



Why Reboot?

You may be aware that, the body 'does' Detox itself, yes we do have an amazing clean up team working hard to spruce us up internally. However, with the constant bombardment of toxins in food and drink, the environmental pollution all around us on a daily basis, we still need to assist the body's natural filtration system from time to time.

Giving the digestive system a rest.

We can consume unaware, on a regular basis, refined sugars, fats, alcohol, unproductive chemicals that make up fast food, detrimental for our internal set up, putting a huge strain over time on the filtration system, hindering the process.

Juicing gives the body a rest, a chance to reboot, giving your filtration system, kidneys, lymphatic, digestive, and most imperatively your LIVER a well deserved rest, to reset and carry out its many functions it has to perform daily, like keeping us clean from within.

If a flatter stomach, feeling energised, ridding yourself of fatigue, or fat loss, is what your aiming to achieve, that's great. HOWEVER, the bigger picture here is to feel alive, have a calmer nervous system, heightened mental sharpness and awareness, having high energy levels, no one should be experiencing exhaustion, or afternoon slumps. All of these wonderful changes come from consuming the nutrients, and live enzymes in fruit and vegetable juices.

This happens because your system is becoming more alkaline and less acidic reducing inflammation making you feel good, for maybe the first time in a long time. This in return guides you away from craving junk foods and more toward healthy eating patterns.

So to prepare for your reboot:

- . Remove caffeine a few days before
- . Remove all processed foods
- . Remove refined sugar (fruit is ok)
- . Remove all forms of temptation from your fridge and cupboards
- . Read up on positive well being and get in the vibe! (Medical medium literature is great 😊)
- . Don't let nay sayers put you off (they are envious really!)

How you may feel during your reboot

A three day reboot is a relatively short period of time, so there shouldn't be too much discomfort from the release of toxins from your system. But removing caffeine, alcohol, and processed foods, can have a light withdrawal effect. See below some of the symptoms that you might experience! We are all different, so not always the same experience for everyone.

- . More tired than usual
- . Headache
- . False hunger
- . Temporary skin outbreak
- . Metallic taste in the mouth
- . Furry tongue
- . Achey body
- . Nausea
- . Irritability

These are all signs of the body, withdrawing from the processed foods, the release of some toxins, the body has held on to for a long time. In so doing protecting us from more serious problems.

It's time to let go, allowing your internal system to heal, to continue protecting you as it knows best.

Reboot tips to get you through!

- . Drink water and fruit/mint infusions as well as your juices.
- . Keep hydrated
(Your body will be flushing out extra toxins, via urine, so you must drink hydrating fluids as well as the juice)
- . Keep your evenings quiet and restful.
- . Reduce your exposure to tv, this can encourage the snack attack
- . Sleep!
- . You will find removing caffeine, refined sugar etc from your system for 3 days will possibly leave you feeling tired go to bed early.
- . Treat yourself with a gentle swim, walk, spa day, nurture yourself!
- . False hunger (you are just missing the habitual chewing) Keep busy.

SOS

This can be an Apple, Banana, or ½ Avocado.

ONE a day.

If you can manage without, that's great, maybe go for a walk, have a hot herbal infusion, read a book, this sometimes does the trick.

What you will consume over your 3 day Reboot

APPLES: 22
CARROTS: 3
LEMONS: 4
YELLOW PEPPER: 1
CUCUMBER: 1.5

CELERY: 4 sticks
BROCCOLI STALK: 3 inch
BEETROOT: 2 bulbs
AVOCADO: 4
GINGER: 2 inches
BANANA: 2
GRAPEFRUIT: 2
ORANGES: 4
PINEAPPLE: 1.5
BLUEBERRIES: 1 handful
BLACKBERRIES: 1 handful
LIVE yoghurt: 200g (I use coyo vegan)
SPINACH: 3 large handfuls
PARSLEY: 3 small handfuls

Programme

Day 1

On rising hot water with slice of lemon
Ginger shot
9am - B/fast 'The veggie one'
12 - Lunch 'The veggie one'
3pm - Afternoon 'Lemon and Lime zest'
6pm - Dinner 'Beetroot and avocado'

Day 2

On rising hot water with slice lemon
Ginger shot
B/fast 'Berries and cream'
Lunch 'Banana spice'
Afternoon 'Lemon and Lime zest'
Dinner 'Beetroot and avocado'

Day 3

On rising hot water with slice lemon
Ginger shot
9am - B/fast 'The veggie one'
11am - M/morning 'Lemon and Lime zest'
1pm - Lunch 'Beetroot and avocado'
3pm - Afternoon 'Lemon and Lime zest'
6pm -Dinner 'Banana spice'

What's in your juice/blend

Veggie one

3 apples, 1 carrot, 1slice lemon with rind on, ¼ yellow pepper, 1 inch slice cucumber, ¼ piece celery,
1 inch broccoli stem, 1 inch slice beetroot, ¼ medium avocado.

Banana spice

2 apples, 1 slice lemon rind on, 1 inch slice cucumber, 1 stick celery, 1 inch piece fresh ginger, ½ banana.

Lemon and Lime zest

1/2 grapefruit, 1 peeled orange, ¼ peeled med pineapple, ½ lime, ½ lemon, ¼ banana.

Berries and cream

½ peeled pineapple, 1 handful blueberries, 1handful blackberries, 200g live coconut yoghurt

Beetroot and avocado

3 apples, 1 large handful spinach, 1 inch raw beetroot, 1 inch slice cucumber, very small handful of parsley (leave out if you are pregnant or have a kidney disorder) 1 ripe avocado.

Juice all ingredients apart from the avocados, banana, blueberries, blackberries, and vegan yoghurt..they are blended to your juice.

Day 4

Start your day with lemon water and a very light breakfast
(Some fruit and lots of hydration)

Then from 12noon onwards introduce maybe an Avocado salad with some toasted seeds.

Then continue your day..

The power of raw juice and exercise

Over the years, studies have shown that virtually every ailment known to mankind has either been completely alleviated by drinking freshly extracted raw fruit and vegetables juices or reduced dramatically, including Cancer.

For me real people experiences are the proof that Rebooting has a place in our diet from time to time.

Exercise is an integral part of body balance, you may well be pleasantly surprised to have more energy, if so use it, be active with something you find pleasurable!

Good luck and enjoy!