

Juice Fasting

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Over the years, dietary fasting, colon cleanses, gallbladder cleanses and other forms of body detoxification methods have become more popular. Regular fasting, which receives less attention, has been used for thousands of years with great success. While there are many types of cleanses and fasts, I have discovered that the simplest and least expensive is juice fasting.

Juice fasting is a way to detoxify our bodies and restore proper function. The average American diet consists of way too much sugar, processed foods, fatty food, chemicals and other harmful substances. All these types of food affect our body's ability to function properly. They affect the brain, hormone production, organ function, nerve impulses and then get stored in the body for long term affects.

Juice fasting can cleanse the body of harmful substances and help restore proper function. However, juice fasting is not a gentle form of detoxification. It can be difficult, and if you have any medical condition or are taking medication, you should consult your doctor prior to fasting. Fasting is not recommended for anyone who is pregnant or nursing. People with diabetes, kidney disease, liver disease, heart disease, low blood pressure, malnutrition, addictions, anemia, impaired immune function, nutritional deficiency, ulcerative colitis, cancer, terminal illness, epilepsy, or other chronic conditions should only fast under strict medical supervision.

With that being said, the benefits of fasting are great. It is nature's remedy for many problems. When I find a person is not healing properly or not getting the results that I expect, I recommend doing a fast or a colon cleanse of some kind. Some conditions that fasting could be beneficial are: colds, flu, headaches, constipation, indigestion, diarrhea, food allergies, environmental allergies, insomnia, skin conditions, diabetes, fatigue, obesity and back pain.

I recommend fasting at least once a year, but can be done much more frequently. Many experts recommend a monthly fast, as well as a weekly fast. When doing a juice fast, I recommend at least 3 days, with 5 days being optimal. Below is my simple juice fast recipe. I hope you enjoy!

Juice Fast cleanse

If you do this cleanse in the fall, look for freshly-pressed, raw apple juice in the supermarket or go to Apple Hill. My favorite apple juice to use during a fast is the unfiltered apple juice from Trader Joes.

Suggestion for the Juice Cleanse

Each day for 3 to 5 days you drink approximately 2 gallons of fluid. Start by mixing a large container of half apple juice and half distilled water. This will be your juice container. For the next 3 to 5 days, alternate between your juice container (50/50 mixture) and pure distilled water. It is important that it is distilled water. Distilled water will draw out toxins and chemicals stored in the body. While drinking distilled water is great during a fast, it is not recommended on a normal basis, because it will also draw away health nutrients in the body.

For the next few days, you will attempt to drink all day long. Any time you get hungry or fatigued, drink fluid. Anytime you get really hungry or shaky, drink more apple juice. The juice will keep your blood sugar in balance.

You may feel hungry the first 2 days, but it gets easier. The apple juice will give you energy. Take it easy during this time to allow the body to work on cleansing. This is not the time to do hard physical work, but you will have enough energy to perform normal activities.

For individuals who want to really flush their body, I recommend each morning or evening, doing a saltwater flush to help remove toxins that are being released. It is better to do in the morning, except you should lay down for 30 minutes after drinking solution. For this reason some people like to do it at night. For directions on Salt Water Flush, see the end of this article.

Helpful hints:

Always start and end your fast with healthy raw foods. I recommend a nice healthy salad the night before fasting. Slowly introduce solid foods back into your diet after the fast. Once you start eating foods, your appetite will quickly return. Be aware of this, and do not eat everything in sight. The morning after your fast, start by having a fruit shake for breakfast, have a nice salad for lunch and then a healthy dinner.

Another thing to keep in mind is that a fast can be a mind game. Many people quit after one day, because they get hungry and tell themselves they can not do it. Get rid of the negative self-talk and prepare yourself that the first two days will be challenging. I recommend keeping yourself busy and away from food.

For anyone who has issues with digestion, fatty foods, or the gallbladder, I recommend doing a gallbladder cleanse at the very end of your fast. For more information on gallbladder cleanse, visit the health article section of the forum @ www.DoctorForTotalHealth.com.

Salt Water Flush

The Saltwater Flush provides an internal bath for the body, drawing out toxins as it cleanses the entire intestinal tract. Remember, it can do no harm at any time. The digestive tract needs a good washing, but do it the natural way - the saltwater way.

Saltwater Flush

2 level teaspoons unrefined mineral salt (or Sea Salt)

1 quart lukewarm water

Put salt in quart jar. For best results, use unrefined mineral salt, not ordinary iodized salt. Add water to jar and stir. Drink the entire quart of salt and water first thing in the morning. This must be taken on an empty stomach. A straw makes it easier to drink.

The salt and water will not separate but will stay intact and quickly and thoroughly wash the entire tract in several hours. Multiple eliminations will likely occur. The saltwater has the same specific gravity as the blood, hence the kidneys cannot pick up the water and the blood cannot pick up the salt. This may be taken as often as needed for proper washing of the entire digestive system. Use it on an empty stomach whenever you need help with elimination.

After drinking the saltwater, lie on your right side for 30 minutes. After the 30 minutes, you are free to get up and go about your duties.

You should have an elimination in 1 to 2 hours, though everyone is a little different. Be careful not to pass gas, except on the toilet, since it may be liquid coming through.

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