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*The Joy of
Juicing*

CHANGE YUR LIFE THROUGH JUICING



Why Juice?



Juice Cleansing is an effective and fast way to feed your body massive nutrition whilst giving your body a break from digesting heavy foods, dealing with excess toxins, etc. Your body is naturally cleansing all the time, but we make it work too hard, and it can't keep up. Through a liquid diet of fruits and vegetables and super foods, you super-charge your natural ability to cleanse.





Help the cleanse

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Decrease caffeine, alcohol, sugars, dairy, meat, artificial sweeteners, and processed grains until they are a small part of your diet- eliminating what you identify as most toxic to your organism.

Prepare

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Always keep the basics on hand (Apples, carrots, ginger, beets, spinach, etc.) and do the majority of your shopping in the fruit and veg section of the market.



Juice vs. Smoothies

Juice is only the liquid that is pulled from the fruit or vegetable and it has little to no fiber in it.

You are making a **smoothie** when you add something into a blender perhaps along with the juice or just by itself. Be it fruit, vegetables, yogurt, coconut milk etc.

A smoothie is thicker, and with fruit and vegetables blended instead of juiced, you retain the fiber.

Some fruits we don't juice, but we do blend, i.e; Banana, avocado, mango, berries etc.

They are **BOTH** awesome and can have a place in your nutritional routines.

MAKE JUICE
YOUR GO-TO
SNACK/ YOUR
NEW
BREAKFAST
ROUTINE.

**Would you like to
try a 3-5 day
cleanse? It's
simple (I didn't
say easy!) ...**

DRINK YOUR RAINBOW!

EVERY DAY!

1 GREEN JUICE TO DETOX AND MINERALIZE

1 ORANGE JUICE FOR VITAMINS AND ENERGY

1 RED JUICE FOR BLOOD AND STRENGTH

1 PURPLE JUICE FOR HEALING AND CLEANSING

4 juices a day
herbal tea
water
exercise
positive thinking
and nothing else.

This is the cleanse: Get the good stuff in, give the digestion a break, and get the unwanted stuff out.

A sample schedule:

Wake up drink warm water

Water and tea

9 am smoothie

Water and tea

12pm Juice

Water and tea

3 pm juice

Water and tea

6 pm Smoothie

Here are some juice recipe ideas:

You can invent your own, just remember that veggies are important.. not just fruit!

Green Juice Ideas

All you ever Greened of

1 1/2 green apples
1 cup spinach
1 cucumber
1/2 peeled lemon
put through the juicer
add 1/2 avocado to the
juice
in the blender and blend

A little greenie goes a long way.

1 small brocolli stem
2 cups seedless green
grapes
or 2 green apples
Hand full of basil
1 lemon

Clean Green

3-4 kale leaves
3 handfuls of spinach
1 1/2 green apples
1 cucumber
1 celery stalks
1 lemon

Lovely lemonade

2 large green apples
1 hand full of mint
1/2 large lemon

Simplicious

1/2 pineapple
1 cup parsley
1 stick of celery

Sweet and Easy

1 1/2 green apple
1 cup pineapple
1 cucumber

Orange Juice Ideas

Indian Summer

1 large orange
3 carrots peeled
1/2 lemon
thumb nail of ginger
pinky nail of turmeric

Autumn Breeze

1 red apple
1 carrot
1 cup pumpkin
dash of cinnamon

Sweet and Strong

2 red apples
1/2 cup sweet potato
thumbnail of ginger

Pina Go-lada

1 cup pineapple
1 cucumber
Juice and put in
blender
add
1/2 banana
1/2 tsp Guarana
1/2 cup coconut water

The Classic

1 large red apple
3 carrots
thumbnail ginger

Red Juice Ideas

Little Pinky

1 large orange
2 carrots
1/2 beet
thumbnail of ginger

Lipstick
2 red apples
1 cucumber
juice then put in blender
add 1/2 cup raspberries

The Brick House

1 apple
1 stick celery
1 beet root
thumbnail of ginger
juice and add to blender
with
1/2 cup coconut water

1/2 avocado
1/4 banana

The sweet-tart

2 red apples
1 stick Rhubarb
Juice and add to blender
1/2 cup raspberries
dash of cinnamon

Pink Mixer

1 cup watermelon
1/2 lime
handful of fresh basil
Blend in blender with ice

Purple Juice Ideas

Purple Heart

1 cucumber

1 cup kale

1/2 lemon

Juice and blend with

1 cup blueberries

Peace is Purple

1 pear

1 cucumber

1 cup of spinach

Juice and add

1 cup blackberries

How deep is my love?

1 golden apple

1/2 cup purple
cabbage

1/2 beet

1 celery stick

1/2 lemon

Juice

1/2 avocado

Gut Healer

2 golden apples

1/2 cup purple
cabbage

Juice!

other important things to note if you are on a cleanse::

There is not a lot of fiber in this diet, but you still want to poop. So if you are not having 1-2 bowel movements a day, you might want to do an enema with a home enema kit, or take a natural gentle laxative.*

During the cleanse discontinue the use of any non-prescription medicine, drugs or vitamins.

You might want to adjust your schedule to avoid lunches or dinners out. Invite friends by for a juice, or meet friends for teas.

*I am not a fan of laxatives as they can become addictive and can interrupt the natural process, but in a cleanse they help the process Go easy on it. Consult the pharmacist for the best option.



Post-cleanse



Ease yourself into a regular diet just as you had eased into the cleanse. The first day off the cleanse stick to fruit and vegetables raw or cooked, and gently start to add in slowly the foods you want to maintain in your regular diet.

Sustain



Juicing can be a part of your regular diet. Keep adding juices and smoothies into your daily routines and when you feel the need, do another cleanse.





FEELING AMAZING YET?

Why not you?

If you would like more customised support in your wellness journey, contact me and we can talk. Really!

www.janetshook.com

