

Part 3, Chapter 24: Juice Fasting—Introductory Path to Water Fasting

I talked about the Essenes earlier in this book. They practiced water fasting often, for all the reasons discussed in the previous section. An alternative form to strict water fasting is to do a juice fast. It's a little different than a juicing protocol in that all you consume is fresh fruit and vegetable juices, and water. This is the kind of program that Joe Cross did and it became the basis of his "Reboot with Joe" program.

Fasting has been rediscovered through juice fasting as a simply delicious and easy means of cleansing and purifying and rebuilding health and vitality.^{1}

Although a distilled water fast is best, an introductory liquid juice fast can offer people an opportunity to give their intestinal systems restful, cleansing relief from the commercial, high fat, sugar, salt, protein and "fast foods" diets that Americans eat daily.^{2}

This type of 'fast' really isn't a fast at all—it's more of a liquid diet—but it can do wonders. At the very least it floods the body with nutrients and provides these nutrients in a form that requires almost no digestion which means almost no energy is expended to process these juices. It's probably the ideal 'diet' and can be continued for a very long time. It's also a much slower way to detoxify the body than a full blown water only fast.

The one question related to juice fasting that often comes up is: What about smoothies, that is, fruit and vegetable juice blended with bananas? There's no definitive answer on the subject. My experience has been that it really doesn't matter if some of your juices are mixed with a frozen banana or two (or other frozen fruit). I also use frozen cucumber slices for the same purpose, as a vegetable base instead of a fruit base. The one thing that you must do is to balance the bananas with greens. Otherwise the sugar content can become too high which can trigger appetite, much like drinking a soft drink or alcohol will do.

The essence of a juice fast is to drink **freshly** made fruit and vegetable juices—and only juices. If it's essentially liquid, I consider it a juice. My rule of thumb is: Could you consume it if you had no teeth? If the answer is a resounding yes, than it qualifies as a juice. The one exception are beverages such as tea and soup broths. More than anything else, these are counter to the spirit of a focused juicing protocol. Perhaps the best way to define a juice fast is to say that it is nothing except fresh fruit and vegetable

juices in a readily assimilable liquid form.