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SAMPLE

## The Significance of Maintaining a Healthy pH Balance

Potential of hydrogen (pH) levels determines the degree of acid and alkaline (base) in the body's tissues and fluids. The pH scale measures from 0 – 14 with 7 being the neutral point with equal concentrations of both. Although pH balance in the body consists of equal concentrations of both acid and alkaline, it's in an alkaline environment that the body endures best. The human body constantly strives to maintain a healthy pH level because when the balance is disrupted, an assortment of health problems will occur.

A balanced pH level is thought to be within the range of 7.2 – 7.4 on the pH scale. However, the ideal pH level will vary from one individual to another, so a healthy pH level is considered to be between 6.8 and 7.5. Any substance with a pH lower than 7.0 is considered to be acidic, and above 7.0 is considered to be alkaline. Symptoms of pH imbalance are weight gain or loss, acne, allergies, and on a more serious level, problems associated with aging include arthritis, heart troubles and other diseases. To obtain a healthy pH level, a proper diet should consist of 80% alkalizing foods and 20% acid-forming foods. Eating more green foods (vegetables) will produce a healthy alkalizing pH diet.

Acidosis is the state of being overly acidic and alkalosis is the state of having too much alkaline in the system. Acid forming foods are used to build and alkalizing foods are used to cleanse. Too much of either is unhealthy. Many expert health officials consider the imbalance of acid and alkaline in the human body to be a basic cause of disease, particularly because an overly acidic environment weakens the body systems, curtailing their ability to function properly. Most people who suffer from unbalanced pH levels are acidic. When elimination through the urine and perspiration isn't enough to neutralize or rid the body of the excess acid, the body is forced to take minerals from the bones and organs. If this process continues and goes undetected for a long period of time, severe impairment to bodily functions can occur.

Tuesday, June 28, 2011  
Transition: Day 5

Today's energy was kind of mediocre until after I exercised. Once I got back from my run I was well charged and productive all day, in fact it was off the charts after I came out from praying for a bit. It is starting to feel like a fast. I purposely wore no deodorant all day yesterday because I wanted to see if there was a decrease in body odor, which is usually the case. As always, there is a decrease in body odor and I didn't really smell at all. This is somewhat the usual for me going into a fast.

Mental clarity is starting to greatly improve. This is key. Last year's fast I didn't prepare nearly as well as I did for this one, and the increase in mental clarity seemed to take longer to kick in.

I have cut out dairy products, which I was getting from the goat yogurt in the smoothie. This morning's smoothie consisted of just the fruit, a little soy, 1 tsp. of almond butter and ice. My objective will be to eliminate the soy in the next day or so and hopefully be off the smoothies starting Friday. From then on it will be juices and broths. I also picked up some Teeccino, which is a herbal drink kind of like coffee, but much healthier.

In addition to cutting the goat yogurt, I'll also be cutting the almond butter. It sure is tasty and adds a little weight to the smoothie, but time for it to go.

Weight	196 lbs.
Resting Heart Rate	84 bpm
Blood Pressure	136/76
General Feeling	8
Exercise	4 mile run/walk
Fasting Difficulty	2
Cleansing Reactions	None

**INTAKE**

**Morning:**

- Naturalax 3 with Aloe 7:00 am
- 3 Cups Coffee 6:00 am
- Smoothie 8:30 am
- Probiotic 8:30 am

**Afternoon/Evening**

- Naturalax 3 with Aloe 12:00 pm
- Fresh Juice Carrot/Celery (32 oz. drank over an hour) 1:00 pm
- Lemonade (Fresh Squeezed Lemon/Sucanat/Water) 3:00 pm
- Probiotics 3:00 pm
- Veggie Broth (28 oz. drank over an hour) 5:00 pm
- ½ Quart Juice/Milk/Chocolate 7:00 pm
- Arise and Shine Cholesterol Intestinal Cleanse 8:00 pm
- Probiotics 9:00 pm

**SAMPLE**



*Your INTAKE*

Morning

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- \_\_\_\_\_
- \_\_\_\_\_

Afternoon/Evening

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**SAMPLE**

*“The people who get on in the world are the people who get up and look for the circumstance they want, and if they can’t find them, make them.”*

**-George Bernard Shaw**

***How well do you sleep during a juice fast?***

Initially during Transition and the early days of the fast I generally have some trouble getting to sleep and need less sleep than normal. However, I noticed with the 2011 juice fast it seemed that this was very brief and most of the time I slept really well. It is not uncommon though for people on a juice fast to have trouble sleeping, especially early in the fast. Your body uses much less energy on digestion while fasting which has a lot to do with the increased “alertness” associated with a juice fast and sleeplessness. In addition, if you are constantly consuming fresh juice, this provides an incredible amount of nutrients to your system, which also contributes to sleeplessness.

***How do you avoid cleansing reactions during a juice fast?***

The weeks prior to the juice fast are very important. Preparing the body for a detox by consuming fresh alkalizing raw produce and juices as well as minimizing processed and cooked foods is essential. I have done juice fasting with and without preparation and the preparation is the most critical element in minimizing the amount and intensity of cleansing reaction. This is especially true if you have a poor diet consisting of mostly processed and cooked foods.