

JUICE

FASTING

INSTRUCTIONS, TIPS & RECIPES

*As promised, Abut Semsut has provided
you with a great selection great ways to
fast during the final phase of WHM MS TU.
Go to the krst Unity website for a copy.*



WWW.krstunitycenter.org

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FOLLOW THE INSTRUCTIONS IN THE WHM MS TU JOURNAL POSTED ONLINE TO

ALIGN YOURSELF WITH THE ACTIVITIES OF THIS VALENCE.

-OBSERVE

-REFLECT

-JOURNAL

Tips for JUICE FASTING

1) Make sure when getting your juice, that it is certified organic. This is a detox – pesticides and glyphosates are toxic to our system and we want to eliminate these as far as possible. When toxins are consumed, the immune system goes into overdrive to eliminate them. This reduces the ability of the immune system as it is constantly in overdrive. If the gut lining is in any way compromised, for example leaky gut syndrome, then the immune system will overreact to toxins. Check with your Doctor if you have any underlying conditions that may be affected by your fasting.

The idea of the fast is to “redirect” the immune system to healing the body. This is why so many people find unbelievable healing through juice fasting and water fasting.

2) Juice Fasting is something that we should all do periodically, at least every six months

3) Celebrate the fast by treating yourself to a massage – massage will also help speed up the detox process

4) You may experience tiredness, moodiness, anger, weakness, light headedness, skin breakouts, irritability. Be patient and breathe through these moments!

5) Make sure the people living with you are on board with your fast – it can be really tough cooking meals and watching other people eat. Their support will keep you honest!

6) Do not “carb-load” to prepare for your fast – rather eat clean, plant-based food 2 days before and 2 days after the fast – do not eat a full, unbalanced meal, and ruin all the good work you’ve done.

INSTRUCTIONS

Wash all produce well.

Chop everything into small pieces, just small enough to fit through the juicer’s chute.

Add each item into the juicer in the order listed.

Pour juice into a glass, give it a good stir and enjoy immediately.

Make only enough to consume in the same day. Don’t try to juice for the week in an effort to avoid

The daily clean-up. It’s still better than scrubbing pots.

Juice fasting recipes (Simple, Healthy, Invigorating and Delicious)

Green juice

Green juice usually includes leafy vegetables like lettuce, kale, and spinach. Celery, cucumbers, and broccoli are also popular additions. For a hint of sweetness, incorporate a green apple or a juicy pear.

You can make a wholesome-AF green juice with the following ingredients:

3 cups kale
1 medium green apple
1 large cucumber
3 stalks celery
1 handful of parsley (stems included)

This is a super alkalizing green feast. It doesn't get any cleaner or greener than this!

INGREDIENTS

2 large kale leaves
1 head of romaine lettuce
Handful of fresh parsley
1 large Granny Smith apple chopped (If you don't like sweet use ½ apple)
2 lemons peeled

CONTAINS:

GREEN A : deep cleansing, beautifying, calming

lettuce, cucumber, celery, apple, kale, lemon, super greens

GREEN B : alkalizing, healing, stimulating, mood lifting, immunizing

spinach, cucumber, celery, kale, parsley, lemon, ginger

Beet juice

Beets are the bomb. Studies show they can reduce inflammation, improve mental function, and control blood pressure.

For Not-So-Sour Apple Juice:

2 tart apples, cut into eights
5 kale leaves

Sweet potato

You might be thinking, "Why would I want to drink a potato?" Fair enough. But sweet potatoes actually make a delicious juice

It doesn't hurt that they're super-nutritious too. Sweet potatoes are loaded with vitamin A, vitamin C, vitamin B-6, manganese, potassium, pantothenic acid, and copper.

Pair your sweet potato juice with pumpkin for a fantastic combo. Try this:

1 medium sweet potato, cubed
1 cup cubed pumpkin
6 carrots, peeled
1 cup cherry tomatoes
1 teaspoon turmeric

CONTAINS:

GREEN A : deep cleansing, beautifying, calming

lettuce, cucumber, celery, apple, kale, lemon, supergreens

ORANGE A : liver tonic, skin healer, vitality & vigor encouraging

carrot, apple cucumber, lemon, ginger, turmeric

SPICY LEMONAID : detoxifying, alkalising, metabolism boosting

lemon, apple, alkaline water, celtic sea salt, cayenne pepper, green leaf stevia powder

RED A : blood building, kidney flushing, liver cleansing

carrot, beetroot, cucumber, apple, celery, lemon

ELIXIR A : anti-inflammatory, anti-fungal, nurturing

alkaline water, chia seeds, lemon myrtle leaf, lemongrass, licorice root, vanilla bean powder

For Green Goddess Juice:

3 stalks of celery
1/2 large cucumber, cut into quarters
1 medium green apple, cut into eighths
1 medium pear, cut into eighths

For Ginger Zinger Juice:

2 medium apples, cut into eighths
5 carrots (no need to peel)
1/2 inch fresh ginger
1/4 lemon (remove peel to avoid bitterness)

For Tropi-Kale Juice:

1/4 of a fresh pineapple, skin and core removed, and cut into 1" strips
4 kale leaves
1 ripe banana, peeled

For Antioxidant Blast Juice:

2 medium beets, cut into quarters and the greens
1 cup blueberries
1 cup halved, hulled strawberries

For Immune Booster Juice:

2 oranges, quartered (remove peel for less bitterness)
1/4 lemon (remove peel for less bitterness)
1 medium apple, cut into eighths
1/2" fresh ginger

For Kale Kickstart Juice:

1 orange, quartered (remove the peel for less bitterness)
1 cup halved and hulled strawberries
2 kale leaves
3 carrots
1 ripe banana

For Cucumber Cooler Juice:

1/4 ripe cantaloupe, seeds removed, cut into chunks (no need to peel)
2 stalks celery
1/2 cucumber, cut into slices
1/4 lemon (remove peel to reduce bitterness)

Instructions

For All Flavors:

Juice all the ingredients following the instructions for normal juicing in your juicer manual. Drink immediately, or let chill for an hour and then enjoy.