

MOTION FITNESS FOOD

Juice Detox

How it Works . . .

Our juice detox, or juice fasting, involves an intake of raw vegetable- and fruit juices, coconut water, turmeric boost, herbal tea and water.

A juice fast is considered an extreme form of detoxification because no solid food is consumed. There should be a gradual start into this detox as well as a slow return to solid foods.

The benefit of juice fasting is that it gives your digestive system a break from working so hard to process large meals. Therefore, your body can concentrate and work rapidly on the detoxification. This leads to feeling joyful and light, and keeps you slim and radiant.

You will receive your daily package of fresh juices and drinks every morning, one delivery per day.

The day before:

Eat light, minimize animal products and eat more vegetables and fruit. Drink a lot of herbal tea (no green/black tea) and water. A good preparation makes your 1st detox day easier as you will be less hungry!

Don'ts

Coffee, green/black tea, cigarettes, drugs and any other intake besides what is advised below.

What do you get?

This Juice detox contains 6 x 300ml bottles of cleansing Juices + 1 x 300ml bottle Aloe Vera Juice + 1 x 300ml bottle Turmeric Boost per day.

The combination of ingredients in the juices will change 1st – 3rd juice day and for best results repeat these 3 days until 6th and recommended last day.

1st day you drink green juice for general health

2nd day you drink an orange colored juice which is flushing your colon

3rd day you drink a dark colored juice which is flushing your liver and kidneys

First day:

Early morning you have to do the **Epsom salt flush**.

Mix the full pack of Epsom salt you have received in 250ml glass lukewarm water.

Drink the glass completely in one gulp, to be followed up with 4 glasses of lukewarm water straight afterwards. In about 1hr and for a period of approx. 2hrs you will be busy going to the toilet, so be prepared 😊

How to drink our detox juices?

- You can drink sips from the bottles over the day or drink the juice by glass.
- The juice is very rich and you can mix them with water too if you like.
- Drink at least every 2 hours.
- Have your last glass of juice by 8pm; after 8pm just drink water.
- Drink plenty of water as well during the day. At least 2,5 liters per day.

Drinking:

Min. 3 liters of water/day, plus the bottles you receive. If you like drink more tea, e.g. peppermint, camomile, rooibos or any other herbal tea you prefer. Flush your body! The more you drink the easier the body can get rid of toxins.

Start best with tea in the morning - without sugar/honey or anything else!

The Turmeric boost is best to drink between breakfast and lunchtime.

The Coconut water is great to drink in the afternoon.

Recommend Supplements: Calcium, Magnesium, Iron, Fish oil capsules

Additional recommendations:

Scrub your body with a dry towel or use body brush before every time you take a shower. Moisturise your body well with natural oil like coconut oil or our Avocado Toning Oil (a mixture of 7 different essential oils). If you have a bathtub, take a warm bath with 500g Epsom salt (need to order it additionally). Have a massage and a good rest in the evening. Try to get enough sleep.

Exercise:

It is good to stay active as this will boost your energy and hormones. You are allowed to do exercise in the pace you feel good, just follow your body feeling and inner voice when exercising. We recommend to balance your mind and body with a daily meditation or Yoga routine too.

After the Juice Detox

The first 48 hours after breaking the detox, follow a vegan diet (no animal products at all).

NO ALCOHOL!

You should stay low in animal products and dairy for the following 1-2 weeks, then start step by step to eat some yogurt, eggs and fish.

Examples:

Breakfast: fruit salad + walnuts/almonds or a rich juice with 2/2 veggies/fruit

Lunch: salad or cooked Vegetable with any complex grains such as quinoa or millet

Dinner: cooked Vegetable with Tofu/Tempeh/Brown Rice or Sweet Potato

Snacks: a handful of nuts and fruit

Stay on track and make healthy eating and sport to your lifestyle.

PLEASE NOTE: All empty drink bottles will be picked up with your new delivery on the next day, please have them handy for our drivers.