DIARY OF A DETOX
3 Day Juice Cleanse

Day One

It’s all in the preparation! Most people had a more positive experience by following the recommendations for two full days of prep and allotting themselves time to relax during the process. As a result, the detox was not a total shock to the system. There is a lot of juice to consume and often more than enough to get through the three days. Leftovers were common and great to have for the days following as you introduce solids back into the diet, so freezing them is recommended. Most people are not used to consuming that much liquid as we are often perpetually dehydrated. Beginning the morning with a warm ginger lemonade tea was both comforting and a catalyst for morning elimination. This beverage particularly helped through the mid-winter detox, especially when participants were taking part in a cold pressed juice cleanse. Leaving the juices out before consumption helped take the chill off. Some experienced aversions to the smell of the juices, specifically the carrot and beet. Could this be due to a heightening of the senses during detoxification? Of course!! We are cleaning out and cleansing layers of toxicity that interfere with our normal functioning of our senses.

Mind: Keep busy. This too shall pass. It’s only three days of your life in exchange for a lifetime of knowledge and benefits.

Body: Your organs are working overtime. Keep hydrating and don’t plan anything earth shattering until your body adjusts.

Spirit: Feel good about giving your organs a much needed lube, oil and filter. Keep it simple.

Day Two

Be prepared for some uncommon symptoms like low grade headaches, cravings, dizziness, and skin irritations like rashes or acne. These may even show up a few days after the cleanse is completed. Cravings ranged from the unusual to the typical cravings you get, like chocolate or salty foods. The warm teas and fruitier juices assisted with the afternoon cravings. These cravings are disguised as comfort seeking behavior that passes rather than a true biological need for food. Energy levels were more elevated and in general everyone was feeling fresher on Day Two. Some experienced no elimination on this day and felt that something was off or missing! Fiber supplements and the psyllium were essential in order to assist in the elimination of the circulating toxins. Of course everyone’s bladder was working overtime, and some stated that “they hadn’t peed that much since pregnancy”. Remember to stay close to the bathroom! Your body may experience skin irritations but rest assured this is common feedback from your body while the toxins are being released. Dry brushing and salt baths provided relief and the results were invigorating!

Mind: Being mindful. Realizing that you can do this when you start to listen to your body.

Body: It tells us what we need. Open the door; realize that the senses you are feeling are fresh and enjoy this awareness.

Spirit: If you give the same mindful attention to your thoughts, it helps connect our spirit to our mind and body.
Day Three

This was the day of reckoning where the true benefits of the detox materialized. High energy levels, feeling light and euphoric with glowing skin. Major benefits for some included reduced swelling and bloating (especially in the morning), disappearance of rosacea, aching joints and plantar fasciitis. Practical evidence that reduced inflammation in the tissues and organs can bring tremendous benefits that are experienced quickly. Weight loss, reduced sugar cravings and increased libido were other ancillary bonuses. The Himalayan salt baths were comforting and a reward during the process. Don’t leave this step out as it is something to look forward to in addition to the benefit of drawing out toxins. The detox teas also provided comfort and a sense of fullness. Hunger was never an issue during Day Three. Are we ever truly hungry or just bored? Do we really listen to our body’s needs? Keeping busy is helpful, but more important is the awareness that the longing for the latte from Starbucks will pass if we give it the chance. Acknowledge your cravings, and set them aside. The reward is the knowledge that you can accomplish this!

Mind – Body Connection: Identifying your triggers and habits. Instead of being pre-occupied with what you are not allowed to eat. Ask the question “What can I learn about myself during this process?” Most were inspired to Juice again as the benefits were appreciated and outweighed their usual habits.

Spirit: Becoming aware of the body’s needs, most importantly when it didn’t need anything. The message that less isn’t necessarily more, but that less is enough. Simplifying one aspect of daily life brought awareness and clarity to other aspects. The power lies within!