



Start Fresh

3 day juice detox program



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Start Fresh



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Why Detox?

You may have heard that a lot of people have turned to juicing to increase their quality of health. Jumping on the juicing bandwagon is not just a fad. People have been making their own juices for years to fight off a host of diseases and disorders. I remember my family buying a juicer when I was really young, I read all the recipes that came with the juicer and was just fascinated that you could make a drink that might help battle a cold or a bladder infection for instance.

It was my first introduction to food as medicine.

Because of the insoluble fibre in fruits and vegetables, we can't eat as much fruits and veggies as we need sometimes to help fight certain disorders. Juicing extracts the nutritious liquid of plants and discards the insoluble fibrous pulp, allowing us to consume more and capitalize on its healing and cleansing abilities. We still get soluble fibre from juicing. Soluble fibre (like gums and pectins) will partially dissolve in water and form a type of gel. Soluble fibre absorbs digestive bile made by cholesterol, which creates even more digestive bile, which helps to lower LDL (bad) cholesterol. It also can help moderate your blood glucose levels because it slows the absorption of sugar. Some diabetics report juicing to be helpful to them because of that.

(Always check with your doctor though first!)

Having juiced almost my whole life, I have created juice cleanses that are more rigorous on liver and colon cleansing and have helped me a lot in achieving optimal health, better digestion and clearer skin. However, any time you hear the word "cleanse" or "detox," do your research. Understand what you're consuming and the affects it might have on your body. I would never recommend doing a juice cleanse to detox from drugs or alcohol without supervision from professionals, and it is not something to rely on to lose weight.

I advocate for holistic health, which promotes full body wellness.

This program was created to jump start your way to better health. Cleaning the major organs of the body from toxins and impurities that we regularly come in contact with. I hope it helps you on your wellness journey in becoming healthier and bringing back some energy and vitality to your life.

As always, check with your doctor first before engaging in any kind of health program.

Cheers to your health!



*Kylie Matechuk, Registered
Holistic Nutritionist*

LOVE + LIGHT,

Kylie xo

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FAQ

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Frequently Asked Questions

Q. Diet Info:

It is recommended to stick to the cleanse for the full three days. However, in the event you feel you must consume some food, stick to cut up vegetables like cucumbers, celery and carrots.

Q. Consuming Alcohol:

The Healing Crisis during the consumption of alcohol may be worse (headaches, nausea) if you consume a lot of alcohol on a regular basis. The liver detox helps repair the liver from substantial alcohol consumption. It is recommended to naturally stay away from heavy drinking once the detox is complete.

Q. Energy levels:

Energy levels vary from person to person. Some report that they feel extreme fatigue; others feel they have more energy than ever. Usually you will feel tired the first couple of times you detox. Experienced detoxers will feel their energy levels increase sooner and may not experience any negative effects at all.

Q. What other symptoms may I expect?

Detoxing doesn't have to be intimidating as long as the experience is understood and you know what to expect. The Healing Crisis is experienced by most users and is best described as feeling worse before you feel better. The more ill you are, the worse the experience. However, it is important to follow through. The body is trying to purge toxins and impurities. Stopping early will not allow these impurities to be properly and safely released out of the body. Reactions may include increased joint or muscle pain, headaches, diarrhea, extreme fatigue, insomnia, nausea and/or vomiting, sinus congestion, low grade fever and/or chills, frequent urination and/or urinary tract discharges, drop in blood pressure, skin eruptions, such as boils, hives, rashes or acne, and cold or flu-like symptoms. These reactions are not experienced by everybody, but are temporary and can occur immediately or within a few days or after several weeks. The most common reaction is headache, however detoxers that regularly consume alcohol, pop or coffee are also experiencing withdrawals from caffeine and alcohol, which have symptoms of their own. Urine will also appear light to dark pink. This is NOT blood. This is a result from consuming raw beets.

Q. Taking supplements other than what is outlined in this program and prescription medications:

It is not recommended to take your regular vitamins and minerals as they are metabolized in the liver. Regarding medication, I am not a physician or a pharmacist, so I would recommend speaking to them first about making any alterations to medications, and ensuring that the ingredient list doesn't counteract with your medications.

Frequently Asked Questions

Q. Not being able to complete the detox:

You might find that detoxes are surprisingly more of a mental challenge than a physical. It is so important to stick with it. However, if you find that it just too much, please stop. If there is any associated pain, please see your doctor or health practitioner.

Q. For those without a gallbladder:

Even with your gallbladder removed, you can receive major benefit from a liver detox.

Q. Resuming coffee and pop:

It is recommended that after the detoxes you slowly wean yourself away from addictive foods and beverages like coffee and pop. Drinking several cups of coffee or pop per day isn't beneficial for your liver or the rest of your body, but keep in mind that everything in moderation is also key to having a healthy relationship with food and beverages. Know your limitations. Listen to your body.

Q. Eating solid foods post detox:

Your body will absorb anything and everything coming off a detox, so it is so important to choose foods that are clean for the first couple of days. Leafy salads, fruits, steamed veggies and steamed fish are good choices. Ensure foods with fibre are consumed so that you do not experience constipation.

Q. Who should not do this juice detox?

Pregnant women, children, the elderly and those with compromised immune systems should not participate in a detox of any kind as it could cause more harm than good.

INGREDIENT LIST

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Ingredient List

Grocery List for the juices

10-15 bunches of carrots (Around 70 each)

10 bulbs of garlic

4 large potatoes

9-12 beets

The leaves of 3 beets

36 celery stalks or 4-6 bags of celery hearts

9-12 long English cucumbers

6 large onions peeled

1 bunch of parsley

12 navel oranges (Not Christmas oranges) peeled

15 lemons peeled

1 large piece of ginger root

3 tbsp of coconut oil

12oz distilled water



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Ingredient List

Supplements

In my program I incorporate supplements to help with colon and liver cleansing. Please check with your doctor first about foods and supplements that may counteract with medications. After receipt of this ebook you will get a recommendation sent to your email with the following clinical grade supplements from Kylie's dispensary.

Liquid Chlorophyll: *to help with stabilizing energy and blood sugars.*

EACH DROP (0.03 ml) CONTAINS:

Chlorophyllin (sodium copper chlorophyllin) 2.5 mg

Psyllium Husk: *to help with elimination of toxic waste and fecal matter.*

Each teaspoon contains:

Psyllium (*Plantago ovata* Forssk.) husks 1933 mg

Clove (*Syzygium aromaticum*) flower bud 12 mg

Licorice (*Glycyrrhiza glabra*) root 52 mg

Hibiscus *sabdariffa* 193 mg

Bentonite 11 mg

Liver Support SAP: *support liver function, protect against hepatotoxicity, and encourage re-growth of damaged hepatocytes.*

Each vegetable capsule contains:

Milk thistle (*Silybum marianum*) 80% silymarin - 250 mg

Curcumin (*Curcuma longa*) 95% curcuminoids - 125 mg

Alpha-lipoic acid - 100 mg

Artichoke (*Cynara scolymus*) 5% cynarin - 50 mg

Dandelion (*Taraxacum officinale*) 3% flavonoids - 50 mg

Schizandra (*Schizandra chinensis*) 9% schizandrin - 50 mg

Calcium D-Glucarate - 50 mg

l-Methionine - 50 mg

N-Acetylcysteine - 25 mg

Liquid Dandelion: *to help increase bile flow.*

Medicinal Ingredients (per 1 ml):

Dandelion root and leaf (*Taraxacum officinale*) 1000 mg QCE (1:1)

Non-Medicinal Ingredients: Grain alcohol, Distilled water, Vegetable glycerine

The Recipes

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11.

Morning Flush



Morning Flush 20oz

3-4 oranges juiced per one glass,
or you can use 1 cup of
store-bought organic orange juice
with pulp.

2 lemons juiced per one glass.

4oz distilled water

1 inch ginger root

4 cloves of peeled garlic

1 tbsp. coconut oil

In a blender, pulse the garlic,
ginger, coconut oil and 2 oz of
the distilled water until
completely smooth.

Add the rest of the ingredients in
the blender until creamy smooth.



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12.

Lunch Tonic

Lunch Tonic 20oz

- 4-6 carrots
- 4-6 celery stalks
- ½ cucumber
- 1 lemon
- 1 inch ginger
- 2 beets
- 1 bunch parsley

Place half the amount of carrots and celery in the juicer first, followed by the ginger, parsley and lemon, then add the beets and follow with the remainder of the carrots and celery.

Drop 13 drops of **chlorophyll** in the prepared juice and stir.

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13.

Afternoon Pick-me-up

Afternoon Pick-me-up 16oz

10 carrots

2 cucumbers

2 lemons

1 inch of ginger root

Place half the amount of carrots and one cucumber in the juicer, followed by the ginger and lemon, and finish with the remainder of the carrots and second cucumber.

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14.

Supper Tonic

Supper Tonic 20oz

- 4-6 carrots
- 4-6 celery stalks
- ½ cucumber
- 1 lemon
- 1 inch ginger
- 2 beets

Place half the amount of carrots and celery in the juicer first, followed by the ginger and lemon, then add the beets and follow with the remainder of the carrots and celery.

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15.

Potassium Vegetable Stock

Potassium Vegetable Stock

50 peeled cloves of garlic

Skins of four potatoes

1 celery heart

4-6 large peeled carrots

3 peeled organic beets with the greens

4-6 peeled and halved organic white onions.

Simmer for 60-90 minutes. Strain and cool. You should have enough for three 20oz servings that will last the three days. You can drink the broth cold or reheat on the stove when ready to drink.

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The Schedule

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Liver Detox Program Schedule

	Day 1	Day 2	Day 3
Upon Rising	45 drops Dandelion with 1/4c warm lemon water	45 drops Dandelion with 1/4c warm lemon water	45 drops Dandelion with 1/4c warm lemon water
15min later	Drink 8oz warm water w/lemon and 1 capsule Liver Support SAP	Drink 8oz warm water w/lemon and 1 capsule Liver Support SAP	Drink 8oz warm water w/lemon and 1 capsule Liver Support SAP
Breakfast	20oz Morning Flush	20oz Morning Flush	20oz Morning Flush
Drunk throughout the morning	20oz water bottle with lemon/cucumber	20oz water bottle with lemon/cucumber	20oz water bottle with lemon/cucumber
Lunch	20oz Lunch Tonic with 13 drops of Chlorophyll and 1 capsule Liver Support SAP	20oz Lunch Tonic with 13 drops of Chlorophyll and 1 capsule Liver Support SAP	20oz Lunch Tonic with 13 drops of Chlorophyll and 1 capsule Liver Support SAP
Snack	16oz Afternoon Pick-me-up	16oz Afternoon Pick-me-up	16oz Afternoon Pick-me-up
Supper	20oz Supper Tonic with 1 capsule Liver Support SAP	20oz Supper Tonic with 1 capsule Liver Support SAP	20oz Supper Tonic with 1 capsule Liver Support SAP
One hour later	2 tsp Psyllium Husk with 8oz water	2 tsp Psyllium Husk with 8oz water	2 tsp Psyllium Husk with 8oz water
Evening	20oz Potassium Veg Stock	20oz Potassium Veg Stock	20oz Potassium Veg Stock



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Find more information

I hope this ebook serves you well!

Looking for more? Want a one on one health session with me?

Fill out my FREE health assessment [here](#) and book a Skype session to talk about your health and life goals. Receive a FULL report including recommendations for diet, supplement and lifestyle tailored just for you!

LOVE + LIGHT,

Kylie xo

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