

the decadent detox

3-DAY SUMMER JUICE FAST

BY TESS MASTERS AND KAREN KIPP

Publication date

June 2018

Authors

Tess Masters and Karen Kipp

Photography

Trent Lanz

Styling

Alicia Buszczak

Published by

Liquid Capital, LLC | www.thedecadentdetox.com

Copyright ©2018 by Tess Masters and Karen Kipp.

Photographs copyright © 2016 by Trent Lanz

All rights reserved.

No part of this publication may be reproduced, stored, or transmitted in any form or by any means, electronic, mechanical or otherwise without prior written consent from the publisher.

Disclaimer

The authors and publisher will not be held liable for the use or misuse of information in this book. The information shared here does not replace the guidance of a qualified medical practitioner. While juice fasting is a safe and healthy practice for the majority of people, we don't recommend it for those with critical heart conditions, diabetes, or chronic conditions such as cancer (especially those actively undergoing oncology treatments). Fasting is unsafe for pregnant or lactating women, too. Please consult your healthcare professional before participating in this program, particularly if you have existing medical conditions or concerns.

Design by Jennae Petersen

table of contents

the juice details

- Welcome 04
- What's Included 05
- Are You Toxic? 07
- Why Is Cleansing Beneficial? 08
- Cleansing VS Fasting 09
- What Happens Inside Your Body During Fasting 10
- Medically Observed Benefits Of Fasting 11
- What To Expect During The Fast 14
- Detox Symptoms and Relief 15
- Exercise Recommendations 16
- Colon Cleansing 18
- Program Structure 24
- Breaking The Fast Responsibly And Safely 26
- Pre-Fast Checklist 30
- Menu 35
- Daily Routine 36

the recipes

- Pre-Cleanse Recipes 33
- Pre-Fast Raw Recipes 34
- Juice Recipes 41
- Vegetable Broth 58
- Popsicles 59
- Break-Fast Recipes 60

resources

- Shopping List 68
- What's Next 70
- About Tess 72
- About Karen 74

welcome

Are you ready to feel better, have more energy, sleep more deeply, breathe more freely, think more clearly, and feel more vibrant?

Welcome to The Decadent Detox 3-Day Summer Juice Fast with [The Blender Girl](#) and [The Juice Goddess](#).

This may be your first time cleansing, or you may have fasted with us before, or tried juice fasting or cleansing elsewhere. Whether you're here to initiate or expand on your cleansing practice, we welcome your participation in our 3-day program.

We met through our work, and after discovering many common elements to our wellness philosophies, teamed up to bring our version of cleansing and juice fasting to a larger community. Karen's experience in [coaching](#) and juicing and Tess's arsenal of [easy healthy recipes](#) came together initially in this series of [3-day juice fasts](#), one for each season. As these fasts gained popularity, we were inundated with requests for a comprehensive seasonal cleanse program. So, we released our cleansing book, [The Decadent Detox](#), then launched [The Decadent Detox 14-Day Guided Cleanses](#) for [Summer](#), [Fall](#), [Winter](#), and [Spring](#).

From the dawn of medicine, millennia ago, ancient and modern civilizations have recognized fasting as a tool for healing and renewing the body, mind, and spirit. In modern times, giving the body a rest from solid food and nurturing it briefly with easily digested, nutrient-dense juices can improve health.

For us, no wellness tool stands out more for its ability to repair and renew the body in a short timeframe than cleansing and juice fasting.

Karen has been [facilitating destination juice fasts](#) for over 20 years, working with thousands of clients. Tess, who's been juice fasting one day each week for 15-plus years and doing a more sustained juice fast at the beginning of each season, can attest to the power and benefits of this practice. Together, we have guided thousands of people around the globe through our cleanse programs and witnessed incredible results. [Read the testimonials](#) from our previous participants.

There are a lot of juice cleansing and fasting programs available. However, many programs omit information that support a careful and responsible fast. The result is an incomplete

detox or an uncomfortable detox experience. Furthermore, the juice recipes can be bland and tasteless, making fasting unpleasant.

We want your juice-fast experience to be effective, but also delicious and fun. So, we've carefully crafted nutrient-dense juices that taste amazing and help you detox in a gentle way. In addition to the juices, a successful and responsible juice fast calls for adequate transitions, both going in and coming out. The foods you eat directly before and after a fast are especially important. All of our cleanse programs, including this 3-day program provide detailed guidance and comprehensive resources to help you transition into and out of a juice fast safely and easily for a comfortable cleansing experience so that you get amazing benefits from this practice.

Please take the time to read all of the information provided here in order to cleanse and fast in the healthiest way and harvest the fullest results.

Even though the actual juice fast only takes 3 days, it is most beneficial to take the time over 2 weeks (if possible) to adequately transition into and out of the fast. Ideally, you'll begin the 3-day fast on a Friday morning (or whatever day leads into your weekend or the period in which you have a regular break), so you will have the opportunity to rest.

our 3-day juice-fast includes:

- A Free [Online Toxicity Assessment](#)
- 9 Juice Recipes - 3 per day for breakfast, lunch, and dinner
- 1 Juice Popsicle recipe (for a fun treat)
- 1 Vegetable Broth recipe (to alkalize and mineralize)
- Pre-Cleanse Recipe Lists
- A Break-Fast Recipe List
- 1 Shopping List
- Pre-Fast and Post-Fast Guidance
- Comprehensive Cleansing and Fasting Information
- Wellness Practices to enhance your experience
- Access to a private Facebook group to ask questions and share experiences

when should you do a juice fast?

We recommend a 3-day juice fast at the change of each season, so we've developed four specific programs, for [Summer](#), [Fall](#), [Winter](#), and [Spring](#).

Eating in harmony with nature and in keeping with the seasons supports the body's built-in health and cleansing processes. Foods harvested in the spring, like asparagus and greens, promote detoxification after winter; while foods grown in the summer, like berries, melon and cucumber, help to cool our bodies and keep us hydrated. In the colder months, warming root vegetables help to strengthen and sustain the body. By eating local, seasonal produce we support our communities, reduce our carbon footprints, and get fresher, better-tasting food that's easily available.

Don't juice fast alone. We are here to support you.

Fasting with others, in a community, makes the practice more enjoyable and offers the opportunity to support each other and share resources. We encourage you to join our [private cleanse Facebook group](#) where thousands have gone before. This community serves as a place where you can ask questions, share your experience, and get inspiration from like-minded people from all around the world. It is also the best place for you to ask us questions. We monitor this group daily and will respond to your posts promptly.

Join our live guided 14-day experience.

For more hands-on live support from us, join one of [14-Day Live Guided Cleanses](#) for [Summer](#), [Fall](#), [Winter](#), and [Spring](#). We both participate in this program four times a year with you. In addition to a 3-day juice fast, this deeper program includes a 14-day menu of delicious healthy recipes for breakfast, lunch, and dinner, daily emails and videos, live weekly video calls with us, bonus books and charts, a progress journal, guided meditations, access to a much smaller private Facebook support group, live 1:1 interaction with us, and a free copy of [The Decadent Detox book](#). Learn more about the [14-Day Guided Cleanses](#).

are you toxic?

“Problems with detoxification form one root of illness. If you feel lousy, it's likely you're toxic.” — Dr. Mark Hyman, in *Is There Toxic Waste in Your Body?*

Before you begin a cleanse, it's important to gauge your state of wellness. This will get you started on a good footing and enable you to track your progress. Take note of how you feel before the detox process, and then compare that to how you feel during and after the fast.

This checklist of common symptoms of toxicity — many and varied — can serve you as a guide:

- feeling “yucky,” sluggish, or lacking energy, for no apparent reason
- food cravings
- sore muscles/aches and pains
- indigestion/reflux
- digestion problems such as diarrhea/constipation and/or bloating and gas
- arthritis
- unexplained weight gain or inability to lose weight/cellulite/water retention
- restlessness/irritability
- sinus infection/congestion
- problems sleeping/insomnia
- unsteadiness/dizziness
- eczema, psoriasis, acne, rashes, and other skin problems
- hormone imbalances/PMS/menstrual problems
- premature aging
- headaches
- difficulty concentrating
- puffy skin and/or dark circles under the eyes
- bad breath
- excessive or harsh body odor

[Take our Free Toxicity Assessment Online](#) before participating in the 3-day fast.

why is cleansing beneficial?

To achieve optimal wellness we need to cleanse our bodies actively.

Critics and skeptics tend to argue that nature designed our bodies to do this for themselves, continuously. True. But we've given nature no chance to prepare for and adjust to the myriad of changes we've wrought on our environments and brought about in our habits. A barrage of toxins comes at us non-stop from pollutants, processed foods and additives, stress, prescription drugs, insufficient exercise, sedentary occupations, and other sources. Since our bodies have not had time to evolve to stand up to this onslaught, they need help, even with the major organs of elimination—the liver, skin, intestinal tract, and kidneys—all online and at work.

By freeing our bodies from overloads of toxins and waste products we get these organs functioning as efficiently as they can.

In addition to clearing toxicity, the body needs a rest from digestion. On average, the human body expends 50-70% of its daily energy ration on digesting food. When fasting, we give our bodies a bit of R&R, a brief furlough from this non-stop labor, and our systems can devote a greater share of energy to detoxification, healing, and repair. Fasting certainly isn't a modern invention, yet today we need it more than ever.

the benefits

After our 3-Day Juice Fast, participants report:

- More Energy
- Better Sleep
- Improved Digestion
- More Stabilized Blood Sugar
- Greater Mental Clarity
- Clearer Skin
- Weight Loss
- Fewer Aches and Pains

When you feel good, you can achieve more!

cleansing vs fasting

So, what's the difference between cleansing and fasting?

"Cleansing" can refer to any process for assisting the body in ridding itself of toxins. These can include eating "cleaner," fasting, or various therapies and tools that aid those beneficial shifts, such as body work and saunas.

While fasting is a form of cleansing, not all cleansing involves fasting. To take an example: eliminating dairy products and sugar from your diet for a period will initiate specific, limited detoxification. Cleanses vary greatly, depending on the program and intensity chosen.

Cleansing ranges from simple aerobic exercise that sweats out toxins, to water-only fasting, probably the most intense. Water fasting (with its high toxicity levels and demanding schedules) is just too extreme and potentially uncomfortable for most people. And, cleansing in this way without adequate transitions will yield detox effects that can be very uncomfortable.

In our experience, the ideal middle ground for most of us is juice fasting. It offers all the benefits of fasting (the intense healing process in the body) while slowing down the detox process enough so that it's comfortable.

Our carefully crafted juice fast delivers significant, easily absorbable, concentrated nutrients (to aid the cleansing process) with sufficient calories to fuel detox. Juice fasting our way is not only easy and safe, it's extraordinarily effective, and we've seen thousands of people experience amazing benefits.

What our participants report ranges from simply feeling better to significantly improving health, to alleviating a variety of health conditions such as: headaches, high blood pressure, sugar imbalances, sinus problems, skin conditions, and digestive issues.

After just three days of juice fasting—a good, basic cleanse—many people find they've got a tremendous increase in energy, better sleep, improved digestion, significantly greater clarity of mind, fewer aches and pains, and greater overall wellness. In addition to this, people of diverse beliefs say they experience a spiritual reconnection or increased clarity of purpose and intention.

what happens in the body during fasting

While it's wonderful to feel the benefits, we want you to know a little bit about what actually happens in the body during and after a fast.

- During a fast, your body taps into energy by burning excess fats, along with sugars and other carbohydrates. The liver is the star in this process - converting fats into water-soluble compounds that deliver energy throughout the body for use.
- Our bodies store toxins chiefly in fats, to keep those damaging chemicals away from vital tissues. During a fast, the liver breaks down fats more rapidly, promoting the release of those toxins. Fasting boosts the body's built-in detox processes.
- Fasting aids digestion, nutrient absorption, and healing. Fasting reduces the energy and resources normally devoted to the digestive system and diverts it to the immune system and metabolic processes, allowing the body to rest and rebuild.
- During fasting, your core body temperature decreases as your metabolism slows down, along with other bodily functions. Your base metabolic rate (BMR) is reduced to conserve energy, and your blood sugar levels drop as the body utilizes reservoirs of glycogen in the liver.
- The stomach and intestines get a break from constant digestion, and instead, have supplemental energy to restore glands and muscle in their lining. At the same time, these organs become more efficient at removing waste matter.
- Hormone production, particularly that of anti-aging growth hormones, increases during fasting as well.
- Fasting enables the body to become a more efficient self-healer, allowing it to use its resources more fully. This heightened power results in more efficient regeneration at a microscopic level. DNA and RNA genetic production become highly efficient during a fast, synthesizing vital proteins the body needs for healthier cells, tissues and organs.

medically observed benefits of fasting

Though fasting has been employed successfully for thousands of years, much of Western society has abandoned the practice. Leading wellness experts are part of a movement to re-establish this valuable tool in our medical tradition:

Dr. Joel Furhman, in his book, *Fasting and Eating for Health (St. Martin's Griffin)*:

"Therapeutic fasting is not a mystical or magical cure. It works because the body has within it the capacity to heal when the obstacles to healing are removed. Health is the normal state. Most chronic disease is the inevitable consequence of living a lifestyle that places disease-causing stressors on the human organism. Fasting gives the body an interlude without those stressors so that it can speedily repair or accomplish healing that could not otherwise occur in the feeding state."

Dr. Andrew Weil, in his article, *Intermittent Fasting: A Healthy Choice (Huffington Post)*:

"The positive effects of intermittent fasting have been chronicled in a variety of animal and human studies, starting with a seminal experiment in 1946, when University of Chicago researchers discovered that denying food every third day boosted rats' lifespans by 20 percent in males, 15 percent in females. A 2007 review by University of California, Berkeley, researchers concluded that alternate-day fasting may: decrease cardiovascular disease risk, decrease cancer risk, lower diabetes risk (at least in animals, data on humans were less clear, possibly because the trial periods in the studies were not long enough to show an effect), improve cognitive function, protect against some effects of Alzheimer's and Parkinson's diseases."

In *The Detox Prescription (Rodale)*, Woodson Merrell, MD, chairman of the Department of Integrative Medicine, Beth Israel Medical Center, notes that:

"Benefits of a 3-day juice fast include: breaking the cycle of cravings for foods that undermine health; resting the stomach, the gut and the liver, enabling repairs if needed; reducing appetite; eliminating harmful foods; flooding the body with super nutrition; weight loss; improved energy; rehydration; alleviating physical ailments; and promoting maximum detoxification."

common questions

is fasting safe for you?

While juice fasting is a safe and healthy practice for the majority of people, we don't recommend it for those with critical heart conditions, diabetes, or chronic conditions such as cancer, especially those actively undergoing oncology treatments.

Fasting is unsafe for pregnant or lactating women, too.

Please consult your healthcare professional before participating in this program, particularly if you have existing medical conditions or concerns.

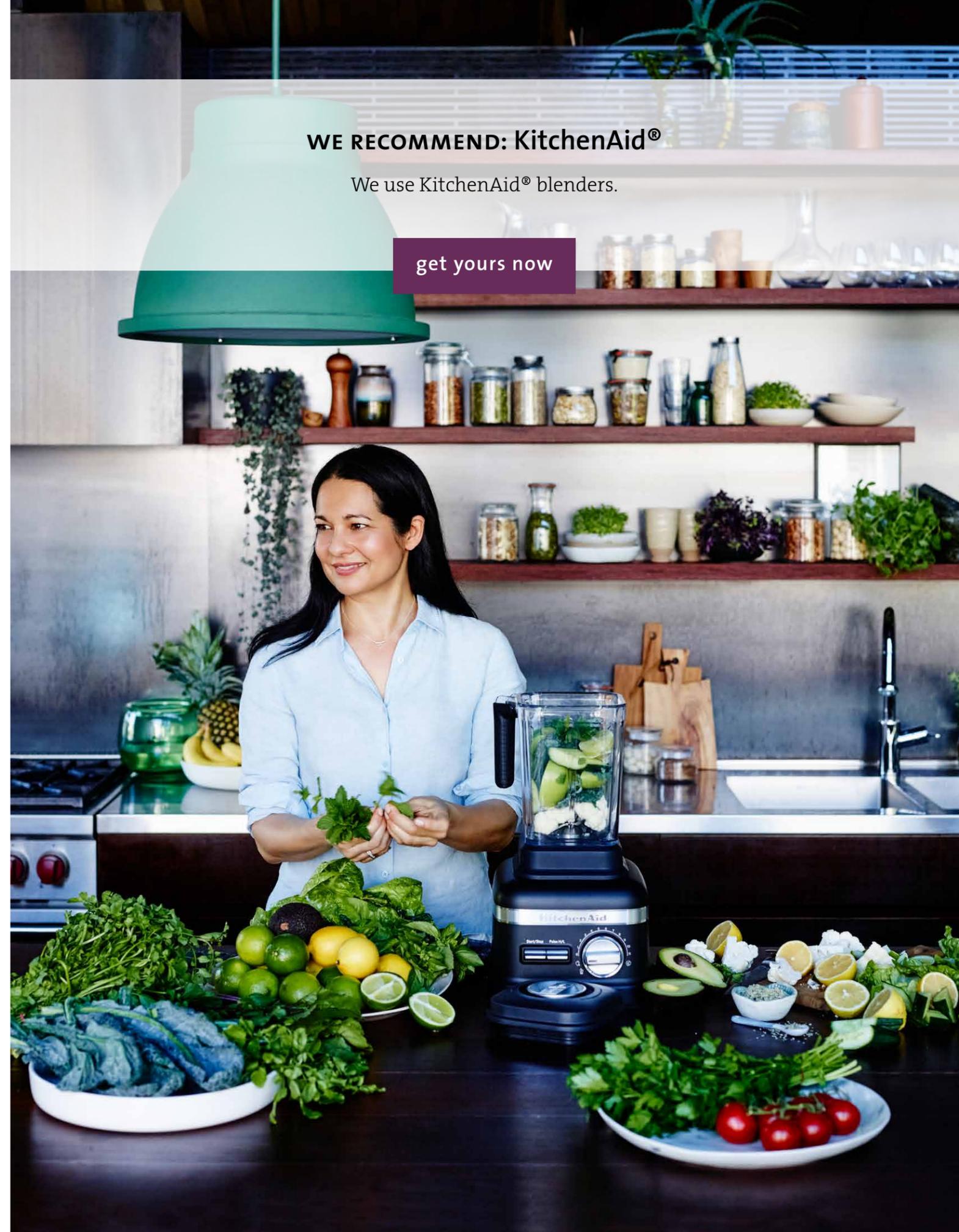
juices vs. smoothies

We often get asked to weigh in on "juicing versus blending," like it's a contest or a prize fight. We both drink juices and smoothies, with different benefits in mind, and recommend both. Green smoothies and whole blended juices retain the nutrients in skins, piths, and seeds, along with fiber, which slows down the assimilation of sugars and pushes food through the digestive system, binding and bulking toxins to assist the body in expelling them. Fresh strained juices (like you're drinking them for this fast) provide a more concentrated, nutrient dense food, and facilitate a less vigorous digestive process, reserving energy for detoxification and regeneration. That's especially helpful in periods of illness and during fasting.

WE RECOMMEND: KitchenAid®

We use KitchenAid® blenders.

get yours now



what to expect during the fast

Each person's fast is unique. Experiences vary due to physical and mental health (emotions, stress, and toxicity levels). Even an individual's fasts over time (especially season to season) can change. This is no less true of people following the same program.

In a fast, some people experience aches, headaches, or a huge variance in energy levels. Others feel great the whole way through. Emotionally, you may experience dramatic shifts, or feel consistently balanced and calm.

During Phase 1 (the pre-fast period of "clean" eating (see [page 33](#)) of this program, symptoms can also present, depending on toxicity levels. They'll generally disappear in 12 to 48 hours. The more you prepare your body for juice fasting by eating clean and raw foods (as prescribed on [page 33](#)) the gentler the transition, and the fewer symptoms you're likely to experience during the juice fast. If you follow our guidelines carefully, you will most likely experience minimal detox symptoms, or none at all.

Bear in mind that the body has to shed whatever it has stored, and some conditions have to get worse briefly before they get better. For example, skin conditions like eczema often flare up initially, then may clear or show dramatic improvement.

On the first day of juice fasting, you may feel slightly hungry, but that should subside quickly. The broth and the popsicles will help keep you satiated. Typically, the lunch juice on Day 1 eliminates any hunger pangs. However, if you're still feeling hungry, drink herbal teas and filtered water. We particularly recommend peppermint, rosehip, and chamomile. See the [Resources Page](#) for our brand recommendations. If you need more sustenance after the lunchtime juice, make a second batch of that juice. (Refer to our notes about doubling the juices on [page 69](#).) You may feel a little spacey by afternoon or have some nasal drainage or a slight headache. (Most people experience only one or two of these symptoms, or none.)

If you experience more severe physical symptoms, or extreme discomfort, you can slow the detox process by breaking the fast at any time with a piece of high-water content fruit, such as melon or an apple. Whenever you choose to break the fast, it is important that you follow the post-fast guidelines to properly transition back to clean eating. If you experience extreme pain or discomfort, please break the fast and consult your healthcare professional.

detox symptoms and relief

Here are the most common detox symptoms and natural strategies to relieve any discomfort.

The most effective way to alleviate most ailments is to hydrate with filtered water, juice, broth, herbal tea, or popsicles.

- **headaches** – Typically from sinus congestion as it clears; however, these can be from caffeine withdrawal if you don't wean yourself gradually. Make sure you're hydrated.
- **sinus congestion/drainage** – Use nasal rinsing (see [page 21](#)) to facilitate clearing.
- **achy, flu-like symptoms, without fever** – This will usually subside quickly on its own.
- **deep aches in areas of injuries in the body** – These injuries often feel better after a cleanse.
- **hunger during the fast** – This is usually relieved with a juice or more liquids and passes quickly.
- **gas and bloating** – Try fennel seed tea for relief. (See the [Resources Page](#).)
- **fluctuations in energy levels** – Energy can vary greatly during a fast. One minute you're ready to go out and dig a ditch, the next you need a nap. Tune into your body's signals.
- **foggy brain** – Usually during the first day of fasting and sometimes during the clean eating period, due to lower blood sugar and the body's work clearing toxins. Make sure you're hydrated, and this should pass quickly.
- **sticky mouth** – This means your body is clearing, and toxins are coming up from your esophagus, especially during sleep. To alleviate this, brush and floss more often, and scrape your tongue with a tongue-scraper or a spoon with a good edge. (See [page 21](#).)
- **fluctuating sleep patterns** – One night you may be restless, and have vivid dreams, another you may experience an extraordinarily deep sleep. These changes tend to level out after the juice fast, and most people notice improved sleep by the end of the fast.
- **deep emotions** – Don't be surprised by sudden waves of grief, happiness, anger, or giddiness. Breathe, ride the wave, and resist the urge to suppress those feelings (particularly if your coping strategy is to gobble something).
- **worsening of skin conditions** (eczema, acne, hives, etc) – Our skin is our largest detoxifying organ, and a flare-up of these is a strong indication that the body is clearing toxins. These symptoms usually clear up quickly and can improve long term.

practice self care

The fasting process is intense as you clear toxins and make temporary changes to your lifestyle. Detoxification uses a lot of energy, and your body goes through quite a number of changes. Nurture yourself as much as possible, physically, mentally, and emotionally. Allow extra time for rest, retreat, reflection, and renewal, for doing nothing, or engaging in the activities you find restorative. We advise against intense exercise and encourage gentle movement. We recommend pro-wellness practices during the fast such as meditation, deep breathing, journaling, and a bath before bed. For extra support and motivation, invite friends to join you in the fast, and reach out in the [Facebook group](#). Transforming the experience into a social one helps you stay accountable to yourself and others and makes it more fun.

exercise recommendations

In addition to toning and strengthening your muscles, and oxygenating your cells, movement is vital during cleansing, to assist the lymphatic system as it works hard to expel toxins. Unlike the circulatory system (which the heart serves as a pump), the lymphatic system relies on our movement to conduct its fluids through our systems.

During fasting, your body is engaged in an extremely intense level of cleansing and repair which utilizes a lot of energy. You're also consuming a reduced amount of calories during this period, so you will be processing less energy from food. Limit your daily physical activity accordingly. If your body is exhausted from strenuous physical exercise, it has less energy for detoxification and regeneration.

We recommend taking a break from running, cycling, lifting weights, or other intense physical activity. Gentle forms of movement are more appropriate for moving the lymphatic system to dial up detox.

Engaging in gentle movement for 30 to 60 minutes each day during this period will maximize your results.

recommended exercise during fasting

- Walking
- Stretching
- Gentle Yoga
- Tai Chi
- Rebounding

During a juice fast, our go-to exercise is rebounding. Jumping on a mini trampoline actively moves the entire body and stimulates the lymphatic system. Specific benefits of rebounding include: improved lymphatic drainage and immune function; increased bone mass; low-impact movement with reduced stress on the ankles and knees; increased endurance at the cellular level by stimulation of mitochondrial production (mitochondria being responsible for cell energy); improved balance; and increased energy and oxygenation.

If you have access to a mini-trampoline, bounce for 5 to 15 minutes everyday. As detoxing can affect your balance, take special care to steady yourself to prevent injuries. See the [Resources Page](#) for our brand recommendations.

recommended exercise during the break-fast period

Your body will create more energy as it transitions back into clean eating. However, your body will still be in a deep part of the detox and repair process, so it is still not ready for strenuous physical activity. Enjoy 30 to 60 minutes of gentle movement as listed above to assist the lymphatic system in expelling toxins. We recommend increasing your cardio workouts gradually during this time. Listen to your body, and don't push yourself until you feel ready. Most people report that they have about 50-70% of their normal energy levels during the break-fast period.

support options

Join our private cleansing [Facebook group](#). Fasting with others, in a community, makes the practice more enjoyable and offers the opportunity to support each other and share resources.

colon cleansing

This practice can hugely benefit your health and is a part of our own self-care. Still, who wants to talk about colonics, fecal matter, or voluntarily having tubes stuck up the backside? We get it. However, any ill-at-ease feeling that comes in reading this section may be far outweighed by the discomfort you'll feel if you skip this part of the program.

Colonics before a juice fast will make you more comfortable and enhance your cleanse. Before beginning a juice fast, it is best to clean out the colon as fully as possible. This clearing slows down the processes of digestion, reduces detox symptoms, minimizes hunger, encourages healthy bowel habits, and retrains the colon as one of the main detoxification passages.

If the colon is not cleared, toxins will remain trapped in the body and can cause discomfort. We highly recommend getting a colonic with a trained professional or administering home enemas. So, please schedule colonic appointments ahead of time or purchase home enema supplies at home prior to beginning the fast. See the [Resources Page](#) for our recommendations.

colonics

The ideal time for a colonic is the day before Day 1 of the Juice Fast in the late afternoon or evening. Once you have your colonic, the fast begins and you will not consume solid foods for three days. You can also have a colonic first thing in the morning on Day 1 of the Juice Fast. We also recommend having a second colonic on Day 3 of the Juice Fast, or the morning of "Day 4" before breaking the fast.

After extensive experience with both the open- and closed-system colonics, we recommend the closed system, which enables the therapist to perform body work such as lymphatic-drainage massage, acupuncture, and aromatherapy during your session. To find a good colon hydrotherapist, ask a trusted doctor, chiropractor, massage therapist, reflexologist, or acupuncturist. If you live in the United States, consult the [International Association for Colon Hydrotherapy](#).

Make sure the therapist uses a closed system, and remains in the room doing bodywork throughout the session. Juice fasting (liquid nutrition) is a wonderful way to loosen toxins found in the body's five organs of detoxification and elimination: the liver, kidneys, gallbladder, large intestine, and skin. This cleansing process is accelerated by colon hydrotherapy (flushing the colon with water).

Colonics are a safe, effective way of softening, dislodging, and releasing the waste in your colon. Furthermore, during a juice fast and after a juice fast, additional toxins have been released, and if you don't flush them out they will be reabsorbed by the body, resulting in detox symptoms.

If you experience acute detox symptoms, we recommend getting an additional colonic at any time during the fast, or self-administering enemas as described next.

enemas

If you don't have a professional colonic, we highly recommend administering daily enemas before, during, and after the juice fast to clear toxins from your bowels. Enemas are not necessary if you choose a colonic, but they can aid the detox process for anyone at anytime in the fast, especially if you are experiencing strong detox symptoms.

To administer a double enema:

1. Fill the colon with the contents of one enema bag (filled with warm water only) and expel immediately.
2. Then, do a second enema with the bag 2/3 full, this time adding 3 or 4 drops of fresh lemon juice and 1 cup of chamomile tea. Hold this solution for 5 to 15 minutes before expelling.

Administering your first enema will likely be awkward. Relax, breathe, and you'll quickly get the hang of it. Enemas soon become an easy 20-minute routine. Allow time for this practice, as you don't want to be rushed. If you don't have time to do an enema in the morning, work it into your evening routine. The easiest position to administer an enema is on your hands and knees in the bath or on the floor. After inserting the catheter or pipe (a natural balm or coconut oil makes it easier), take several deep breaths to relax the stomach muscles so the water can reach the transverse colon. After filling the bag, bleed the air from the line by hanging the bag higher than your body for gravity flow. During a juice fast, your body will be moving toxins into the colon every 24 hours.

You can purchase enema kits at most pharmacies or online. Look for the simple bag-and-tube kits labeled "douche/enema/hot water bottle" in the feminine hygiene section of the store. We don't recommend the enema kits that come with prepared enema solutions. These often contain chemicals that do not support cleansing. See the [Resources Page](#) for our brand recommendations for enema supplies.

wellness practices

Many holistic therapies can enhance and facilitate the cleansing process.

lemon water

At least twice a day drink filtered water with fresh lemon juice to alkalize the body. This is particularly beneficial on rising, after a night's rest, to alkalize the body, stimulate the digestive tract and prepare the body for food. Drink your lemon water warm or at room temperature, not iced. While lemons are alkaline-forming after they're digested past the stomach, they are chemically acidic, and can strip the enamel on your teeth. We recommend consuming lemon water with a reusable metal straw to avoid this. See the [Resources Page](#) for our brand recommendations.

detox baths

A soak for 20 to 30 minutes before bedtime opens the pores, draws out toxins, lowers the stress-related hormones, balances your pH levels, and aids restful sleep. For a simple detox bath, add to a full tub of water:

- 1 cup of Epsom salts
- 1/2 cup of baking soda
- 5 to 10 drops of lavender essential oil

See the [Resources Page](#) for our recommendations.

dry skin brushing

Brushing your body encourages detoxification by boosting circulation, stimulating the lymphatic system, exfoliating the skin, relieving stress and energizing the body. For best results (especially during a juice fast) brush once or twice daily. One of the best times to brush is in the morning, right before a shower. Always use a brush with natural bristles, like cactus fiber. Dry brushes are available at most health food stores and online. See the [Resources Page](#) for our recommendations.

To brush your whole body (except your face—there are special brushes for that), use a firm but not painful pressure (avoid “scrubbing”). Karen prefers circular strokes; Tess favors long strokes. Either way, start at your feet and work up your legs to your arms, chest, back, and stomach. Avoid brushing your genitals, or any areas with irritations or abrasions (including varicose veins). Your skin should be slightly pink after a brushing

(not red or irritated). Whichever kind of stroke you go with, always make the overall movement of brushing toward your heart; that's best for circulation and your lymphatic system. For optimal results, brush from 5 to 20 minutes.

tongue scraping

During a fast, you may notice that your tongue and teeth become coated with a white, sticky, film, particularly evident after sleep. This is an indication that your body is purging toxins up from or through the esophagus into the mouth. It's perfectly normal. We recommend tongue scraping. You can purchase copper tongue scrapers online or from health food stores. You can also use the inverted bowl of a spoon. Scrape from the back of the tongue to the front, in one continuous movement. Rinse the tongue scraper and brush your tongue and teeth afterward. See the [Resources Page](#) for our recommendations.

nasal rinsing/irrigation

For those with sinus conditions, the practice of rinsing the nasal cavity with a specific saline solution is a great, simple way to ease congestion, promote drainage, and alleviate sinus headaches that may occur during cleansing. The traditional method uses a Neti pot, available at most health food stores, and modern methods use a plastic container with pre-measured buffered salt packets, available at most pharmacies. Karen likes the NeilMed system as it's easy to use, is made of lightweight plastic, and travels well. Using this system regularly, many of Karen's clients have freed themselves of chronic sinus infections and other sinus conditions. Tess prefers a ceramic Neti pot. See the [Resources Page](#) for our recommendations.

meditation

This daily practice can help you stay balanced, calm, and connected to yourself. It also gives you time to focus on your dreams, and set intentions. Deep breathing also oxygenates the cells, and is alkalizing and cleansing. See the [Resources Page](#) for our recommendations. (Our [14-Day program](#) includes 14 daily meditations with Karen.)

earthing

Also known as “grounding,” connecting to the Earth's natural energy is something we both practice. Just as the sun gives us warmth and enables our bodies to make vitamin D, the Earth's surface gives us a natural energy. Earthing, safe for all ages, also reduces the effects of technology (computers, cell phones, television, radio) on the natural rhythms of the body. Standing, sitting, or walking barefoot outdoors or lying with some

bare part of your skin touching the dirt, grass, sand, or even concrete is a great habit to embrace, and practice whenever possible. These are all conductive surfaces from which your body can draw the Earth's energy. (Wood, asphalt, plastic and vinyl don't conduct that energy, so they don't serve the purpose.) To enhance the connection, you can use conductive sheets or mats that transfer the Earth's energy to your body. See the [Resources Page](#) for our recommendations.

infrared saunas

Research shows that infrared saunas can be beneficial for detoxification, relaxation, regulating blood pressure, anti-aging & skin purification, cell health, weight loss, pain relief, and improved circulation. Infrared saunas use infrared elements (not the stove coils traditional dry saunas employ), and their infrared rays penetrate through the skin and into the body's tissues, provoking a more detoxifying sweat (extracting less water) at lower temperatures. (They also use less energy.) Sitting in an infrared sauna feels balancing and relaxing, too, like sunshine on the skin—the absorption of the infrared rays is in fact like lying in the sun. We both use infrared saunas made by [Sunlighten](#). This company makes the best infrared saunas, accessible to all budgets. You can also use infrared saunas at many wellness centers and day spas.

giving

As part of our commitment to spreading wellness, we'll donate 5% of the profits of this program to a charitable organization working to improve wellness for children. For more information about our chosen charity for this year, please visit [our website](#).

WE RECOMMEND: Sunlighten

Research shows that infrared saunas can be beneficial for detoxification, relaxation, regulating blood pressure, anti-aging, skin purification, cell health, weight loss, pain relief, and improved circulation. Infrared saunas use specific heating elements (not the stove coils traditional saunas employ), and their infrared rays penetrate through the skin and into the body's tissues, provoking a more detoxifying sweat (extracting less water) at lower temperatures. Sitting in an infrared sauna feels balancing and relaxing, too, like the gentle warmth of the sun. We both use saunas made by Sunlighten. This company makes the best far and full spectrum infrared saunas, accessible to all budgets. You can access Sunlighten saunas at many wellness centers and day spas.

[learn more](#)



program structure

For an optimal cleansing experience, our 3-day juice fast program operates in four phases:

- **Phase 1** - Pre-Cleanse (5 to 7 days prior to fasting)
- **Phase 2** - Pre-Fast (2 days prior to fasting)
- **Phase 3** - Juice Fasting (3 days)
- **Phase 4** - Breaking the Fast (4.5 days)

Even though the actual juice fast only takes 3 days, it is most beneficial to take the time over 2 weeks (if possible) to adequately transition into and out of the fast. Ideally, you'll begin the 3-day fast on a Friday morning (or whatever day leads into your weekend or the period in which you have a regular break), so you will have the opportunity to rest.

Phase 1- Pre-Cleanse (5 to 7 days prior to fasting): To reduce your intake of toxins, clear them from your system, and expel them to reduce detox symptoms.

- **Eliminate Toxins:** If you smoke or consume caffeine, alcohol, or any sweeteners (natural or artificial), slowly reduce your intake, by 25% every 1 to 2 days, until you've eliminated the consumption completely before starting the fast. Going cold turkey will likely bring on avoidable detox symptoms like headaches.
- **Clean Eating:** a balance of raw and cooked recipes. Refer to our [Pre-Fast Recipes list on page 33](#).

Phase 2 - Pre-Fast (2 days prior to fasting): All raw foods.

- To prepare your digestive system to move away from solid fibrous foods to strained juices, we recommend consuming only raw fruits and vegetables, and minimal nuts and seeds.
- If you are fasting in cold weather and feel the need for cooked food, choose vegetable broth made with lightly steamed non-starchy vegetables (like leafy greens, broccoli, asparagus, cauliflower).
- Drink filtered water, lemon water, raw coconut water, fresh juices, and herbal teas.
- During these two days, avoid the consumption of all processed foods, meat, chicken, fish, eggs, dairy, gluten, grains, legumes, sugar, caffeine, and nicotine.

Phase 3 - Juice Fasting (3 days): All liquids. Follow the recipes and routine.

This is the main phase of the program and includes 3 juices per day, vegetable broth, and juice popsicles. You may consume additional freshly made juices, herbal teas, and filtered water during this time.

Phase 4: Break-Fast (4.5 days): A gentle transition back to clean eating in 3 stages. (Refer to the Break-Fast Recipes list on [page 60](#).)

breaking the fast responsibly and safely

After experimenting with many ways of breaking a fast, we've found that this simple method works the best. Our program's transition back to eating, in stages, is easy to follow, gentle, and safe.

The transition out of your juice fast works in three stages, each half the length of your fast.

So, for a 3-day fast: 1 1/2 days per stage; 4 1/2 days total for your transition.

Stage 1 — Half as long as your fast (after a 3-day juice fast; 1 1/2 days)

Your body is not ready to digest concentrated foods like animal proteins, other heavy proteins, and fats. At this stage, we also recommend against consuming fibrous leafy greens. Eating any of these foods would greatly compromise the benefits of the juice fast, and likely make you feel sick.

The best way to break a fast is with a very simple high-water-content fruit, like an apple or some melon. Consume a small quantity at first, to allow your body to start digestion again. Other good options: grapefruit, pear, papaya, grapes and mango. Go slowly, eating a bit at a time, and see how your body reacts. You can also keep drinking fresh juices, and now there's no need to strain them.

Once you've broken the fast with these simple fruits, in addition to the foods noted above, choose:

- Other high-water-content fruits: watermelon, orange, peach, pineapple, berries, cucumber, tomato.
- Smoothies: berries, banana, apple, spirulina, chlorella, maca
- Soups: miso, vegetable broth
- Sprouts: alfalfa, clover, sunflower, chia. (Other than sprouts, avoid greens for now.)

To help stimulate digestion, sip on a solution of 1 to 2 tablespoons raw, unfiltered, organic apple cider vinegar in sixteen ounces of filtered water. (See the [Resources Page](#) for our recommendations.)

Stage 2 — Also half as long as the fast (after a 3-day juice fast and Stage 1; 1 1/2 days)

To your eating plan from Stage 1, add whatever of the following you feel like eating, monitoring your body's responses as you reintroduce solid foods:

- leafy greens (kale, spinach, chard, romaine)
- berries
- avocado
- raw seeds (sunflower, pumpkin, sesame, hemp, chia, flax)
- olives and olive oil
- raw nuts and nut butters (almonds, pecans, walnuts)
- vegetable soups
- kelp and other sea vegetables

Stage 3 — Half as long as the fast (after a 3-day juice fast and phases 1 and 2; 1 1/2 days)

Same as Stage 2, but slowly add steamed and baked vegetables, and more fats, nuts, and seeds. Avoid heavy or greasy foods. You will likely find that much more modest portions than you've been accustomed to will fill you up. So, start with small quantities. Avoid dairy, sweeteners (except stevia), refined and processed foods, and high-fat foods. They're all sources of toxicity and difficult to digest.

check for food sensitivities

If you suspect you've got food sensitivities or allergies, the period after Stage 3 and before you fully transition back into your regular routine, is an ideal time to check for sensitivities as you reintroduce these foods. The most common sensitivities/allergens include: dairy, gluten/wheat, soy, corn, citrus, and nightshades (tomato, peppers, potato, eggplant).

Reactions to look out for are: sudden indigestion, headaches, sinus congestion, nausea, dizziness and heart palpitations. The best way to test suspect foods is to add them back to your diet one at a time. Each time you reintroduce a food, observe how your body reacts over at least 48 hours before reintroducing another suspect food. Add each food in its most whole form. To test dairy products, for example, add whole milk (not skim); to test wheat, try cream of wheat, not bread. We've seen many people discover food sensitivities or allergies after fasting, even if they've eaten a given food without symptoms all their lives. Don't confuse this informal test, though, with self-diagnosis. If you suspect sensitivities or allergies, consult your healthcare professional.

WE RECOMMEND: Omega

We use the Omega Juicers. This company make high-quality centrifugal and masticating juicers, available at various price points.

get yours now



gluten-free vegan grain-free

The Decadent Detox ebook

get yours now

the
**DECADENT
DETOX**

4 seasonal 14-day meal plans
for vibrant health

BY TESS MASTERS AND KAREN KIPP

pre-fast checklist

1. Set Yourself Up For Success

Read this guide: review the information to ensure you have the most effective experience.

2. Health Assessment

Toxicity Assessment: Complete this online and print to gauge your current state of health.

3. Eliminate These Items:

5 to 7 days prior to beginning the 3-day juice fast, slowly remove the items below by 25-30% each day:

- processed foods (pre-packaged foods)
- fried foods
- animal protein (meat, chicken, fish, eggs)
- dairy products (milk, butter, cream, cheese, sour cream, ice cream, yogurt)
- gluten
- grains
- legumes
- sugar (refined sugar, artificial and natural sweeteners)
- caffeine
- nicotine
- alcohol
- recreational drugs

Slowly transitioning off these difficult-to-assimilate items will minimize potential detox symptoms such as headaches, sinus drainage, and achiness. If you consume several of the items on the list regularly, extend your preparation and weaning period to 7 to 10 days.

Caffeine: If you consume caffeine every day, wean yourself off or it gradually. A caffeine withdrawal headache from going off coffee or tea cold-turkey is the most common detox symptom.

Supplements and Vitamins: Refrain from taking these during the 3-day juice fast as pills and capsules can induce hunger.

Prescription Medications: If you're taking medications for high blood pressure, diabetes, or any other serious health condition please consult your physician before participating in this juice fast.

4. Eat Clean:

- Pre-Fast Recipes:** 7 Days prior to beginning the cleanse, choose recipes from the Pre-Fast Recipes List ([page 33](#)) or similar recipes that do not contain foods on the elimination list in #3 in order to prepare your body for juice fasting.
- Stay Hydrated:** You must stay hydrated for optimal health. Water helps transport oxygen, fat, and glucose to our working muscles, regulates body temperature, digests food, and eliminates waste and toxins.

5. Recipes and Supplies

(See the [Resources Page](#) for our recommendations)

- Recipes:** Review the 9 juice recipes, vegetable broth, and popsicles for any allergies or food intolerances or to substitute ingredients that you don't like or can't access.
 - Shopping List:** Purchase your ingredients to make the recipes. Read the notes on the shopping list ([page 68](#)), and instructions for doubling the recipes or substituting ingredients.
- Kitchen Equipment:**
- Juicer:** a pulp-extracting, masticating (slow-speed) or centrifugal juicer for the juices.
 - Strainer:** fine-mesh metal or plastic to strain any remaining pulp from the juices
 - Popsicle molds or ice cube trays:** to make the popsicles

These items are necessary to prepare the juice recipes. If you don't have these items, borrow from friends and family or purchase.

- **Wellness Practices:** Certain physical activities can enhance the results of your juice fast. If you choose to try any of the suggestions on our list, make practitioner appointments and/or purchase supplies.

6. Set Up Your Support System

- Set positive intentions that you can do this.
- Join the private Facebook group.
- Ask friends or family members to help you stay on track.

the recipes

juice fast recipes

day 1

Greener Cleaner (p. 41)
Cooling Quencher (p. 42)
Alkaline Dreaming (p. 45)

day 2

Orange, Are You Awake? (p. 46)
Kiwi Express (p. 49)
Sweet Tempered Greens (p. 50)

day 3

Sweet Coalescence (p. 53)
Can You Feel The Beet? (p. 54)
Long Life Elixir (p. 57)

anytime

Vegetable Broth (p. 58)
Summer Blast Popsicles (p. 59)

break-fast recipes

(Days 4 and 5; after the 3-Day Juice Fast)

Honeydew Basil Break-Fast (p. 60)
Berry Basil Break-Fast (p. 63)
Rosemary Melonade Smoothie (p. 64)
Cucumber Delight (p. 67)

stage 1 foods (1½ days):

melons, berries, apple, cucumber, celery,
orange, grapefruit, pineapple,

stage 2 foods (1½ days):

leafy greens, avocado, raw nuts & seeds,
olives/olive oil, sea vegetables, vegetable
soups

stage 3 foods (1½ days):

slowly add steamed and baked vegetables,
and more fats, nuts, and seeds

pre-fast/post-fast cooked recipes

7 days before the 3-Day Juice Fast. Then, 48 hours prior to fasting, refer to the Pre-Fast Raw Recipes list (page 60). Then, 48 hours after completing the juice fast, eat clean from this list for one more week.

juices

Grapefruit Fennel Juice
Carrot Ginger Juice
Happy Herby Juice
Beet Bliss Juice
Citrus Ginger Zinger Juice
Colon Cleanser Juice

smoothies

Tropical Smoothie Bowl
Superfood Green Machine Smoothie
Mango Salsa Smoothie
Sweet Kiwi Kreme Smoothie

soups

Creamy Cauliflower Soup
Thai Pumpkin Soup
Cream Of Asparagus Soup
Roasted Garlic & Potato Soup
Spicy Carrot Coconut Soup
Cream Of Broccoli Soup
Roasted Sweet Potato & Macadamia Soup
Creamy Spinach Soup
Roasted Butternut Squash Soup

salads

Green Goddess Salad
Potato Salad
Brussels Sprouts Caesar Salad
Quinoa Salad with Citrus Dressing
Happy Hydrator Salad

mains

Mushroom Stroganoff
Potato, Cauliflower & Green Bean Curry
Chimichurri Abundance Bowl
Roasted Garlic Pasta with Broccoli

sides & snacks

Olive Oil Mashed Potatoes
Lemon Garlic Green Beans
Curried Sweet Potato with Herbs
Cauliflower Millet Mash
Roasted Parsnip & Caramelized Onion Puree
Roasted Beet Dip
Muhammara Dip

pre-fast/post-fast raw recipes

48 hours before the 3-Day Juice Fast

milks

- Hemp Milk
- Almond Milk
- Cultured Almond Milk

breakfast

- Fruity Fever Smoothie
- Tropical Green Energy Smoothie
- Omega Blueberry Blast Smoothie
- Alkaline Lime Smoothie
- Grape Parsley Lemonade Smoothie
- Berry Breakfast Parfaits

meals

- Raw Cucumber Avocado Sushi Rolls
- Raw Avocado Pesto Pasta (raw zucchini noodle version)
- Raw Pasta Alfredo
- Raw Pasta Marinara with No-Meat Balls
- Raw Lasagna Stacks
- Avocado Gazpacho
- Brilliant Broccoli Salad
- Creamy Coleslaw

snacks

- Bean-Free Hummus
- Garlic Kale Chips
- Green Pea & Almond Dip
- Cultured Vegetables

summer

menu	day 1	day 2	day 3
breakfast	Greener Cleaner <i>(p. 41)</i>	Orange, Are You Awake? <i>(p. 46)</i>	Sweet Coalescence <i>(p. 53)</i>
lunch	Cooling Quencher <i>(p. 42)</i>	Kiwi Express <i>(p. 49)</i>	Can You Feel the Beet? <i>(p. 54)</i>
dinner	Alkaline Dreaming <i>(p. 45)</i>	Sweet Tempered Greens <i>(p. 50)</i>	Long Life Elixir <i>(p. 57)</i>
snacks	Vegetable Broth <i>(p. 58)</i> Popsicles <i>(p. 59)</i>	Vegetable Broth <i>(p. 58)</i> Popsicles <i>(p. 59)</i>	Vegetable Broth <i>(p. 58)</i> Popsicles <i>(p. 59)</i>
drinks	filtered water herbal teas additional juices	filtered water herbal teas additional juices	filtered water herbal teas additional juices

day 1 - daily routine

menu

Break-Fast Juice: Greener Cleaner ([page 41](#))

Lunch Juice: Cooling Quencher ([page 42](#))

Dinner Juice: Alkaline Dreaming ([page 45](#))

routine

am

upon rising

- Meditate
- Schedule a time for your exercise, 30 minutes
- Tongue Scraping (See [page 21](#))
- Dry Skin Brush before bathing (See [page 20](#))

early morning

- 1 (8-oz) glass warm vegetable broth, warmed on stove, do not boil

morning

- **Juice:** Greener Cleaner

mid-morning

- Hydrate
- 1 cup herbal tea (hot or cold, no caffeine, recommendations: rosehip, peppermint, chamomile) *When heating water for tea, we don't bring the water to a complete boil, as boiling destroys enzymes 100%, kills some nutrients.

pm

noon

- **Juice:** Cooling Quencher

mid-afternoon

- 1 cup herbal tea (any kind)
- Juice popsicle (optional)

early evening

- **Juice:** Alkaline Dreaming

mid-evening/bedtime

- 1 glass warm vegetable broth and/or herbal tea
- Optional: Dry Skin Brushing (See [page 20](#))
- Optional: Detox Bath (See [page 20](#))

day 2 - daily routine

menu

Break-Fast Juice: Orange, Are You Awake ([page 46](#))

Lunch Juice: Kiwi Express ([page 49](#))

Dinner Juice: Sweet Tempered Greens ([page 50](#))

routine

am

upon rising

- Meditate
- Schedule a time for your exercise, 30 minutes
- Tongue Scraping (See [page 21](#))
- Dry Skin Brush before bathing (See [page 20](#))

early morning

- 1 (8-oz) glass warm vegetable broth, warmed on stove, do not boil

morning

- **Juice:** Orange, Are You Awake

mid-morning

- Hydrate
- 1 cup herbal tea (hot or cold, no caffeine, recommendations: rosehip, peppermint, chamomile) *When heating water for tea, we don't bring the water to a complete boil, as boiling destroys enzymes 100%, kills some nutrients.

pm

noon

- **Juice:** Kiwi Express

mid-afternoon

- 1 cup herbal tea (any kind)
- Juice popsicle (optional)

early evening

- **Juice:** Sweet Tempered Greens

mid-evening/bedtime

- 1 glass warm vegetable broth and/or herbal tea
- Optional: Dry Skin Brushing (See [page 20](#))
- Optional: Detox Bath (See [page 20](#))

day 3 - daily routine

menu

Break-Fast Juice: Sweet Coalescence ([page 53](#))

Lunch Juice: Can You Feel the Beet? ([page 54](#))

Dinner Juice: Long Life Elixir ([page 57](#))

routine

am

upon rising

- Meditate
- Schedule a time for your exercise, 30 minutes
- Tongue Scraping (See [page 21](#))
- Dry Skin Brush before bathing (See [page 20](#))

early morning

- 1 (8-oz) glass warm vegetable broth, warmed on stove, do not boil

morning

- **Juice:** Sweet Coalescence

mid-morning

- Hydrate
- 1 cup herbal tea (hot or cold, no caffeine, recommendations: rosehip, peppermint, chamomile) *When heating water for tea, we don't bring the water to a complete boil, as boiling destroys enzymes 100%, kills some nutrients.

pm

noon

- **Juice:** Can You Feel the Beet?

mid-afternoon

- 1 cup herbal tea (any kind)
- Juice popsicle (optional)

early evening

- **Juice:** Long Life Elixir

mid-evening/bedtime

- 1 glass warm vegetable broth and/or herbal tea
- Optional: Dry Skin Brushing (See [page 20](#))
- Optional: Detox Bath (See [page 20](#))

juice recipes

All of the juice recipes are designed for one serving, they contain 100 to 150 calories, and are loaded with enzymes, vitamins, minerals, and antioxidants. Drink the juices in the order they are prescribed as they have been designed to follow the body's natural rhythms (including sleep patterns) in order to facilitate the cleansing process in the most effective way.

Drink juices on an empty stomach to maximize absorption and benefits. We have chosen more fruit-based juices during the day to help break down toxins in the body. Vegetable-based mineral-rich juices are more alkalizing for afternoons and evenings to help rebuild the body and prepare it for rest.

Straining: While juice fasting, it's necessary to strain all juices to ensure that solid pieces and large amounts of fiber are not consumed. Solid food and fiber will encourage the digestive process to begin again, and will make you hungry.

Dilute Juices: All of the juice recipes contain ½ cup of filtered water in the ingredients. While fasting, we dilute all juices, as this helps to slow down sugar absorption. You can dilute the juices further if you wish.

Doubling Juices: Most of our juice recipes contain about 100-150 calories, and are packed with vitamins and minerals. If you feel hungry and would like more juice (more calories) or are experiencing low blood sugar, you can repeat any of our juice recipes during the same time period on any given day. If it's still morning, for example, make another batch of that day's morning juice.

Ingredient Substitutions: We understand that some ingredients may be unavailable or expensive, or that allergies may be an issue. For such cases, we've suggested substitutions on [page 69](#). These swaps shouldn't significantly alter the taste or nutritional content of the recipes. When substituting ingredients, you'll need to change your shopping list ([page 68](#)) accordingly.

greener cleaner

SERVES 1

This green goddess starts the cleansing process. Lemon helps detoxify the liver and dissolve mucous; apple helps break down toxins in the intestinal tract; and kale and Swiss chard add cleansing chlorophyll to help build blood, regenerate cells, and clear the respiratory tract. This is a classic juice combo that tastes like fresh green lemonade.

4 stalks kale (or sub 2 handfuls spinach)
2 stalks Swiss chard
1 green apple, cored
1/2 English cucumber
1 lemon, rind removed
1/2 cup filtered water
Pinch of Celtic sea salt

Push the kale, chard, apple, cucumber, lemon, and water through your [juicer](#). Strain any pulp. Stir in the salt.



cooling quencher

SERVES 1

The vitamin- and mineral-rich water in watermelon is loaded with sodium and potassium to hydrate the body, fight fatigue, and replenish electrolytes. Packed with lycopene and glutathione antioxidants, the magic melon is an anti-inflammatory ace, protecting the heart, bones, skin, respiratory system, and prostate in men. Our kidneys convert the citrulline in watermelon to the amino acid arginine, which dials up detox like a bandit. The watermelon has incredible skin supporting properties, so push that through the juicer, too. Lime helps break down toxins and is loaded with vitamin C for immunity; and basil amps up the anti-bacterial and anti-inflammatory agenda, and adds crazy-amazing flavor. This juice tastes like a refreshing mocktail, and is so delicious, you'll forget you're cleansing.

**¼ small watermelon
(including rind)**

1 lime, rind removed

**2 handfuls basil, leaves and
stems (or mint)**

½ cup filtered water

Pinch of Celtic sea salt

Push the watermelon, lime, basil, and water through your [juicer](#). Strain any pulp. Stir in the salt.





alkaline dreaming

SERVES 1

This mellow green juice laden with minerals from the romaine and celery helps induce sleep. Cilantro cleanses the blood; cucumber hydrates and supplies silica to keep the skin healthy; and lemon amps up the alkaline agenda, and adds a crisp tangy note. Don't miss adding the cayenne pepper. A powerful prebiotic food, this hot pepper is dynamite for digestion and weight loss, boosting the secretion of hydrochloric acid to encourage the proliferation of beneficial bacteria, while increasing enzyme production, stimulating the colon, firing metabolism, and burning fat. This is a sweet green dream to end Day 1 of the fast.

¼ romaine lettuce heart

1 lemon, rind removed

2 stalks celery

**½ English cucumber,
unpeeled**

½ green apple

**1 handful cilantro (or flat-
leaf parsley)**

**Pinch of cayenne pepper
(optional)**

½ cup filtered water

Pinch of Celtic sea salt

In a large bowl, toss the produce with the cayenne until evenly coated.

Push the romaine, lemon, celery, cucumber, apple, cilantro, and water through your [juicer](#). Strain any pulp. Stir in the salt.

orange, are you awake?

SERVES 1

With a truckload of beta-carotene and carotenoids, carrots strengthen the skin and aiding mucus membranes in the respiratory and digestive tracts to battle bacteria. Combine carrots with orange, and you have a voracious vitamin-c juice that rages against free radical damage and cleanses the liver and colon. Carrots also contain vitamin K, calcium, magnesium, and phosphorus help to oxygenate the blood, lower cholesterol, and promote heart, bone, and nerve health. Apple helps regulate digestion, and lime amps up the alkaline agenda. Ginger adds more anti-inflammatory ammo, aids digestion, and additional cleanse and kick!

1 orange, rind removed
3 carrots, scrubbed
1 green apple, cored
1 lime, rind removed
½-inch piece ginger root
½ cup filtered water
Pinch of Celtic sea salt

Push the orange, carrots, apple, lime, ginger, and water through your [juicer](#). Strain any pulp. Stir in the salt.





kiwi express

SERVES 1

An ode to our Kiwi friends, this juice is chock-full of vitamin C and other antioxidants to combat free radicals and boost immunity. Spinach adds chlorophyll-cleansing karma to regenerate cells, build blood, and clear the respiratory tract. Apple aids digestion, while lemon amps up the alkaline agenda. This is a tropical treat that will tickle your taste buds.

**2 to 3 peeled kiwis (or
1 green apple + ½ lemon,
rind removed)**

1 green apple, cored

**3 handfuls baby spinach
(or 3 stalks kale)**

1 lemon, rind removed

½ cup filtered water

Pinch of Celtic sea salt

Push the kiwis, apple, spinach, lemon, and water through your [juicer](#).
Strain any pulp. Stir in the salt.

sweet tempered greens

SERVES 1

This evening green juice is an alkaline avenger. Baby bok choy and spinach contain cleansing chlorophyll to remineralize the body, regenerate the cells, build the blood, and prepare the body for rest. Cucumber hydrates and cools the body, acts as a natural diuretic, and provides the skin and connective tissues with loads of silica. Parsley purifies the blood, and mint aids digestion. This is a mild-tasting green machine to wrap up day 2 of the juice fast.

1 large head baby bok choy
(or sub ½ head romaine heart + 2 stalks celery)

½ English cucumber,
unpeeled

½ lemon, rind removed

3 handfuls spinach

1 handful flat-leaf parsley

1 handful mint (or sub basil)

½ cup filtered water

Pinch of Celtic sea salt

Push the bok choy, cucumber, lemon, spinach, parsley, mint, and water through your [juicer](#). Strain any pulp. Stir in the salt.





sweet coalescence

SERVES 1

This delicious sweet treat is a detox disguised as dessert. Strawberries help neutralize acidic waste and oxidation, reducing the degeneration of cells, tissues, and organs. Rich in vitamin C and alkaline-forming mineral buffers, these brilliant berries are loaded with antioxidant ammo to calm inflammation to protect the eyes, muscles, blood, and nervous system. Apple helps break down toxins in the intestinal tract; lemon aids the alkaline agenda while adding a delightful tang; and ginger warms up the blend, stimulates the lymph and the digestive tract, helps calm inflammation, and creates flavor fever.

1 green apple, cored

1 large handful strawberries

¼ English cucumber, unpeeled

1 lemon, rind removed

½-inch piece ginger root

½ cup filtered water

Pinch of Celtic sea salt

Push the apple, strawberries, cucumber, lemon, ginger, and water through your [juicer](#). Strain any pulp. Stir in the salt.

can you feel the beet?

SERVES 1

Detox depends on mineral-rich blood, and beets, with iron, copper, and magnesium, and vitamin C are brilliant blood builders. The betaine in beets is an anti-inflammatory avenger to fight infections. Clearing congestion from the colon, detoxing the lymphatic and the liver, beets will clean you out! The chlorophyll in the Swiss chard further cleanses and alkalizes, while apple, lemon, and lime aid digestive cleansing and help mellow out the earthiness of the beets. Many of our beet-skeptic participants are pleasantly surprised how much they enjoy this juice. If you're not sold, add more apple and lemon for a sweeter ride.

3 stalks Swiss chard
½ lemon, rind removed
½ red beet
1 apple, cored
1 lime, rind removed
½ cup filtered water
Pinch of Celtic sea salt

Push the chard, lemon, beet, apple, lime, and water through your [juicer](#).
Strain any pulp. Stir in the salt.





long life elixir

SERVES 1

This green goddess is detox dynamite taming toxins from our organs, tissues, cells, and blood, and re-building, rejuvenating, and re-mineralizing the body. Cilantro is a crazy-amazing chelator flushing heavy metals and other nasties. Chock-full of alkaline-forming minerals from the celery and cucumber, this juice is fantastic for combating acidic wastes, too. And, with the calming properties of romaine, this brilliant beauty is a happy hydrator that prepares the body for sleep.

- 1 green apple, cored**
- 2 stalks celery**
- ½ English cucumber, unpeeled**
- ½ lemon, rind removed**
- 3 leaves romaine heart**
- 1 handful cilantro (or flat-leaf parsley)**
- ½ cup filtered water**
- Pinch of Celtic sea salt**

Push the apple, celery, cucumber, lemon, romaine, cilantro, and water through your [juicer](#). Strain any pulp. Stir in the salt.

vegetable broth

SERVES 1

This alkalizing restorative broth is a comforting way to start each day, and helps stave off hunger during the juice fast. This brilliant broth also helps warm the body to prevent the damp chill that can occur in the colder weather when juicing. Packed with minerals like calcium, potassium, magnesium, and sodium, this broth has a nice neutral flavor and is really easy to throw together. We've kept this broth simple to account for differing flavor preferences. But, feel free to jazz up the flavors with some fresh herbs.

½ cup sliced or shredded red beets (scrubbed but not peeled)

1 cup sliced or shredded carrots (scrubbed but not peeled)

1 cup chopped celery (stalks and leaves)

1 cup mixed greens (beet greens, spinach, kale, swiss chard, collard greens)

1 cup green cabbage, roughly chopped

½ parsley bunch

6 cups filtered water

Fresh lemon juice, to taste

Celtic sea salt, to taste

Red pepper flakes or cayenne pepper, plus more to taste

In a 5- to 6-quart stock pot, add the washed vegetables, and cover with the filtered water.

Cover the pot, and cook slowly on low heat for 1 hour. Remove the pot from the heat, and allow the veggies to steep in their broth for 1 to 2 hours. Strain the vegetables, and save the liquid broth. (You should have approximately 4-5 cups of broth.) Add lemon juice, salt, and cayenne to taste.

summer blast popsicles

MAKES ABOUT 6 POPSICLES

These frozen treats are life savers while juice fasting! Being able to chew something will help you stave off hunger and feel satiated, and also aid the cleansing process. Strawberries help neutralize acidic waste and oxidation, reducing the degeneration of cells, tissues, and organs. Rich in vitamin C and alkaline-forming mineral buffers, these brilliant berries are loaded with antioxidant ammo to calm inflammation to protect the eyes, muscles, blood, and nervous system. Apples add sweetness and aid digestion; and lemon adds a terrific tang, a dose of vitamin C, alkalizes the pops, and helps to flush toxins from the liver. Enjoy these popsicles at any time during the juice fast.

3 apples

1 lemon, rind removed

2-3 handfuls of strawberries

Push the ingredients through your [juicer](#).

Strain the juice with a fine mesh strainer or nut milk bag.

Pour the strained liquid into popsicle molds, and place in the freezer for 8 hours, until frozen.

honeydew basil break-fast

SERVES 1

This simple salad has a delightful flavor, and acts as a powerful anti-inflammatory, anti-bacterial, detox, and digestive aid. Lime juice alkalizes and cleanses, and honeydew's water-to-potassium ratio in concert with vitamin K from the basil supports muscle and nerve function, and calms the nervous system. Basil also helps alleviate cramps and bloating. Ripe chilled melon with a pinch of high-quality sea salt will deliver the fullest flavor.

- ½ medium honeydew melon, skin removed and cut into cubes
- 2 tablespoons chiffonaded basil leaves, plus more to taste
- 1 teaspoon fresh lime juice, plus more to taste
- Pinch of Celtic sea salt, plus more to taste

In a bowl, combine all of the ingredients, and tweak basil, lemon juice, and salt to taste.



berry basil break-fast

SERVES 1

Loaded with antioxidant vitamins A and C, from both the berries and the basil, this delicious salad is great for scavenging free radicals and fighting infection. The lupeol and fisetin in strawberries neutralizes abnormal cells in the digestive tract, and blueberries become gelatinous in the colon, helping to expel toxins and lower blood pressure and cholesterol. Berries and basil also protect the brain from oxidative stress. The manganese, iron, and magnesium in this fruit salad help build healthy blood and regulate blood pressure. Don't miss the lime juice, as it elevates the flavors of the berries, and alkalizes and detoxifies the body.

**1 cup fresh strawberries,
hulled and sliced**

½ cup fresh blueberries

**1 tablespoon finely
chopped basil, plus more
to taste**

**2 teaspoons fresh lime
juice, plus more to taste**

In a bowl, combine all of the ingredients, and tweak basil and lime juice to taste.



rosemary melonade smoothie

SERVES 2

This exotic blend from [The Blender Girl Smoothies app](#) sips like a fancy cocktail, but skips the hefty bar tab. Melon is hydrating, and rich in vitamin C and anti-inflammatory lycopenes, while rosemary contributes awesome flavor and antibacterial backup. The combination makes this your secret immunity agent!

3 cups chopped seedless watermelon, chilled

1 teaspoon finely grated lemon zest

1 lemon, peeled and seeded

1½ teaspoons finely chopped rosemary

½ cup frozen pineapple

¼ cup frozen strawberries

5 drops alcohol-free liquid stevia, plus more to taste (optional)

Throw all of the ingredients into your [blender](#) and blast on high for 30 to 60 seconds, until well combined.





cucumber delight

SERVES 2

This simple salad is one of our favorite break-fast recipes because it's light, gentle on the digestive system, intensely hydrating, and enlivening to all the senses. Ignite full flavor fever after three days on liquids! Cucumber is a master cleanser. It helps regulate body temperature, reduce inflammation and swelling, lower blood pressure, flush out toxins, hydrate cells, and plump up skin! Garlic chimes in with antibacterial support; apple cider vinegar adds probiotic power; lime juices adds antioxidant vitamin C and alkalizing minerals; and cilantro kicks pollutants to the curb as it brings in crazy good flavor.

dressing

2 tablespoons fresh lime juice

1 teaspoon minced garlic (1 clove)

½ teaspoon apple cider vinegar

½ teaspoon Celtic sea salt, plus more to taste

⅛ teaspoon red pepper flakes, plus more to taste

Freshly ground black pepper, to taste

3 drops alcohol-free liquid stevia, plus more to taste

salad

2 cups diced or spiralsliced, unpeeled English cucumber (1 cucumber)

1½ tablespoons diced red onion

¼ cup finely chopped cilantro

To make the dressing, throw the ingredients into a glass jar, secure the lid, and shake vigorously until well combined.

Toss the cucumber, onion, and cilantro together, and toss through the dressing. Add salt, red pepper flakes, and stevia to taste.

Consume immediately, or allow the salad to chill in the fridge for a couple of hours for the flavors to mesh.

3-day summer shopping list

This shopping list contains the ingredients for the 9 juices, broth, and popsicles for 1 person for the 3-Day Juice Fast. This list does not include ingredients for any of the pre-fast or break-fast recipes you may choose. We recommend using organic produce (where possible) for the best results.

fresh produce

10 apples, green (sub red)
1 basil bunch
3 beets, red
3 bok choy bunches, baby (sub 1/2 romaine head)
1 cabbage head, white
8 carrots, medium
1 celery bunch, large
2 cilantro bunches
2 cucumbers, English
2-inches ginger root
8 lemons, medium
1 kale bunch, curly or lacinato
3 kiwis (sub with 1 green apple + ½ lemon)
3 limes, medium
1 mint bunch (sub basil)
1 orange, large
2 parsley bunches, flat-leaf (sub cilantro)
3 Romaine hearts
2 spinach bunches
1 strawberries pack, large (approx. 4 handfuls)
1 Swiss chard bunch (6 to 8 stalks)
1 watermelon, small seedless

pantry

Cayenne Pepper, ground
Celtic Sea Salt
Filtered water

juice notes

doubling recipes

If you intend to double the juice recipes for more calories or more than one person is participating in the fast, you will need to adjust the ingredient quantities accordingly. However, you may have extra ingredients if you double all quantities for every ingredient on the shopping list. For example, one cabbage head is more than enough for one person, but it isn't typically sold in smaller quantities.

substitutions

We understand that some ingredients may be unavailable or expensive, or that allergies may be an issue. See our substitution suggestions on the shopping list. When substituting ingredients, you'll need to change your shopping list accordingly. These swaps shouldn't significantly alter the taste or nutritional content of the recipes.

Apples: Granny Smiths have the lowest sugar content, so they're our go-to apple for the cleanse. If those green apples are unavailable, the best reds to substitute are Fuji and Gala.

Spinach and **Kale** are interchangeable in recipes, and it's good to use both as much as possible.

Zucchini can be substituted for **Cucumber** with minimal taste difference in the juices. This substitution will likely yield less juice.

Swiss Chard can be replaced with **Romaine Lettuce**.

Pumpkin can be substituted with any **Winter Squash**, such as **Butternut**.

Cilantro and **Parsley** can be used interchangeably in the recipes, as can **Mint** and **Basil**. Which leafy herb you want depends on the flavor profile you're after. Bear in mind that basil is more warming than mint, and optimal for a cold-weather cleanse.

no-sugar options

These juices, designed with balance in mind, are naturally low in sugar (fructose). If you want to go even lower, keep the lemon or lime, but eliminate the sweet fruits (apple, orange, pineapple, etc), and substitute the equivalent weight in cucumbers. The flavor will change, but these highly alkalizing juices will heighten the effects of the cleanse.

our 14-day program includes:

- Toxicity Assessment – to evaluate your current state of health
- Wellness Assessment – to help you create your Wellness Plan
- 14-Day Clean Eating Menu – recipes for Breakfast, Lunch, and Dinner
- 50 Gorgeous Color Photos
- Cleansing Foods Guide
- Pre-Cleanse Checklist
- Success Guide
- Shopping Lists – to make getting supplies easy
- Focus Chart – to help you stay on track
- Step-By-Step Daily Routines – to help you follow the program and organize your day
- Daily Journal – to document your progress
- Daily Guided Meditations – 14 (10-min) MP3 files to help you focus and relax each day
- Break-Fast Guide
- Better Health Guides – for Wellness Practices, Hydration, Sleep, Exercise, Meal Prep, Juices, and Smoothies, Alkaline Foods, Probiotic-Promoting Foods, Soaking, and Sprouting, Nut Milks, Colon Cleansing, Managing Detox Symptoms, Minimizing Toxins,
- Vision Boarding Guide – to help you set goals
- Wellness Plan – a roadmap for your journey after the cleanse

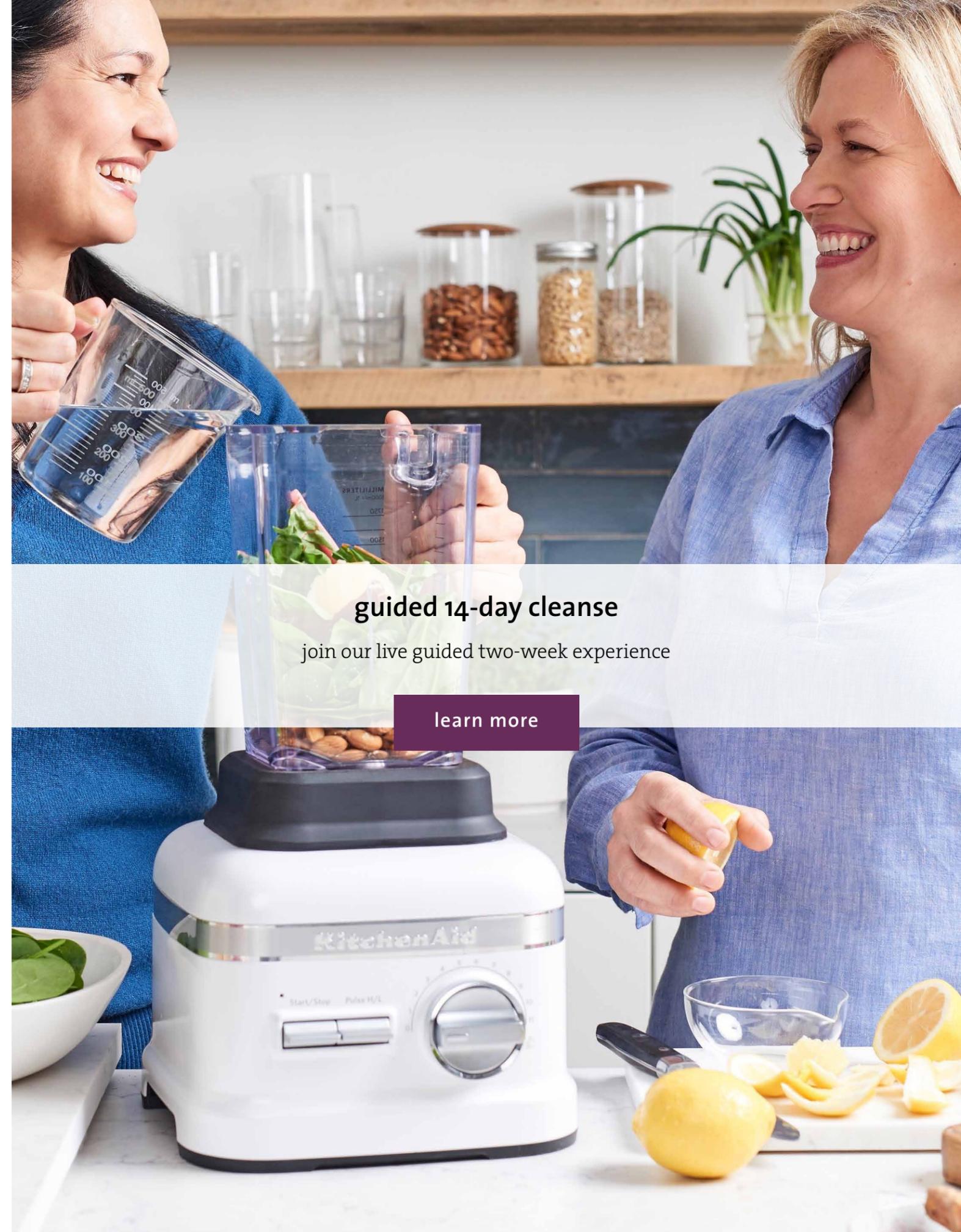
Personal Access to Tess and Karen for 14 Days with:

- Daily Emails and Videos with Tess and Karen
- Access To Our Private 14-Day Cleanse Facebook Group
- 7 Scheduled Live Video Support Calls with Tess and Karen

Bonus Extras:

- [The Decadent Detox book](#) – digital download
- The Keep Clean cookbook – digital download
- Natural Beauty cookbook – digital download

Join us for the next [14-Day Cleanse](#).



guided 14-day cleanse

join our live guided two-week experience

[learn more](#)

about the blender girl

Tess Masters is an actor, cook, and author of [The Blender Girl](#), [The Blender Girl Smoothies](#), [The Perfect Blend](#), creator of [The Blender Girl Smoothies app](#), and co-author of [The Decadent Detox](#).

Tess shares her enthusiasm for healthy living on [theblendergirl.com](#) and through [The Blendaholic](#), her show on Facebook.

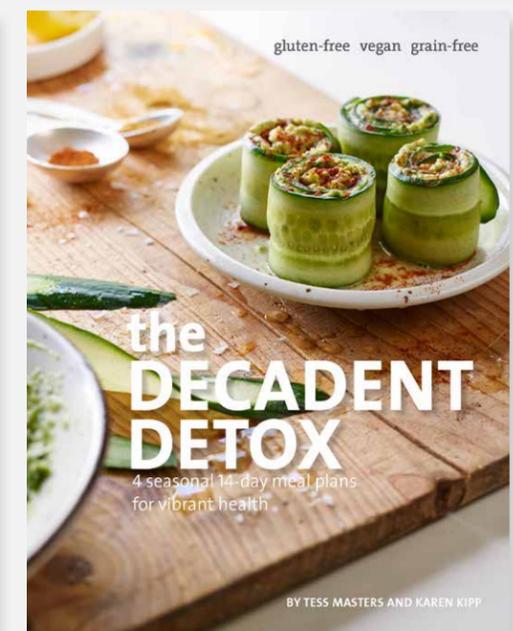
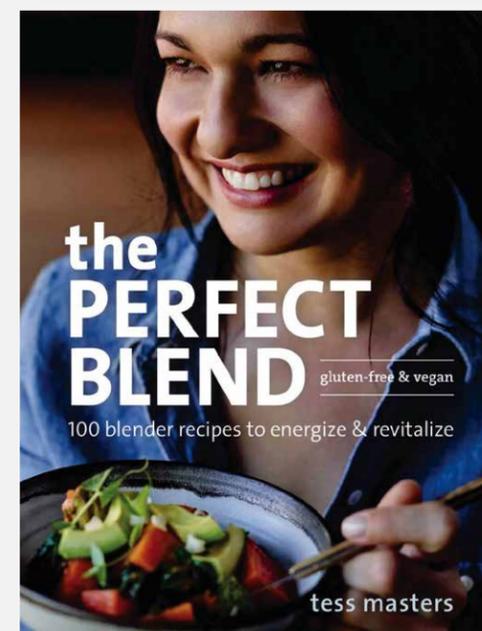
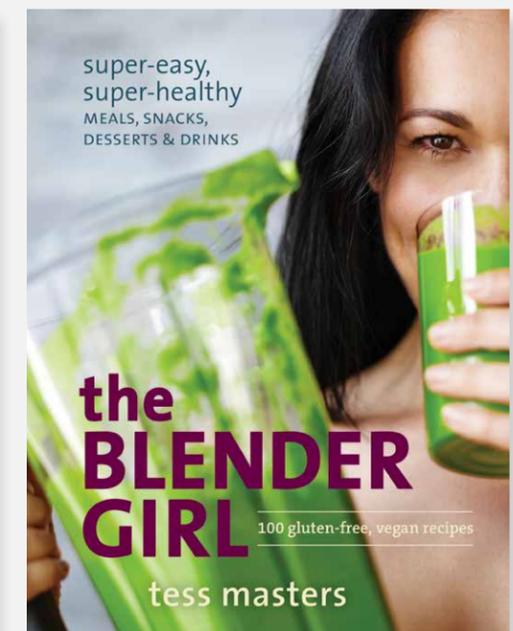
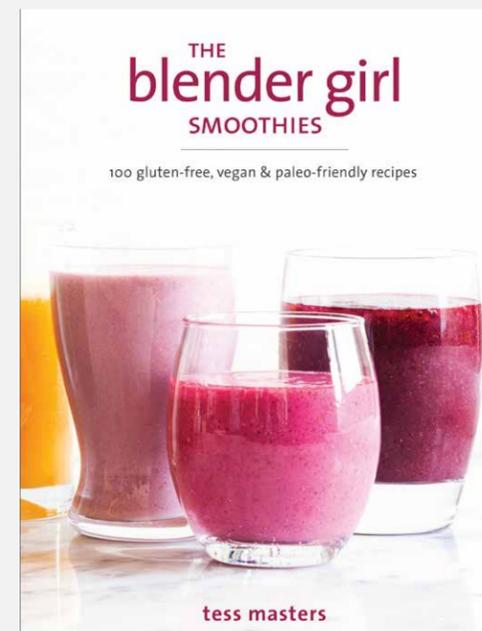
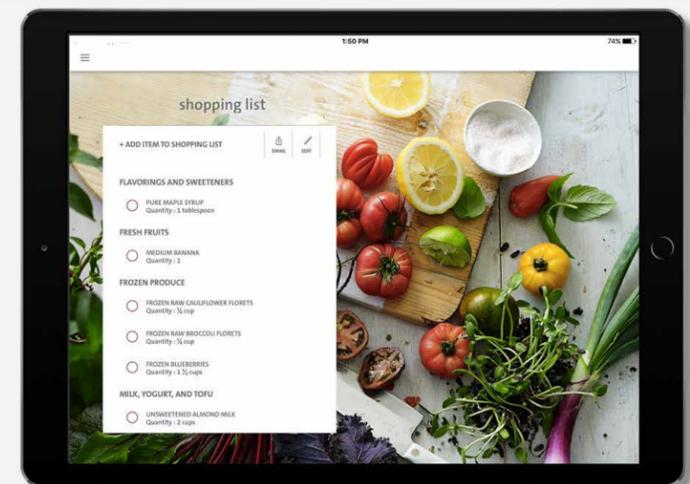
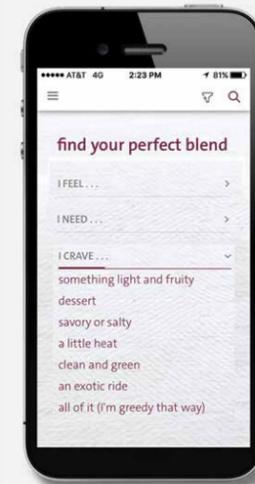
As a presenter and recipe developer, Tess collaborates with leading food, culinary, and lifestyle brands. She has been featured in the L.A Times, Washington Post, InStyle, Cosmopolitan, Prevention, Real Simple, Family Circle, Clean Eating, Vegetarian Times, Veg News, Living Without, Allergic Living, Thrive, Today.Com, Yahoo.com, Shape. Com, Glamour.Com, FoodNetwork. Com, Parents.Com, Chow.Com, among other publications.



Away from the blender, Tess enjoys a diverse [performance career](#). She has toured internationally with stage productions, worked in film and television, and lent her voice to commercial campaigns, audiobooks, and popular video game characters.

Tess lives in Los Angeles.

Join Tess on [Facebook](#), [Instagram](#), [Twitter](#), [Pinterest](#), [YouTube](#), and [Google +](#)



about the juice goddess

[Karen Kipp](#) is a certified Holistic Health Coach (HHC), reflexologist, and co-author of [The Decadent Detox](#). Karen enjoys a diverse career and is dedicated to empowering others in their unique wellness journeys via whole food, plant-based nutrition, juicing, and cleansing. She embraces practical techniques and tools that people can incorporate into busy lives to achieve balance and wellness.

For more than 20 years, Karen has been coaching and facilitating juice fasts, wellness retreats and cleansing programs, as well as fasting herself. Maintaining this work while running two holistic health companies and being a single mom (plus Girl Scout leader, soccer coach and Spanish teacher), she understands the real-life schedule demands many face. In that spirit, she strives to make optimal wellness attainable and accessible for everyone.

Away from the juicer and her coaching practice, Karen loves her work as volunteer and board member for several nonprofits, as well as cooking, experimenting in the kitchen, gardening, loving on her huge extended family, and adventure travel.

She and her partner, Robert Herman, live in Kansas City with their beloved Golden Doodle, Kaya. Her grown daughter, Talia, lives nearby in the same lake community.

Join Karen on [Facebook](#), [Twitter](#), [Pinterest](#), and [Instagram](#).



Get 1:1 time with Karen

[book your session today](#)