



JUICE CLEANSE PROGRAM

LIVE FOR VITALITY

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About The Author



Andréa Paige

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Andréa (ND, MSc, CHT, E-RYT 500) is a biohacker in lifestyle medicine. Founder of the Micro-Biome Think Tank & The Yoga Graduate School, Andréa travels the world empowering people to take health back into their own hands.

Teaching from a place of resonance – where you feel what she says rather than merely intellectualize it – she has great success activating people's lives. Andréa also leads yoga teacher training and teaches Anatomy, Physiology & Health on Training programs worldwide. Now you can join one of her retreats from your home.

Currently, Andréa serves on the Board of Directors for Festival Medical (USA, non-profit) and the Advisory Board of The Vedary (India). Check-out her latest podcast episode by [**Clicking Here**](#)



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Juice Cleanse Program

Live
For
Vitality

-Andrea Paige



LIVE FOR VITALITY

Welcome Pack

Welcome!

I know that nothing tastes as good as healthy feels. And this is why I have just relaunched my new program called 'The Virtual Juice Cleanse' on the internet in form of online videos, e-books and group discussions among the community members.

This e-book is a guide for those who wish to follow along with the program and want to get the most out of this so that you not only know how good it feels to be healthy but also you know **how to be healthy**.



The following guide has been formulated for your own benefit, please adhere to it to get the most out of this experience. Please stick to the following to get the most out of our program. If you have any question at all please reach out to us so that we can guide or post up your questions in the group so everybody can grow together!

All you should be aiming at is to Live your life with maximum Vitality!



Equipments For The Week

You will need the following items for the cleanse. This stuff can be picked up very inexpensively or borrowed from a friend, however if you're going to be doing this more often you may want to think about investing in some equipments like juicers and strainers.

If you would like specific recommendations tailored to your needs, please ask Adam and he can point you in the right direction.

[Click Here](#)
To Check Out The
Recommended
Equipments

Juicer:

Centrifugal vs slow press, both are okay for the purpose we are going to be using them. If you want, slow press is the best and if you are going to do this often you may want to consider investing in one, they can be picked at a reasonable price online.



Strainer:

This is to strain your juice as most juicers leave a little amount of pulp (fibre in the juice). So, it's always better to give it a strain and also by doing this it will give the juice a more gourmet taste, meaning it will taste better!

Notepad and pen:

This is to express and process your thoughts & feelings as they come up during the cleanse. Also, you may want to keep a diary or a journal about your experience so that you can look back and remember where have come from.

Water bottle:

If you've heard any of my lectures, before you know, I recommend drinking 3 litres of water per day, your uses and lose 3 litres just by waking up in the morning, this principle is important during the cleanse. The water will keep you hydrated and with the detoxification going on in your body, making experience a lot smoother.

Therefore, it is recommended that you get a water bottle and take it everywhere with you to make sure you're getting in your 3 litres of water each day.



Enema Kit:

You may purchase one from your local pharmacy or you can easily find online from Amazon.



Ph Strips:

The Ph strips are available very easily and also can be bought online.



A Spoon:

Why on earth would you need a spoon? Well if you've not got a tongue scraper a tablespoon can work just as well for scraping the white coating that forms on your tongue during cleansing. The white coating is actually toxins leaving your body. Each morning before brushing your teeth please scrap tongue.



Trace Minerals Drop (optional):

Although you only need to consume a small amount of trace minerals, they are vital to your health because each mineral provides a unique benefit.



Juicing Schedule



- Shot in the morning
- Green juices for the first 3 days
- Day 4 – 7 green juice in mornings and sweeter juicers in the afternoon/evenings
- Coconut water and herbal teas as you feel throughout the days



Exercise

Yoga and light exercise is good.
Listen to your body.



Hot yoga is not really recommended during the cleanse, but if you decide to go to one, make sure to let the teacher know you're fasting.

Dancing is underrated, it is the best way to get things moving in the body.



You can join the virtual juice cleanse playlist on Spotify if you need some inspiration!



Key Points

Juice Cleansing Vs. Juice Feasting

How much juice do you need, only you know, listen to your body and experiment.

Supplements

Not necessary unless recommend by your fasting specialist for specific protocol such as parasite cleanse

Spare time

Now you are not thinking about food you may find you have some extra time on your hands, find something productive to do. Put on a Yoga Nidra and engage your parasympathetic nervous system, rest and digest.

Internet consumption Vs. Creative Expression

For your benefit it is recommend during a cleanse to limit internet consumption. For example, Pictures on Instagram of food is going to make it challenging for you. To go inwards. And to process emotions and resistance to feel them and process them by writing sharing in the group instead overfilling yourself with the stimulation of food.

Before and after photo

Do this to measure your results. We love to see your results so please post them up and share with us.



Thank You!



**Discover How to
Come Back to Your Centre,
Feel Alive Again,
Face Your Food Addiction
and
Get Fit Once & For All.**

