

With so many different types of cleanses out there today, it is sometimes hard to know which cleanse is best suited for us. Depending on the end goal, we suggest a variety of cleanses to our clients. Start with a commitment to cleansing for 7 days. Try incorporating one juice a day into your routine. Wherever you happen to be on the journey to wellness, juicing will have an impact on your energy levels and health.

The question really is why do we cleanse? The food we eat, the air we breathe, and the water we use have toxins in them. Our bodies are overwhelmed by toxins. Our livers are bombarded as they work to eliminate the toxins. Toxins are stored in fat when the liver is overburdened and can't eliminate them. Often when a person detoxes, they begin to shed excess weight. If we do not cleanse our bodies occasionally, we get to a point of fatigue. Even if we eat less calories, our bodies are not keeping up with eliminating; so we put on weight. When we are toxic, our organs are not getting vital nutrition and sickness occurs.

When we begin to feel sluggish and notice those extra pounds that have appeared around our belly, essentially when we are toxic, it's harder to get motivated to exercise. If you're pushing through your exercises, the body still may not be repairing itself at a fast enough rate to produce new muscle tissue. It's time to make some changes. During the cleanse, you may have a little less energy as the body focuses inwardly and cleans up the mess. Afterwards, you will feel amazing energy and clarity.

Foods to avoid while cleansing include:

- *all processed food (just about everything that comes in a box, can, or bag)
- *oils (with the exception of cold pressed olive oil, coconut oil or flax oil)
- *wheat, gluten, sugar, dairy, eggs, soy, corn, and peanuts

As we stated, there are many different cleanses out there. We are suggesting you skip the magic shakes full of synthetic fillers and start with an organic juice cleanse. If you do not have a juicer at this moment, think about investing in one; otherwise, use some juicing recipes that allow you to make your drinks in the blender. With juicing you will get a ton of delicious fruits and veggies, far more than you could eat in one day. However with blending, you'll get less veggies/fruits but more fiber. Let's remember that too much fruit spikes the blood sugar, so keep a balance.

Chia seeds are awesome to add to any juice, as they are known to boost energy. They are gelatinous and aid in the removal of waste from the intestines and helps fill you up. For an extra boost of real food, add NutriVerus™ powder to your smoothies; a glyconutritional supplement with natural food-sourced vitamins and minerals.

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Here are some sample recipes to try:



Anti-inflammatory Pain Relief

Blend: 1/2 cup coconut flesh, 1 cup frozen cherries, 5-8 basil leaves, 1-2 cups of coconut water or water, 1 tbsp. chia or hemp seeds



Cellulite Eliminator

Juice: 1 apple, 1 pear, 1/4 pink grapefruit, 2 sticks of celery and a handful of mint leaves.



Detox Special

Juice: 3 golden delicious apples, 1 carrot, 1/3 lemon, 1/4 bell pepper, small chunk cucumber, small piece of celery, small chunk of broccoli (stem is best), then blend with 1 whole ripe avocado.



Green Superstar

Juice: 1 apple, 1 lemon, 1 large cucumber, 3 kale leaves, inch of ginger



Kale Delight

Juice: 3 celery ribs, handful of parsley, 2 apples and 2 kale leaves



Liver Improvement

Juice: 1 dandelion root (if you can't find dandelion root, you can add 4 radishes, 1/2 beet including green leaves, 2 carrots, 1 apple)



Mint-Chocolate Chip

Blend: 1 frozen banana, handful of cacao nibs, handful of mint, 2/3 cup coconut milk, 1/4 cup frozen spinach



The Original V8

Juice: 4 tomatoes, 4 green onions, 1/2 green pepper, 2 carrots, 2 stalks of celery, handful of cilantro, handful of parsley, 2 lemons, add ginger and garlic for a little zest.



Pecan Delight

Blend: 1 tbsp. chia seeds, 2 cups of coconut milk, 1 cup of strawberries, handful of pecans, 1/2 tsp. of cinnamon



Radiant Skin

Blend: 1 cup filtered water, 1 head of chopped romaine lettuce, 3 stalks of celery, 2 cups of spinach, 1/2 cup loosely packed cilantro, 1 apple cored, 1 cucumber, 4 ice cubes



Recovery Angel

Recipe: Juice 1 orange, then blend with mixed berries (strawberries, blackberries, blueberries, raspberries), 1 banana, 1 individual sized plain yoghurt



Six Pack Short-Cut

Juice: 2 kale leaves, 2 celery sticks, 1/2 red cabbage, 1 lemon, 1 ginger knuckle, handful of cilantro, dash of cayenne pepper



Skinny Girl

Blend: 4 ounces pomegranate juice, 1 cup frozen strawberries, 1 cup of ice, squeeze of lemon



Vegan Muscle Builder

Blend: 1/2 cup strawberries, 1/4 mango, 1/2 orange, 1/2 cup green grapes, 1/2 banana, 1/2 cup oats, ground flax seed, 1 cup green tea, 2 kale leaves, 2 cups of almond milk



Try homemade gatorade instead of drinking the store bought stuff.

For more juice recipes we suggest you check out Jason Vale at: www.thejuicemaster.com