



VIP 3-DAY REFRESH JUMPSTART



The VIP 3-Day REFRESHH Jumpstart is designed to start resetting the body by gently detoxifying with natural laxatives, then cleansing and restoring with fresh fruit, vegetable and herb juices.

Modeled with the **8 Pillar of Holistic Wellness** — **relationship with God, eating healthy plant foods, fresh air, rest, exercise, sunlight, self-control and hydration** —this jumpstart promotes better health with the added benefits of increased energy, improved appearance, weight loss, and a renewed enjoyment of wholesome, plant-based foods.

See book for more information on the 8 Pillars of Holistic Wellness



3 Days before REFRESH starts:

- Eliminate processed junk foods, white flour, sugar, desserts and fried foods
- Eliminate fast food and processed meats – bacon, ham, salami, sliced turkey etc.
 - Eliminate alcohol
- Transition off of animal proteins – cheese, eggs, milk, chicken, red meat, fish, etc.
 - Reduce caffeine intake
- Increase water intake to at least 40% of your body weight in ozs
 - Eat more salads, soups, whole foods, etc

The day before REFRESH starts:

- Stop taking non-prescription vitamins and supplements
- Make sure you have all your juice ingredients for 3 days and your melon for day 4
 - Make sure your juicer is ready to use



What to Do or Not Do during the Fast

- Limit intensive exercise like weight lifting but utilize non intensive exercise like walking
- Take note of what you are experiencing during the fast
- Keep a journal on what you are intaking for each day
 - Incorporate dry skin brushing
 - Take detox baths

Mandatory Gut Cleanse

Drink Smooth Move Tea the night before the detox fast
- follow package directions

Breaking the Fast on Day 4

- Melon of any kind is to be eaten for meal 1 and meal 2. Eat as much as you desire
Continue hydrating throughout the day

Day 5

Eat light - fruit for breakfast and a vegetable salad for lunch

Day 6+

Try to maintain a plant-based diet and 2 meals a day

***Continue hydrating daily every hour for 10 hours**

Day 1-3 Detox Plan

by 8am

Drink water & lemon

by 9am

Drink 1st juice - not green



Drink water every hour



Drink water every hour

by 1pm

Drink 2nd juice - green



Drink water every hour



Drink water every hour

by 5pm

Drink 3rd juice - not green



Drink water every hour



Stop drinking by 6pm

- Hydration daily is 40% of body weight in ounces.
- Drink the correct amount each hour starting by 7/8 am over a 10 hour period.
- Can drink coconut water or herbal tea in place of water at least 2 times.
- It is recommended that the 1st and 3rd juice be red, orange, yellow, blue, indigo or violet and green juices consumed second.

Juicing Tips



JUICE RECIPES

RED Juice

1 cup grapes or red cherries
1 cup watermelon
1 beetroot
3 carrots
½ lemon
1" ginger
Makes one 16 oz serving

YELLOW Juice

½ pineapple
1 yellow summer squash
1 yellow bell pepper
½ lemon
1" ginger
Makes one 16 oz serving

ORANGE Juice

½ cantaloupe or 2 red apples
4 carrots
1" ginger root
1" turmeric root
½ lemon
Makes one 16 oz serving

GREEN Juice

2 green apples or ½ honeydew
4 kale leaves
1 cucumber
2 celery stalks
½ lemon
1" ginger
handful of parsley &/or cilantro
Makes one 16 oz serving

BLUE Juice

2 pears or apples
1 cucumber
3-4 celery stalks
½ fennel bulb
½ lemon
½ - 1 tsp blue spirulina
Makes one 16 oz serving

INDIGO Juice

1 red apple or ¼ pineapple
1 cup blue or black berries
1 beetroot
1 zucchini
½ - 1 tsp Acai powder
½ - tsp blue spirulina
½ lemon
1" ginger
Makes one 16 oz serving

VIOLET Juice

1 cup red cabbage
1 small beetroot
2 carrots
½ cucumber
½ cup black or blue berries
½ cup red or black grapes
½ lemon
1" ginger
DRINK IMMEDIATELY
Makes one 16 oz serving

Blue Spirulina and Acai can be purchased online from microingredients.com