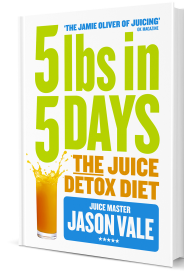


5lbs in 5 Days Juice Detox Q & A



Q: *What detox symptoms should I experience?*

a: This depends on the individual, everyone reacts differently. Some people have no noticeable detox symptoms and just crack on with their lives, while some really feel it. The main physical symptoms are headaches, tiredness and for some, anxiety. The reason for these is not so much due to actual detox but down to withdrawal. Refined sugars and fats are extremely addictive, and like many addictive substances, withdrawal can cause tiredness, headaches and anxiety. If you are in the right frame of mind (please read 'Mind over Fatter!', pp. 91–105) then the chances are that you will barely notice any adverse physical symptoms. However, even if you do, know they are very temporary and should last a maximum of 72 hours. If you are usually a very heavy caffeine drinker or refined sugar head, then the chances of you experiencing more headaches and tiredness are naturally increased as the body goes through the withdrawal. Please though don't make the mistake of thinking everything you experience for the five days you are on this detox are because you are on the detox. There will be many times in your life when you haven't been on a detox and experienced tiredness during the day, for example. You don't put it down to anything in particular; you just feel tired and assume you've been working too hard or haven't had enough sleep. However, the second people experience the same thing when on the juice detox it's because you are on it. In a normal week you will experience a range of different levels of tiredness, anxiety, hunger, stress and may even get the odd headache. So the chances of experiencing any of these when on a detox week are high, as we get them anyway! Yes, what you may experience might indeed be down to the withdrawal or detox, but then it might just be what you usually experience from time to time. If you do experience any adverse feelings, drink some water and get some rest if you are able to. What is important is not to overanalyse whatever detox symptoms you may or may not experience. They are a very small price to pay for how you will feel when you come out the other side.

Q: *Will I be getting enough calories?*

a: Yes. It is just five days and even if you were to have nothing but water, you'd still be OK. Personally I am not a calorie man as, like so many aspects of the health and nutrition world, looking at calories in food has many flaws. I would rather look at the level of genuine nutrition in a food than worry about whether it meets my RDA (Recommended Daily Allowance) of calories. I could hit my RDA by having a fry-up for breakfast and a burger and fries for dinner, but how much genuine nutrition is there in that? It's not our calorie 'needs' we should be focusing on, but rather our nutritional needs; the two are simply not the same.

We also need to acknowledge that the RDA of calories is made up. Our personal daily allowance of anything is just that – personal. It depends on what you are doing on a particular day (physically and mentally); your muscle mass; your age and a billion other variables. The nutritional powers that be say that the average man needs around 2,500 calories a day to maintain his weight, and the average woman needs about 2,000 calories a day. All I know is this; if I eat 2,500 calories of refined fat and sugar for days on end and do no exercise, I gain weight. If I eat 2,500 calories of plant food and fish, I don't! Please don't get caught up in the calorie madness and just trust you will be getting enough nutrition for the five days you are on this detox.

Q: Should I brush my teeth after each juice?

a: No. If you do, you brush away your teeth's natural protective layer, so wait at least an hour before brushing your teeth. If you are nervous about juices and your teeth at all then use a large straw. Once again though, the main reason juices have a bad name when it comes to teeth is because of mass market 'cooked' juices, which can be like sugar, as opposed to 'live' freshly extracted vegetable-based juices.

Q: What toilet movements should I be experiencing?

a: Some people go less than usual and others more; both are nothing to worry about. Many people don't really notice their toilet movements on a day-to-day basis, but the second they're on a detox, they start to be concerned. Even if you don't go at all during the five days, providing you aren't in pain in that area, don't worry as the second you start eating Low H.I. Foods you'll be good. Personally I have no issue on this front when doing this particular plan as it has plenty of soluble and insoluble fibre, but if you do, don't worry!

Q: Should I have a colonic before I start?

a: This is a very personal choice and there is no need to do so, but you may want to do so. The science is not conclusive when it comes to colonics, but then science isn't everything. I know many people who swear by them and I am not adverse to them myself. My take is this; if you have eaten extremely badly for many months or years, then having a colonic before you start isn't a bad idea. When I filmed my documentary Super Juice Me! I ate very badly before it (it was part of a larger experiment) and so made sure I had a colonic a week when I did the month of juice only. If nothing else, it makes you feel immediately lighter and hydrates your body like nothing else. Some people choose to have a colonic every day during the detox, others just one before they start and most don't have one at all. The point is, providing you go to a good colonic hydro therapist, it won't do any harm. It does remove some good bacteria so you'd need to take a few capsules after it. Colonics are something we do offer at our Juicy Oasis retreat and many people do swear by them. If you don't have one, don't panic as the body is perfectly equipped to keep you moving!

Q: How long will my juices last once made?

a: This all depends on what juicer you have made them in and how they have been stored. If you make all your juices in a slow juicer (masticating) then, providing it is immediately stored into a thermos flask or bottle of some kind which blocks all light and oxygen, then you'll be good for three days. Even if the bottles are clear, as long as they are in the fridge, no light will be getting to them. If you juice in a normal fast juicer, like the Philips, then because it creates more heat friction than a slow juicer, the juice only lasts for a day (unless you freeze it – see next question), providing you still store it away from light and oxygen. You cannot beat juice freshly made and drunk within the first 10 minutes, but I know life doesn't always allow that. I know people who bring their juicer to work; now that's commitment, but for many storing in a flask is all good.

Q: I don't have time to make my juices each time – are they ok to freeze?

a: The simple answer is yes. When you freeze juice you lose very little of the nutrient content; this is in massive contrast to when you apply heat to fresh juice, which can destroy the vast majority of vitamin and enzyme (life) content. Virtually all shop-bought juices have been pasteurized, or 'cooked' if you prefer, at high temperatures, which is why bottled juices are in no way shape or form a replacement for making them fresh at home. Once made you can add to a BPA-free water bottle (remembering to leave a little room spare for freezing expansion) and pop in the freezer. Once frozen, take out the night before and place in the fridge for the next day. Remove about an hour before you want to drink the juice. Freezing is a practice we use in our www.juicemasterdelivered.com service and is the perfect next best thing. If you can make fresh though, it is always the preferred method as you still have to take into account the defrosting time, which can lower the nutrient content.

Q: I can't exercise will the juices on their own be enough to succeed?

a: Yes. If you don't do any exercise at all and simply drink the juices, then you should indeed still drop 5lbs in 5 days and feel amazing. However, if you follow the SAB training (page 135) then you take it to a whole new level. I wholeheartedly advise doing exercise as well as the plan. If the SAB is too intense for your needs, then yoga and rebounding are wonderful exercise tools.

Q: Where will I get my protein and calcium?

a: I have covered this in the main body of text in the book, but in case you skipped it, here's my take again. The largest land animals on earth are vegan. Giraffes, rhinos, elephants, hippos, bullocks and some other large animals eat no meat and drink no milk at all. They build all their muscle and bone mass through plant food. Protein is built from amino acids, the building blocks for protein. On this programme you will be getting enough amino acids and calcium through the juices and your Hunger SOS. It is only five days and even if plant food provided no protein or calcium, you would still not have either a protein or a calcium deficiency in that short space of time. It is always interesting to observe how people are concerned about a lack of certain nutrients when stopping junk food and going onto fresh juice. I am unsure if they were ever concerned about their protein, calcium and other nutrient

intake when they were eating and drinking junk, but for some reason the second they start healthy drinking and eating these irrational concerns come into play. This is largely due to the amount of conditioning we have had since birth from the meat and milk marketing boards. I have written enough about this in other books, but please do not worry – you will be getting the right nutrients during the five days on freshly extracted juice.

Q: Is it safe to juice when pregnant?

a: Clearly, with anything like this, always check with your GP or medical practitioner first. Right, now that's out of the way, here are my personal views. I cannot see why, unless you are allergic to a specific fruit or vegetable in the programme, you wouldn't be able to do this while pregnant. Many of the fruits and vegetables in this programme contain folic acid (folate) beta-carotene, vitamin C and potassium. Beta-carotene is needed for your baby's cell and tissue development, vision, and immune system. The vitamin C is crucial for your baby's bones and teeth, as well as the collagen in your baby's connective tissue. The potassium helps control blood pressure, and folic acid helps prevent neural tube defects and promotes a healthy birth weight. There is almost an entire book that could be written on why many of the fruits and vegetables found in this 5-day programme are not only safe but essential for an expecting mother to take. However, because this is a 'juice only' programme, and as such not recognized by the powers-that-be as being as good as the whole food, you need to contact your GP first. Please remember that it's only the juice contained within the fibres that feed the body; fibre does not penetrate through the intestinal wall, making this condensed form of nutrition every bit as nutritious as the whole food.

Q: Can I drink tea or coffee or alcohol on the programme?

a: You can have as many herbal teas as you like, but no 'normal' tea, coffee or alcohol should be consumed on the programme. It is a detox after all, not a retox. If you are desperate for something containing caffeine, then Green Tea may be drunk in moderation while on this programme. Green Tea is not only a wonderful source of antioxidants and good plant chemicals, but can induce thermo-genesis and stimulate fat oxidation, boosting the metabolic rate 4 per cent without increasing the heart rate.

Q: I'm not drinking all the juice – does this matter?

a: Ideally you shouldn't skip any of the juices as the programme has been carefully designed to make sure you get a spectrum of nutrition every day. However, during the test phase of this programme, some people mentioned that on a couple of occasions through the week they simply didn't feel like their juice and opted for their HUNGER SOS instead. This is perfectly OK and you should always listen to your body and not 'force' juice down. However, one of the key reasons why it is important to have your juice at the times allocated is to make sure your sugar levels don't drop to an uncomfortable level. If this happens it could cause you to look for a quick sugar fix, and ultimately to knock the plan on the head. The morning and evening juices are the ones not to avoid as they are the thick ones designed to keep you satiated.

Q: I don't have a juicer, only a blender – will this do?

a: NO! and in case you missed it – NO. A juicer extracts the juice contained within the fibres and a blender simply blends the fibres and the juice together. The idea behind juicing is rapid nutrition; removing the insoluble fibres so that the juice can be readily absorbed and nutrition be more bio-available to the cells. If you stick everything in a blender you end up with an extremely thick concoction, which, ironically, is difficult to digest, and, more importantly, extremely difficult for the body to fully utilize. It is not so much that you are what you eat, but rather you are what you manage to absorb and with all that insoluble fibre going into the stomach at once, absorption becomes that much more difficult. The most I add to the blender at any one time is either a banana, an avocado, a little yoghurt or a few nuts and seeds. What you will never see me doing is adding in stacks of whole fruits and vegetables, a load of nuts, blending it all together and then drinking it in 10 seconds flat – as many people do. This is not good for you! Things like avocados do not juice so they have to be blended, but anything that can be juiced, I juice. If you are going to do this juice plan then you will need a juicer and a blender – you cannot do this plan with just a blender. Well you can, but you will feel bloated, the drinks will suck and you'll throw in the towel – so if you don't have one, time to get the best investment you'll ever make for your health, a good juicer. (See Tip 2 in 'Top Ten Tips for Juicy Success', p. 111.)

Q: I am allergic / intolerant to a certain fruit or vegetable in the programme – can I adjust?

a: Yes. Please feel free to adjust the plan if you have a genuine allergy to any of the ingredients in the programme. I say 'genuine' as many people are under the false impression they are allergic or intolerant to certain foods when they aren't at all. If you are genuinely allergic then clearly avoid whatever it is you are allergic to, but if you have been told you are intolerant to a certain food, don't just go along with it. Food intolerance tests are everywhere, and from my experience you can go from one to the other all day long and get conflicting results on what foods you should avoid. If these tests were 100 per cent accurate then you should score the same no matter where you go, but this is rarely the case. There are of course genuine cases of people being allergic to certain fruit and vegetables, but it is rare for most. I had someone at my retreat once say they were allergic to apples. This was a little bit of an issue as ALL the juices at the 'juice only' juice retreat had apple in them. I said it wasn't a problem – I would make all of their juices with carrot instead as a base. Within two days they asked for the apple-based ones to test as a) they thought they would taste better (which clearly they do) and b) they couldn't actually remember the last time they'd had an adverse reaction to apples – they had just been told at a food-testing clinic that they were allergic to them. Needless to say, they drank the apple-based juices for the next five days and were fine.

Having said all that, if you do need to replace a fruit and veg, then please do – but try to replace it with a similar thing. If apples don't agree with you, replace them with pears, for example. If avocados don't agree with you, replace them with bananas – BUT you will also need to add some essential fatty acids in the form of Omega-3/6/9 oil to the blender. The avocados are there to make sure you get the right fats and if you pull these out you need to add the oil. Udo's Oil is a very good source, but supermarkets and health shops stock many different brands.

Q: Do I need any supplements on the plan?

a: The answer is no ... but. The 'but' is there to cover all bases. You will not need any further supplementation if you buy good-quality fruit and vegetables. I know that in my last programme, the 7lbs in 7 Days Juice Master Diet, some people weren't happy with having to buy extra supplements, even though they were optional. I added them in to make sure that even if someone didn't buy the best quality fruit or veg, they would still get the finest quality super plant nutrition through the supplements.

If you have the app you will have seen that I make up a Power Greens drink by adding a dried green juice powder supplement to water. This is something we have every day at my retreats before we work out and it's something I would highly recommend, but clearly it's optional. If you have wonderful quality fruit and veg then no worries, just do the programme as is with the right produce. If you want to raise the game slightly on the nutrition front, get some Juice Master Power Greens or similar (as many places sell green powders these days, just be careful though as some have fillers and are not always the best quality).

There will of course be some who feel I am simply trying to sell supplements and if you are one of those cynical people, then just buy from someone else or leave them out. All I know is I spent over a year developing the finest dried green juice powders and they are something I have used myself for many years. I would also highly recommend some good quality friendly bacteria. This is not those silly little bottles of yoghurt, which are often loaded with sweeteners, but rather good quality capsules or live powder.

Q: How much weight can I expect to lose?

a: Although the average person will lose between 5lbs–7lbs in five days on the programme, this is not the case for everyone. There are some people who will drop more and others will lose less. There can be many reasons for both, but here are the main ones:

1 If you are very overweight to start with the chances are that you will lose more weight than if you start at your ideal weight or close to it. There have been cases where people have lost as much as 10lbs in just five days. But in cases where there is such dramatic weight loss it's usually because the person had quite a lot to lose to start with. There are cases where people have lost that amount even when close to their ideal weight to start with, but it's rare.

2 There have been cases where people stick to the programme religiously and yet don't lose a great deal of weight during the five days. Often the reason for this is 'lag time'. Many people make the mistake of binging on disproportionate amounts of fat, sugar and salt a few days before the plan. This, on its own, would normally cause weight gain in the days following. However, because the person then removes all refined sugars, fats and salts and has a 100 per cent plant-based diet, no weight gain is experienced, but no weight is lost either. The person then can lose faith in the juice programme, believing the juice detox isn't working, when in fact it's working perfectly well but will take a little longer to see the results. In some cases it can take a few days after the programme to finish as 'lag time'

works both ways. If you are not experiencing weight loss in the first 3–4 days and recognize that you may have overeaten more than usual in the days leading up to the juice detox, have faith and carry on; it will work.

Q: Can I do the programme while on medication?

a: You must always consult your doctor first as there are some juices which can affect certain medical drugs. Having said this, this is very rare and in most cases it is more than safe to do this programme while on medication, but always talk to your GP first.

Q: I know you are not a fan of medical drugs so should I not use any while on the programme?

a: Let me be very clear on this one. Short-term medical intervention is very necessary at times and in some cases, long-term medical drug use is also necessary. There is no question however that we are taking far too many pills unnecessarily and over far too long periods of time. This is a separate book in itself, but for the purposes of this question, do not come off any medical drugs unless instructed to do so by your GP. If you are taking OCDs (Over the Counter Drugs) then it's your choice, but I would skip headache tablets and the like and allow the body to have pure natural goodness for the five days.

Q: What if I feel a little sick, is this normal?

a: Feelings of sickness after drinking juices are quite rare, however, as some people are not used to drinking the juices and the taste of the supplements, they have been known to bring on feelings of sickness in the first couple of days. Also, it is a completely new diet for most people and drinking up to five juices per day can be a big change for the body. Make sure you are following the recipes to the letter as there are some strong flavours involved which can overpower others if you use too much of them. Never drink more of the juice than you feel comfortable with. You should definitely not be forcing anything down. If you still don't like the taste of the juices, try diluting them down with water.

Q: Should I get headaches on the plan?

a: It is not unusual to experience headaches, as this is simply the body's reaction to getting rid of all the toxins. Also, it maybe slight withdrawal if you are a regular drinker of caffeine and also if you were adding sugar to your morning cereal / cup of tea. Make sure you are drinking plenty of water and getting enough sleep and the headaches should subside after a few days when you are fully detoxed! If they do continue or become worse, then you must go to your GP as there may be another reason behind this.

If you have a more specific question please go to our facebook page

<https://www.facebook.com/juicemasterltd> and we will do our best to answer your questions.