



# JUICES & TONICS

*& Other Healthy, High Energy Drinks for Optimal Nutrition and Weight Loss*



/SoCal

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\*Warning: certain individuals with pre-existing medical conditions should consult a doctor before beginning a juicing regimen. Individuals with compromised liver or kidney function, who are pregnant or nursing, or currently take the blood thinning drug coumadin should consult with their healthcare professional before attempting to begin a juicing program.



*Juicing is everywhere.* You can't visit a grocery store, or peruse an issue of US Weekly without coming face to face with the continued popularity of the health craze known as juicing. The hype is everywhere, fueled by declarations of health and weight loss from celebrities and doctors, touting the benefits of juicing.

So, what gives with America's juice obsession? Are we being fed a line of nonsense by popular media? Or are we missing out on the secret sauce of the health and fitness industry? The truth isn't black and white, but one thing is clear: juicing is popular for a reason, people who choose to participate in juice cleanses and detox plans stand to see big benefits.

So much of our food today is packed full of refined sugar, preservatives, and processed fats that can harm our health, and make it harder to reach our fitness goals. Shelf stable foods, and even fresh vegetables sitting under the mister at the grocery store are slowly losing nutritional value with every passing moment. By the time we hoist our bags onto the kitchen counter, cook our meals, and reheat what's left for lunch the next day, there might not be much vitamin and mineral content leftover.



## WHAT IS JUICING?

When people talk about juicing, what they are referring to is the process of extracting all that juicy, healthy goodness out of the fruits and vegetables we usually chew, making it available for quick consumption.

The idea with juicing is to start with fresh fruits and vegetables, remove the solids and fiber, then consume the juice as quickly as possible while it's still fresh. This turns the tables on the processed diet we commonly consume, and concentrates your meal into a vitamin and mineral supercharged drink that packs a healthy punch, minus all the extra nonsense.

Sometimes people add other healthy ingredients, like herbs, teas, spices, seeds, and oils to their juicy creations for added flavoring and detoxification benefits.

There are as many different types of juicing cleanses and programs as there are types of exercise classes and fitness programs. They're all geared around a different goal or outcome, and vary in the amount of time you adhere to the program, but most involve removing solids and unnecessary additives, and retaining just the natural, concentrated nutrition.

In this guide we're outlining an easy to accomplish, 3-day juice cleanse that will benefit just about anyone, regardless of your age or fitness goal. Three days is enough time to jumpstart a healthy mindset and see some definite benefits, but short enough that you'll be able to see the finish line and follow through, even if ironclad willpower isn't one of your superpowers.

## BASIC RULES OF JUICING

Each different program will have its own set of specific do's and don'ts, but most will abide by these basic dietary guidelines and juicing tenants:

- Extract juice from the freshest fruits, vegetables, grasses and herbs (of organic origin when possible)
- Consume fresh juice as soon after extraction as reasonably possible
- Avoid solid food, caffeine (except limited amounts of green tea), sugar, and alcohol

Wait, did you say avoid caffeine and sugar? Why are we doing this, again? Stay with us, we're getting to the good stuff. And trust... after you see the potential benefits of juicing, ditching the caffeine and sugar for a few days will seem like a totally fair trade.





## WHY PEOPLE JUICE

You have to be dedicated to give up solid food. It's a major part of our everyday lives, we revel in it around the holidays and special occasions, and half the shows on TV are built around teaching us how to make it better, faster, or more delicious.. It's part of our culture, and much of our social existence in America revolves around picnic blankets, dinner tables, and breakfast nooks.

As creatures of habit, we're not so inclined to toss out our beloved rituals. It might be sipping coffee by the window after the kids head off to school, or that tiny bowl of ice cream you allow yourself every Sunday evening as a reward for deciding, yes, you will set your alarm and drudge through another week.

So why would anyone choose to give up the very basic pleasure of snacking on a tasty treat, chewing on a satisfying steak in trade for a quick shot of green stuff spiked with fruit juice a few times a day?

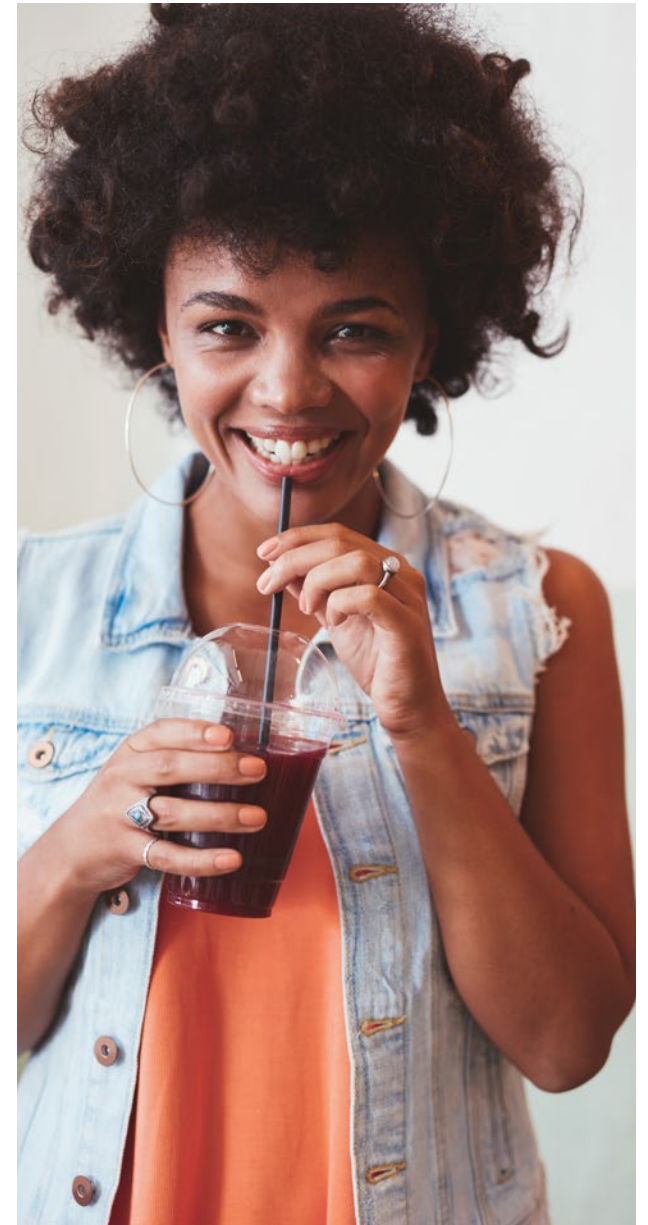
## Helloooooo! It's Delicious

Food is meant to be enjoyed, and some of the most enjoyable foods are fresh fruits and vegetables. When you consider all of the combinations of foods you might taste in one sip, the options are endless.

And if you're one of the cringing skeptics raising your hand to declare war on kale, and any other cruciferous offender, hold the hostility for just a jiff, while I tell you that you can't even taste the green stuff in the end product of most juicing endeavors.

## It's Convenient & Portable

Having your meal wrapped up in a bottle for maximum time-saving portability is a serious draw for a busy parent, business person, or otherwise time strapped go-getter. Throw back your breakfast, pack your snack drinks in a cooler for later, and have set aside some freshy-fresh follow up juice for dinner. Less time in the kitchen cooking and cleaning; more time out and about making life happen.





## There Can Be Serious Health Benefits

Probably the number one reason people decide to try a juice cleanse is to get in on all the health benefits associated with it. When you extract just the juice from the fruit, you are eliminating all the extra fiber and pulp that would normally create much of your food volume. By eliminating everything but the concentrated vitamins and minerals in juice, you can consume greater amounts of all those nutrients at once, and because the fiber isn't slowing the absorption of the nutrients in your digestive tract, it's all more readily available for the body to absorb and utilize.

Reported results from following a juicing regimen range from weight loss, to better skin, to resolution of long-term illnesses. An exhaustive list of health related outcomes reported as a result of participating in a juicing program associated is too long to list here. But here are a few of the most common overarching health benefits associated with juicing:



**DETOXIFICATION** | Pesticides, artificial sugars and flavoring, alcohol, preservatives...the list of potential irritants to your system is long. Even foods most people consider healthy can pose an allergy threat to certain individuals. Eliminating everything but the freshest and healthiest organic foods will give your body a well-deserved break from the usual barrage of processed offerings, and might even help you identify commonly undiagnosed allergies, such as egg, wheat, and dairy. Add detoxifying boosters like ginger and mint to your juicing regimen to speed up the detox process.





**WEIGHT LOSS** | A few days of juicing isn't going to trim all the fat off, but what it will do is reduce your bloating and water weight, give some of your major digestive organs a rest from solids, and maybe even reset your full meter. Sometime just feeling lighter can be enough to make you move more and that can result in sustained weight loss over time. Celery and leafy greens, in addition to lemons and other citrus help control blood sugars and assist in weight loss efforts.



**QUICK ENERGY** | Juicing is a great way to get extra nutrients into your body quickly, and rev up your engines to energize fast. Without the extra fiber to slow down absorption, there's nothing standing in the way of an instant lift. Look for ingredients like apple and carrot in your search for the perfect pick-me-up.



**REDUCED INFLAMMATION** | Foods like tomato, kale, and berries offer super antioxidant powers that can calm your system, and give your body a chance to heal any damage to heal from the inside out. Look for obvious signs of reduced inflammation such as brighter skin, less acid reflux, and a reduction in joint pain.



**BETTER IMMUNE FUNCTION** | Cells that get plenty of nutrition are better prepared to fight infection and disease. It's not just external germs we have to look out for, it's the internal cell structure that can only be healthy and maintained in proper functioning order when our diet and lifestyle provide adequate tools to do so. Juicing makes it easy to get all the tools to the right places quickly, greasing the wheels for self-preservation at a cellular level.

*And last but not least...*

## You Might Just Feel Great

As we all know, physical health is an important component in the quest for happiness, but it isn't the only thing we need to maintain. The status of our mental and emotional health have a huge impact on our ability to enjoy life, and are equally as important.

The act of consciously following a juicing program might be the gateway to healthier thinking and better eating practices long term. When you focus on your diet and health for just a few days, you set the stage for continued success. Choosing a short juice cleanse that only lasts a few days will increase the likelihood you'll stick with the program, and as we know, small victories build upon small victories to become big wins.

## WHAT JUICING IS NOT

Juicing is a lot of things, and can add a lot to your overall health and wellness, but it is NOT a quick fix or a complete diet. It doesn't replace the entire spectrum of healthy foods, and shouldn't be practiced as a long term replacement for a balanced and healthy whole food diet.

Juicing doesn't replace training and supplementation either. The need for a solid training program designed around your individual fitness goals, combined with [supplements to support those goals](#) are two important building blocks in your journey to a healthier you. The building blocks of a successful and balanced fitness plan incorporate proper nutrition with these things to attain great results.



## JUICING THROUGH TIME

While critics of the modern juicing craze might bill this trend as a temporary fad, juicing is anything but new, and is hardly temporary. History is riddled with accounts of people extracting and concentrating the very best of our foods into a drinkable format in the name of better health, even as far back as biblical times.

Here's a brief look at the world's fascination with mashing up our fruits and veggies.

### SHINING MOMENTS IN JUICE HISTORY

100 B.C.

Dead sea scrolls advise obtaining 'profound strength and subtle form' by way of mashing pomegranates and figs together.

1747

James Lind conducts the first systematic and controlled study of citrus juice, proving it to be a valid cure in the prevention of scurvy.

1869

Thomas B. Welch creates the first shelf stable non-alcoholic wine (a.k.a pasteurized grape juice), which was later marketed for the mainstream by his son Charles as a cure for such heinous maladies as typhoid fever and peritonitis.

1930's

Dr. Norman Walker invents the first commercial juicing machine called the Norwalk, and juicing goes mainstream, becoming widely available to the public for the first time.

1958

Dr. Max Gerson's book *A Cancer Therapy: Results of Fifty Cases* suggests that curing sickness is as simple as drinking copious amounts of carrot-apple juice, and the green juices from fresh fruits and veggies.

1990's

Jamba Juice enters the scene and puts a smoothie in the hand of every American it meets.

2006

Beyonce shines a light on an oldie but a goodie when she credits the Master Cleanse (a.k.a the lemonade and cayenne pepper diet) for her 20 pound weight loss.



## 5 JUICY MYTHS AND MISCONCEPTIONS

Ever play telephone when you were a kid? One person starts out with a statement and whispers it in the person's ear next to them, then that person whispers it to the next guy...and by the time you get to the fifth or sixth person, the message has been totally messed up and convoluted.

Facts in the health and fitness world tend to travel a lot like that. Especially in more recent times, now that media and information move faster than history has ever seen, fact can become fiction, and sadly, more often than not, fiction becomes accepted as fact.

When any Tom, Jane, or Mary Ann can fire up a blog and hand out opinion like roadside lemonade, it can be hard to differentiate reliable health advice from biased persuasion. The resulting predicament we find ourselves in is a constant state of unreliable information overload, riddled with myths and misconceptions.

Let's look at some common myths that might have you confused about juicing.



### **Myth #1: I'll lose muscle if I do a juice cleanse.**

Truth: It takes a few days of deprivation from all those [important macronutrients](#) present in a whole food diet for the body to decide it needs to start catabolizing itself to survive. Three days of a juice cleanse isn't enough time to waste away your hard earned muscle.

But it is true that important systems in our body (like our brain) rely on protein, fat, and carbohydrates in adequate supply to operate properly, and withholding any of those for too long will force an involuntary coup on any readily available resources, including existing muscle mass that will be sacrificed in the name of survival if it comes to it.

Easily avoid this heinous scenario by limiting strict juice cleanses that exclude macronutrients to no more than three days.

### **Myth #2: Juicing is a good way to lose weight.**

Truth: In reality, most of the 'weight' you'll lose on a short cleanse is going to be water weight. It's true that you'll probably lose weight if you keep juicing longer than the three days, but it would be muscle you'd lose, and that's not the kind of weight loss you want.

Incorporating juicing as a longer term supplemental strategy is better for assisting your weight loss goals. Talk to your trainer about how best to incorporate an occasional boost from juicing into your fitness.



### **Myth #3: Juicing will actually make you fat because it's full of sugar.**

Truth: Not true. Juice from fruit will have concentrated amounts of sugar, but also vitamins and minerals. And some fruits are less sugary than others. Juices on a good cleanse will be heavy in low sugar base juices, such as cucumber and celery, and sparingly use sweeter options for flavor to keep the sugar content reasonable.

### **Myth #4: Juicing Gives You Kidney Stones**

Well, that just sounds alarmist. There's a nugget of truth to this one, but it's not as simple as it sounds. Many fruits and vegetables, including spinach, rhubarb, and beet, contain a compound called oxalate, which contributes to the formation of kidney stones.

We don't typically consume this in high enough concentration to be harmful, but high doses of oxalates, unwittingly consumed by an unknowing juice enthusiast, could spell certain unpleasant results for those susceptible to kidney stones.

Of course, too much caffeine, artificial sweeteners, and meat are just a few of the other common consumables known to contribute to the formation of kidney stones. So don't freak out. [To avoid adding to your risk of kidney stones while juicing](#), simply use a wide variety of fruits and vegetables in your recipes.

### **Myth #5: Fruit and Vegetable Juices Can't Digest together**

Truth: There's a story floating around that says you shouldn't mix fruits and vegetables together...something about how they require different digestive processes and the earth will explode if you try to mingle them with each other in your belly.

Sorry, the only thing that might happen is a little extra offgassing. Certain fruits and vegetables contain sugars that are more difficult for our bodies to process, and the result is gas and bloating. Common offenders include cabbage, beets, and pears. Listen to your body and swap out ingredients that upset your system for ones that don't





## IS A JUICE CLEANSE RIGHT FOR YOU?

If we were all the same, how boring would this life be? For the majority of people, getting detoxed for a few days on a juice cleanse won't be a big deal, but it's not for everyone. And that's ok. Evaluate all the angles before you commit, and make sure you're in a position to succeed.

### PRACTICAL CONSIDERATIONS

Life is complicated, and not everyone is going to be at a point in theirs when making a commitment to a juice cleanse is practical. Consider your current lifestyle and consciously weigh whether now is a good time.

Ask yourself...

#### Will it compromise any current training program?

If you're in the middle of a training program to get you ready for an iron man, or a bikini competition, now might not be the best time to do a juice cleanse. If you have a coach to advise you, enlist his or her help in making the choice to juice while you train.

#### What are the environmental and physical demands of your job?

Do you work in an office with a fridge that can store your prepared juice snacks and meals while you expend minimum calories at your desk all day? Or do work out in a field on a construction crew hoisting a jackhammer all day, burning thousands of calories before 9am?



### **Do you have the desire and determination?**

How bad do you want it? Are you serious about feeling good? It might seem fun to drink juice for a couple meals, but will you give up and drive through the closest fast food drive through as soon as you feel a hunger pang? You have to want the benefits more than you fear the struggle to get to the finish line.

### **How is your cash flow?**

It really doesn't cost much to juice if you're simply replacing your regular grocery budget items with fruits and vegetables for juicing. But if you're feeding an entire family and trying to juice just for your yourself on the side, or if you need to invest in a juicer, and money is already tight, you might not be ready for a serious relationship with juicing. If that's the case, skip to the end of this guide and check out the workarounds and alternatives that can help move you toward the health benefits of juicing while you wait for a more budget friendly time to go hard on a juice cleanse.

### **What are your expectations?**

A lot of misinformation online has resulted in unrealistic visions of what juicing can do for people. If you are trying to lose tons of weight, find an instant miracle cure for disease, or turn straw into gold, seek help elsewhere. Juicing can be a valuable tool on the path to finding these resolutions (except the gold thing...can't help you there), but it's not in and of itself an overnight miracle cure for anything.





## HEALTH CONSIDERATIONS AND WARNINGS

Most people will have no problem spending a few days swapping their regularly scheduled meals for a liquid diet, but certain individuals and populations of folk should consult their physician before starting a juice only diet. If any of the following conditions apply to you, or if you're trying a juice cleanse for the first time, consult your healthcare professional before making any major changes to your current diet.

### Pregnancy or Breastfeeding

Women who are pregnant or breastfeeding have special dietary needs that sit outside the scope of this program. Unless your doctor has specifically approved it, avoid juicing for now. [If you are pregnant and concerned about weight gain](#), or your health in general, see your physician or talk to a personal trainer who can steer you safely in the direction best suited to your current needs.

### Diabetes

[Individuals who are diabetic](#) should not participate in a juice only diet without first consulting their physician. Juice only diets often contain high sugar, when compared with typical whole foods, and may pose serious health risks for diabetics, and people sensitive to blood sugar changes.



## COMMON COMPLAINTS

As great as the benefits of juicing can be, nothing is perfect, and the path to victory isn't always a straight line. Anytime you eliminate major [portions of the macronutrients that make up a balanced diet](#), or make any other sweeping change to your daily diet, there are bound to be consequences.

Some people report unpleasant side effects from a juice diet, and some have not much of anything bad to report at all. Much of the experience depends on your individual biology, and tolerance for mild discomfort. Luckily, in most cases, any negative side effects aren't so bad you'd need to avoid juicing altogether, and in many cases can be managed or prevented.

### Cravings

Between the low calorie intake and the lack of protein, fats, and fibers to keep you feeling full and satisfied, it's likely you'll experience cravings for the things you normally love to eat. Much of this is fueled by genuine hunger, since your body is probably used to consuming more calories than it will during a cleanse, but some of the craving is probably psychological. Make sure your mind is busy enough that it doesn't have extra time to dwell on images of sandwiches and cookies.

### Headaches

This is one of the more common side effects reported by people attempting a juice detox. Popular causes include sugar and caffeine withdrawal, low calorie intake, and sometimes dehydration. Stay hydrated and make sure you're getting enough juice to keep you satisfied. If you need to, have a cup of green tea to ease the caffeine withdrawal.

## Fatigue

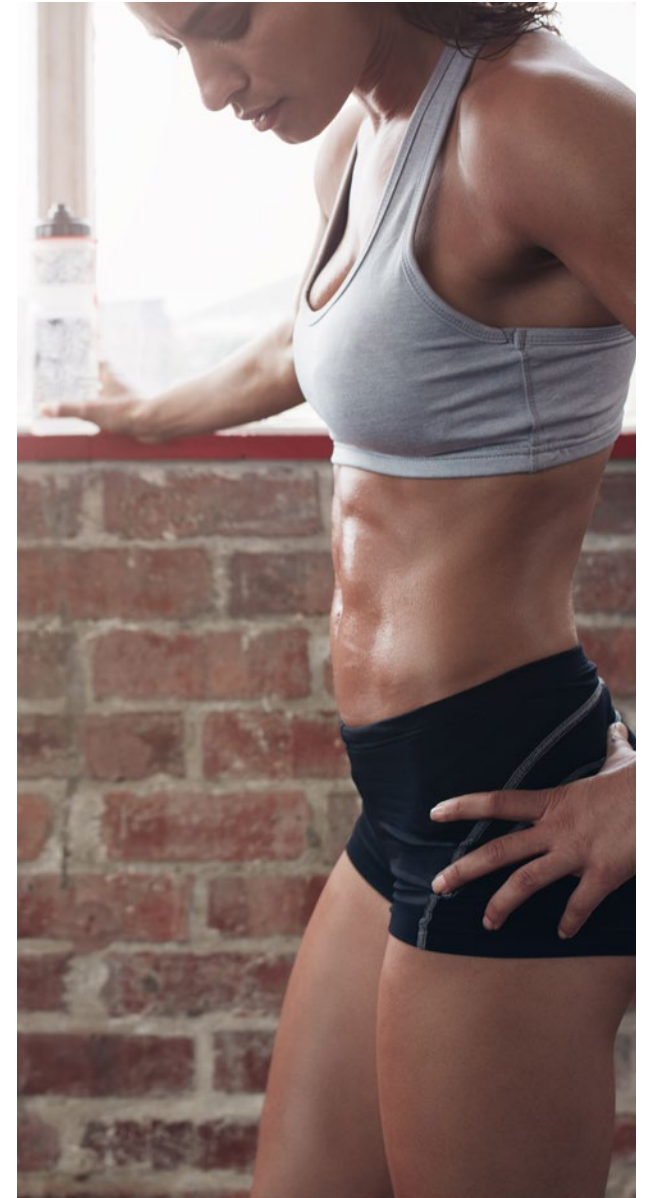
Naturally, a diet low in fat and protein will amount to fewer total calories consumed in a day, but you can't just blame tiredness on a lack of calories. In addition to less fuel to stoke your fire with, a juice-only diet will naturally have less bulk and fiber to draw out the release of the carbohydrates that usually provide you with sort of drip-system for your energy stores. Instead, you'll get a hefty infusion of simple sugars to energize your system when you consume your liquid meal, but the effects will wear off more quickly than a solid meal would, and probably leave you feeling groggy and tired. Understand that this is normal, and if you need to, spread your juices out into five or six meals a day, instead of three.

## Frequent Bowel Movements

Expect lots of trips to the bathroom, starting roughly on day two. In the absence of traditional whole foods rich in fiber and protein, your stool might become soft, and move more quickly through your system, requiring frequent trips to the toilette. Things should be business as usual the first day or so, but if you notice an increase in your elimination habits, don't worry, that's normal.

## Trouble Sleeping

When your body is hungry, it wants to eat. Naturally, a low calorie juice cleanse might leave you feeling hungry at the end of a long day. Lying awake for a while at night is irritating, but it won't kill you before the cleansing is over. Get up and drink a big glass of water to help ease the sensation of an empty stomach, and hopefully you can get some sleep.



## EQUIPMENT & SUPPLIES

So you're ready to get your juice on, and there's nothing stopping you...except having the right equipment and recipes for success. Fear not; if you are ready for the big juice, we're here with the low down on which types of juicers are available to you, which fruits and veggies to buy, and how to wrap it all up in a package with a pretty bow for optimum results in juicing.

Fail to prepare and ...well, you know the rest. A fresh juice cleanse requires a little bit of equipment, but the investment is well worth the effort, and the basic tools can be used again, and again in the future. A few items you'll need to consider:

### JUICER

Not all juicers use the same extraction process, and as a result, the quality of the resulting juice can differ from method to method. You'll want to consider the pros and cons for each method, and what will fit your lifestyle and budget.

There are three types of juicers you can buy, and each has their own benefits and drawbacks.

#### Centrifugal Force Juicers

This is traditionally the most method of juicing, whereby the pulp and juice are separated out of the produce via a metal blade spinning against a filter. This tends to be the most affordable option in juicers, but some nutritional value is sacrificed to the heat created by the blade during the extraction process.



## Masticating Juicers

These are also referred to as cold pressed juicers. Traditionally considered the method that retains the most nutritional value, this method works by a single gear chewing up, or crushing the fruits and vegetables, which simultaneously presses the pulp through a screen to extract the liquid portion for consumption.

## Triturating Juicers

The latest evolution in cold pressed juice machine, triturating juicers (frequently referred to as twin gear juicers) utilize two gears instead of one. This method puts the fruits and vegetables through a two step process, first masticating, then pressing to extract the maximum nutritional content from the pulp.

A good juicer can run you a pretty penny, but it doesn't have to. Depending on the brand, type, and size of the juicer, prices can run the gamut from a [simple starter juicer from the reputable brand Cuisinart for under \\$30](#), to a thousand dollars or more for a top of the line, [seriously versatile twin gear juicer](#). If you plan to juice at home, consider purchasing one as an investment in your health, but know that there are options, and you don't have to spend an arm and a leg.

	CENTRIFUGAL JUICER	MASTICATING JUICER	TRITURATING JUICER
FOOTPRINT	Small-Medium	Medium-Large	Large
NOISE LEVEL	Loud	Quiet	Quiet
REQUIRES FOOD PREP/CUTTING	No	Yes	Yes
SPEED	Fast	Slow	Very Slow
NUTRITIONAL CONTENT	Moderate	High	Exceptional
ASSEMBLY & CLEANING TIME	Low	High	High
PRICE	\$	\$\$	\$\$\$
BEST USE	Harder Fruits & Vegetables	Hard and soft fruits, vegetables, grasses, herbs, and nuts.	Hard and soft fruits, vegetables, grasses, herbs, and nuts

## JUICE STORAGE

Great! You're off to the races, and the juices are flowing. But what about storage? If you're planning to take the time to juice fresh for every single meal, you won't need to worry about this, but if you're like most people, you've got more important things to do than stand in the kitchen hovering over your countertop all day long.

Most people who participate in a home juice cleanse commit to spending a decent chunk of time each morning preparing all their meals, then store the juice for drinking throughout the day. If you've chosen to use a masticating or triturating juicer, you'll have plenty of nutritional value in your juice, and refrigerating it will retain the majority of that until it's ready to be devoured. If you've chosen a centrifugal juicer that doesn't produce the max nutritional value in the end product, you might want to juice throughout the day if nutrition is super high on your list of priorities.

Mason Jars work great for storing juice, and you can easily see what's inside. If you plan ahead you can even save and sterilize empty pickle jars, and other reusable containers to repurpose as juice holders. Other helpful vessels to have handy include an insulated bag and ice packs for portable snacking, and tape to write your ingredients on for easy labeling.





## READY, SET, JUICE!

The best fresh juice cleanse recipes are designed with a green vegetable derived base, lightly flavored with fruits, herbs, and spices. This formula helps keep the sugar content low, and makes it easier to create fun new recipes, without too much risk of creating a weird frankenstein flavor profile that doesn't work at all.

### INGREDIENTS & PREP

To make it easier to successfully complete this juice cleanse and get the maximum benefits it allows, we're keeping the ingredients simple. Most of the fruits, vegetables, herbs, and spices we suggest can be found at any grocery store or farmer's market.

#### PRO TIP:

Frozen fruits and vegetables can save your biscuits in a pinch. [University studies suggest frozen produce may retain its nutritional value as well as stored fresh fruit](#), making it a great alternative to going off the dietary rails because you accidentally ran out of strawberries to juice. Fruits ideally suited for frozen backup are include kale, carrots, strawberries, blueberries, pineapple, and cherries.

Thoroughly wash all of your ingredients and pat dry. Chop large items into smaller, more manageable chunks, taking care to remove the pits, peels, or rinds. Carefully follow the manufacturer's instructions on your juicing machine.



### PRO TIP:

To stretch out your meal, thin the juice and create more volume with coconut water, green tea, or water.

## DAILY SERVINGS

Since juicing isn't like traditional meal planning, there isn't a breakfast, lunch, and dinner vibe to the recipe selection. Simply start your day with a big serving of fresh, healthy juice, and follow that up when you're hungry again. Hungry two hours after 'breakfast?' Have another juice!

## CREATING A WINNING COMBINATION

The number of potentially delicious juice combinations is virtually limitless. But don't get overwhelmed. To help simplify the process, use this easy formula for discovering your own favorite recipes.



### STEP 1 | Base (Choose 1-2)

- Carrot
- Cucumber
- Celery

### STEP 2 | Healthy Greens (Choose 1-2)

- Spinach
- Broccoli
- Chard
- Lettuce
- Cabbage
- Arugula
- Mustard Greens
- Bok Choy
- Kale

### STEP 3 | Flavor Bursts (Choose 1-3)

- Apple
- Lemon
- Lime
- Orange
- Melon
- Pear
- Apricot
- Pineapple
- Cranberry
- Blueberry
- Raspberry
- Strawberry
- Tomato
- Banana
- Beets
- Grapefruit
- Mint
- Ginger
- Cinnamon
- Cayenne
- Turmeric

Voila! Juice your chosen items together and toast to your health.

## RECIPES TO GET YOU STARTED

Here are some recipes to get you started on your juice cleanse. These delicious recipes use tried and true flavor combinations, and are full of healthy vitamins and minerals to jump start your cleansing, energizing journey.



### Ready, Set, Glow

*Quick Energy*

- 1 cucumber
- 2 celery stalks
- 1 orange
- 1 cup of watermelon chunks
- 1 grapefruit
- 2 sprigs of mint



### Tropi-Cali Cooler

*Weight Control*

- 1 cucumber
- 2 celery stalks
- 1 handful of kale
- 1 cup of pineapple chunks
- 3 sprigs of mint



### Fire in the Wholesome

*Reducing Inflammation*

- 1 cucumber
- 1 bunch of mustard greens
- 1 handful of spinach
- 1 lemon
- 1 tomato
- A pinch of cayenne pepper



### Orange You A Sight For Sore Eyes

*Detoxification*

- 2 carrots
- 2 apples
- 1 handful of kale
- 1 handful of arugula
- 1 lemon
- 1 teaspoon grated ginger



### Sniffle Ninja

*Immune Function*

- 2 stalks of celery
- 1 large beet
- 1 tomato
- 1 lemon
- 1 pinch of turmeric
- 1 teaspoon grated ginger



## MISTAKES TO AVOID

The best way to avoid mistakes is to learn from the mistakes of others. Here are a few time tested nuggets of advice to help you avoid rookie blunder.

### USING THE SAME RECIPE AGAIN, AND AGAIN, AND AGAIN...

Variety isn't just the spice of life. It's absolutely necessary to keep us from getting bored, and ensures we get a well rounded dose of all the available vitamins and minerals in necessary for good health. And in case you missed Myth #4 above, mixing it up will help minimize your risk of certain uncomfortable conditions.

### GETTING TOO FRUITY

Try to keep the sugar to veggie ratio on the right side of sane. Too much sugar will spike your insulin levels and prompt your body to store anything extra to fat. Shoot for an 80% veggie 20% fruit ratio on most recipes to get the most health benefits from your program.

## SCHEDULED SOCIAL EVENTS

This is a tough one to avoid. Most of us have friends we go out to lunch with, or family members who aren't going to want to join us on this little journey. The best you can do is plan to complete your juice cleanse during a time when your schedule doesn't include any planned social meals or activities that would require you to dine, snack or celebrate with others (think holidays, anniversaries, and birthdays), or expend an amount of energy that would leave you ravenous for food (think hiking half dome, or running a marathon), and plan to politely raincheck any sudden meal invitations for later.

## GETTING LAZY

Especially around the end of day 2, you might be ready to drive down to the closest In-N-Out burger and call it a day. Don't do that. Give yourself the gift of these three days, and follow through on your commitment. Avoid the temptation before it happens by having all your supplies and ingredients on hand so there are no excuses.



## MODIFICATIONS AND WORKAROUNDS

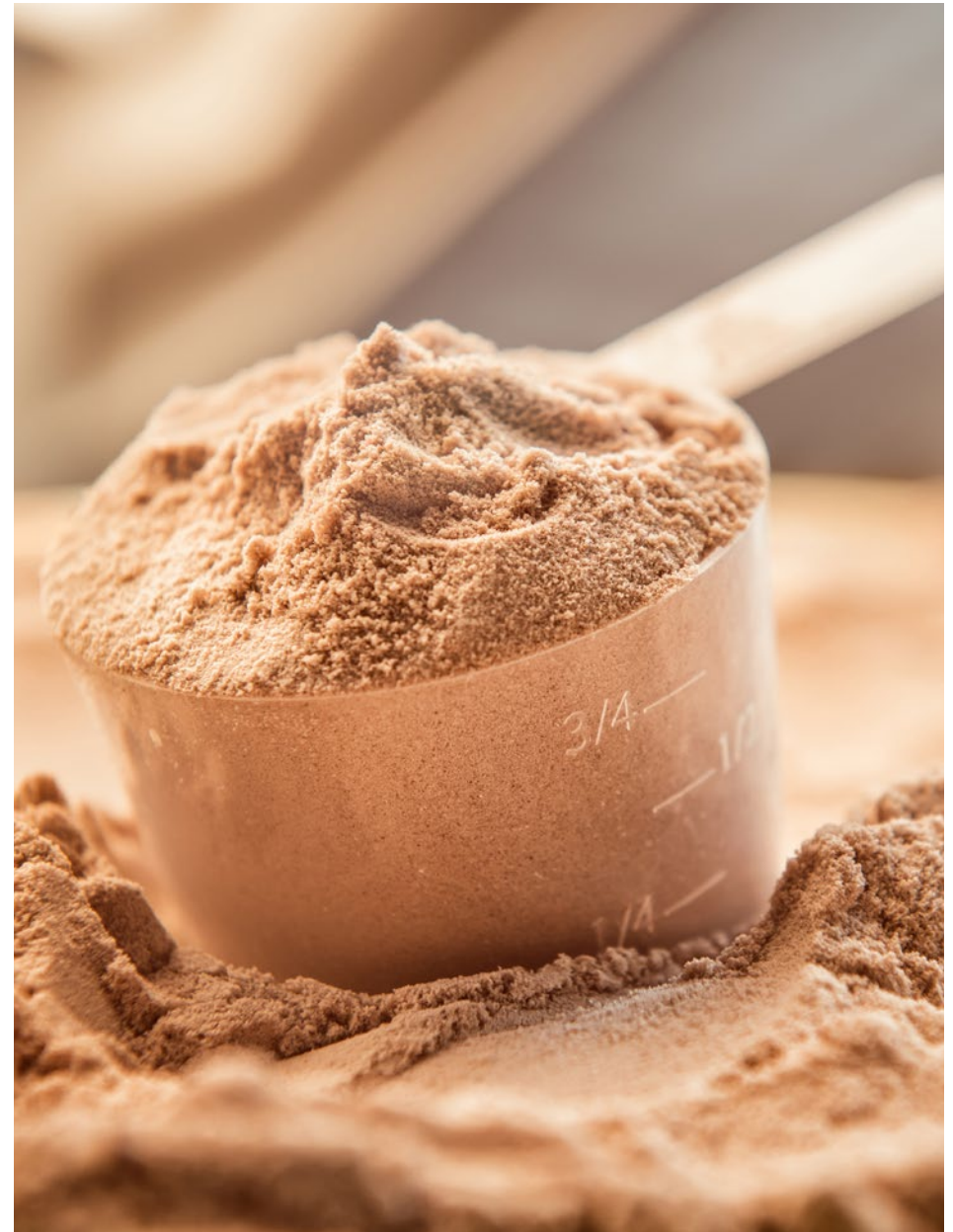
A serious juice cleanse isn't for everyone. If you truly don't have the time to juice on your own, or can't get in the headspace to sacrifice your a.m. coffee buzz right now, that doesn't mean you're automatically exempt from the benefits of juicing. All the fruits and vegetables that offer health benefits in a juice program are still good for your body and mind, even if they are consumed in smaller amounts, or spread over the course of a day or week alongside other meals. There are lots of ways to adjust the principles of juicing to fit your life.

### USE JUICE AS A DIETARY SUPPLEMENT

Add a glass of juice to your current breakfast meal, or replace one of your solid meals here and there with a serving of your favorite recipe. Keep track of how you feel, and you might end up deciding you want to do more.

### ADD SOME PROTEIN POWDER

If even the thought of reducing protein intake would derail your current training program, fear not. You could always [add some protein to the mix](#) and get the nutritional boost alongside your macronutrients, as long as it fits in the scope of your current dietary guidelines.



## Let Others Do the Work

Those who can't do...pick it up from the grocery store on their way to work. Sometimes it's just too much to even think about upending your entire kitchen and grocery shopping practices, and that's OK. Super fresh is best, but luckily there are enough crazy busy people out there to inspire companies to create ready made juicing solutions, prepackaged, and ready to drink. Here are a few popular brands to check out:

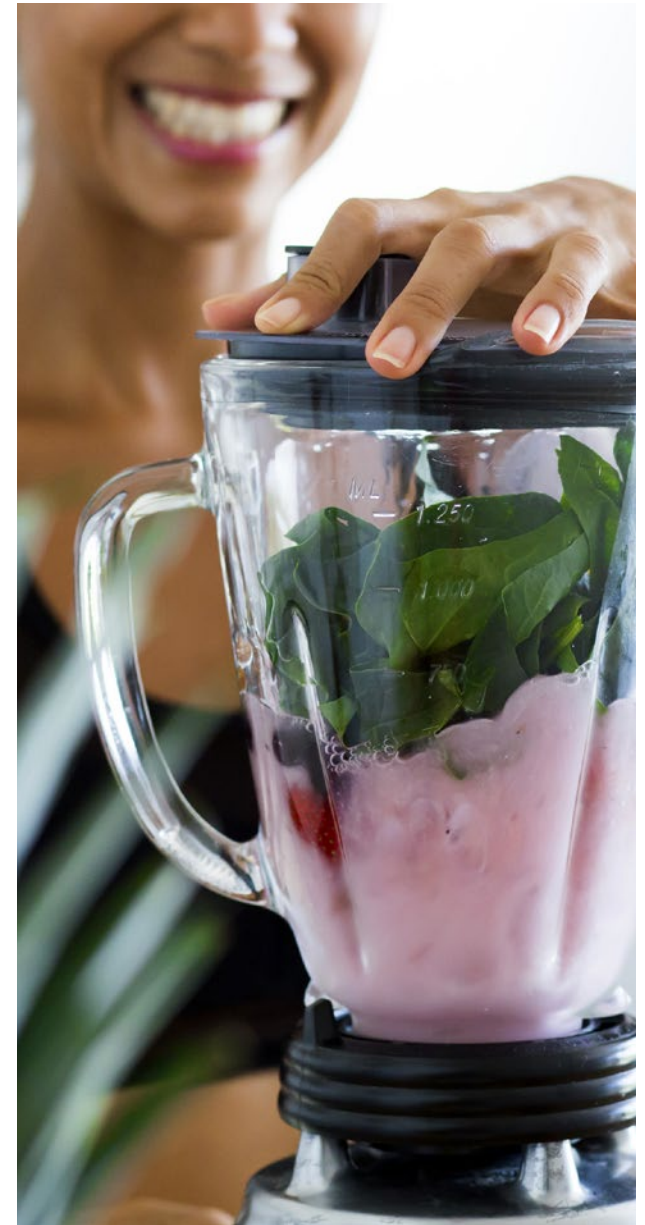
- [Liquiteria](#)
- [Pressed Juicery](#)
- [Pure Green](#)
- [Evolution Fresh](#)
- [Juice From the Raw](#)
- [Blueprint](#)

## Incorporate Smoothies and Blender Drinks

Blend that bad boy! The kids love this one, and even the grownups will get on board with working hard when they know the reward is a yummy, fruity, delicious smoothie after a long workout. Rewarding yourself with healthy treats you can feel good about is even easier if you belong to Gold's Gym, where many of [our locations](#) boast their own in-house smoothie bar.

## Give your Coffee a Boost

If the idea of starting your day with a big juicy boost of awesome sounds like it would only happen over your dead coffee maker, consider adding your coffee (or tea) to the mix. Yeah, that might sound weird, but consider this: peanut butter, coffee, chocolate protein powder, a banana, and juiced kale. Believe it or not, you won't even taste the kale. Promise.





## WANT MORE?

Now that you have all the tools to incorporate juicing into your healthy lifestyle, you may find you want to go even further with your new passion. Check out these books and websites that can offer you even more detail, and take your juice journey to the next level.

### RECOMMENDED BOOKS

- [The Juicing Bible](#)
- [The Juicing Book: A Complete Guide to the Juicing of Fruits and Vegetables for Maximum Health](#)
- [The Juiceman's Power of Juicing: Delicious Juice Recipes for Energy, Health, Weight Loss, and Relief From Scores of Common Ailments](#)

### GREAT WEBSITES ABOUT JUICING

- [JustJuice.Org](#)
- [AllAboutJuicing.Com](#)
- [JuicingForHealth.Com](#)



## ABOUT GOLD'S GYM

Gold's Gym has been the authority on fitness since 1965. It was then that fitness legend Joe Gold took the knowledge and expertise he gained from training at the world famous "Muscle Beach" and opened up the first Gold's Gym on Pacific Avenue in Venice, California.

Opened long before the modern day health club existed, the original Gold's Gym featured homemade equipment and an unrivaled dedication to getting results. It was an instant hit. Early fitness enthusiasts flocked to the gym, and in 1977, Gold's Gym received international attention from "Pumping Iron" – a bodybuilding documentary starring Arnold Schwarzenegger and Lou Ferrigno. With its storied reputation of being THE place to go for the latest training techniques, and its legendary history of producing bodybuilding champions, Gold's Gym Venice became known as "The Mecca Of Bodybuilding." Hollywood celebrities and professional athletes soon followed and by 1980, Gold's Gym began expanding to locations around the globe.

Today Gold's Gym is the most recognized name in fitness serving more than 3 million members in 38 states and 22 countries around the world. Always at the forefront of the fitness revolution, Gold's Gym has continually evolved its profile by equipping gyms with the best amenities and the latest in cardio and strength training equipment as well as the most dynamic group exercise programs including Zumba, yoga, group cycling, mixed martial arts, muscle endurance training, and Pilates. At Gold's Gym, you'll find an energetic, supportive environment full of all kinds of people who are committed to achieving their goals.

Today more than ever, Gold's Gym realizes that strength comes in many forms...whether it's the strength to be a better parent, the strength to overcome diabetes or the strength to be a better athlete.

At Gold's Gym, our goal is simple: We're here to help you Know Your Own Strength®.







## FIND A CLUB NEAR YOU

### **ANAHEIM/GARDEN GROVE**

10870 Katella Ave, Anaheim, CA 92804  
(714) 741-3926

### **ARCADIA (SANTA ANITA)**

400 South Baldwin Avenue, Arcadia, CA 91007  
(626) 447-1500

### **CULVER CITY**

6000 Sepulveda Blvd., Culver City, CA 90230  
(310) 313-0033

### **FULLERTON**

1973 W. Malvern Avenue, Fullerton, CA 92833  
(714) 773-1990

### **WEST COVINA**

502 Plaza Drive, West Covina, CA 91790  
(626) 338-2444

### **GLENDALE (Opening Early 2018)**

Glendale Galleria Mall  
3211-A Galleria Way, Glendale, CA 91210

### **HOLLYWOOD**

1016 Cole Avenue, Hollywood, CA 90038  
(323) 462-7012

### **LOS ANGELES (DOWNTOWN)**

735 South Figueroa Street Suite 100, Los Angeles, CA 90017  
(213) 688-1441

### **MONTCLAIR**

5150 Moreno Street, Montclair, CA 91763  
(909) 399-9992

### **NORTH HOLLYWOOD**

6233 Laurel Canyon Blvd., North Hollywood, CA 91606  
(818) 506-4600

### **SANTA ANA**

1945 E. 17th Street, Santa Ana, CA 92705  
(714) 558-9700

### **SANTA BARBARA (DOWNTOWN)**

21 W. Carrillo Street, Santa Barbara, CA 93101  
(805) 965-0999

### **SANTA BARBARA (UPTOWN)**

3908 State Street, Santa Barbara, CA 93105  
(805) 563-8700

### **SIMI VALLEY**

1357 E. Los Angeles Avenue, Simi Valley, CA 93065  
(805) 581-4653

### **THOUSAND OAKS**

197 North Moorpark Road, Thousand Oaks, CA 91360  
(805) 496-9331

### **VALENCIA**

24445 Town Center Drive, Valencia, CA 91355  
(661) 288-1818

### **WEST COVINA**

502 Plaza Drive, West Covina, CA 91790  
(626) 338-2444



[www.goldsgymsocal.com](http://www.goldsgymsocal.com)