must be kept scrupulously clean, as they can clog up with continuous use. They produce good-quality juice but are not as efficient as some of the more expensive models.

Nose-Cone/Masticating Pressure Juicers

These juicers extract a higher quantity of juice than centrifugal models, because they put much more pressure on the fruits and vegetables. They start by cutting or churning the produce up, then ram the resulting pulp into a nose-cone from where the juice is forced out. Nose-cone juicers can be electrically powered or manual (when a lever system is used), and tend to be quite a bit more expensive than the centrifugal models.

Hydraulic Juice Presses

Juice presses manage to extract even more juice than nose-cone juicers, as they can put between three and five tons of pressure on the chosen fruits and vegetables. The

press is brought down on the produce, and the juice filters out through a fine cloth; the pulp is reduced to a cardboard consistency. You can buy manual models, and even electrically powered hydraulic juice presses – but these are extremely expensive. The juice extracted by the press method is the most nutritionally complete of all juices.

Citrus Squeezers

For citrus fruits you may prefer to use a squeezer, rather than a juicer, although the resulting juice won't be so nutritious as it won't include the pith. You can buy a simple glass or plastic squeezer, or splash out on an electric squeezer for convenience.

Juicing by Hand

It's a bit laborious, but you *can* juice by hand. All you need is a grater, a bowl, a fine sieve, and some muslin or specially designed juice cloths (see Appendix 2 for details). Here is the method:

1. Grate your chosen fruit or vegetable into a bowl.
2. Place it in the middle of a piece of muslin (or a juice cloth), gather up into a bundle and squeeze the contents with all your might over a bowl.
3. For a final filter, pour the juice through a fine sieve, and it is then ready to drink.

FRESHNESS IS THE KEY

Fresh fruit and vegetable juices should be drunk on the day that they are made, preferably just after they have been juiced, to ensure maximum nutrient content. Should you make a jugful all at once for convenience, make sure that it is sealed and refrigerated until it is drunk.

DILUTION

If juices taste very sweet or strong they can be diluted with filtered or mineral water. During the one-day and weekend plans it is essential that you dilute juices to avoid a surfeit of simple sugars in the bloodstream. During the longer detox plans, if you are feeling a little run-down then it is probably better to dilute the juices to soften the effect, or dilute them if you prefer the taste.

NATURAL TASTE

Don't be surprised at the consistency and flavour of juices when you create them at home. They are usually much thicker and stronger-tasting than the sorts of juices you can buy from shops, and can look rather an odd colour. Some of the juices are an acquired taste, but don't be dismayed – they are much more nutritious this way.

UNPALATABILITY

If you find any of the fresh vegetable juices mentioned in this book really unpalatable (such as beetroot or spinach), then consider masking the taste by adding them to a ready-warmed soup or stew.

TASTY EXTRAS

To liven up your juices you can add a variety of herbs and spices such as a sprig of fresh basil, marjoram or thyme for vegetable juices, and a dusting of ginger, nutmeg or allspice for fruit juices.

THE ORGANIC OPTION

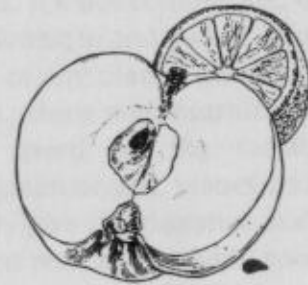
If you can get them, organic fruits and vegetables are the best produce to juice, although they are likely to be more expensive. Organic produce has not been treated with chemical fertilizers or pesticides, or waxed, and therefore will not run the risk of containing any unhealthy chemical residues. This is particularly important when you are juicing a fruit or vegetable with a thin skin, for example, apples or carrots. You should avoid peeling off the skin as these outer layers are usually rich in nutrients, but they can also soak up chemical residues. The organic option means that you don't have to peel produce because it won't contain residues.

MATURE IS BEST

When out shopping, you should look for fruit and vegetables that are fresh but mature. Ripe produce is easier to juice and digest than young, unripe varieties, and also provides a greater concentration of cleansing nutrients. Avoid buying produce that looks as though it has been sitting around for a long time and has started to spoil.

Part 2

The Detox Plans



THE ORGANIC OPTION

If you can get your hands on organic produce, it's a great idea. Organic produce has been shown to have higher levels of antioxidants and phytochemicals, which are the compounds that give plants their natural colors and flavors. These compounds are also the ones that give plants their natural resistance to pests and diseases. This is why organic produce is often more flavorful and nutritious than conventional produce. Plus, it's better for the environment because it doesn't require the use of synthetic pesticides and fertilizers. So, if you can get your hands on organic produce, it's a great idea. Organic produce has been shown to have higher levels of antioxidants and phytochemicals, which are the compounds that give plants their natural colors and flavors. These compounds are also the ones that give plants their natural resistance to pests and diseases. This is why organic produce is often more flavorful and nutritious than conventional produce. Plus, it's better for the environment because it doesn't require the use of synthetic pesticides and fertilizers. So, if you can get your hands on organic produce, it's a great idea.

Following are the detox plans that you can use to help you get back on track. Each plan is designed to be easy to follow and to fit into your lifestyle. The plans are divided into two categories: short-term and long-term. The short-term plans are designed to help you get back on track quickly, while the long-term plans are designed to help you stay on track for good. The plans are also designed to be flexible, so you can adjust them to fit your needs. So, if you're looking for a detox plan that's easy to follow and that fits into your lifestyle, these are the plans for you. The plans are designed to be easy to follow and to fit into your lifestyle. The plans are also designed to be flexible, so you can adjust them to fit your needs. So, if you're looking for a detox plan that's easy to follow and that fits into your lifestyle, these are the plans for you.

The Detox Plans



Following a detox plan is a positive move to enhance your health. It's not complicated or difficult, it just requires a little foresight and quite a lot of self-discipline! The central focus of any plan is diet, in this case fruit and vegetable juices. Along with nutritious and simple foods, these will help speed up the metabolism, and cleanse and strengthen organs, tissues and blood, flush out toxins and waste, give the digestive and eliminative organs a well-earned rest, and provide good nutrition too. In addition to the temporary diet changes, other methods can be used to stimulate the elimination of toxins, such as body scrubs, saunas, hot and cold showers, steam treatments, exercise and massage (see Chapter 9).

There are four different plans for you to choose from. The first two are fasts: the One Day Juice Plan and the Weekend Clean-Up Plan. The second two are detox programs which include simple foods: the One Week and Full Two Week Vitality Plans. If you have never done anything like this before, it is probably best to go in gently and start with the One Day Juice Plan. You can progress

to the longer plans as you become more accustomed to the procedure.

Do not attempt to go on any of the detox plans for longer than the recommended period without seeking professional guidance first (refer to Appendix 2 for details). If you feel that there is any reason why you should not follow a detox plan, then please discuss the matter further with your GP or natural practitioner.

4

Preparing For Your Detox Plan

QUICK REFERENCE

During the couple of days before going on a fast or detox plan, try to eat simple foods such as fruits, vegetables, wholegrains, wholewheat pasta, wholemeal bread, beans and sprouting seeds. This gently prepares the body for what is to come, and ensures that it doesn't have too much of a shock. When breaking the fast or detox plan, ease back into your normal diet gently, by again eating simple foods. If you are on a fast, remember that your stomach will have shrunk and will not be able to cope with large amounts of food all at once.

THINGS TO AVOID

During all the detox plans you should avoid smoking, alcohol, dairy products, chocolate, sugar, meat, fish, spicy foods, wheat, tea, and coffee.

STOCK UP

It is important to have everything you need before you start to detox, as any inconvenience might tempt you to give up. As far as produce goes, the fresher the better, but it makes financial sense to buy in bulk, so purchase up to a week's produce at once. Store fruit and vegetables somewhere cool but dry, or they are likely to go off.

BASIC TOOLS

Apart from a juicer, you will need a chopping board, a sharp knife, a peeler, a plastic or glass measuring jug (showing fluid ounces or millilitres), and a large jug and some clingfilm should you be making a day's juices at a time. If you are working or travelling while going on a fast or detox plan, make sure that you have a vacuum flask in which to put your juice.

WEIGHTS AND MEASURES

The following tables show how much fresh produce is required to make the standard amounts of juice used in the plans. The recommended measures are three 8fl oz/230ml servings a day, some diluted, but as you become more used to the potency and taste of fresh juices you may feel able to increase that to a ceiling of six 8fl oz/230ml servings a day, in which case simply double the amounts

suggested in the fasts and detox plans. However, to start with, moderation is best.

At the beginning of the longer detox plans, you can refer to the Shopping List section, which estimates how much fresh produce you will need to buy before embarking on the program. Here is a quick-reference guide to fruit and vegetables and the quantities of juice they will make.

QUICK REFERENCE QUANTITY GUIDE

**Quantities of fruit and vegetables needed to make approx.
8fl oz/230ml of undiluted juice, using a juicer**

Apple Juice	10oz/275g apples or 2 medium apples
Grape Juice	10oz/275g grapes or medium bunch
Grapefruit Juice	10oz/275g grapefruit or 1½ large fruits
Mango Juice	2 mangoes
Melon Juice	12oz/350g melon or 1 medium melon
Orange Juice	10oz/275g oranges or 2 medium oranges
Papaya Juice	1lb/450g papaya or 1 large papaya
Peach Juice	12oz/350g peaches or 2 medium peaches
Pear Juice	10oz/275g pears or 2 medium pears
Pineapple Juice	14oz/400g pineapple or 1 medium
Strawberry Juice	10oz/275g strawberries or 1 punnet

Watermelon Juice	12oz/350g melon or 1 small watermelon
Carrot Juice	14oz/400g carrots or 3 large carrots
Celery Juice	10oz/275g celery or 4 stalks
Cucumber Juice	10oz/275g cucumber or half large one

Quantities of certain vegetables needed to make approx. 2fl oz/50ml of strong juice to be mixed with milder juices

Beetroot Juice	4oz/125g beetroot or 1/3 medium beet
Spinach Juice	4oz/125g spinach or 14 medium leaves
Watercress Juice	4oz/125g watercress or 1 pack leaves

Quantities of lemons and limes needed to make approx. 1fl oz/25ml of juice to add to other juices

Lemon Juice	2oz/50g lemon or 1 small lemon
Lime Juice	3oz/75g lime or 1 small lime

Quantities of lemon and lime juice needed to make approx. 8fl oz/230ml of lemon or lime water

Lemon Water	Squeeze of lemon in 8fl oz/230ml water
Lime Water*	Squeeze of lime in 8fl oz/230ml water

*Lime water is milder than lemon water and can be drunk more often as a result



5 The One Day Juice Plan

Putting aside one day every now and again to cleanse and tonify your body isn't difficult. You may even wish to do this every week to keep your body in tip-top shape. A day off during the week, or a day taken over the weekend is most suitable for a fast. The benefits of fasting over a rest day are that it is easier to nap if you want to, and you can include some of the Optional Extras (see Chapter 9 for details in each case).

The One Day Juice Plan recommends the use of fruit juices only (with the exception of carrot juice which is also a liver cleanser), as they are such powerful cleansers. It is best to stick to just one type of juice throughout the day, in order to give the digestive system the least amount of work and the maximum amount of rest. You should drink no more than three 8fl oz/230ml servings of your chosen juice over the day, and dilute each serving with 4fl oz/115ml of filtered or still mineral water. This is because fruit juices are high in natural sugars, which drunk neat and without food could make you feel a little dizzy, by raising blood sugar levels too high. Drink two to

three pints of other liquid during the day too.

Choose one juice from the following list and make sure you have enough of the raw material to last you all day. Remember that in winter, soft fruits are not easily available.

Shopping List (each entry enough for one day's juice)

Apples	2lb/900g
Carrots	3lb/1.4kg
Grapes	2lb/900g
Grapefruit	5 large
Mangoes	6 medium
Melons	3 medium
Oranges	2lb/900g
Papaya	3 large
Peaches	2½lb/1.1kg
Pears	2lb/900g
Pineapples	3 medium
Strawberries	2lb/900g
Watermelon	1½ large

THE PLAN

Wake Up!

The One Day Juice Plan begins as it means to go on, with the emphasis on gentle cleansing. As soon as you wake up, drink a glass of lemon water (see page 55 for details). This is an excellent way to begin the fast as it helps to cleanse the intestines.

OPTIONAL EXTRAS:

Body brushing, followed by a hot shower finished off with a burst of cold water. Afterwards give your body a good rub down with a towel, this will stimulate your circulation and lymphatic system.

Breakfast

Time for the first straight juice of the day. Drink one 8fl oz/230ml serving of juice, diluted. If you feel thirsty during the morning drink either still water, lime water or herb tea: try chamomile, lemon balm or rosehip for a soothing, cleansing effect.

OPTIONAL EXTRAS:

Breathing exercises, gentle walk.

Lunch

Whenever your internal clock tells you that it's time for lunch, drink another one 8fl oz/230ml serving of your

chosen juice, diluted. If you feel thirsty during the afternoon, drink water, lime water, or herb teas.

OPTIONAL EXTRAS:

Sauna or Turkish bath, massage.

Supper

If you have managed to keep the hunger pangs and food at bay, it's time for you to finish your fast with a flourish, and drink down the final serving of juice. Drink one 8fl oz/230ml serving of juice, diluted. Drink lime water, still water or herb teas if you are thirsty.

OPTIONAL EXTRA:

Epsom salt bath (only if you haven't had a salt rub or gone for a sauna or Turkish bath in the afternoon) before going to bed.

Last Thing at Night

Give your digestive system one more clean sweep by drinking a glass of lemon water. Then curl up and snooze, ready to feel bright and breezy the next day.

6 The Weekend Clean-Up Plan

The Weekend Clean-Up Plan is for those of you who feel confident of managing without solid food for two days. You might perhaps have completed the One Day Juice Plan, and want to discover the added benefits of a fast which is double the length. Of course you don't have to do it over a weekend, any two days will do, but make sure that you can take it easy. You will gain most benefit from the plan if you are able to rest and relax. Remember to leave a two-week gap between doing a One Day Juice Plan and a Weekend Clean-Up Plan.

You will get hunger pangs, but if the fast is to have full effect, don't give in to them. The time-span provides an excellent opportunity for you to take it easy, to contemplate life, read a good book, even to give yourself some home beauty treatments, such as a facial steam, body brushing, a manicure or pedicure (see Chapter 9 for details of other treatments).

As with the One Day Juice Plan, pick one juice per day and stick to it; mixing and matching juices during a fast will only put unnecessary strain on the digestive system.

You should drink no more than three 8fl oz/230ml servings of juice, diluted with 4fl oz/115ml of water per serving, through the day – in place of each main meal. Make sure that you drink around two to three pints of other liquid each day (filtered or still mineral water, lime water, or herb teas). Choose a different juice each day from the following list:

Shopping List (each entry enough for one day's juice)

Apples	2lb/900g
Carrots	3lb/1.4kg
Grapes	2lb/900g
Grapefruit	5 large
Mangoes	6 medium
Melons	3 medium
Oranges	2lb/900g
Papaya	large
Peaches	2½lb/1.1kg
Pears	2lb/900g
Pineapples	3 medium
Strawberries	2lb/900g
Watermelon	1½ large

THE WEEKEND CLEAN-UP PLAN

Day 1

Wake up!

As soon as you wake up, drink a glass of lemon water (see page 55 for details) to cleanse gently the digestive tract and intestines.

OPTIONAL EXTRAS:

Body brushing, followed by a hot, then cold shower, then a salt rub.

Breakfast

Drink one 8fl oz/230ml serving of your chosen juice, diluted. If you feel like a drink between breakfast and lunch, take still water, lime water, or herb teas.

OPTIONAL EXTRAS:

Gentle walk, breathing exercises.

Lunch

Drink one 8fl oz/230ml serving of your chosen juice, diluted. Drink still water, lime water, or herb teas during the remainder of the afternoon.

OPTIONAL EXTRAS:

Turkish bath, gentle walk, nap.

Supper

Drink one 8fl oz/230ml serving of your chosen juice, diluted. Between now and bedtime drink only still water, lime water, or herb teas.

OPTIONAL EXTRA:

Mud pack, self-massage.

Last Thing at Night

Drink a glass of lemon water to scour the digestive tract once more. Try to turn in early, as that way you won't be tempted by late-night hunger pangs and your body will benefit from a long, deep sleep.



Day 2

Wake up!

As you did the previous morning, drink a glass of lemon water as soon as you get up.

OPTIONAL EXTRAS:

Body brushing, followed by a hot, then cold shower.

Breakfast

Time to sample another type of juice. If you have drunk a citrus juice (grapefruit or orange) during the previous day, opt for a non-citrus juice such as apple or mango. Drink one 8fl oz/230ml serving of juice, diluted. Drink lime water, still water, or herb teas if you are thirsty in the morning.

OPTIONAL EXTRAS:

Breathing exercises, facial steam.

Lunch

Drink one 8fl oz/230ml serving of juice, diluted. If you feel thirsty during the afternoon, drink still water, lime water or herb teas.

OPTIONAL EXTRAS:

Walk, aromatherapy massage, nap.

Supper

You're nearing the end of the fast, so stick it out! Drink your final 8fl oz/230ml serving of juice, diluted. For the rest of the evening drink either still water, lime water or herb tea.

OPTIONAL EXTRAS:

Relax - you've done it! Two days without food, just nourishing and cleansing juices. To celebrate, run yourself a warm bath, perfumed with a few drops of your favourite essential oil.

Last Thing at Night

Drink one last glass of lemon water then curl up in bed, and sleep deeply.



1 The One Week and Full Two Week Vitality Plans

The One Week and Full Two Week Vitality Plans differ from the juice fasts in that they combine the potency of fresh fruit and vegetable juices with plain and simple foods. This double-edged approach rests and tonifies the digestive system while providing nourishment and strength. Regular meals are part of the plans, but the choice of food is restricted, so that maximum benefit is obtained from the cleansing programs. For more information on ways to pamper yourself, turn to Chapter 9.

THE JUICES

Although the Vitality Plans include simple foods, fruit and vegetable juices remain the focal point and should not be missed out. Unlike the juice fasts, these detox plans include vegetable juices too, so that you gain maximum nutritional benefit from the wide range of nutrients contained in them. However, refrain from drinking fruit and vegetable juices together (the two exceptions to this

are carrot and apple juice), or you may well experience bloating and flatulence. Leave at least two hours in between drinking fruit juices and vegetable juices to avoid these side-effects. You should also avoid drinking too many spinach-based juices – two spinach juice cocktails per week should be the limit – as they can create an imbalance in the mineral calcium.

Below you will find a range of 21 different juice cocktails, which are combinations of complementary juices. Every day you will find that there are recipes for three different cocktails; drink no more than one 8fl oz/230ml serving of each (diluted if preferred), half an hour before breakfast, lunch, and supper. Refer to the Shopping List below for advice on quantities of fruit and vegetables needed for juicing. If you cannot obtain one of the fruits listed in a cocktail, simply replace that cocktail with the Apple and Carrot Bomber (recipe on page 71). If pears are out of season, use apples, grapes or pineapple instead. This time only dilute the juices if you prefer them that way. Make sure that you drink two to three pints of other liquids through each day.

If you are doing the Full Two Week Vitality Plan, repeat the seven days of recipes over the second week. If you are very busy, and feel that you won't have time to put all the cocktails together, there is a Quick and Easy version on page 81. This could also be useful during the autumn and winter when the supply of fresh produce is limited, as it uses a smaller range of juice cocktails.

Remember that some of the juices, particularly the vegetable ones, may taste unusual – but don't give up, you'll get used to it! And once you discover which are your

favourite juices, you don't have to wait until you do a detox plan to enjoy them - they are a delicious and nutritious addition to your normal diet.

Melon/watermelon juice is not included in the juice cocktails, because it should only be drunk on its own (as in the One Day Juice Plan and the Weekend Clean-Up Plan). This is because it goes through the digestive system much faster than any other fruit.

Shopping List (for a week's juices)

Apples	2lb/900g
Beetroot	½lb/225g
Carrots	3lb/1.4kg
Celery	1 head (bunch)
Cucumber	1
Grapes	1lb/450g
Grapefruit	1
Lemons	5
Mangoes	2
Oranges	2lb/900g
Papaya	1
Peaches	1lb/450g
Pears	1lb/450g
Pineapples	2 medium
Spinach	½lb/225g
Strawberries	1lb/450g
Watercress	½lb/225g

THE ONE WEEK VITALITY PLAN: JUICES

Day 1

Breakfast

St Clements

MAKES ONE 8FL OZ/230ML SERVING

7fl oz/200ml orange juice

1fl oz/25ml lemon juice

Lunch

Strawberry Delight

MAKES ONE 8FL OZ/230ML SERVING

4fl oz/115ml strawberry juice

4fl oz/115ml apple juice



Supper

Spicy Carrot

MAKES ONE 8FL OZ/230ML SERVING

4fl oz/115ml carrot juice

2 fl oz/50ml watercress juice

2 fl oz/50ml celery juice

Day 2

Breakfast

Pips Away!

MAKES ONE 8FL OZ/230ML SERVING
 5fl oz/145ml pineapple juice
 3fl oz/80ml papaya juice



Lunch

Big Apple

MAKES ONE 8FL OZ/230ML SERVING
 5fl oz/145ml apple juice
 3fl oz/80ml grape juice

Supper

Blushing Beetroot

MAKES ONE 8FL OZ/230ML SERVING
 6fl oz/170ml carrot juice
 2fl oz/50ml beetroot juice



Day 3

Breakfast

Grapefruit Guzzle

MAKES ONE 8FL OZ/230ML SERVING
 5fl oz/145ml grapefruit juice
 3fl oz/80ml orange juice

Lunch

Sweet and Peachy

MAKES ONE 8FL OZ/230ML SERVING
 5fl oz/145ml peach juice
 2fl oz/50ml strawberry juice
 1fl oz/25ml papaya juice



Supper

Apple and Carrot Bomber

MAKES ONE 8FL OZ/230ML SERVING
 4fl oz/115ml apple juice
 4fl oz/115ml carrot juice

Day 4

Breakfast

Tropical Twist

MAKES ONE 8FL OZ/230ML SERVING

5fl oz/145ml pineapple juice

3fl oz/80ml mango juice

Lunch

Perfect Pear

MAKES ONE 8FL OZ/230ML SERVING

4fl oz/115ml pear juice

4fl oz/115ml peach juice



Supper

Popeye

MAKES ONE 8FL OZ/230ML SERVING

4fl oz/115ml celery juice

2fl oz/50ml spinach juice

2fl oz/50ml apple juice

Day 5

Breakfast

Sunshine Orange

MAKES ONE 8FL OZ/230ML SERVING

4fl oz/115ml orange juice

4fl oz/115ml mango juice



Lunch

The Three Ps

MAKES ONE 8FL OZ/230ML SERVING

4fl oz/115ml pineapple juice

2fl oz/50ml papaya juice

2fl oz/50ml peach juice

Supper

Winning Watercress

MAKES ONE 8FL OZ/230ML SERVING

3fl oz/80ml cucumber juice

3fl oz/80ml celery juice

2fl oz/50ml watercress juice



Day 6**Breakfast****Strawberry Fair**

MAKES ONE 8FL OZ/230ML SERVING
 4fl oz/115ml strawberry juice
 4fl oz/115ml mango juice

**Lunch****Golden Carrot**

MAKES ONE 8FL OZ/230ML SERVING
 5fl oz/145ml orange juice
 3fl oz/80ml carrot juice

Supper**Big on Beetroot**

MAKES ONE 8FL OZ/230ML SERVING
 2fl oz/50ml beetroot juice
 6fl oz/170ml apple juice

**Day 7****Breakfast****Top Grape**

MAKES ONE 8FL OZ/230ML SERVING
 5fl oz/145ml grape juice
 3fl oz/80ml pear juice

**Lunch****Apple Soother**

MAKES ONE 8FL OZ/230ML SERVING
 3fl oz/80ml apple juice
 3fl oz/80ml carrot juice
 2fl oz/50ml pineapple juice

Supper**Super Spinach**

MAKES ONE 8FL OZ/230ML SERVING
 4fl oz/115ml carrot juice
 2fl oz/50ml spinach juice
 2fl oz/50ml celery juice



THE FOODS

The choice of foods in both detox plans is deliberately limited, although nutritious and filling because you are not meant to starve! The restrictions increase the cleansing power of the diet, and give your over-worked digestive system a good rest. Key elements are wholegrains, fresh fruit, and vegetables (steamed, stewed, stir-fried or made into salads). The wholegrains brown rice, barley or millet should be eaten for lunch and supper. They can be steamed or gently boiled, and then seasoned with fresh herbs, shoyu (soy sauce), miso, or lemon juice, and sesame, sunflower or pumpkin seeds. See page 108 for further advice on where to find information about cooking methods and recipes.

Basic Breakfast Foods

Fresh fruit (half a grapefruit, a slice of melon, or a mixed fruit salad made up with fruits from the juice Shopping List)

Porridge (made with jumbo porridge oats, water and a handful of raisins for sweetness)

Basic Lunch Foods

Mixed salad (select from lettuce, white or red cabbage, beansprouts, cucumber, alfalfa, sprouting seeds,

chickpeas, watercress, grated carrot, fennel, radish, celery, tomatoes, green and red peppers)
 Steamed or stir-fried vegetables
 Fresh fruit (any from the juice Shopping List)
 Cooked brown rice (short-grain if possible), millet or barley, seasoned if preferred

Basic Supper Foods

Steamed, stewed, raw or stir-fried vegetables
 Mixed salad (choice as above)
 Fresh fruits (any from the juice Shopping List)
 Cooked brown rice (short-grain if possible), millet or barley, seasoned if preferred

'Anytime' Foods

Sea vegetables (kombu, wakame, and dulse seaweeds for addition to soups and stews)
 Oat cakes
 Rice cakes
 Hummus
 Tahini spread
 Snacking prunes
 Snacking cranberries
 Raisins
 Sultanas
 Pumpkin seeds
 Sunflower seeds



Crudités (carrot, cucumber and red pepper sticks, cauliflower florets)

Alternative Drinks

Herb teas (camomile, lemon balm, rosehip)

Still water (filtered or mineral)

Lime water (8fl oz/230ml water with a squeeze of lime juice)

Additional Full Two Week Plan Foods

In addition to the lists above, you can increase the range of foods you eat during the Full Two Week Vitality Plan to include:

Live goat's/sheep's yoghurt (a spoonful or two can be added to your fruit breakfast juice if you like)

Beans

Pulses

Tofu

Cous-cous

Rye bread

Stewed dried fruit

Home-made vegetable soup

THE PLAN

Follow this basic daily plan throughout your One Week or Full Two Week Vitality Plan and simply integrate the juices and foods from the recommended lists above. You can also integrate the Optional Extras mentioned in Chapter 9, when and where it is convenient. Although each day will follow the same format, you will be changing juices and doing different activities, so it will remain interesting. If you are doing the Full Two Week Vitality Plan the range of foods that you can eat is slightly greater (as listed above).

Wake up!

Open those bleary eyes and drink down a glass of lemon water (see page 55 for details).

OPTIONAL EXTRAS:

Body brushing and a hot, then cold shower

Breakfast

Drink one 8fl oz/230ml serving of the breakfast juice cocktail of the day, half an hour before food. Then eat breakfast. If you want a snack or drink mid-morning, choose from the 'Anytime' Foods and Alternative Drinks list.

OPTIONAL EXTRA:

Breathing exercises

Lunch

Drink one 8fl oz/230ml serving of the lunch juice cocktail of the day, half an hour before food. Then eat lunch. Drinks and snacks from the 'Anytime' Foods and Alternative Drinks list.

OPTIONAL EXTRA:

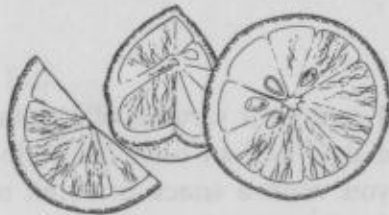
Gentle exercise ie a walk, swim, or yoga

Supper

Drink one 8fl oz/230ml serving of the supper juice cocktail of the day, half an hour before food. Then eat supper. Should you wish to have a snack or another drink choose from the 'Anytime' Foods and Alternative Drinks lists.

Last Thing at Night

Drink a glass of lemon water to cleanse the digestive tract.



8

The Quick and Easy Alternative Plan

The Quick and Easy Alternative Plan covers seven days, but uses only one juice cocktail per day (fruit one day, vegetable the next), which makes it less demanding to follow. As with the standard Vitality Plan, drink no more than three 8fl oz/230ml servings of juice per day (diluted if preferred) - one serving half an hour before breakfast, lunch and supper - and choose any of the nutritious foods from the recommended lists. If you are doing the Quick and Easy version of the Full Two Week Vitality Plan, simply repeat the seven day juice plan below and feel free to choose foods from the Additional Full Two Week Foods list. All the fresh produce mentioned should be available year round, from your local greengrocer or supermarket.

Shopping List (for a week's juices)

Apples	3lb/1.4kg
Beetroot	1½lb/675g
Carrots	4lb/1.8kg
Celery	1 head (bunch)
Grapes	1lb/450g
Grapefruit	3 large
Mangoes	2 large
Oranges	1lb/450g
Pineapples	2 large

THE PLAN**Day 1****Apple and Carrot Bomber**

MAKES ONE 8FL OZ/230ML SERVING

4fl oz/115ml apple juice

4fl oz/115ml carrot juice

**Day 2****Grapefruit Guzzle**

MAKES ONE 8FL OZ/230ML SERVING

5fl oz/145ml grapefruit juice

3fl oz/80ml orange juice

Day 3**Big on Beetroot**

MAKES ONE 8FL OZ/230ML SERVING

2fl oz/50ml beetroot juice

6fl oz/170ml apple juice



THE JUICING DETOX DIET

Day 4

Tropical Twist

MAKES ONE 8FL OZ/230ML SERVING

5fl oz/145ml pineapple juice

3fl oz/80ml mango juice

Day 5

Super Spinach

MAKES ONE 8FL OZ/230ML SERVING

4fl oz/115ml carrot juice

2fl oz/50ml spinach juice

2fl oz/50ml celery juice



Day 6

Big Apple

MAKES ONE 8FL OZ/230ML SERVING

5fl oz/145ml apple juice

3fl oz/80ml grape juice

Day 7

Blushing Beetroot

MAKES ONE 8FL OZ/230ML SERVING

6fl oz/170ml carrot juice

2fl oz/50ml beetroot juice



9 Extra Ways to Pamper Yourself

Let's take a closer look at the ways in which you can enhance the cleansing effects of fresh juices. A variety of other activities, such as saunas, mud packs and massage, provide welcome distractions from gurgling stomachs and alluring chocolate bars! At the end of this section you will find an easy reference chart which you can use to integrate the different techniques into each detox plan.

BODY BRUSHING

Body brushing is an efficient way of stimulating the lymphatic system and clearing the skin of dead cells which manifest as dry skin. For the best results you should body brush every day – and what better time to start than during a detox plan. Body brushes are available from most major chemists, and either come with long handles or are held in the hand; their bristles are moderately stiff.

To body brush, simply apply the brush head firmly to

the skin and make small, circular strokes, moving towards the heart. You always start at the feet, moving upwards until you reach the heart area, then move to the top of the neck and brush downwards to the heart. Take extra care when you reach the tender breast area. It is usually best to body brush just before you get into the bath or have a shower, and it can be integrated with many of the treatments mentioned below.

HOT AND COLD SHOWERS

A hot shower, followed by a burst of cold water, stimulates the circulation and the lymphatic system. For every minute that you stay under the stream of hot water, remain under the cold for a second, so, a ten minute shower would require a ten second burst of cold water. Be brave and take the plunge – it's hugely invigorating and well worth it!

SALT RUB

This treatment will make your skin tingle as it stimulates the blood circulation. You will need a pack of coarse-grain sea salt, a wash cloth or bath brush, and a shower. Have your warm/hot shower as normal, then turn off the water. Starting with the legs, throw sea salt on to your skin and rub briskly with a cloth or bath brush. Work up the body, towards the heart, then work down the neck and shoulders towards the heart. Then rinse off salt with

lukewarm or cold water. This home treatment is even better when someone can do it for you! Salt rubs should be avoided if you suffer from eczema or psoriasis.

EPSOM SALT BATH

Epsom salt baths are easy to enjoy at home and very relaxing, but should not be used by those with eczema, psoriasis or high blood pressure. Neither should they be used in combination with Salt Rubs, or your skin will become extremely dry. Made from magnesium sulphate, the salts draw impurities from the skin. Add ½ – 1lb (225 – 450g) of Epsom salt to a hot bath and soak in it for 15 – 20 minutes. When you get out of the bath keep warm by wrapping up in thick clothes or going to bed, and for several hours afterwards your body will continue to perspire and eliminate toxins from the skin. Epsom Salts are available from chemists and some health food stores.

SAUNA

The dry heat of a sauna encourages the body to sweat and eliminate toxins through the skin. Most health centres have saunas now; the heat is produced by pouring water on hot coals, and all you need to do is sit in the sauna area and sweat it out. Depending on how efficiently you sweat will determine how long you can stay in a sauna – some people can stay in them for 20 minutes at a stretch, some for much less. As soon as you start to feel uncomfortable

or your heart begins to pound, it is time to shower off and cool down for 10 – 15 minutes, before going back in. An hour to an hour and a half is usually enough time in a sauna, and it can be viewed as an alternative to a Turkish bath.

TURKISH BATH

Attending a Turkish bath is an experience not to be missed if you're lucky enough to live near one. A Turkish bath is a series of communal rooms ('baths') that are hot, humid and steamy. Each 'bath' maintains a different temperature, from hot, to hot and steamy, to very hot, all designed to produce sweat by the bucketful and flush out toxins. In between relaxing in each bath, you are supposed to shower off under a cold jet, or if you're really brave, leap into an icy cold plunge pool, to close your pores and improve circulation. Masseurs are usually on hand to scrub, lather and massage your body, when and if you feel like a spot of extra attention.

LYMPH MASSAGE

Lymph massage is a delicate form of massage that stimulates the all-important lymphatic system. The tiny cupping movements of lymphatic massage are executed all over the body, and encourage sluggish lymph to carry its load of toxins, wastes and dead cells back to the lymph nodes where they are neutralized or disposed of. It is an

expensive but wonderfully relaxing method of body cleansing; see Appendix 2 for details.

AROMATHERAPY MASSAGE

Aromatherapy massage combines the technique of body massage with the use of essential plant oils. Some of the oils, such as lavender and geranium, are particularly cleansing and can be used to stimulate the internal organs and the lymphatic system. Massage is most satisfying when someone else is doing it to you, but you can self-massage too. All you need is a bottle of almond oil, and an essential oil of your choice. Pour out an eggcupful of almond oil and add to it two drops of essential oil (eg lavender, ylang ylang, rosemary). Then in smooth strokes massage it into your skin (for details of further reading see page 110).

BREATHING EXERCISES

Simple as it may sound, deep breathing helps cleanse, relax, and also energize your body. Deep breathing means contracting and releasing your abdomen to draw air into your lungs. Try these easy Japanese self-massage techniques to increase the power of your breathing (for details of further reading see Appendix 2).

Abdominal Breathing

Sit down, with your legs tucked beneath you. Place one hand over your stomach and the other behind your back, breathe in and feel your abdomen expand. As you breathe out feel it contracting and your hands moving towards each other.

Energy Breathing

Once you have got used to deep breathing you can move on to the second stage of cultivating energy through it. Again sit with your legs tucked beneath you, and hold your hands in a prayer position. Try to imagine a fire roaring in your stomach. As you breathe in, imagine the flames being fanned; as you breathe out, imagine these flames going up and into your hands. Repeat this sequence six times.

MUD PACK

You don't have to go to the Dead Sea to benefit from a cleansing mud pack, you can buy specially prepared packs from your chemist. You can use the mud just on your face or apply it to your whole body. Although somewhat messy, there's nothing quite like covering yourself in mud and feeling the minerals seep into your pores. Simply buy a pack and hide yourself away in the

bathroom for an hour, spread the mud on and leave it for the suggested time, then wash off in the bath or under the shower.

FACIAL STEAM

You can give your face a cleansing boost with a facial steam. All you need is a heavy-based bowl, some boiling water, a towel and an essential oil, such as lavender, ylang ylang, or geranium. Fill the bowl half full with just-boiled water and add two drops of your chosen essential oil. Then place your head over the bowl and cover it with a towel. Steam for five to ten minutes. This will open the pores and make it easier to extract blackheads and general dirt from your skin. Afterwards dab your face with an astringent to disinfect and close pores.

GENTLE EXERCISE

A daily session of gentle exercise such as walking or yoga is beneficial during a fast, but do not engage in vigorous exercise such as tennis, swimming or running. During the juice detox plans, which include foods, you can do more vigorous exercise – but don't overdo it.

Choose from these suggested Extra Ways to Pamper Yourself

Suggested Treatment	One Day Juice Plan	Weekend Clean-Up Plan	One Week Vitality Plan (and Quick and Easy Alternative)	Two Week Vitality Plan (and Quick and Easy Alternative)
Body Brushing	once during day	every day	every day	every day
Hot and Cold Showers	once during day	every day	every day	every day
Salt Rub/Epsom Salt Bath (should be done on separate days; not suitable for eczema or psoriasis sufferers)	once during day	once	once	twice
Sauna	once during day	once	once	twice
Turkish Bath	once during day	once	once	twice
Lymph Massage	once during day	once	once	twice
Aromatherapy Massage	once during day	once	once	twice
Breathing Exercises	once during day	every day	every day	every day
Mud Pack	once during day	once	once	twice
Facial Steam	once during day	once	twice	four times
Gentle Exercise	once during day	every day	every day	every day

10 Ease Back Gently

To avoid giving your digestive system too big a shock after following a juice fast, you should not eat too much for the first few days – remember that your stomach will have shrunk. Equally, at the end of the longer detox plans you should *slowly* reintroduce foods which have been ‘banned’; don’t eat them all at once, but introduce perhaps one a day, while still eating a lot of raw and cooked vegetables and fresh fruit. This gradual return to your normal diet will ensure that the beneficial effects of the juicing programs last even longer. A juicing plan shouldn’t be seen as a magic wand, however, and the emphasis should always be on prevention rather than cure. You should aim to improve your eating habits on a permanent basis, ensuring that you don’t burden your body with too many toxins through over-indulgence. Exercise should also become part of your routine, as it counteracts the effects of stress, helps cleanse the system and boosts your energy levels, preventing your metabolism from becoming sluggish in the first place.

GIVE US OUR DAILY JUICE

Detoxing with juices soon becomes something to look forward to. You will find that the benefits of detoxing – the visible signs of bright eyes, clear skin, and shiny hair, and the great boost to your health and vitality – are more than enough to encourage you to return to the programs quite regularly.

And once you have tried out any of the Juice Fasts or Juice Detox Plans, you will probably want to keep on juicing, to obtain the daily benefits that fresh juices can provide. You will develop favourites, but it is best to drink a variety of juices. To start out you may want to try mixing and matching some of the milder juices such as carrot, apple, grapefruit, pear, cucumber and grape, and of course, you can use any of the juice cocktails mentioned in this book. So, go on, juice it up!

Appendix

1

Glossary of Fruit and Vegetable Juices

JUICES FOR JUICE FASTS

You can use vegetable or fruit juices during a short fast, but fruit juices are the more powerful cleansers. Your digestive system will be given more of a rest if you just stick to drinking one type of juice during a day; for example, drink melon or grapefruit, but not both. In the case of beetroot, spinach and watercress juice they should be mixed with other milder juices, otherwise they are too concentrated and taste unpalatable.

JUICES FOR LONGER DETOX PLANS

Over the longer detox plans, different fruit and vegetable juices are mixed over each day, but do not drink them together in the same glass or you may experience bloating, flatulence and tummy gripes! However, there are two exceptions to the rule – apple juice and carrot juice, which can be combined with any juice without side-effects.

Only the more prominent nutrients are listed in the following profiles of fruit and vegetable juices.

FRUIT JUICES

Apple Juice

Apple juice is known as an excellent liver and kidney cleanser. It is very high in a range of minerals that include iron, magnesium, potassium and sulphur, and rich in vitamins C, B1, B2 and B6, and beta-carotene. It also contains malic and tannic acids and pectin to help purge the gastro-intestinal tract. Apple juice is also the only fruit juice than can be mixed with a vegetable juice without producing side-effects such as bloating and flatulence, and it can make unpalatable vegetable juices taste better.

PREPARATION:

Harder apples juice more efficiently. Juice whole, with peel, pips and core. Chop roughly before placing in juicer.

Grape Juice

Grapes always seem to figure in any sort of diet plan, but it's hardly surprising when you consider that not only do they look and taste so appetizing, but they are also full of nutrients. Like apples they are rich in minerals such as calcium, iron, phosphorus and sulphur and are also high in vitamins B1, B2 and C, as well as containing tartaric acid. Grapes are often included in diets because they speed up the metabolism and help to shed a few pounds, and by doing this the elimination of toxins from the body is also accelerated.

PREPARATION:

White grapes are best for juicing. Remove stalks, then juice whole with pips.

Grapefruit Juice

Grapefruit have the delicious tangy taste that is ideal in a breakfast juice. Pink grapefruit are sweeter, yellow grapefruit slightly more tart. They both have the advantage of being large in size and so provide lots of juice per fruit. Grapefruit are high in vitamin C, bioflavonoids (which help vitamin C to be absorbed), citric acid and the minerals phosphorus, potassium and calcium. Their juice can either be extracted using a juicer or a citrus squeezer. If you put them through a juicer you gain the nutritious pith surrounding the fruit, whereas a citrus squeezer extracts just the juice.

PREPARATION:

Peel off external skin, leaving much of the pith on the fruit. Chop roughly, then place in juicer.

Lemon Juice



Lemons were a lifeline to sailors who spent many months at sea. Such is the power of these small, yellow fruit, that their juice was enough to keep away the dreaded symptoms of scurvy - the vitamin C deficiency disease. Lemon juice contains more citric acid than any other citrus fruit, and is high in vitamin C, and these two factors combine to make it a really excellent cleanser. Because the juice of a lemon tastes so acidic it is never drunk on its own, and is diluted

with water or other juices. Drinking a glass of dilute lemon juice first thing in the morning is an excellent way to start the day because it helps to cleanse and tonify the digestive system.

PREPARATION:

Peel away outside skin, but leave on pith and do not remove pips, then cut in half and place in juicer.

Lime Juice



Lime juice has a similar action to lemon juice, but is not so powerful. It contains less citric acid and less vitamin C. For a milder version of lemon juice, try lime.

PREPARATION:

Peel away outside skin, but leave on pith and do not remove pips, then cut in half and place in juicer.

Mango

Mango juice has a wonderful, exotic flavour and aroma, and its bright orange flesh provides a vivid-coloured juice. Mangoes are high in beta-carotene, and moderately good sources of vitamin B3 and the minerals copper, magnesium and potassium. They taste good on their own or combined with other fruit, but make very thick juice which you might prefer to dilute.

PREPARATION:

Cut in half, either side of the long, flat stone, then cut a grid

pattern into each half of the mango flesh. With your fingers against the skin, push the middle of the fruit upwards, cut away the chunks of flesh from the skin and juice.

Melon Juice

Melons are rich in vitamins B1, B2, B6, folic acid (also part of the B group), beta-carotene, and the minerals potassium, magnesium, phosphorus and sulphur. The most highly nutritious melons are the cantaloupe variety with their orange-coloured flesh, followed by the honeydew, then the watermelon (see also Watermelon entry below). Melons contain a large proportion of water and therefore make lots of juice per fruit. They are gentler cleansers than the citrus fruits, but melon juice should only be drunk on its own as it goes through the digestive system much faster than any other fruit.

PREPARATION:

Scoop out flesh and pips and juice together.

Orange Juice



Like its fellow citrus fruit juices, grapefruit and lemon, orange juice is an efficient cleanser. It is high in beta-carotene, vitamin C, and bioflavonoids (which help vitamin C to be absorbed), and contains a wide range of minerals including potassium, phosphorus and zinc. Like grapefruits, oranges can be juiced with or without their nutritious pith. If you juice them with their pith, don't expect the juice to taste and look like the 'freshly squeezed' variety to be found

in shops, because it will be much thicker and more yellow in colour.

PREPARATION:

Peel away outside skin, cut up flesh roughly, then juice with pith and pips.

Papaya Juice

The cleansing powers of the papaya (also known as the paw-paw) have long been documented. In his 1952 manual, *The Nature Doctor*, Dr Alfred Vogel describes the multiple uses of a papaya, even suggesting that its seeds can eradicate intestinal parasites! More commonly, papaya is used as an aid to digestion, by helping to break down protein and fat. It contains a substance called papain, a powerful enzyme. Papaya is rich in beta-carotene, vitamins B1, B2, B3 and C, and the minerals potassium, calcium and zinc.

PREPARATION:

Remove outside skin, scoop out pips, or leave them in to be juiced along with fruit (they are edible).

Peach Juice

Peach juice makes a smooth, satisfying drink, and it's also an excellent cleanser of the intestines and colon. Peaches can be juiced with their skins on, as long as you remove the stone. Look for ripe, but not over-ripe peaches. The juice is a good source of beta-carotene, vitamin C, and folic acid (part of the B group of vitamins), and the minerals calcium, phosphorus, potassium and magnesium.

PREPARATION:

Cut in half, remove stone, then juice with peel still on.

Pear Juice

Whereas peaches are the ideal summer fruit for juicing, pears are widely available during the winter months, when the supply of summer fruits dies away. Pears have a slight laxative and diuretic effect and can be good when used at the beginning of a cleansing plan to help shift excess waste from the colon. Pear juice contains moderate amounts of vitamin C, folic acid and niacin (both part of the B group of vitamins), and also of the minerals potassium, magnesium and calcium.

PREPARATION:

Remove stalk, then chop roughly and juice the whole fruit.

Pineapple Juice



Beneath the spiky tufts of a fresh pineapple lies a storehouse of nutrients and enzymes. Like papaya juice, pineapple juice contains a powerful enzyme called bromelain which has the ability to neutralize over-acidic or alkaline fluids inside the body. This means that pineapple juice can help rebalance the body's pH levels. Pineapple is rich in vitamin C and folic acid (part of the vitamin B group), and the minerals sodium, magnesium and potassium.

PREPARATION:

Top 'n' tail the fruit and remove spiny skin, then juice flesh.

Strawberry Juice



Strawberries are not only delectable to the taste, they are also effective body cleansers. Brightly coloured strawberry juice is particularly good for cleansing the bloodstream and body tissues. Strawberries contain a high level of minerals including calcium, chlorine, magnesium, phosphorus, potassium, sodium and sulphur, and are also rich in vitamin C, folic acid and biotin (both part of the B group of vitamins).

PREPARATION:

Pluck away stalks, then juice whole.

Watermelon Juice

Watermelon is a thick, refreshing juice that cleanses the bladder and kidneys. It is a very useful diuretic (beneficial for cystitis sufferers) and is rich in potassium. If you juice the rind too you will also be tapping into an excellent source of beta-carotene.

PREPARATION:

Cut the flesh away from the rind and juice with pips included. The more adventurous can juice chunks of watermelon leaving the rind on.

VEGETABLE JUICES

Beetroot

Beetroot juice has a strong taste and a dark, red colour and is usually mixed with other juices such as carrot, cucumber,

apple or celery. It is an excellent all-round tonic and blood and kidney cleanser, as are the green beetroot leaves, if you can get hold of them. Cooked beetroots can be used for juicing, but raw are far better. Beetroot juice is rich in vitamins B1, B2, B6 and folic acid (part of the B group), and the minerals calcium, magnesium, phosphorus, potassium, sodium and zinc.

PREPARATION:

Wash off residue earth, remove any roots, then slice and place in juicer.

Carrot

The thick, bright orange juice of carrots is a mainstay of mixed vegetable juices, as its sweetness combines well with other less palatable varieties of juice. Drunk on its own it has a slightly spicy taste and is delicious with a few sprigs of fresh chopped herbs. It is renowned for its ability to cleanse the liver of excess fats, and can aid digestion. Carrot juice is very high in beta-carotene, particularly so in more mature carrots, and rich in the minerals calcium and magnesium.

PREPARATION:

Scrub, don't peel, and cut off knobbly stalk. Slice into strips and juice.

Celery



Celery juice has a slightly salty taste due to its high sodium content, and is more watery than other juices. It is known

to have a calming effect on the nervous system, and reduces cravings for sweet foods, both of which are beneficial during a detox plan. Celery juice also has a diuretic effect and helps tackle fluid retention. It is especially rich in the minerals sodium, potassium, phosphorus, magnesium, chlorine and calcium.

PREPARATION:

Simply rinse, slice widthways and juice.

Cucumber



Cucumber juice has a mild diuretic effect which can help reduce fluid retention. Because it is so watery it makes an excellent mixer for thicker, more concentrated juices, such as beetroot, spinach and watercress. Cucumber is high in the minerals potassium, chlorine, sulphur and calcium, and moderately high in the vitamin folic acid (part of the B group).

PREPARATION:

Do not peel, rinse skin, then slice and place in juicer. If the cucumber looks as if it has been waxed, peel first.

Spinach

Spinach juice is chock-full of vitamins, minerals and chlorophyll. As a result it is an extremely effective cleansing and strengthening tonic, particularly for the liver, the gall bladder, and the bloodstream. Because it is so concentrated and strong to the taste, spinach juice is mixed with other

juices or drunk sparingly. You should not drink more than a couple of spinach juice cocktails each week, because it also contains oxalic acid, which can prevent the mineral calcium from being absorbed. Spinach is especially rich in vitamin C, vitamin B6, folic acid (part of the B group of vitamins), beta-carotene, and the minerals calcium, iron, phosphorus, potassium and sodium.

PREPARATION:

Rinse away earth, then roughly chop up leaves and stalks and place in juicer.

Watercress

Watercress juice is full of nutrients and the effective cleanser chlorophyll. Like spinach juice it needs to be diluted as it is so strong. It purifies the blood and helps cleanse the liver and kidneys. Watercress juice is high in vitamin C, biotin (part of the B group), beta-carotene, calcium, sulphur, potassium, phosphorus and magnesium.

PREPARATION:

Rinse leaves, then place in juicer.



Appendix

2**Useful
Information****PROFESSIONAL ADVICE**

These bodies and centres can provide professional advice on nutrition, fasting and detoxifying plans.

United Kingdom

The Community Health Foundation
188 Old Street
London EC1V 9FR
Tel: 071 251 4076

General Council and Register of Naturopaths
6 Netherhall Gardens
London NW3 5RR
Tel: 071 435 8728

Incorporated Society of Registered Naturopaths
1 Albemarle Road
The Mount
York YO2 1EN

The Institute of Optimum Nutrition
5 Jerdan Place
London SW6 1BE
Tel: 071 385 7984

Society for the Promotion of Nutritional Therapy
2 Hampden Lodge
Hailsham Road
Heathfield
East Sussex TN21 8AE
Tel: 0435 867007

Tyringham Naturopathic Clinic
Newport Pagnell
Bucks MK16 9ER
Tel: 0908 610450

United States of America

American Association of Naturopathic Physicians
P.O. Box 20386
Seattle
Washington 98102
Tel: 206 323 7610

American Holistic Medical Association
4101 Lake Boone Trail
Suite 201
Raleigh
North Carolina 27607
Tel: 919 787 5146

National Center for Homeopathy
801 North Fairfax Street
Suite 306
Alexandria
Virginia 22314
Tel: 703 548 7790

FOOD

You may find the foods included in the One Week and Two Week Vitality Plans unusual, and be unsure of where to buy them or how to cook them. Here are some helpful pointers:

- Freshlands Wholefoods stocks a wide range of wholegrains, sea vegetables, rice cakes, seeds and lots more. Find them at 196 Old Street, London EC1V 9BP, tel: 071 250 1708. Freshlands also offers a mail order service on the following telephone number: 081 746 2261.
- Green Farm Foodwatch stocks a wide range of wholegrains, organic snacks, herb teas, seeds and lots more. Available by mail order from Burwash Common, East Sussex TN19 7LX, tel: 0435 882482.
- Some useful recipes can be found in the book *Against All Odds* by Hugh Faulkner, published in 1992 by the Community Health Foundation, 188 Old Street, London EC1V 9FR.

Contact your local health food store for further details.

EQUIPMENT

A wide variety of specialist juicers and useful juicing aids can be obtained by mail order from the Wholistic Research Company, Bright Haven, Robin's Lane, Lolworth, Cambridge CB3 8HH, tel: 0954 781074.

High street brands of juicer include Braun, Philips, Moulinex and Kenwood.

RELAXATION

It is very important to learn to relax properly in order to counteract some of the effects of our stressful modern lifestyles, and maximize the beneficial effects of a healthy diet. Common methods of relaxation are meditation, visualization, sometimes with self-help tapes, martial arts such as Tai Chi and Chi Kung, and gentle exercises such as yoga.

Contact your local natural health centre for further information and advice.

Further Reading

If you wish to find out more about juicing and raw foods then these are some of the best books to read:

- Blauer, Stephen, *The Juicing Book*, Avery, 1989
 Chaitow, Leon, *The Stress Protection Plan*, Thorsons, 1992
The Complete Raw Juice Therapy, Thorsons Editorial Board, Thorsons, 1989
 Kenton, Leslie and Susannah, *Raw Energy*, Arrow, 1986
 Kordich, Jay, *The Juiceman's Power of Juicing*, Morrow, 1992
 Vogel, Dr H.C.A., *The Nature Doctor*, Mainstream, 1990

In Chapter 9, 'Extra Ways to Pamper Yourself', activities are mentioned on which you might like more information. They are:

- Aromatherapy: see Shirley Price, *Practical Aromatherapy*, Thorsons, 1987.
- Breathing Exercises: for more information see Simon Brown and Dan Fletcher, *Vital Touch*, published in 1991 by the Community Health Foundation, 188 Old Street, London EC1V 9FR.
- Facial treatments: for advice on facial exercises, see Juliette Kando, *The Natural Face Book*, Thorsons, 1991; for natural cosmetic treatments to make and use at home, see Anita Guyton, *The Natural Beauty Book*, Thorsons, 1991.
- Self-massage: for step-by-step advice read Clare Maxwell-Hudson, *The Complete Book of Massage*, Dorling Kindersley, 1989.

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