



daily GREENS

4-DAY CLEANSE

Jump-Start Your Health, Reset Your Energy, and Look and Feel Better than Ever!

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Foreword by **Mayim Bialik**



Race Point
PUBLISHING

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foreword

In my almost forty years on the planet, I have seen many eating and dieting trends come and go. No fat, low fat, high protein, no carbohydrates, raw, only cauliflower soup.... You name it, and people have tried it! However, what remains consistently recommended by leading doctors of every persuasion is that we need to eat fewer processed foods, more fruits and vegetables, and more foods in their natural state. Period.

I have been vegan for almost seven years and was vegetarian for twenty years before that. I ate pretty healthily, but I have a confession to make: Since becoming a mom almost ten years ago, I have gotten in the habit of grabbing a handful of chips or pretzels or cookies here and there. Well, the “here and there” had lodged itself literally here and there, mainly around my hips and belly. This Mama had accumulated a little bit too much “here and there” ... here and there.

This past year, I heard about juicing as a way of life, and honestly, it sounded weird, even though it held the possibility of helping me get rid of my “here and there,” among other benefits.

When I heard about Daily Greens through its founder, Shauna, her story really inspired me. I could relate to her perspective as a young mom who wanted to improve her health and designed these juices from that desire, but her experience battling cancer was really what touched me. I felt empowered because of her dedication and her motivation not only for her health, but for the health of others.

I had some concerns about attempting a juice cleanse despite all of my optimistic posturing. Although I never considered myself to have an unhealthy relationship with food, as I prepared to start the cleanse, I started to feel a sense of panic and impending doom. I felt like food was being taken away from me forever (even though that makes no logical sense!). Thankfully, I was able to acknowledge that these kinds of fears and this kind of panic were things that I could cleanse as well.

To make a four-day-juice-cleanse-story short, the juices tasted good enough that I didn't feel like I was being punished by drinking them. I snacked on raw stuff like fruits and veggies throughout the day. I simply wasn't hungry or grumpy at all. I felt full of energy. Simple foods started tasting really good to me, and that hasn't gone away even months after I've finished the cleanse.

I felt so good after my four-day cleanse that I kept going. I ended up eating raw for nine whole days, with one or two juices a day. I lost weight off my hips and tummy and can fit into my old jeans again!

I took a chance and was inspired enough to commit to disciplining my eating for four days. It transformed my palate, made my body healthier, and put me back in control of my eating and my relationship with food.

If that's trendy, count me in.



introduction

In the spring of 2007, I experienced sudden weakness and some numbing on my left side: leg, arm, and midsection. At first, I thought I had experienced a stroke, but after two MRIs and other tests it was determined that I had sclerotic scar tissue on my brain—a sign of multiple sclerosis (MS). When the official diagnosis came in, I was both scared and shocked. MS did not run in my family, and I had experienced no health problems before this. What was I supposed to do? How could I slow the progression? I was only in my early twenties, and as a registered dietician and nutritionist, I was familiar with the painful progression of MS in patients who had been diagnosed with the disease.

It has been almost eight years since the diagnosis, and I am proud to say that I am practically symptom-free. I attribute it to the power of raw foods and daily green juices in my life! After the scar tissue was discovered on my brain, I turned to nutrition for help. I began incorporating more raw produce into my diet, focusing mostly on leafy greens and other nonstarchy vegetables. I completed a juice cleanse very similar to the Daily Greens 4-Day Cleanse and began replacing toxic food-like products and processed foods with raw fruits and veggies and other whole foods. Within a few months' time, my symptoms began to improve. Hip and back pain and tightness went away, as did the exhaustion and migraines. I felt stronger and more alert, I was able to complete my workouts successfully, and I was able to maintain balance and increase strength on my left side. I was amazed at the results. Since then, raw produce, green juices, and green tea (another great brain booster and source of antioxidants) have become part of my daily routine. Even when I'm traveling, I try to get in as much as I can. Oh, the power of raw food!

The Daily Greens 4-Day Cleanse is a gentle, nourishing way to rid your body of unwanted toxins, and it may help reduce your risk of chronic diseases. I not only claim this with my background in clinical nutrition, but also out of my personal experience. There are many ways to cleanse your body and get rid of the toxin buildup there, but not all cleanses are created equal. Some are more effective and efficient than others, and the Daily Greens 4-Day Cleanse belongs in the former category.



THE KEYS TO A SUCCESSFUL CLEANSE

ANTIOXIDANTS

Consuming a variety of antioxidants is essential to cleansing well. Antioxidants protect your cells from free radicals, which can damage cells and even cause them to die. It is important that you consume a variety of antioxidants because each type of antioxidant serves a specific purpose, targeting specific cell groups and body systems. The Daily Greens 4-Day Cleanse incorporates a wide range of fruits and vegetables that provide you with a broad repertoire of vital antioxidants to support and improve your body's cleansing process.

HYDRATION

Adequate hydration is essential to cleansing well. The 4-Day Cleanse ensures that you stay hydrated with lemon water and green tea when you first wake up, the three green juices throughout the day, and plenty of cool, fresh water. All these fluids will assist the kidneys and intestines in moving the toxic buildup out of your body.

GIVE YOUR DIGESTIVE TRACT A BREAK

Health-care professionals frequently stress the need for whole grains and protein in our diets, as well as noting the beneficial resveratrol in wine and the mental benefits of caffeine. So why should we remove these items during the 4-Day Cleanse? While it's true these foods and substances provide valuable nutrients or benefits on a daily basis, they can place a heavy digestive burden on your body. In fact, did you know that digestion can require as much as half of your body's available energy on a daily basis? Animal protein in particular requires increased energy to be broken down so the available nutrients can be absorbed. Additionally, with mass agricultural practices as they are today, many animal proteins, alcoholic drinks, and sources of caffeine contain hormones, chemicals, and additives that add to the buildup of toxins in your body. The Daily Greens 4-Day Cleanse gives your digestive tract a break by incorporating simple juices throughout the day that require the expenditure of less energy in the digestive tract. So raw fruits and veggies can be consumed as needed, decreasing the energy required for digestion and allowing it to be funneled elsewhere—like recharging your body!

THE RAW DIFFERENCE

Raw fruits and vegetables naturally contain large amounts of vitamins, minerals, antioxidants, digestive enzymes, and phytonutrients. When fruits and vegetables are cooked, many of these vital nutrients are lost, either through heat or water, decreasing the concentration of nutrients in a given amount of fruit or vegetable. While incorporating some cooked fruits and veggies on a regular basis is perfectly fine, it is important to maximize your body's cleansing process with a high intake of raw fruits and veggies. The consumption of specific raw foods during your cleanse can potentially decrease some of the negative side effects that often accompany cleanses and detox diets, like headaches, fatigue, and stomachaches.

What makes the Daily Greens 4-Day Cleanse different from many other cleanses is that it incorporates raw foods high in fiber, plant protein, and healthy fats at the end of each day for your dinner meal. Many cleanses simply provide your body with the tools to gather toxins from your body's tissues and move them into your digestive tract; however, a vital part of successful cleansing is the elimination of those gathered toxins from your body altogether. Fiber does just that. It provides the bulk, or the "glue," to help your digestive tract bind and eliminate the toxic buildup. Without consuming fiber at the end of the day, the gathered toxins will sit in your digestive tract. This can

potentially cause cellular damage to your tract and other bodily tissues, as well as constipation and unnecessary digestive discomfort. You might even know someone who has tried a cleanse and has complained about headaches, skin breakouts, or irritability. Eliminating the gathered toxins at the end of each day on the Daily Greens 4-Day Cleanse will allow your body to expunge maximum buildup without causing unnecessary discomfort.

After completing the 4-Day Cleanse, you should feel light, energized, and de-bloated. Your digestion will be easier and improved (as will your bowel movements), and you'll likely get a better night's sleep. Providing your body with nutrients in their natural, raw form is ultimately fueling your body to cleanse and heal as it needs to. Your body is an incredible machine! Feed it well, and enjoy the energy and life you get in return.

—*Lauren Minchen, MPH, RDN, CL*

preface

I vividly recall sitting on the floor of my shower with water and tears streaming down my face trying to figure it all out. I could not stop thinking ... why? Why me? What did I do wrong? On July 28, 2004, my son's first birthday, I had been diagnosed with breast cancer at the age of thirty-three. And then, just a few weeks later, my younger sister was also diagnosed with breast cancer at thirty-one years old.

Happier periods of my life started flashing through my mind as I sat in that shower. I remembered racing with my younger sister through banana plantations by a house we lived in during a four-year stint in Puerto Rico. We were probably eight and ten years old at the time, and I recall running barefoot through the trees, stopping to pick a banana or an orange here and there. Sometimes we would gather mangoes and avocados to take back to our mother to serve with dinner. As I sat on my shower floor mourning the loss of my breasts, I tried hard to remember. Didn't I also recall plantation workers spraying down those banana trees with pesticides? Were those pesticides the reason why my sister and I came to have aggressive breast cancer, mine having grown unchecked into stage II breast cancer while I breastfed my son for nine months?

I flashed-forward a number of years to my grandmother's garden in Arkansas. My sister and I spent many happy hours helping her plant and pick tomatoes, okra, cucumbers, and all kinds of other wonderful vegetables. Again, I strained to remember that pesticide she used to put on the vegetables to keep the bugs away. What was it called? Sevin dust? Weren't we told that we had to keep the cats away from it for fear of their ingesting it and dying from it? I remember Grandma hollering at us not to eat the vegetables until she had a chance to wash off the "poison," and even the Centers for Disease Control reported in a study that a single dose of 250mg consumed by an adult male resulted in "moderate poisoning." Was this why we had breast cancer? Had we eaten fruits and vegetables covered in poisonous pesticides that later settled in our breast tissue to form cancer cells? Was that possible?

I started thinking about our college days and the TV dinners heated with plastic wrap and consumed quickly while in the midst of cramming for exams. Was it all the chemicals in the processed food that we ate?

We had no family history of breast cancer until we were both simultaneously diagnosed with the disease—years before our doctors would normally start screening us for breast cancer. In fact, no one in our immediate family had ever had any type of cancer. I had been to at least a half-dozen doctors who really had no answer for the "why." Most agreed that it was probably somehow genetic, although they admitted they were stumped by the fact that both my sister and I had tested negative for the known genetic mutations for breast cancer. Most of the physicians that I saw just threw up their hands and said we would probably never know the cause. They confirmed that not enough information is known about the genetic predisposition to breast cancer and certainly not enough information is known about the environmental and food-supply factors that could potentially cause breast cancer.

**"We had no family history of breast cancer until we were both
simultaneously diagnosed...."**

One thing the doctors did all seem to agree upon was that our treatment plans should be the most aggressive available. Before all was said and done, we each underwent a year of mind-numbing chemotherapy, double mastectomies, and multiple surgeries to reconstruct our breasts. Due to my

advanced breast cancer, all of my lymph nodes had to be removed from under one of my arms, leaving me with lymphedema (swelling caused by poor drainage of lymph fluid) in my left arm, hand, and torso, which I will have for the rest of my life. Then, after six years of hormone therapy, my team of doctors advised me that I should also remove my ovaries to eliminate the risk of more breast cancer or, even worse, ovarian cancer. So at the age of thirty-nine, I had both ovaries removed, putting my body into premature and permanent menopause.

Prior to our breast cancer diagnosis, my sister and I were the pictures of health. We were raised as vegetarians by our military doctor father and our registered nurse mother, who are both very health conscious and taught us to eat right, exercise daily, and watch our weight. We have never been even remotely obese, smoked a cigarette, or touched a piece of red meat (all the supposed top risk factors for breast cancer). So again, I had to ask, why?

THE JOURNEY FOR ANSWERS

It has now been over nine years since that fateful day when my doctor told me I had breast cancer, and I finally know the answer to the “why?” I was meant to have breast cancer so that I would go on a journey in search of answers. That journey would not only change my life, but also allow me to educate others, to assist in the growing movement to change the way America thinks about food and diet.

The first part of my journey for answers entailed reading everything I could get my hands on about the connection between food and disease, and in particular the connection between food and cancer. On my required reading list were *The China Study*, by Dr. T. Colin Campbell and Thomas M. Campbell II, and Michael Pollan’s *The Omnivore’s Dilemma* and *In Defense of Food*. I learned from Dr. Campbell that there was likely a connection between the foods I had consumed and my untimely breast cancer. Dr. Campbell’s fifty-year study of rural populations in China provides evidence of a direct connection between not only the consumption of animal products and cancer, but also between the overconsumption of animal products and a host of modern diseases currently plaguing the Western world, including heart disease, obesity, and autoimmune diseases.

From Michael Pollan, I learned the history of how we have applied the principles of Ford’s mass production of cars to the mass production of food, which led to McDonald’s and the proliferation of fast food in the US. Mr. Pollan educated me on the compromises made in the growing of food and the raising of animals in order to satiate the world’s ever-growing demand for fast and processed foods—these compromises include the proliferation of genetically altered versions of our most consumed crops and animals, along with the introduction of pesticides and antibiotics to our food sources and onto our dinner plates. I realized that much of what I had been putting into my body for the first thirty-three years of my life was likely laden with pesticides or packaged with numerous chemical preservatives to create years of shelf life. I had been eating a diet that, while healthy by the measuring stick of the Food and Drug Administration and other government standards, was possibly a contributing factor to my breast cancer.

I gained further inspiration from Kris Carr and her *Crazy Sexy Cancer* movie and books, which chronicle her journey from an incurable cancer into remission through her consumption of a raw, plant-based diet. I realized, with hope, that there might be some explanations as to why cancer had started to grow in my young body. While I was vegetarian for the most part, I overconsumed dairy products and processed foods. We are the only mammal that consumes the milk of another mammal, and as it turns out, our bodies do not process it very well. Dr. Campbell’s studies showed a link between overconsumption of cow’s milk products and cancer.

I will never forget the first time I got my hands on Kris Carr's first book, *Crazy Sexy Cancer Tips*, which included a short but powerful chapter on food. It contained an overview of her diet recommendations, and there was a picture that jumped out at me from the page: It showed the first and, at the time, only juice bar in Austin, and the establishment's sign read simply: "Disease Can't Fight Oxygen and Light." Tears streamed down my face as I realized that I may have finally found something in my own crazy breast cancer journey that was under my control. I did not choose breast cancer, nor would I have chosen to remove my breasts and ultimately my ovaries in my thirties. But when you have a small child and a loving husband, you do whatever it takes to stay alive for them. You do what your doctors tell you to do, even if that means poisoning your body with toxic chemotherapy and removing all the offending body parts that harbor cancer. Finally, I had found something that was completely under my control and within my power. From my research, I believed that I could not only heal my body from breast cancer treatment, but I could also help prevent a recurrence of my breast cancer. I was sold. I was willing to try anything that could increase the chances that I would be around to see my beautiful son, Cooper, grow up. I would become vegan, and even consume a diet of only raw vegan foods, if that was what it would take to get me healthy. I would start drinking a green juice every morning. I would eliminate all animal products from my diet, including my beloved cheese.



Shauna with husband Kirk and son Cooper.

"When you have a small child and a loving husband, you do whatever it takes to stay alive...."

GETTING STARTED

I dove into the deep end, immediately ordering a simple two-speed Breville juice fountain. I will never forget making my first green juice in my kitchen. My husband, Kirk, thought I was crazy. It was so green, but the smell of the “real” fruits and vegetables coming from my juicer was intoxicating. At first, I put an entire apple in my green juice each morning, but as time went by, I noticed that I was losing the sweet tooth that I had been known for my entire life (I never skipped dessert). The apple started tasting too sweet, so I gradually used less and less until I left it out altogether, drinking a simple combination of kale, cucumber, and celery. I would juice 32 ounces of these ingredients and head out the door each morning with what my friends came to call my “pond water.”



Sisters Tamara and Shauna.

The results of drinking a simple green juice every day were amazing. I had an incredible amount of energy all the time. My immune system—which had been completely wiped out by the chemotherapy—rebounded. My skin glowed, and my hair (which was finally growing back) was black and shiny once again. Mentally, I was sharp and clear. And I was happy. For me, the daily flush of nutrients from my green juice was like the fountain of youth.

Over time, I realized that I no longer needed coffee and dropped it in favor of green tea. I also realized that I did not need anything else to eat until lunch. This created a mini juice fast each day, from dinner the night before until I ate solid food at lunch the next day. I found that this daily mini-fast helped my body to cleanse itself of toxins from bad eating. Nine years later, I still drink a green

juice every day. I am convinced that it has changed the outcome of my life. I am not just surviving my breast cancer, but thriving in every way. I have more energy and drive than many of my friends and counterparts my age. I also require far less exercise to maintain my weight than my friends of a similar age. While I absolutely love and enjoy exercise, I work out regularly to feel good mentally and physically, not to maintain my weight. My weight is maintained by the smart food choices I am making. Since my body fully absorbs the nutrients consumed, I do not constantly feel hungry, and as a result, I naturally only consume the calories needed to maintain a normal weight. My eyesight is also still remarkable. Despite the fact that I am at the age when most start using readers, I can still see perfectly without glasses.

Perhaps the most important thing I know with every fiber in my body is that I will not only be around to see my son Cooper grow up, but also to grow old with my husband. Unfortunately, breast cancer is one of those dreaded diseases from which you are never considered cured. It can rear its ugly head at any time, and often does for those of us diagnosed at such young ages. For that reason, I always stay the course. Each day when I drink my daily green juice, I reaffirm my dedication to my diet, to my healthy way of life, and to staying alive for Cooper and Kirk. They need me. Plain and simple. I am so blessed to be able to share my story and the healing power of green juice with the world. I am confident that this is the answer to the “why.”

PAYING IT FORWARD

After years of spreading the gospel about drinking a daily green juice to my friends and family, in 2012, I decided that it was time to get serious about “paying it forward.” Many of my friends and family members had already purchased juicers and started making a green juice every morning. While they all agreed that the health benefits they experienced were undeniable, after a few months they would ultimately put the juicer away, declaring that it was “too hard,” “too messy,” and “took too much time.” I soon realized that if I was going to keep my friends and family drinking a daily green juice, I was going to have to make it for them. So on December 1, 2012, I made sixty bottles of cold-pressed green juice and took it to the local farmers market in Austin, Texas. It sold out in less than two hours. So the next weekend, I made sixty more bottles and did it again. At the time, I was still working my day job as a corporate attorney, so I had to rope in my then-eight-year-old son and husband to help hand-label the bottles and support me at the farmers market. After selling out at two consecutive farmers markets, I realized that there was a serious need for ready-to-drink green juice made the way I make it (with mostly greens, low in fruit, and with no water added). In 2012, fresh green juice was only available in cities that were lucky enough to have a juice bar—or in New York and along the West Coast, where a small number of cold-pressed juice companies had launched locally. I made it my mission to get a green juice into the hands of every American every day. And so it was that my company, Daily Greens, was born. After four short months, I left my corporate attorney job behind and dove headfirst into the business of making green juice available to anyone and everyone who would listen to me. Only five months after taking that very first batch to the farmers market, Daily Greens launched at Whole Foods Markets—and the rest is history. Today, Daily Green juices are available coast to coast in thousands of retail outlets. See the website to find the location closest to you: www.drinkdailygreens.com/location.

During my own battle with breast cancer, I cofounded an organization in Texas known as the Pink Ribbon Cowgirls. It is a program that provides a social network and support services to young women battling breast cancer. The concept grew out of the support and companionship my sister and I were able to provide to each other during our two years of treatment together. Over the years, the Pink

Ribbon Cowgirls have provided support and sisterhood to hundreds of young women battling breast cancer. Resources for such women are still scarce in this country—despite the increase of breast cancer in young women. For this reason, we set aside a portion of the revenues at Daily Greens to help fund organizations that provide services to young women fighting breast cancer. In order to further this vision and mission, we will also be donating 1 percent of the royalties from this book to those organizations. If you have been touched by someone courageously battling breast cancer, I encourage you to visit our website and see how you can make a difference too: www.drinkdailygreens.com/we-give-back/.

I no longer ask myself, “Why me?” I know now that it was my destiny to battle breast cancer at thirty-three. It made me who I am today. It created in me a burning desire not only to help other young women facing this disease, but to help you, the reader of my book, to get healthy and stay healthy so you can thrive for the important people in your life.

before you CLEANSE

Before you begin your 4-Day Cleanse, take the time to read this chapter in order to get an overview of cleansing in general, as well as to learn the basics of the meal plan and the equipment you'll need for juicing. Note that you should start preparing your body for the cleanse at least one week prior to beginning it: I've provided seven delicious green breakfast smoothie recipes (see [pages 24–31](#)) that will help get your system accustomed to juice fasting and your palate used to “green” flavors. I have also highlighted the foods and beverages you will be eliminating during the cleanse and explained why doing so is important.

Note that the Daily Greens 4-Day Cleanse is safe for most people who are in good health. However, if you are immune-compromised, pregnant, breastfeeding, or suffering from a chronic illness or ongoing health problem, doing a cleanse may not be safe for you. For this reason, I highly recommend that you consult your physician before starting the cleanse if any of these situations apply to you, or if you have any health issues, questions, or concerns about the safety of cleansing.



WHY JUICE?

It was common for our ancient ancestors to eat up to six pounds of leaves per day. But in modern-day throwback “hunter-gatherer” diets, much emphasis is placed on the “hunting” of meat by our ancestors, and we forget that wild game kills were few and far between. While our ancestors mostly subsisted on leaves, berries, and nuts, today the standard American diet consists mostly of animal protein. According to a 2010 study by the Produce for Better Health Foundation, only 8 percent of individuals get the recommended portion of fruits and only 6 percent manage to consume the recommended daily intake of vegetables. But these foods provide vital nutrients needed to fight disease and maintain good health. What’s more, the majority of the standard American diet consists of cooked food, and cooking results in the loss of many of the nutrients in the scarce fruits and vegetables that we do consume. And with our modern, fast-paced lifestyle, who has time to eat six pounds of “leaves” a day?

So what is the solution? Juice! Juicing dark leafy greens, along with other vegetables and some fruit, into a green juice can provide in a single drink many of the nutrients that so many of us are not usually getting. The other benefit of juicing? You are condensing these nutrients into a liquid form that is immediately absorbed by the body, with very few of the nutrients lost through the digestive process.

WHY GREEN JUICE?

Dark leafy greens offer higher concentrations of nutrients than many other vegetables and fruits. They are a rich source of minerals, including iron, calcium, potassium, and magnesium, as well as vitamins including vitamins K, C, E, and many of the B vitamins. They also provide a variety of phytonutrients including beta-carotene, lutein, and zeaxanthin, which help protect our cells from damage. Dark leafy greens even contain small amounts of omega-3 fats, which are good for you, playing a role in lowering triglyceride levels.

Perhaps the star of these nutrients is vitamin K. Two cups of dark leafy greens provides more than the minimum daily recommended amount of vitamin K. Research cited by the American Cancer Society has provided evidence that this vitamin may be even more important than once thought—and many people do not get nearly enough of it. Not only is vitamin K essential for normal blood clotting, recent studies suggest that deficient levels of vitamin K are linked to an increased risk of some cancers. In addition, studies have revealed that vitamin K may have a role in keeping bones strong, especially in older people.

You might be wondering: *If dark leafy greens are so great, why not just juice kale?* Well, put simply, because it tastes like crap. However, by combining dark leafy greens with other green vegetables and some fruit and herbs, you can create a green juice that both tastes delicious and is full of nutrients that your body needs for long-term health.

THE TRUTH ABOUT VITAMIN SUPPLEMENTS

Did you know that our bodies absorb over 97 percent of the nutrients contained in raw vegetables and fruit? Compare that to vitamin supplements made in a laboratory, which have an absorption rate of 5 to 25 percent.

One of the most frequent questions I am asked is: If you don't eat meat, how do you get calcium and iron? The answer is simple: I eat plants. Specifically, I consume dark leafy greens every day in the form of green juice and vegetable salads. Dark leafy greens such as spinach, kale, collard greens, watercress, and dandelion greens contain more iron than an equivalent serving of cow's milk while also providing a good amount of calcium.

My doctors require frequent bone-density tests and are always very surprised to note that my bone density is fantastic, given my plant-based diet and refusal to take nutrient and mineral supplements. They always tell me that whatever I am doing with my diet is certainly working and to keep up the good work.

WHY CLEANSE?

You've probably heard diet advice over the past couple of decades indicating that you should be eating very small meals every two or three hours. Sound familiar? But this type of diet doesn't give the digestive tract a break. The theory behind juice cleansing is that it gives the body the opportunity to rid itself of toxins.

THE MINI JUICE FAST: I discovered the first way to detox my body was to conduct a mini juice fast every day. So I replaced my usual breakfast with a green juice—a practice that I continue to this day. On an empty stomach, the juice makes its way through to the intestines in minutes. While I give my digestive system a break from the hard work of digesting solid food in the morning, I also infuse my body with a huge flush of vital nutrients and minerals. My first meal of solid food is always lunch. This creates a mini juice fast of eighteen hours or more each day, from dinner until lunch the following day. Even though I don't consume solid food until lunch or later, I don't experience low blood sugar, hunger pangs, or any of the other symptoms one would expect from skipping a solid breakfast in favor of a low-calorie green juice (my juices are approximately 100 calories or less). The most important benefit of the mini juice fast is that I am full of energy all day long.

MULTI-DAY FASTING: The second way I learned to cleanse and detoxify my body was through periodic longer multi-day juice fasts. At first, I tried just drinking juice for several days in a row, but quickly learned that this did not work, and it even seemed to make me feel more toxic. Why? Simply because I was not completing the job of actually moving the toxins out of my body. I was juice fasting (only drinking green juice) for long periods of time, and toxins were being pulled out of my cells and into my bloodstream, but I was not moving them out of my body through my bowels. As a result, those toxins were accumulating in my bloodstream and giving me horrible detox symptoms including headaches and flu-like symptoms. If I wanted to continue the juice fast, my options at this point were either: 1) take a large fiber pill each day to help move my bowels, or 2) subject myself to a lower intestinal colonic to assist in the process. But neither of these options appealed to me at all.

So I came up with a third option. I decided to consume only green juice during the day, but at night I would eat a raw vegetable dinner. Raw vegetables are digested very quickly, allowing the body to quickly get back to fasting and cleansing. I realized that the benefit of a raw vegetable dinner as part of a healthy cleanse was twofold: First, it allowed me to actually eat something during my multi-day cleanses, providing vital energy to help me function. Second, all the roughage and fiber from dinner prompted my bowels to move and expel the toxins that had accumulated during the day. Since fruit also moves through the digestive tract very quickly, I added small amounts of fruit (or raw vegetables) during the day to maintain a healthy blood sugar level and sustained energy levels. So while I was flooding my body with large quantities of nutrients and minerals from my green juice, I was

simultaneously collecting toxins from my body and getting rid of them. And I was accomplishing all of this by simply consuming raw plants. No supplements, no processed foods, no added anything. Isn't simplicity a beautiful thing?

AN OVERVIEW OF THE DAILY GREENS 4-DAY SEASONAL CLEANSSES

During your 4-Day Cleanse, you will drink three green juices daily while eating sufficient raw fruits and vegetables to maintain a normal level of energy throughout the day. This will create an extended period of fasting throughout the day that will allow your body to start gathering up and expelling toxins (the juice does not count as food since it will immediately assimilate into the bloodstream when consumed on an empty stomach). Because the green juice recipes in this book are low in sugar, you may need to consume additional fruit or vegetables to maintain a normal level of blood sugar and sufficient energy to go about your daily routine. Note that you should also drink plenty of water throughout the day as you don't want to get dehydrated. Plus, drinking water will assist in flushing out toxins from your body.

For each seasonal cleanse, we've provided a selection of delicious green juices that you can make yourself. If making three juices per day sounds like a lot of work (and time you don't have!), feel free to make larger quantities of your morning green juice, or any other green juice recipes you like, and substitute them for your lunch and snack juices later in the day. You can double or triple the recipes on any of these. When making a large batch, store your juice in an airtight container right after juicing, and keep it refrigerated until you are ready to consume. The juice should be consumed within twenty-four hours, as it spoils quickly. Note that the recipes tend to get "greener" as you move through the cleanse, because your taste buds should be adjusting to more "green" flavor and you should start losing your sweet tooth. For this reason, I strongly encourage you to try a variety of the recipes during your cleanse.

If time and convenience are issues for you, also note that all of the green juices produced by my company, Daily Greens, are low in sugar and can be substituted for the green juice recipes provided. While substituting a bottle of Daily Greens for a homemade juice is a great time-saving measure, I still highly recommend making some of your own green juices as well. You might come up with your own perfect green juice blend!

In the evening, you will prepare a delicious raw vegetable appetizer and salad to eat for dinner. These recipes can all be mixed and matched depending on what you have available in your fridge. I also encourage you to improvise and substitute your own raw vegetable dishes. The idea is simply to consume a big raw vegetable dinner in order to provide your body with sufficient fiber and roughage to get your bowels moving and expel all those toxins that you have accumulated during your day of juice fasting (this may occur immediately or the next morning). Repeat this cycle for three more days and I promise your body will thank you for it!

WHY EAT SEASONALLY?

Wondering why there are four cleanses, one for each season? I started doing these four-day cleanses every couple of months, and fell into a rhythm of doing one at the beginning of each season. I would do one the first week of January to start off the new year right. I would do another one as soon as spring arrived, feeling the need for a good spring cleaning. I would do one the first week of summer to kick off swimsuit season in style. And I also loved doing a back-to-school cleanse, as I started my fall routines. The different recipes featured in the different seasonal cleanses are based on my own philosophy for consuming fruits and vegetables that are in season or available from my local farmers market. There are three very important reasons to eat seasonally:

1. Ideally, fruits and vegetables are harvested when they are ripe. This is when they contain the highest level of nutrients they will ever contain during their life cycle.
2. Eating foods in season often means that you can select your produce from your local farmer or farmers market and lessen the environmental impact of shipping produce across the country.
3. Finally, eating seasonally will save you money. The price of produce is lower when it is in season and available locally.

ORGANIC PRODUCE

I recommend that your fruits and vegetables be organic to the greatest extent possible. I know they cost a lot more at the grocery store, but I believe the benefits far outweigh the cost.

1. I find that organic produce tastes better.
2. While there is differing research on the topic, I believe that organic produce contains higher levels of nutrients (the Organic Trade Association at ota.com lists the results of several major scientific studies).
3. Produce that comes from organic farms does not contain pesticides and other poisons commonly used to kill insects and maximize production. As reported by the National Cancer Institute, it is many of these same pesticides that are now being linked to cancer, and which I personally hold responsible for my untimely battle with breast cancer.
4. Another important reason to buy organic is to support organic farmers, as they use sustainable farming practices that protect and rehabilitate the soil, as well as prevent further contamination of our environment by employing natural fertilizers and pest repellents instead of poisonous chemicals that contribute to the contamination of our groundwater, lakes, rivers, and oceans.

If you are on a budget, I would highly recommend that—at a minimum—you consider purchasing organic versions of the produce that appears on the “dirty dozen” list. This is a list of the fruits and vegetables that retain the most residual poisons from pesticides used by non-organic farmers. Below is the 2014 list published by Dr. Andrew Weil, a health expert who is internationally recognized for his views on leading a healthy lifestyle, his philosophy of healthy aging, and his critique of the future of medicine and health care.

Dr. Weil's "Dirty Dozen Plus":

🍏 Apples

- ◆ Strawberries
- ◆ Grapes
- ◆ Celery
- ◆ Peaches
- ◆ Spinach
- ◆ Sweet bell peppers
- ◆ Nectarines (imported)
- ◆ Cucumbers
- ◆ Cherry tomatoes
- ◆ Snap peas (imported)
- ◆ Potatoes

Plus these two that may contain "highly toxic" insecticides:

- ◆ Hot peppers
- ◆ Blueberries (domestic)

FOODS TO ELIMINATE

During your cleanse, you will need to eliminate several items from your diet. Some of these will be tough, but do make the effort. You'll be happy you did.

COFFEE

Coffee can be a diuretic causing dehydration, which is counter-productive to your cleanse goal of full hydrating and cleansing your body. Other negative effects that coffee can have include acid reflux and an increase in heart rate. Coffee can also increase the body's level of the hormone cortisol, which can lower the activity of the immune system.

ALCOHOL

As you've probably suspected, alcohol is not conducive to cleansing. It is dehydrating, spikes blood sugar levels, causes inflammation, and adds "empty" calories that are devoid of nutrients. Drinking alcohol in any form, including wine, is simply not productive during a cleanse.

REFINED AND PACKAGED FOODS

Refined and packaged foods are not usually what I consider “real food,” as they contain countless preservatives and added mystery ingredients. As a rule, if a package contains any ingredients that I don’t recognize or can’t pronounce, I will not buy it. These refined and packaged foods are at the heart of the current food and health crisis we have in America. By eating these instead of whole foods, people are missing out on many of the essential nutrients provided by the latter. Plus, packaged foods often contain potentially harmful ingredients used as preservatives to extend their shelf life. Some of these packaged foods are “fortified” with artificial and chemically based nutrients like iron, calcium, and vitamins, but these are a poor substitute for the nutrients that naturally occur in real food. During your 4-Day Cleanse, you will enjoy the full benefits of a plant-based diet that is free of artificial additives, and you will see a dramatic difference in your mood and energy level.

ANIMAL PRODUCTS (INCLUDING DAIRY)

Animal protein takes hours to digest and is not conducive to cleansing. It is important to eat foods that digest rapidly to give your intestines a break. Note that animal protein also usually contains toxins from pesticides that are used in the animals’ food supply, as well as hormones and antibiotics used to optimize production of animal protein. This places an even greater burden on the body to get rid of the animal toxic waste.

GRAIN PRODUCTS

While cooked whole grains are an important part of a long-term healthy diet, they also take a long time to digest, and for some people, the gluten in many of these (wheat, rye, barley) causes inflammation in the intestines. One of the goals for your 4-Day Cleanse is to reduce inflammation and give your intestines a rest, so it is best to eliminate cooked grains while cleansing.

EQUIPMENT NEEDED FOR YOUR 4-DAY CLEANSE

While you will need a few basic pieces of equipment like a home juicer and a high-speed blender, the 4-Day Cleanse is pretty simple and does not require much preparation. Here is a list of equipment you should make sure you have at home before you start your cleanse.

HOME JUICER

While I own several high-end expensive juicers, I almost always use my simple Breville Juice Fountain to make green juice at home. It is inexpensive in the juicing world, works wonderfully, and is easy to use. I recommend the two-speed version, which will allow you to alter the speed depending on the produce you are juicing. Using the recommended speed will prevent waste. The fountain opening allows you to put larger pieces of fruit and vegetables into the juicer, thus requiring less time for cutting your produce into small portions. It also breaks down into three parts for easy washing. As of late, there are a number of juicers on the market that attempt to bridge the gap between cold-pressed juicers, like the professional-grade Norwalk, and the centrifugal juicers like the Breville. I have experimented with several of these, including the Huron. While they are nice and may extract slightly more nutrients, they do slow down the process of making juice. I encourage you to do some research on the best juicer for your budget.

A word of caution: Do not attempt to use a blender as a juicer. It just cannot be done. A blender retains all the fiber and, thus, works for making a green smoothie, but not a green *juice*.

HIGH-SPEED BLENDER

You will be using a blender to make green smoothies during the week prior to your cleanse (see [page 24–31](#)) and to make raw soups for dinner during your cleanse. As you will see later on, I am very passionate about my Vitamix. I could not live without it. When trying to break down raw produce into a creamy texture for smoothies, I find it is the only blender that truly gets the job done. I know it comes with a high price tag, so feel free to substitute a regular high-speed blender.

COLANDER

Over the course of your 4-Day Cleanse, you will be washing large quantities of fruits and vegetables, both for your juices and for your raw food dinners; a large colander will make this process easier.

SIMPLE GREEN JUICE FORMULA

My hope for you is that once you do a 4-Day Cleanse, you will crave a morning green juice as much as I do. In case you want to experiment with your own recipes, here are some guidelines for the perfect proportions for making a fantastic green juice.

2 parts sweet juicy greens (celery, cucumber, romaine)

1 part fruit (apple, watermelon, pear, pineapple)

2/3 part dark leafy greens (kale, spinach, collard greens)

1/3 part herb (mint, basil, cilantro, parsley)

SHARP KNIVES

You will also be chopping up large quantities of fruits and vegetables, so a set of sharp knives is highly recommended. If your knives are dull, you can sharpen them yourself or take them to a store that does knife sharpening before you begin your cleanse. Take extra care when using ultra-sharp knives—you don't want to hurt yourself!

SALAD SPINNER (OPTIONAL)

You will be making a big raw salad most evenings, and a salad spinner can make it easier to prepare your greens. If you don't already have one, a colander to drain your washed lettuce will work just fine as a substitute.

SPIRALIZER AND MANDOLIN (OPTIONAL)

These tools can come in handy for preparing paper-thin veggie slices (on the mandolin) or spaghetti-thin vegetable curls (on the spiralizer). Both are inexpensive and can easily be found online or in retail stores carrying kitchenware.

CLEAN UP YOUR ACT!

There are three key changes in your diet that I highly recommend you incorporate a week prior to starting the 4-Day Cleanse. These are particularly important if you have never cleansed before, and even more important if you are not accustomed to drinking a green juice every day. If you already drink a green juice on a daily basis and consume a diet high in raw vegetables and fruits, then these early preparations will be unnecessary, and you can proceed right away with your 4-Day Cleanse.

PREP TIP #1: SWITCH FROM COFFEE TO TEA

If you drink coffee every day, then I strongly recommend switching to black tea or green tea one week prior to starting your 4-Day Cleanse. This will give you a reasonable dose of caffeine every morning so as to limit your caffeine withdrawal symptoms and let your body start getting used to having less caffeine before you begin the actual cleanse. During your cleanse, you will be drinking green tea, which not only contains less caffeine than coffee but also has the added benefit of providing you with wonderful antioxidants, including high quantities of catechins, which fight and may even prevent cell damage. What's more, some research shows that green tea improves blood flow and helps lower cholesterol.

PREP TIP #2: START DRINKING A GREEN SMOOTHIE FOR BREAKFAST

So now that I have taken away your morning cup of coffee to get your bowels moving, what next? You can start motivating your bowels by filling them with fiber and roughage from raw fruits and vegetables in the form of a thick, delicious green smoothie. I have included a number of fabulous green smoothie recipes in this chapter in order to provide you with a wide variety of options for the week. Note that it is important to swap out your regular breakfast for a green smoothie. This will start to get you accustomed to the “fasting” element of the 4-Day Cleanse so it won't be as much of a shock to your system. Another reason you'll be drinking a green smoothie for breakfast is so you can start developing your “green palate”—your taste for greens. The more consistently you drink green juice, the more you will crave greens and the less you will crave sugar and sweet things.

PREP TIP #3: MOVE MEAT AND GRAINS TO DINNER

Swap out your normal burger or cold cuts at lunch for a raw salad. Any type of raw salad will work, but eliminate animal protein and grains from it. Save the meat and grains for dinner. This will start preparing your body for the new eating routines you will practice during your 4-Day Cleanse. Take note of how you feel eating just raw vegetables and fruits during the day. You should feel energized, since your body is not burdened with channeling so much energy into digesting food all day long, as the raw fruit and vegetables will digest very quickly using only a fraction of the energy.

Note that all of these tips are also great food habits for life. As we will discuss in Chapter 6: *Maintaining Post-Cleanse* (see [page 149](#)), these wonderful habits will help you maintain optimal health following your 4-Day Cleanse.

FREQUENTLY ASKED QUESTIONS

Is cleansing safe for everyone?

No. If you are immune-compromised, pregnant, breastfeeding, or suffering from a chronic disease or ongoing health problem, cleansing may not be safe for you. As such, I highly recommend that you consult your physician before starting the cleanse if any of these apply to you, or if you have any health issues or questions about the safety of cleansing.

Can I continue the cleanse for more than four days?

Yes! This is one of the questions I get asked most frequently. By the fourth day of the Daily Greens Cleanse, most people will start to feel really amazing, and as a result decide they might want to extend their cleanse. I encourage everyone to continue the Daily Greens Cleanse as long as you feel comfortable, and always consult your doctor if you're not sure. I usually end up continuing a few extra days or until I have some social engagement that gets in the way. Mayim Bialik, a star from the hit TV show *The Big Bang Theory* and a vegan diet and lifestyle ambassador, continued the Daily Greens Cleanse for nine days the first time she tried it. When you are ready to break the cleanse, be sure to follow the plan laid out in Chapter 6: Maintaining Post-Cleanse (see [page 149](#)).

Should I cleanse when I am pregnant or nursing?

No. One of the problems with cleansing is that the body releases a substantial amount of toxins into the system while it detoxes, and this can be harmful for your baby.

What happens if I can't finish the cleanse?

A cleanse that lasts for four days is what personally feels right for me and this seems to be the magic number for most people looking to reset and recharge. Through years of practice, I have found this to be the most effective time frame for cleansing. However, every person will have his or her own unique response, and I have found that even one or two days of cleansing is a helpful boost to your system. Any decision to move toward a healthier you is a positive one, so congratulate yourself for taking the first step!

Can I work out while I am on the cleanse?

Yes! The Daily Greens 4-Day Cleanse is designed to provide you with sufficient energy to do your normal day-to-day activities, including exercise. I do recommend, however, that during a cleanse you stick with lighter forms of exercise that do not cause increased hunger. You'll have to determine which forms of exercise are right for you, but during a cleanse I try to stick with light strength classes like yoga and barre or light cardio like a short run or spin class.

sample content of Daily Greens 4-Day Cleanse: Jump Start Your Health, Reset Your Energy, and Look and Feel Better than Ever!

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