

# ONE DAY DETOX

1 day to help reset your body and start  
to melt away stubborn fat

**QUICK  
START  
GUIDE!**

INTRO TO THE  
**5 DAY DETOX**

# 1 DAY JUICE FAST: QUICK START



**BY NOW YOU ALREADY UNDERSTAND HOW IMPORTANT WHAT YOU PUT INTO YOUR BODY IS TO YOUR HEALTH, VITALITY AND FAT LOSS.**

**The foods you eat are literally the catalyst for the results you experience.**

## ***THIS IS A BASIC FACT.***

But even if you're eating the exact right foods in the perfect quantities, none of it matters if you're not digesting them. The truth is most people are not effectively digesting the foods they eat and consume –

and this, more than anything else, is why most people really struggle to change their bodies significantly. They remain stuck...frustrated, burned-out and tired of wasting time not having the delicious, sexy body they've always wanted.

The approach we take with our clients is called the "Alpha Step" because it's the beginning step in any transformation goal, no matter if that's health, vitality, or fat loss, etc.

It's the most important aspect to your success. This has changed thousands of people's lives and if you let

it, it is about to do the same for you.





## HOW IS MY DIGESTION SCREWING UP MY RESULTS?

After years of consistent, less-than-ideal food intake, your body's digestive system has become overworked and less efficient, which eventually leads to metabolic problems, hormonal imbalances, and potential disease.

***Let me break it down a little more for you. This is how it all works...***

Due to the buildup of mucus and dysfunctional digestion, full breakdown and assimilation of foods becomes nearly impossible after a while...While means your body is unable to extract the essential nutrients from even the highest quality foods, which it needs to function normally. This makes your ability to change your body and lose fat nearly impossible. **Period.**

**Alpha State...**this is where everything just flows. Your body doesn't have to work hard...it's now acting like the well-oiled machine it's supposed to be.

You can breeze through your day, feeling energized and full of life.

*If changing your body and losing fat doesn't come easy to you, chances are that you are suffering from poor digestion right now.*

**The most common symptoms of poor digestion are:**

- Gas, bloating, stomach aches
- Fatigue, mental fog
- Changes in bowels (ie diarrhea, constipation, discomfort)
- Congestion, running nose, mucus in throat or coughing
- Hives, rashes, etc.

\* These symptoms typically occur within 1-3 hours after consuming your meal.

In the context of your digestion – if you're experiencing anything less than ideal – you are simply not breaking down the foods you eat. This is not normal and is not something you have to continue to live with!

# 1 DAY JUICE FAST: QUICK START

Essentially this means that, for a period of 24 hours, you will actually be eating almost no food – and the food you do put in your system is strategically used to clear your digestive

tract in the form of nutritionally alive juiced produce and supportive supplements.

You will need a juicer. The Kuvings Wide Mouth Slow Juicer is the best juicer available. However, any juicer is a great way to drink more vitamins and minerals. Some women and men write in saying they borrowed a juicer from a friend. Some say they purchased one used. Don't spend too much time on the decision. The important thing is that you get started now, while you're excited.

**BONUS TIP:** If you're busy with work or a family, you may not have time to juice. It's okay. That's why I've created Organifi Green Juice. It's a U.S.D.A. Certified Organic gently dried Superfood Mix. It

tastes absolutely delicious, and even children love the flavor. Organifi Green Juice has 11 superfoods from every nook and cranny of the globe. Two of the unique ingredients are Ashwagandha and Turmeric. Together, they'll give you more energy to steam through the day. [Check it out here.](#)

## OVERVIEW: WHAT TO PLAN FOR OVER THE NEXT 24 HOURS

---

**Juice:** Drink 3-6 vegetable juices throughout the day, no solid foods

**Hydrate:** Drink at least 80 oz of water to help flush your body while detoxing











**Supplement:** Take any of the below recommended supplement as needed

**Move:** Be physically active for at least 15 mins to stimulate your lymph system as you detoxify your

body. This can be anything light or low intensity – walking, yoga, stretching, etc.

**Rest:** Prioritized at least 7-8 hrs sleep.

# DETOX DO'S

-  Drink at least 3 juices (12-36 oz each) during the day with tea and water in between.
  - The size of these juices will depend on your hunger level. We recommend beginning with 24 oz.
-  If you're too full, make the next one smaller. If you're still hungry, make the next juice larger.
-  If you feel exceptionally hungry, have another juice; this is not a starvation diet.
-  Drink more water. It's the best way to flush toxins out of the body. Aim for 80 oz or more.
-  Have at least one 8 oz glass of water with 1 tsp of apple cider vinegar (ACV).
  - This helps remove mucus and toxins while juicing.
-  If you have a busy schedule, make sure you drink some [Organifi Green Juice](#). It's quick and tastes delicious. It's minty and sweet like a dessert juice.
-  "Chew" your juices, slowly, to stimulate enzymes. Digestion begins in the mouth.
-  Avoid consuming too many juices. Less is more, especially when cleansing. Try not to force-feed yourself juices, but don't consume so little that you are very hungry.
-  Keep it simple. Avoid juicing too many different items in one juice to ease digestion; stick with shorter juice recipes, especially if you are relatively new to juicing. A good rule of thumb is 3-4 ingredients per juice recipe.
-  As much as possible, strive to buy organic veggies. A great strategy is to use the Dirty Dozen and Clean Fifteen as a handy reference when buying your produce. You'll want to avoid pesticides, herbicides, and other residues as you work to detoxify your body.



☐ Move your body for 15-30 mins. Movement is important while fasting because it help stimulate the lymph system, which is responsible for processing the toxins you'll be working to remove from your body. Some great exercise options are always walking, stretching, swimming, yoga, or any other "light" forms you can think of. You'll sweat out toxins in your perspiration. Also try to exfoliate and dry-brush your skin to remove toxins through your pores.





☐ Meditate. Deep breathing helps cleanse the body.

☐ Get plenty of sleep. Your body heals itself as you rest.

☐ Reference the troubleshooting supplement section for success.



# DETOX DON'T'S

-  **Starve yourself.** The reason why juicing works so well is because the abundant nutrients from juice allow your body to do the work it needs to in order to effectively detox in first place.
-  **Try P90X.** It's important to allow your body to detox. If you overdo it the gym, you'll most likely not be successful in this. Rather than doing high intensity or highly strenuous fitness during this detox, plan instead on light activity for success.
-  **Expect instant results.** This 1-day juice fast is an amazing tool. That being said, while our community uses protocols like this to lose amazing amounts of weight and improve their health, this is only a 1-day fast. It's a perfect jump start to massive change, not a magic bullet.
-  **- Drink only Organifi.** Organifi Green Juice is an incredibly powerful mix of superfoods. It's a great addition to fresh juice. It is not a replacement and is not meant as your only source of nutrients for the day.

**ALTHOUGH THIS 1-DAY JUICE FAST IS ONLY A STARTING POINT, UNDERSTANDING THE WHAT, WHY, AND HOW IS STILL IMPORTANT. LET'S GET RIGHT INTO IT!**

## WHY JUICING WORKS

**Why is juice fasting different than every other weight loss method that uses calorie restriction to induce results???**

Juice fasting not only allows you to more safely experience prolonged calorie deficits, but it also provides immense phytonutrients (plant-based nutrients), vitamins, and minerals through fresh produce and hydration!

There is nothing like it out there! And this is why it's so important to value the amazing high-quality nutrients you take in by juicing, rather than simply not eating.

When we don't consume much food – i.e. extreme calorie restriction – our metabolism, which is responsible for many important bodily functions and, most importantly, fat burning, is down-regulated; slowed down. Unfortunately, many people end up eating next to nothing and are unable to change their bodies...this is a clear sign of down-regulated metabolism.

**The good news is that consuming bioavailable and nutrient-dense juices helps prevent this metabolic slow-down! = long term weight loss success!**

Through juicing you're able to reap the benefits of a calorie deficit, ample nutrients, and a well-maintained metabolism.





## LET ME INTRODUCE THE POWER OF JUICING AND BENEFITS OF DOING A JUICE FAST

- Many people ask why they should juice when they could eat the vegetables or fruits whole. Juicing provides your body with more nutrients that are directly available for use rather than tied up in the fiber as they are in whole foods or even blended foods. Since your body doesn't have to break down any components like insoluble fiber, your body is quickly able to absorb micronutrients, antioxidants, vitamins, minerals and much more from the juice. That's why you'll often get an instant energy boost after having a juice!
- Juicing also allows you to consume the needed vegetables and fruits that your body requires for optimal health. Do you find it challenging to consume the 8-10 servings of recommended fruits and veggies daily? If you answered yes, then juicing is perfect for you. With juicing you benefit from getting a wide variety of different vegetables into your daily requirements – easily!
- Juicing is a means to change the way you eat and will change the way you live. After you juice for a week, you will see and feel instant results. Often after the first week of juicing, my clients tell me how much more energy they have, how their skin has improved and how much overall mental clarity they have. Also, a juice detox program can help you change your taste buds and make changing your diet easy!
- Juicing allows your body to undergo something called autophagy – the body's way of cleaning up its defective, dead, etc. cells.

Now that you've got a good introduction to the power of juicing and understand the basics of juice fasting, let's get into the details.

# WHAT TO EXPECT

## NORMAL WHEN JUICING...

**1. Your bathroom visits change:** Increased pee, decreased poop. This is totally ok and normal. Remember, you're drinking tons of extra water via your juices and drastically decreasing or eliminating your solid foods intake completely. For these reasons, you can anticipate little to no bowel movements. Simply put, you don't have anything to eliminate, aside from liquid.

*Side note regarding juicing beets and your bowel movements: Very commonly, juicing beet results in red stools or orange urine...don't worry this isn't an emergency; it's simply the color from the beets. Keep on juicing'*

**2. Your energy levels change:** Energy high right after you consume a fresh juice. Energy low between juices and often in the evening. You might want to sleep ALL the time. This is completely ok. Remember, your body is working overtime to detox and cleanse your system. This, in combination with lower calorie intake, will make you much more tired.

**3. Your cognitive function may change:** Mental foggiess throughout the day with occasional AM morning mental focus. This is a great time to get writing or productive.

**4. Your temperature regulation may change:** Your feet, toes, hand, and fingers may be cold. This is ok! It's very common when we are in calorie deficit to experience cold extremities. You are simply not as good at regulating your body temperature while fasting.

## NOT NORMAL WHEN JUICING...

**1. Diarrhea:** change your juicing recipes, decrease magnesium supplementation.

**2. Hair loss:** change your juicing recipes and consider looking at thyroid friendly recipes.

**3 .Excessively dry skin:** change your juicing recipes and consider looking at thyroid friendly recipes. Use coconut oil to moisturize your skin.

**4. Nausea:** change your juicing recipes, and consider consuming smaller juices (i.e. consuming 12 oz per meal rather than 24 oz can be easier on your digestion).

**Let's make sure we have covered all the bases...**

Occasionally, when juice fasting, you may experience some of the following:

Low energy, headaches, constipation, irritability, and trouble sleeping.

**The good news is that, when done correctly, you can avoid these completely when juice fasting and enjoy burning some serious body fat while improving your health!**

### **CHECK OUT THE BELOW TROUBLESHOOTING AND SUPPLEMENTATION TIPS:**

**Ultra Lethargic/ Tired?** Add a tsp of sea salt to each juice or consume 1 tsp of coconut oil (especially if you are experiencing low energy).

**Excessively Hungry?** Options – Make more juice! Consume ¼ avocado (don't worry this won't wreck your juice fast) or consume 1 tsp of Coconut oil. Add a little sea salt or cinnamon to either of these options for an additional kick!

**Battling Headaches or Can't Sleep?** Supplement with >500 mg Magnesium (malate, oxide, citrate, or glycinate) before bed. Also, ensure you are consuming enough water because you might be dehydrated.

**Constipated?** Supplement with >500 mg Magnesium (malate, oxide, citrate, or glycinate). Consume 1 tsp of Chia seeds in 8 oz water (1x/day) or take psyllium husk (1-3x/day). Also, ensure you are consuming enough water because you might be dehydrated.





# THE DETOX

## BEFORE YOU START...

1. Read over the guide
2. Decide which recipes you'll use and what supplements you'll need
3. Make a shopping list and go shopping
4. Prepare your veggies the night before (as shown below)
5. Look into a [“quick” juice formula](#) for busy days
6. Set your intention for your 1-day juice detox: Your why or reason for doing this.



## VEGETABLE PREPARATION

### COMPLETE THE NIGHT BEFORE YOUR 1-DAY FAST

1. Wash veggies: either in fresh water or with produce wash pre juicing.
2. Cut and/or peel produce: We recommend peeling anything not organic that can be peeled (ie cucumbers, lemons/limes, apples, even non organic carrots).
3. Store individual juice recipe ingredients in containers or bags for easy access the next day.





# 1-DAY JUICE FAST

## HOW IT'S DONE:

**Drink as much water as possible throughout the day, preferably with a little bit of lemon juice squeezed in (unlimited amounts).**

**Drink up to 2 cups of \*fresh vegetable juice every three hours (from 10 to 12 cups a day). \*Ideally, “fresh” entails the following:**

1. Straight out of a juicer from real fruits and vegetables, and if that's not possible follow # 2...

2. Any juice purchased or otherwise “premade” that says it is from 100% vegetable juice with no other ingredients.

3. Drink 1 glass of [Organifi Green Juice](#), preferably in the morning or afternoon.

This will give you an instant boost of superfood energy and it tastes delicious.

**TIP:** Look for juices with a short shelf-life! The best pre-made juices should always have an expiration date right on the bottle, showing that the ingredients are ALIVE and won't last very long on the shelf. Most standard store-bought juices such as apple juice or grape juice are pasteurized (heated to kill bacteria). Pasteurization is great, but not in the case of vegetable juices. Pasteurization effectively destroys most of the beneficial enzymes and nutrients you get from FRESH juice. This is one of the primary differences between creating your fresh own juices and those that you buy in the store. One final note, any juice is better than no juice, but it's important to remember to drink ALIVE, FRESH juice whenever possible and in order to get the results you expect.

## **Supplement as needed using the above tips**

**we recommend preparing in advance and buying the following items:**

**Coconut oil**

**Avocado**

**Magnesium**

**Chia seeds**

## JUICEFASTINGRECIPES:

**If you want to see continued good results: fitlife.tv recommends continuing juicing minimally 1x/day once you complete the protocol.**



# RECIPES

## ALL JUICE RECIPES

The following recipes are suggestions designed for beginners. If you'd like to swap these for your own creations that is completely OK.

### DETOX DELIGHT

▶  $\frac{1}{2}$  CUCUMBER   ▶  $\frac{1}{2}$  LEMON   ▶  $\frac{1}{2}$  INCH GINGER ROOT   ▶ 2 CARROTS   ▶ 1 APPLE  
▶ 3 STALKS OF CELERY   ▶ 2 HANDFULS SPINACH

### BEET THE BULGE

▶ 2 CHARD LEAVES   ▶ 1 HANDFUL OF MINT (1-2 SPRIGS)   ▶ 2 CUCUMBERS   ▶  $\frac{1}{2}$  BEET

### LEAN, MEAN AND GREEN

▶ 1 LEMON   ▶  $\frac{1}{2}$  CUCUMBER   ▶ 2 CARROTS   ▶ 1 BUNCH WATERCRESS   ▶ 1 INCH GINGER ROOT

THIS JUICE IS GREAT FOR COLDS AND NAUSEA. IT IS ALSO GREAT FOR SMOOTHER, AGE-DEFYING SKIN.

### ZIP ZAP ZING JUICE

▶  $\frac{1}{2}$  BEET   ▶  $\frac{1}{2}$  CUCUMBER   ▶  $\frac{1}{2}$  LEMON   ▶ 2 STALKS CELERY  
▶ 1 HANDFUL CILANTRO   ▶ 1 HANDFUL CHARD   ▶ 1 INCH GINGER ROOT

THIS A POWERFUL JUICE TO DRINK BEFORE A MEETING AND WHEN YOU NEED EXTRA BRAIN POWER. THIS WILL GIVE YOUR BRAIN THE ZIP-ZING THAT IT NEEDS TO FOCUS ON THE TASK AT HAND AND GET STUFF DONE.

### MY JUICE

▶ 4 APPLES   ▶ 1 INCH GINGER ROOT

THIS IS MY FAVORITE FRUIT JUICE. FIRST OF ALL, I LOVE THE FLAVOR OF APPLE JUICE, AND WHEN THE GINGER IS ADDED IT GIVES IT AN AMAZING KICK. OF COURSE, I'M THE GUY WOULD CHEW ON GINGER IF IT WAS AROUND ME. MMMM. THIS IS A GREAT ONE FOR COLD PREVENTION AS WELL.

### BEAT THE STREET JUICE

▶ 1 BEET   ▶ 4 STALKS CELERY   ▶ 1 LEMON

THIS A JUICE I LIKE TO DRINK BEFORE A LONG RUN. THIS GIVES ME SUSTAINABLE ENERGY AND IT TASTES DELICIOUS. BE CAREFUL AT FIRST, THOUGH, IF YOU'RE NOT USED TO BEETS.



# RECIPES

## NITE NITE SLEEP TIGHT JUICE

▶ **1** CUCUMBER ▶ **2** BOK CHOY ▶ **2 HANDFULS** SPINACH ▶ **1** LEMON ▶ **2** KALE LEAVES

## PASSION JUICE

▶ **1** PINEAPPLE ROUND ▶ **1** BUNCH OF GRAPES ▶ **½** LEMON ▶ **8** STRAWBERRIES

WHETHER YOU WANT TO IMPRESS YOUR SIGNIFICANT OTHER, OR JUST LOVING YOURSELF, TRY THIS JUICE ON FOR SIZE. IT WILL MAKE YOUR TASTE BUDS STAND UP AND START HUGGING EACH OTHER LIKE CRAZED HIPPIES.

## GREEN MACHINE

▶ **1 HANDFUL** OF PARSLEY ▶ **2** KALE LEAVES ▶ **½ INCH** GINGER ▶ **8** STALKS CELERY ▶ **½** GREEN APPLE

## PLUMTASTIC

▶ **1 LARGE** PLUM ▶ **1 CUP** GRAPES ▶ **1** BLOOD ORANGE ▶ **4** STALKS CELERY

## I LOVE LIFE!

▶ **1** BROCCOLI HEAD ▶ **3** CUCUMBERS ▶ **1** GREEN APPLE ▶ **1 HANDFUL** OF MINT

## SIX PACK JUICE

▶ **1 HANDFUL** OF PARSLEY ▶ **2** KALE LEAVES ▶ **2** CUCUMBERS ▶ **1** LEMON ▶ **½** APPLE

## BETA GREENS

▶ **1** COLLARD GREEN LEAF ▶ **1 HANDFUL** OF DANDELION GREENS ▶ **2** CUCUMBERS ▶ **4** CARROTS

## SIX PACK JUICE

▶ **1 HANDFUL** OF PARSLEY ▶ **2** KALE LEAVES ▶ **2** CUCUMBERS ▶ **1** LEMON ▶ **½** APPLE

## FLJ #2

▶ **2** CARROTS ▶ **2** APPLES ▶ **2 HANDFULS** SPINACH OR OTHER GREEN LEAFY VARIETY

# RECIPES

## FLJ #3

▶ **1** CUCUMBER ▶ **½** LEMON ▶ **3** STALKS CELERY ▶ **2** HANDFULS SPINACH

## SUPER GREEN LIVER CLEANSE

▶ **1** DROPPER OF MILK THISTLE ▶ **2** STALKS OF CELERY ▶ **1** CUCUMBER ▶ **1** HANDFUL OF PARSLEY  
▶ **1** HANDFUL OF LETTUCE ▶ **1** LEMON

## GREEN MONSTER

▶ **1** HANDFUL OF PARSLEY ▶ **2** KALE LEAVES ▶ **2** CHARD LEAVES ▶ **3** ROMAINE LEAVES  
▶ **1** HANDFUL OF DANDELION GREENS ▶ **2** GREEN APPLES

## C.A.R.

▶ **1** YELLOW BELL PEPPER ▶ **2** CUCUMBERS ▶ **1** HANDFUL OF PARSLEY ▶ **½** HEAD OF ROMAINE LETTUCE

## C.A.R. 2

▶ **2** GRAPEFRUITS ▶ **1** CUCUMBER ▶ **1** HANDFUL OF PARSLEY ▶ **2** HANDFULS OF DANDELION GREENS

## ARMS 'N ABS

▶ **1** HANDFUL OF KALE ▶ **1** HANDFUL OF CILANTRO ▶ **8** STALKS CELERY ▶ **1** GREEN APPLE

## ENERGIZER BUNNY

▶ **1** HANDFUL OF MINT ▶ **1** HANDFUL OF PARSLEY ▶ **½** INCH OF GINGER ▶ **2** CUCUMBERS ▶ **2** CARROTS

## BODY CLEANSE

▶ **2** APPLES ▶ **1** CUCUMBER ▶ **4** STALKS CELERY ▶ **1** LEMON ▶ **1** CUP CRANBERRIES  
▶ **1** INCH GINGER ▶ **1** BEET

P.S. I'm very proud of you for taking this step. Thousands of healthy, happy people all did the same. Before you know it, 24 hours will be over. Your immune system and your digestion will be in much better shape. Your body will be full of wonderful vitamins and minerals. Maybe for the first time in your life, you'll feel bright, and vibrant. The best part is, your taste buds will be craving more micronutrients.

Now, if you're ready for the next step, it's time for you to discover the [power of superfoods](#). You're going to love this!

#### **DISCLAIMER:**

The techniques, strategies, and suggestions expressed here are intended to be used for educational purposes only. The author, Drew Canole, and the associated [www.fitlife.tv](http://www.fitlife.tv) are not rendering medical advice, nor to diagnose, prescribe, or treat any disease, condition, illness, or injury.

It is imperative that before beginning any nutrition or exercise program you receive full medical clearance from a licensed physician.

Drew Canole and [fitlife.tv](http://fitlife.tv) claim no responsibility to any person or entity for any liability, loss, or damage caused or alleged to be caused indirectly as a result of the use, application, or interpretation of the material presented here.

Products Disclaimer: Drew Canole (and [www.fitlife.tv](http://www.fitlife.tv)), the manufacturers and distributors assume no liability or responsibility for accidents or injury to persons or property that result in connection to of The Juice Detox or Fitlife.tv.

Copyright@ 2013 Fitlife.tv