

## before you fast

As with any worthwhile undertaking, preparation is a key aspect of success. A Juice Fast is no different. It is important for you to prepare your body for its new diet in the days leading up to it. Proper preparation will make your fast more successful and more enjoyable as well.

### In the days leading up to your fast, begin preparing by following these instructions:

1. Stay hydrated by consuming at least 8 glasses (16 fl oz) of water every day.
2. Get plenty of sleep (8+ hours is ideal).
3. Eat light by having at least one meal per day consisting of either a salad with a light dressing (such as vinaigrette) or a fruit bowl.
4. Be conservative with your meal portions. Get used to consuming and operating on 2,000 or fewer calories per day.

#### Begin avoiding the following:

Processed Sugar • Sodium • High Preservative Foods • Dairy

Increasing your intake of fruits and vegetables will help prepare your body and make the experience more comfortable.

Try to avoid beer and liquor during this time. If you need to treat yourself, a single glass of wine should be okay.

Most importantly: keep a positive mindset. Dedicating yourself to having a healthy mind and body will help you achieve your wellness goals.

## juice fast notes

If you feel hungry or tired during your fast, try increasing your water intake. Add freshly squeezed lemon or lime for a little flavor. There is no limit to the amount of water you are allowed to drink. If you are still feeling hungry have a cup of broth (vegetable, chicken or beef) or even a small glass of almond or coconut milk.

Heavy exercise is NOT recommended during a fast. Light exercise like walking and jogging is fine.

## fast schedule

The fast schedule below is just a guide for mapping out your strategy. Whenever you decide to begin and end, drink your juice in reasonable increments to get you through a full day.

9AM	Sunshine Daydream 10oz
11AM to 1PM	Good Mood 33oz
3PM	Red Rose 10oz
5PM to 7PM	Good Mood 33oz
9PM	A Million Bucks 10oz

## after you fast

Slowly wake up your digestive tract in the two to three days that follow. To accomplish this begin by eating light meals that consist mostly of fruits and vegetables such as green smoothies, salads, fruit bowls, broth soups, etc.

You may also want to limit meats and dairy by adding small portions slowly back into your diet. Avoid processed foods and those high in sugar.

## encore performance

Regular detoxification is a great way to maintain your health. If ever you feel you are straying away from the path to a healthy lifestyle, repeating a Fast is a great way to get back on track.

You will likely experience some form of discomfort during your fast such as hunger, digestive tract abnormalities and changes in energy levels. This is all normal and is simply your body adjusting to a juice diet. If you adhere to our pre-fast instructions, adjusting to these changes will likely seem less challenging.