

## Juice fasting

Combining the force of living juices and the body's healing ability!

By Ron Lagerquist

### juice fasting vs water fasting

Unless you have a slow metabolism fasting on water has become a near impossible exercise for a body that has been fed on the modern diet. It's hard to tell this to someone who believes juice fasting is a compromise, cheating, not real fasting. But I can tell you juice fasting is as rigorous today as water fasting was in Christ's day. The reason for this is not obvious unless you have an understanding of what goes on in the body during fasting.

Cells are like tiny sponges; they absorb what you breathe, eat, drink and apply to your skin. Over the years of poor eating and exposure to environmental toxins, there is a buildup within the body. During water fasting, these toxins are released at a rapid rate creating great discomfort. Water fasting becomes a hellish experience where more time is spent gagging on toxins than enjoying deepened fellowship with God. The juice of fruits and vegetables are filled with healing and cleansing properties that allow the body to gently and safely detoxify. Juice fasting can become an effective stepping-stone to water fasting.

I tread lightly here because I do believe in a God of miracles. If you are clear that God has called you to a water fast then He will give you the strength to get through. But I also believe in a God of wisdom. After one has cleansed years of toxins through juice fasting the wonder of water fasting will then be within reach.

### juice fasting and healing

Juice fasting has a greater ability to encourage healing compared to fasting on water. Juice fasting cleanses the body while supplying a remarkable increase in vitamins, minerals and enzymes. Cancer cells, toxins, built-up chemicals, excess body fat, transformed fatty acids, impacted mucus in the bowel, sickness and disease are all dramatically impacted. This is evident in the countless healing testimonies freedom you have received. Living fruit and vegetable juices are radiating with healing properties. Antioxidants attach themselves to toxins, effectively removing them from the body. A living fuel that takes no digestive energies, allowing the body's entire focus to be on healing and rejuvenation. Packed with vitamins, minerals, living enzymes, antioxidants, phytochemicals, yet low enough in calories to force the body to cannibalize on its filthy waste, propelling you to vigorous physical health and clarity of mind. There will be periods of toxic crisis, but once you learn not to fear them they can bring an exciting anticipation that your body is going through a deep cleansing. You can increase your vitality whether you are a 21-year-old athlete or a 71-year-old getting ready for a honeymoon!

All the essential nutrients in fruit and vegetables are locked within their fibers. A juice extractor frees these essential nutrients so they can be absorbed and used directly, requiring a minimum amount of digestive effort. Therefore the metabolic energy can be used 100% for cleansing mucoid matter from the lymph and toxins from the cellular tissue.

What you need to increase the quantity of enzymes, vitamins and minerals absorbed into the body is a juice extractor! A good juice extractor is a valuable tool in achieving vitality.

Fruit and vegetable juices are the cleansers, energizers, builders, and regenerators of the human system. A combination of either fresh raw fruit or vegetable juices will supply all the enzymes, vitamins, minerals, protein, and fats critical to increased vitality! Adding live juices to one's diet as a daily routine, many have experienced a rejuvenating effect and healing of various illnesses such as cancer, leukemia, arthritis, high blood pressure, kidney disorders, skin infections, liver disorders, alcoholism, and smoking. Supplying the body with easily absorbed nutrients, while the body is cleansing itself in the fasting state, avoids the dangers of total abstinence associated with water fasting. Be confident this method is both safe and beneficial.

To a healthy clean body, fasting comes as natural as eating. During water or juice fasting, the protein levels of the blood remain constant. Although protein is being used, a person fasting 40 days on water will not suffer a deficiency of protein, vitamins, minerals or fatty acids. In the breakdown of dying and diseased cells, all essential substances are available while fasting for reuse within the body. These are utilized and conserved in a most extraordinary manner.

For most health conditions, juice fasting is the best method to transform health. Through juice fasting, thousands of individuals have been freed from serious diseases such as cancer, leukemia, arthritis, high blood pressure, kidney disorders, skin infections, liver disorders, alcoholism and even smoking. Because juice fasting removes toxins and excess fatty tissue while supplying a full spectrum of nutrients, it has an advantage over any weight-loss program. I have been spellbound by the joy and happiness that radiate from those who lost from 20 to 100 lbs. of excess fatty tissue on a juice fast.

### juice fasting works because it does two things:

**Removes Toxins**—Eliminates life-robbing toxins that hinder the body's God-given recuperative abilities.

**Increases Nutrients**—Floods the body with nutrients that energize the body's natural regenerative abilities.

### modified juice fasting

You may consider modifying the fast by including quarter slices of avocado or banana to slow the cleansing process. Modified juice fasting is good for those with health restrictions such as diabetes or hypoglycaemia. Bananas and avocados are slow to digest and maintain a stable blood sugar level. Their high calorie content slows the intensity of the fast and, because they are easy to digest, the body still devotes energy to cleansing.

The natural healing ability of juices reinforces the compassion that God has for supplying our physical needs.

Juice fasting can include fresh juice, herbal teas, sweetened with honey or Sucanat, vegetable broth, Barley Green, wheatgrass juice, and supplements helpful to your specific condition. You can even have home made frozen juice popsicles.

If using the enema kit, I recommend it once on the first day and once per day for the first week. Following this once every two or three days is sufficient. The enema kit should be used in a cleansing crisis or for a cleansing reaction. If you choose not to use the enema kit, two teaspoons of powdered phylum husk per day will help move the toxins out of the colon. Prune juice or senna tea also may be beneficial.

### how much juice can I drink while juice fasting?

I have been asked this question so many times I decided to answer here twice. Drink to your heart's content! On a busy day I have consumed a gallon of carrot/apple juice and the juice of two large cantaloupes. Fresh, strained juices will not encourage hunger or pull you out of the fasting state. Other days, like on weekends, I may naturally slip into water fasting, forcing a slowdown, deepening my prayer and solitude with God.

There are times the body will desire a greater intake of juice. Increased physical activity or entering into detoxification state can trigger increased juice consumption. I have found I drink more juice at the beginning of my fast, and as the fast progresses, my need for juice diminishes. This is not so with everyone.

Try to stay away from dead, bottled juices, for some unknown reason they can cause hunger and are far less sustaining. Remember V8 is not juice but a blended food, containing tomato paste and tons of salt. If you treat yourself to this easy food you will experience hunger afterward indicating an awakened digestion, the last thing you want when fasting.

Be careful not to drink too much acidic juice in the morning. Melon or vegetable juices are best if drinking large amounts. Acidic juice early in the morning may cause stomach cramps for some.

If you have decided to water fast I find it a real challenge to drink the daily 8-10 glasses recommended. It's the experience of many to lose their thirst altogether. Nonetheless, force yourself to drink as much water as you can. Water will help clean the body of toxins through the kidneys. In our toxic environment, maintaining a fresh supply of water going into the system will force the flushing out of toxins instead of a build-up, causing discomfort.