



HOW TO PREPARE FOR A JUICE FAST

Like everything in life, if you put in more you will get more out. If you prepare well for a fast then you should feel the benefits. If you are addicted to, or have a high intake of stimulants like caffeine, alcohol, sugar and nicotine it helps to ease yourself off these gradually beforehand if you can. Please remember that as well as not eating during the fast you will be expected to stop smoking, and drinking alcohol and caffeine. For two days prior to your arrival try to eat as light and raw as possible. One week before you begin your fast you should try to:

CUT DOWN OR ELIMINATE

- Alcohol, caffeine, cigarettes, drugs, OTC medicines, sugar, salt, artificial sweeteners and microwave foods
- Meat, fried or processed food, dairy products
- Gluten (oats, barley, rye, wheat) – bread, pasta, pies, cakes and pastries

INCREASE

- Intake of raw foods in your diet – salads and sprouted foods
- Pure water and hydrating fluids such as herbal teas and fresh fruit and vegetable juices
- Leafy green vegetables, short grain brown rice, and vegetable soups

CLEANSING AND BUILDING FOODS

Air and light Liquid	Water Blood-purifying herb teas Wild blue-green micro-algae Barley or wheat grass Fruit juices Vegetable broth	INCREASE Most cleansing (alkaline) ↑ ↑ ↑
Raw food	Fruit Sprouts Raw vegetables	
Cooked food	Steamed leafy vegetables and root vegetables (not white potatoes) Grains Legumes	↓ ↓ ↓
NOT good for fasting	Nuts & oily seeds Dairy products Fish, red meat & poultry Alcohol	↓ ↓ ↓ Least Cleansing (acidic) DECREASE

DETOX TIPS

Before doing the fast, you may wish to experiment with taking Colosan, Barley Grass or/and Prime Directive. They are amazing tools for elimination and increasing alkalinity. You can get them in some shops – or you can buy from these distributors:

- Barley Grass and Prime Directive: www.saferemedies.net. If you cannot find Prime Directive you can take another good probiotic – ask at your local health food store for suggestions.
- Colosan: www.thefinchleclinic.com/shop

Having a colonic one-week before you come on the fast, and on your return, can greatly improve your detox experience. For more information on colonics and where to go visit www.treaclegirl.com and www.colonic-association.org or phone Suki Zoë on +44 7949 238 643 (if you are London-based)

Doing daily dry skin brushing is a great way to stimulate the lymph system and adrenal glands by boosting blood circulation, which removes impurities from under the skin's surface and can help to shift cellulite. You should use a dry, natural bristle brush. Start at the soles of your feet and work your way up your legs (5 strokes up each leg, covering all of your skin) brushing as vigorously as you are able. When doing your chest and upper back focus your brush strokes towards your heart and armpits. Don't forget to brush under your armpits too – there are many lymph nodes there.

Epsom salt baths are another effective skin cleansing method (you can also use regular sea salt or Dead Sea salts). Use 1kg of salt for each bath, make it as hot as you can handle and stay in there for at least 20 minutes or longer if possible. The salts work by osmosis, drawing waste out of your pores. Finish with a cold shower - if you are brave enough!

During the fast we recommend that you avoid using perfumed and synthetic lotions, make-up, deodorants, soaps, shampoos, toothpastes and sun creams. These commercial products often contain toxic chemicals that can inhibit your body's natural ability to cleanse itself (and in any case are best avoided). You can buy natural, non-toxic alternatives from any good health food shop.

BREAKING THE FAST

It is important to be aware that you will not be able to immediately eat whatever you want after you break your fast. You will need one day of breaking for every 2-3 days of fasting (i.e. 3 days minimum for each week of fasting), during which time it is advisable to stick to eating raw fruit and vegetables and drinking plenty of water and juice. Work your body gradually into eating heavier foods to avoid any problems. Make sure you factor this into your returning home and going back to work – i.e. don't book yourself into the local curry house for a slap up meal the day after you stop the fast.

THINGS TO BRING

- Beach towel
- Summer clothes and swimwear
- Warm jumper for the evenings
- Books and music
- Natural, non-toxic beauty products, sun lotion and mosquito repellent
- Yoga mat

INSURANCE AND SAFETY MATTERS

We advise you to take out holiday insurance if you have not already done so. We have public liability insurance cover (should anyone trip over and hurt themselves in the property) but this will not cover you for any accidents while out and about on your own. Our practitioners are covered for professional indemnity. Please see our disclaimer below for more information.

NB: *Fasting is not safe for people who are very underweight, clinically obese, pregnant, diabetic, suffering from kidney disease or certain cancers. Please contact us if you have any concerns about your health and would like to discuss this further with one of the nutrition counsellors before arrival.*

DISCLAIMER

Health and safety

- The Company is under a duty to ensure so far as is reasonably practicable that the health, safety and welfare of all Customers and other persons affected by the Company's business are protected.
- It is the duty of all Customers to take reasonable care of their health and safety and that of other persons who may be affected by their acts or omissions and to co-operate with the Company so far as is necessary to perform or comply with any requirement imposed by any relevant safety rules regulations and laws.
- The Customer must comply fully with all and any health and safety regulations/ recommendations from time to time introduced by the Company
- Use of the Company's facilities and participating in activities promoted by the Company are undertaken entirely at the sole risk of the Customer.
- Prior to using any of the Company's facilities or participating in any activity promoted by the Company the customer must ensure and is solely responsible to satisfy him/herself that he/she is medically and physically fit and able to use such facilities or participate in activities promoted or organised by the Company.
- The Customer is under a duty to notify the Manager immediately upon arrival of any medical or physical condition or pregnancy affecting them. The

Company reserves the right at its absolute discretion to restrict or prevent the Customer from using any facility or participating in any activity promoted or organised by the Company without liability for any refund.

- The Company will not accept any liability for any injury to the Customer in their use of the Company's facilities or participation in activities promoted or organised by the Company beyond what is covered by our own public liability insurance. It is the sole responsibility of the Customer to ensure that he/she has adequate personal insurance cover in respect of physical injury and other medical risk(s).

Security and valuables

- The Customer shall take proper care and use of the accommodation, equipment and facilities and shall reimburse the Company for any loss breakage or damage occasioned by the improper or negligent use thereof prior to departure.
- The Customer may not without the prior consent of the Company remove, or attempt to remove, from the premises any property whatsoever belonging to the Company and the Customer shall be liable for and reimburse the Company for any loss arising as a result thereof.
- The Company cannot accept any responsibility for loss or damage howsoever occasioned to the personal property possessions or valuables of the Customer, and it is the sole responsibility of the Customer to ensure that he/she has adequate insurance over in respect of their personal property