

# Juice Detox

The most profound healing power inherent in your body can best be unleashed by temporarily simplifying your diet dramatically. The age old way to do this was to fast. In more modern times, with the aid of juicers, a less drastic way to achieve many of the same benefits is called a juice detox.

Juice detoxing can become a critically important factors in regaining and maintaining health. In modern society, there is little understanding of these practices.

There is a tremendous amount of confusion as to what a fast or a juice diet is. Many people think that consuming only fruit juice is the same as fasting. There is much ignorance as to what happens in the body when a person fasts. It is sometimes thought that a fast will "cure" anything. This article reveals the useful facts about these programs.

## WHAT IS FASTING?

The word "fasting" is derived from the Anglo Saxon language and means "firm" or "fixed," the word being "faest," and during these early periods the practice of abstaining from food during certain periods was referred to as fasting. Therefore, it was related to a person withholding food.

From our standpoint, fasting refers to abstinence from food in the total sense. Commonly, and in many religious organizations, fasting refers to abstinence from certain prescribed foods.

In certain quarters, the common language usage is to refer to certain specific foods, and a person may be said to be on a "juice fast" when they are subsisting on juices. In actual fact, these are juice diets, or juice detoxes.

For the purposes of this article juicing, or juice detoxing means the voluntary and complete abstinence from all solid food, only taking juiced fruits and vegetables as required. (Here at Fountainhead Health Retreat and Maleny Yoga Retreat, we do not regularly conduct fasts, only Juice detoxes).

## WHAT ARE THE BENEFITS OF UNDERTAKING A JUICE DETOX

Juicing represents a physiological rest and to make this point more lucid, we may look at the process of bioenergetics. When we consume food, the initial process is of ingestion, the placing of food into the mouth. This is followed by the process of mastication and swallowing as the food initially prepared within the oral cavity departs for the stomach where it is once again acted upon by the mechanical pressures of the muscular contractions of the stomach wall combined with the chemical effect of the secreted products referred to as gastric juice.

After a period of time ranging from one to several hours, the food is then actively transported into the duodenum where it undergoes further mechanical and chemical processing before it traverses the canal to a point where it may be absorbed-a process referred to as "active transport."

Whatever remains behind travels through the tract to the bowel and is expelled. The nutrients which have been absorbed are circulated and processed by the liver and other organs. Some may be stored and others directed to the cells for utilization.

If we look closely at this whole process, we will observe that ingestion, mastication, transport, gastric secretion, and mobility, intestinal secretion and activity, bowel action, absorption, circulation, storage, distribution, and final assimilation within the cell are energy expensive processes. Right to the point where the molecules of the nutrients are enzymatically broken down and energy is liberated, right to this point energy has been expended.

We can now see that in juicing much of this energy does not have to be expended. In fact it is conserved.

All living organisms are constantly producing toxins. These are substances which are the end result of the body's chemical processes, and it is essential that they may be removed from the tissues and the blood as rapidly as they are produced. This is the process of elimination which is accomplished largely by the kidneys in producing urine, by the liver in producing bile, by the lungs in exchanging gaseous wastes.

In this total process then, we can argue that juicing represents a physiological rest, in that less energy is required for the utilization of nutrients when juicing than under normal conditions of feeding, and that as a consequence, more energy is available for the restorative and recuperative effort that the body is to make which involves increased elimination among the many processes.

### **Accumulation of Waste Products**

We must bear in mind that the average person in this country eats far more food than necessary, exercises far less than needed, and sleeps far too little. All of these changes result in a build-up of unwanted waste material in the body. For instance, consider fat. When a person eats too much fat, the level of fat in the bloodstream becomes elevated. When there is too much fat in the bloodstream, some of it diffuses into the space between the blood vessels and the cells. When there is too much fat in this space, called the intercellular space, some of the fat diffuses across the cell membrane into the cells. The result of having too much fat in the bloodstream, too much fat lining the blood vessels, in the intercellular spaces, and inside the cells, is to interfere with normal functioning of the cells. This excess material partially blocks the exit of carbon dioxide and other waste materials from the cells. Poor functioning, called disease, is the inevitable result of this situation. The type of disease depends on the location in the body in which the greatest amount of fat has accumulated. Pritikin referred to these illnesses as "Lymptoxemia", poisoning by fat.

### **Chemical Wastes Commonly Found in Excess**

There are many waste materials, excesses, and other toxins that accumulate in and around cells and blood vessels and cause harm. Consider some of the chemicals that are commonly present in the bloodstream, but cause harm when present in excess quantities.

Cholesterol, triglycerides and uric acid causes harm when their concentration in the bloodstream rises too high.

Glucose (blood sugar) is needed for normal functioning. But, when a person is diabetic and the blood glucose level remains abnormally low, much harm can result.

The fact is that any chemical substance, if present in too great an amount in the body, will cause problems, such as cholesterol, but also chemicals which are not normally present in higher quantities.

If any food, even protein (it might be more accurate to say especially protein), is eaten in amounts exceeding the body's ability to burn up or eliminate, it will accumulate and cause problems. When a person exercises too little, less food is burned and health problems can thus more easily develop. Finally, when a person is under too much stress or gets too little sleep, the body has little energy to devote to the process of elimination.

### **Unimpeded Elimination Essential**

Juicing detoxing brings attention to a major, but usually neglected, area of nutrition and biochemistry. That of elimination. Most nutritionists are only concerned with supplying the body with enough food; they give little attention to the damage brought on by too much food and too little elimination of waste.

Imagine the body's metabolic systems as a funnel. Only a certain amount of food can pass through the small end of the funnel. In the body, this means that only a certain amount of food can be burned by the body to form energy, carbon dioxide, and water; also, the body's eliminative systems (intestines, liver, kidneys, lungs, skin) can only eliminate a limited amount of excess food. Therefore, when too much food is poured into the funnel, there is a backup. First the bloodstream, then the intercellular spaces, then the cells become loaded with excesses. This condition is called toxicosis.

In modern society, there is a tremendous concern for intestinal constipation. Yet, the scientific research shows that the main cause of discomfort from the intestinal constipation is from the pressure it causes, not from chemical poisoning from the colon. Compare this to the condition of toxicosis: here we have a build-up of many harmful chemicals to which all our cells and tissues are exposed. Toxicosis is hundreds of times more damaging than colon constipation.

This is where juicing enters the picture. While juicing, the body can more quickly remove the chemicals responsible for toxicosis, the very chemicals responsible for a wide variety of diseases.

When a person is juicing, his heart and lungs and kidneys and other essential organs continue functioning. The body is well aware of the fact that toxins are interfering with its normal functioning. In fact, even while eating the body is attempting to break down and remove the waste material in and around cells and blood vessels. During a juice diet, however, this process is accelerated. The body at this time devotes less energy to digestion and absorption of food. Since juices are virtually pre-digested, there is much energy freed up that would have gone toward digesting solid food. This energy, therefore, is devoted to elimination of wastes.

### **WHAT THE BODY DOES WHEN YOU DETOX**

So, what does the body do when you detox? There are four main activities:

1. Breakdown of body fat, thereby leading to weight loss. This is beneficial because excess body fat increases the risk of heart disease, strokes, cancer, diabetes, arthritis, and many other diseases.
2. Diversion of energy away from digestive processes to other tissues for needed repair and rejuvenation. Dr. Shelton explains, "if you have the water running in your bathtub and somebody turns on the water in the kitchen sink, the rate of flow into the bathtub is immediately diminished." When digestion is suspended for a period of time by fasting, far less blood flows to the digestive organs. This blood is then free to flow to other tissues in the body, bringing with it essential oxygen and other nutrients which are needed for healing. This extra blood also serves as the vehicle in which wastes can be carried away.
3. Physiological rest is secured. We all know the importance of rest after a hard day's work. At night, we fall into bed exhausted. If we do not secure a good night's rest, we will function poorly the following day. Our internal organs need rest also, yet we almost never give them rest. By juicing, an opportunity for complete rest is given, and the internal organs thereby are able to rebuild their strength.
4. Much quicker elimination of wastes. Juicing is an excellent means of increasing the elimination of waste from the blood and tissues. This is vitally important. Chances are that your body has attempted to eliminate considerable toxic waste from your system over the years, but has not had either the opportunity or energy to do so. A juice diet, especially a well-planned extended juice diet can achieve a great internal "housecleaning".

### **What A Juice Diet Cannot Do**

But can a juice diet do everything? Can it heal any health problems? First of all, let's consider the implications of this mistaken terminology which is in widespread use.

A juice detox **itself** does nothing! It only provides a condition during which **the body can effectively build its own health**. Don't think of it as an independent actor with a life of its own. This is a carry-over from mistaken medical thinking which claims that drugs act on the body. Drugs do not act on the body. They are inert and lifeless! In fact, the body acts on the drugs. The one and only actor at all times, in health and disease, regardless of diet or drug, is the body. This is totally the case while juicing. The body acts, not the juice. Juicing only provides the proper "context" for extraordinary body purification.

So, instead of asking “what can a *juice detox* not do,” we must ask what can the *body* not do while on a juice diet. The body does not have unlimited powers of healing. As the lifespan progresses, the powers of healing diminish.

The limited ability of the body to heal itself determines the extent of healing during a juice diet. This power of healing is far greater than most people realize, so it could be a grave error to decide, without consulting a health professional knowledgeable in these methods, that there is no hope in any individual case. Yet it is equally erroneous to indulge in inane optimism and claim that the body is capable of healing and resolving any and every problem during a juice detox. Totally destroyed tissue in a joint, as seen in very advanced cases of arthritis, can usually not be reconstituted even under the best conditions. We have found that the body is not usually able to destroy malignant tumors while juicing, nor can it rebuild the “insulation” around nerves that has been destroyed in multiple sclerosis. Still, there are cases that do respond wonderfully, (see Breuss Cancer cure download).

The happy truth is that the vast majority of human illnesses can be helped by detoxing. Juicing, in fact, provides one of the best opportunities for the body to heal itself. Only a pure water fast can potentially provide for greater and more rapid healing. Juice dieting will often give excellent results, and is the best choice for most people.

QUESTION: What does a juice detox do?

ANSWER: It does nothing. A juice diet only provides a condition in which the body can more rapidly and effectively heal and normalize itself; under its own power and guidance.

QUESTION: Why do some people say that juicing is not safe?

ANSWER: Mainly because they either don't know much about it or haven't experienced it for themselves. Some argument can be made for being careful not to create an imbalance of nutrients due to only drinking one kind of juice, and also the potential for bowel problems, such as constipation, during extended juice diets. But these potential problems can easily be avoided by having a variety of juices, and also by adding a very small portion of the pulp back to the juice to keep bowel activity going. Even so, most people do not experience any problems at all.

QUESTION: Why consider a juice detox?

ANSWER: Because most people overeat, get too little exercise and rest, and are generally not mentally at peace, we get a build-up of toxins and waste material in the body. When a person juices, the body will begin to break down this material and either burn it for energy, or eliminate it. Also, during juicing, the body increases the level of repair activity, secures a rest, and creates weight loss.

QUESTION: What are some differences between a juice detox and water fasting?

ANSWER: Water fasting (only taking water alone) elicits a much stronger detoxification reaction than juice dieting. In today's modern world, with the incredible toxic load that many people carry around, including powerful drugs, pesticides and pollutants, water fasting can be quite difficult for many people. Plus, going for even a couple of days without food or juices starts wholesale metabolic changes in your body, and can bring on intense “healing crises,” our term for the dramatic healing reactions that take place.

The elimination of salt from the body which occurs so rapidly while water fasting and results in health improvement will not occur at all while on juices. Don't think of juice detoxing as fasting. While on juices, a person ingests plenty of calories, vitamins, minerals, and other nutrients. You are still “eating” while on juices... it's just that your meals are liquid. Even so, the great burden of solid food digestion will be significantly lifted while doing a juice fast, and you will still receive incredible benefits from it.

QUESTION: Which diseases be “cured” by juicing?

ANSWER: None. Remember, juicing is not a "cure." Juicing only provides excellent conditions for self-repair. You are not "curing" anything. There are no cures. You are now simply, finally, allowing the body to heal itself. But, this process of self-healing has its limitations, depending on your situation.

### SUMMARY

While juicing, the body will effectively rid itself of wastes which have hampered normal function, will lose weight which improves the health, will repair itself efficiently, and will secure a healthful physiological rest. Many repair and rejuvenation processes are accelerated while you are juicing.

The juices themselves do absolutely nothing except provide easily absorbed nutrients. It is the body which is the actor at all times. During a juice diet, the body will heal itself at the best rate possible. Whether or not the body can heal itself of any particular problem depends on many factors such as the vigor and vitality of the body, the extent of tissue destruction, etc.

Generally speaking, however, juicing provides excellent conditions for self-healing to take place.

### IMPORTANT FACTS

- 1) For the vast majority of people, juicing for the proper amount of time is safe and healthful.
- 2) Juicing is extremely beneficial in most cases of heart disease, diabetes, high blood pressure, asthma, arthritis, skin diseases, chronic fatigue, digestive disorders and allergies. Juicing periodically will slow down aging and degenerative processes and expel the toxic materials that can lead to cancer.
- 3) Juicing may not be as effective in reversing some cases of cancer, multiple sclerosis, Parkinsons disease, and advanced derangement of the heart, liver, kidneys, or lungs - through the body usually improves significantly. Still, there have been many cases that have responded wonderfully.

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### Why Juice?

by George Malkmus

It has now been more than 20 years since the doctor told me I had colon cancer. When I first heard the word "cancer," it struck terror in me.

I was scared because I knew what I was facing. As a pastor, I had sat at the bedside of many cancer victims and conducted their funerals throughout my ministry. And I had recently watched my own Mother die a slow, torturous death after her colon cancer was treated with chemotherapy, radiation and surgery. Refusing to subject my body to those same medical treatments that I felt had helped kill my Mom, I sought an alternative.

Fortunately, I had a preacher friend in Texas by the name of Lestor Roloff who encouraged me to simply change my diet and lifestyle and drink lots of freshly extracted carrot juice! It sounded too simple, but, I took his advise... drastically and overnight changed my diet and lifestyle and almost immediately started to get well! Within one year, not only was my cancer gone, but so were all my other physical problems. These included high blood pressure, severe sinus and allergy problems, hemorrhoids, hypoglycemia, fatigue, pimples... even body odor and dandruff!

Were my experiences unique or unusual?... not at all! I have seen and heard the testimonies of hundreds of others who experienced the same complete reversal and healing of their physical problems when they changed their diet and lifestyle.

The diet and lifestyle taught here at **Fountainhead Health Resort** is the result of what we have learned in my more than 15 years of study and research. Originally prompted to search for answers by my mother's Cancer I am convinced that practically every physical

problem we experience is caused by improper diet, incorrect mind sets or lifestyle shortcomings.

Today, we are bombarding our bodies with substances they were never designed to handle. These substances either clog our bodies' plumbing systems (blood, lymph, etc.), upset the chemical balance, or outright poison, kill or starve our cells. We are literally filling our bodies with poison! Our body can take a lot of abuse over quite an extended period of time. . . but eventually the abuse will manifest itself! As a child, this breakdown may reveal itself as a cold, fever, sore throat or earache. As we grow older, it may be pimples, eyesight deterioration, overweight, dandruff or body odor. Then as we get older still, and the improper diet and lifestyle continues... these breakdowns often become more serious... like heart attacks, strokes, cancer, diabetes, arthritis, obesity, etc.

How tragic, that no one ever told us that we are creating our own physical problems and those of our children by the things we put into our bodies day-by-day! But how wonderful to know that much sickness can be PREVENTED by simply providing our body with the nutrition (foods) by which these bodies of ours to be sustained and nourished.

The most thrilling thing of all is to know that even after we have abused our bodies and experienced physical breakdown . . . the physical problems will usually disappear if we will simply change to a proper diet and lifestyle!

And that is where the juice detoxing! Because drinking the freshly-extracted juices of vegetables is the fastest way I have found to obtain the nutrients necessary to restore the human body to wellness.

To understand why this is true, we must understand what our body is made of, how our body's amazing process of self-healing works... and what is the best way of consuming the elements that contribute to this self-healing.

Our body is a living organism made of living cells that require living food (raw food) to function properly. Cooked food is dead food and has very little nutritional value. Cooking destroys all enzymes, about 80 percent of vitamin content, changes the molecular structure of the protein and turns organic minerals into an inorganic form that is not usable by our bodies. (Here at Fountainhead Health Resort we encourage a diet composed of at least 70 to 85 percent Live foods, and teach that raw fruits and vegetables were the original diet for mankind).

Raw vegetables are the perfect source of nutrition, but eating raw vegetables is not the best way to obtain this nutrition. Compare the benefits of eating raw vegetables versus juicing raw vegetables: When you eat a raw carrot, you must first chew it and digest it. Even if we chew well, this is a less-than-perfect process of breaking down nutrients to make them available at the cellular level. Digestion takes energy, which means part of the energy you are getting from the carrot must be used up to get it. And digestion takes time, which leads to some deterioration of nutrients. And the sicker a person is, the more likely it is that his or her digestive system is not functioning well enough to assimilate raw vegetables.

So the obvious solution is to juice the raw vegetables. With the pulp or fiber removed, the nutrients do not have to go through the long and energy-consuming process of digestion. This allows the nutrients to pass directly into the blood stream. It is almost like intravenous feeding! Within minutes these nutrients are feeding the cells and restoring the immune system.

We teach that TRUE HEALING IS SELF HEALING. All healing must come from within the body as we give it the proper building materials with which to heal itself.

We emphasize that the juices themselves do not heal! But what they do is provide the body with concentrated building material so that the body can heal itself! And the first part of the body that will restore when given proper nutrients is the immune system. As the immune system restores, it starts expelling poisons within the body and seeking out the trouble spots to heal them.

When you understand this concept, it is easy to see how a diet with an emphasis on freshly-extracted vegetable and fruit juice and raw foods can heal.