

Keeping Track

JUICE *feasting*™



Name: _____
 Day # _____
 Morning Weight _____ Hours Slept _____
 Day's Goals: _____

How I feel: Morning: _____ Noon: _____ Evening: _____

Enema: Morning _____ Evening _____ Skin Brush: Morning _____ Evening _____ Hot/Cool Shower _____ Tonguescraper: Morning _____ Evening _____

Bowel MVTs: _____

Food/Juice & Supplements: (3-4 Quarts Total (or more) of Juice/Day on a Juice Feast)

| Amount | Ingredients | Supplements with Juice |
|---------|-------------|--|
| 1 Pint | | <input type="checkbox"/> Hemp Oil, 1 T [1x/day] <input type="checkbox"/> MSM, 1 T [1x-4x/day] <input type="checkbox"/> Bee Pollen, 1 T [1-2x/day] <input type="checkbox"/> Blue/Green Algae, 1 T [2x/day] <input type="checkbox"/> Green Superfood Blend, 1 T [2x/day] |
| 1 Quart | | <input type="checkbox"/> Hemp Oil, 1 T [1x/day] <input type="checkbox"/> MSM, 1 T [1x-4x/day] <input type="checkbox"/> Bee Pollen, 1 T [1-2x/day] <input type="checkbox"/> Blue/Green Algae, 1 T [2x/day] <input type="checkbox"/> Green Superfood Blend, 1 T [2x/day] |
| 1 Pint | | <input type="checkbox"/> Hemp Oil, 1 T [1x/day] <input type="checkbox"/> MSM, 1 T [1x-4x/day] <input type="checkbox"/> Bee Pollen, 1 T [1-2x/day] <input type="checkbox"/> Blue/Green Algae, 1 T [2x/day] <input type="checkbox"/> Green Superfood Blend, 1 T [2x/day] |
| 1 Quart | | <input type="checkbox"/> Hemp Oil, 1 T [1x/day] <input type="checkbox"/> MSM, 1 T [1x-4x/day] <input type="checkbox"/> Bee Pollen, 1 T [1-2x/day] <input type="checkbox"/> Blue/Green Algae, 1 T [2x/day] <input type="checkbox"/> Green Superfood Blend, 1 T [2x/day] |
| 1 Pint | | <input type="checkbox"/> Hemp Oil, 1 T [1x/day] <input type="checkbox"/> MSM, 1 T [1x-4x/day] <input type="checkbox"/> Bee Pollen, 1 T [1-2x/day] <input type="checkbox"/> Blue/Green Algae, 1 T [2x/day] <input type="checkbox"/> Green Superfood Blend, 1 T [2x/day] |
| 1 Quart | | <input type="checkbox"/> Hemp Oil, 1 T [1x/day] <input type="checkbox"/> MSM, 1 T [1x-4x/day] <input type="checkbox"/> Bee Pollen, 1 T [1-2x/day] <input type="checkbox"/> Blue/Green Algae, 1 T [2x/day] <input type="checkbox"/> Green Superfood Blend, 1 T [2x/day] |

Additional Supplements:

Vitalzym () 1 2 3 4 Stonebreaker 1 cup 2 cups
 Cascara Sagrada or Triphala 1 2 3 4 Kelp Granules 1/4 tsp

Activities:

Walk (minutes) 15 30 45 60 _____
 Bike (minutes) 15 30 45 60 _____
 Yoga/Stretch (minutes) 15 30 45 60 _____
 Weight Train (minutes) 15 30 45 60 _____
 Sun (minutes) 15 30 45 60 _____
 Read _____

Notes/Realizations/Transformations:

Questions:

Disclaimer: This Chart is only a guideline, and is not to be construed as medical advice. Before following any health protocol, consult your health professional. www.JuiceFeasting.com

**Your
 Daily
 Quick
 Chart**

JUICE *feasting*™

CREW

Life Upgrades Seasonally

Disclaimer: This Chart is only a guideline, and is not to be construed as medical advice. Before following any health protocol, consult your health professional. www.JuiceFeasting.com

Juices:

Each day of a Juice Feast includes 4 quarts of juices or more, mostly Green Vegetable Juice with fruit juice if your blood sugar and health realities can tolerate it. Green juices contain up to 50% protein, and have a low glycemic effect. Greens are building foods, and are the most mineral dense foods available. The Chlorophyll in plants and the Hemoglobin of our blood are nearly identical. The center of the chlorophyll molecule is Magnesium, whereas the center of the Hemoglobin is Iron. Chlorophyll-rich foods build your blood! [Green juice with Young Coconut Water (which is identical to blood plasma) is equivalent to a blood transfusion.] For each quart of green juice, mix the juice of 1-2 apples to taste.

The center of your green juices is celery juice which provides organic sodium to alkalize, repair, and balance your body!

Apple-Celery-Cucumber-Greens

Cucumbers mix well with celery in a juice. The organic sodium of the celery helps to transport the water-rich cucumber juice into the tissues, creating more hydration. One of the most beautifying and cleansing of all juices combines celery, apple, and cucumber together.

Pineapple

Consumed straight, pineapple juice acts as a liver flush/cleanser. Pineapple contains copious amounts of the enzyme Bromelain, which is a potent anti-inflammatory. Shave the outside of the pineapple, and juice the entire fruit, including the mineral-enzyme rich center.

Spinach-Apple-Celery

Known as a pipe cleaner to many, this juice has a good sodium/potassium balance, making it a very balancing drink. The spinach, as with all greens, is best juiced in the blender and squeezed through a nut mylk bag.

Master Cleanser

The easy, "I'm tired or too busy to make another juice" juice. 28 oz distilled water, 6T Lemon Juice, 6T Raw Honey, 1/10th tsp 90,000 heat unit cayenne. Begin with less cayenne and build up. See *The Master Cleanser* by Stanley Burroughs.

Grapefruit-Orange-Lemon

This is a great drink for cellulite and fat reduction. It tastes fantastic on a hot day, is very alkalizing despite its tart flavor, and is ideal for mixing in MSM Powder, given the high vitamin C content of this drink.

Celery-Kale-Parsley-Arugula-Spinach-Cucumber-Apple

Green juices are best made in the Vita-Mix or other powerful blender. Add ½ cup water to the blender, and place 1 stalk celery in. Blend on high for 10 seconds (to a pulp), then add everything else. Pour into a straining bag, squeeze, and drink.

MORE JUICES – SEE YOUR GROCERY LIST

Radish – Aloe Vera – Chard – Berries – Honeydew – Cantaloupe – Sunchokes – Garlic – Beet Cabbage – Carrot – Dandelion – Wheat Grass – Watermelon – Pear – Nectarine - Grape

If you wake up feeling achy/tired/sore/headache:

Drink 1-2 pints of water with juice of a lemon and ½ T of MSM to rehydrate.

See if the bowel wants to eliminate. Take an enema.

Stretch. Inhale and exhale fully 10 times. Write down your goals on this paper.

Also See Days 2 and 3 of the Juice Feasting Program!

Your body does a tremendous amount of processing/healing during the night. On balance, we lose 1 to 1.5 quarts of water as we sleep through breathing, perspiration, and urination. The body has also deposited unwanted waste matter in the colon, which can be reabsorbed by the body. Make sure you do an enema—there is no benefit to carrying around uneliminated waste matter in your bowel throughout the day.

Get Up Slowly

Important! Your body has been given the message that it is time to houseclean, requiring much energy consumption at the cellular level. It is possible at times to feel lightheaded if you rise too quickly. Simply sit back down for a moment, drink some water or juice, and get up more slowly when ready.

If Feeling the Desire to Eat Solid Food:

You are providing the body 1500-2000 calories per day of the most mineral dense, vibrant, nutritionally complex and healing foods your body may have ever experienced. The pangs you feel in your stomach early in the fast are due to the muscle memory of the stomach—used to being full. Once the body recognizes that it is getting all the nourishment it needs, this affect will stop. Pangs in the stomach are symptomatic of dehydration, and drinking one pint of juice or water will rehydrate and soothe the stomach.

In addition, the habit to eat is strong, and during the Feast, chemical compounds, metabolic wastes, and all manner of toxic matter are being released from the system. These may elicit memories of and desires for foods eaten in the past. Remember that cravings are impermanent. Make certain that you are drinking juice consistently, and avoid watering the desire to consume foods other than your juice by guarding your senses.

Media advertisements, social events, and even business establishments will provide sensory stimulation—much of it in opposition to your health needs and goals.

Juice Feast as an Act of Love and Abundance

EVERY DISCIPLINED EFFORT CREATES MULTIPLE REWARDS.

Call your Health Professional for support!