Herbal Legacy Newsletter

3 Day Juice Cleanse

by Doreen Spackman, MH

The 3 day juice cleanse is a wonderful way to let your body know that you are going to start doing things differently, whether it is for purifying and removing mucus from your body which will enable better healing, desiring to be more trim and be at a healthy weight, or maybe you've decided you want to start eating food that will help your body to assimilate nutrients more effectively. Do the 3 day juice cleanse, then begin eating the Mucusless diet (newsletter September 10, 2008), you will feel better, think better, and have more energy.

Things to Prepare Before you Begin

- Prune juice 2 quarts
- Choose a juice apple, carrot, or grape, you will only be drinking <u>one</u> of them for the 3 days. You will need about 3 gallons; I prefer juicing fresh apples each morning.
- Olive oil I like extra virgin cold pressed, 18 Tablespoons for the 3 days.
- Distilled water 3 gallons

<u>To Begin</u>

1. Drink 16 oz of prune juice first thing in the morning, it is easiest to start on the hour or half hour.

- 2. Drink 8 oz of your chosen juice the next half hour.
- 3. Drink 8 oz of distilled water the next half hour

Example:

7:00 a.m.	16 ounces prune juice
7:30 a.m.	8 ounces apple juice
8:00 a.m.	8 ounces distilled water
8:30 a.m.	8 ounces apple juice
9:00 a.m.	8 ounces distilled water

Continue this throughout the day until 8 p.m. or later until you go to bed. You will also need to include 1-2 Tablespoons of olive oil 3 times during the day. You can choose when to add it. I usually have some in the morning with my prune juice, then around lunch time and again around dinner time.

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Important Things to Remember

Chew your juice – swish each mouthful and mix it with the saliva in your mouth (this is the first part of your digestive system).

Constipation – If this is happening either take extra prune juice or some of Dr. Christopher's Lower Bowel formula.

Feeling weak or discomfort – remember your insides are housecleaning and are working hard so you may feel low on energy or discomfort as toxins move out, take it easy during this time.

If you are really hungry and are using the apple juice eat an apple in the evening, or the carrot juice eat a carrot, grape juice eat grapes, etc. Remember to chew it until it is liquid! On the 4th day begin with raw fruits and vegetables and vegetable juices. I would start with fruit for breakfast, a nice big salad for lunch with an olive oil dressing and a variety of veggies for dinner.

In the booklet <u>3 Day Cleansing Program and the Mucusless Diet</u> it tells what each ingredient in the 3 day juice cleanse does and why it is important. It also explains the Mucusless diet which uses fresh fruits and veggies, whole grains, nuts, and seeds to help continue to cleanse and nourish your body. I love eating whole grains (not ground into flour) but that will need to be for another newsletter.

You can also continue after the 3 day juice cleanse with the extended cleanse. The October 21, 2009 Herbal Legacy newsletter tells how to do the extended cleanse.

Have a Healthy and Happy Day!!!

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