

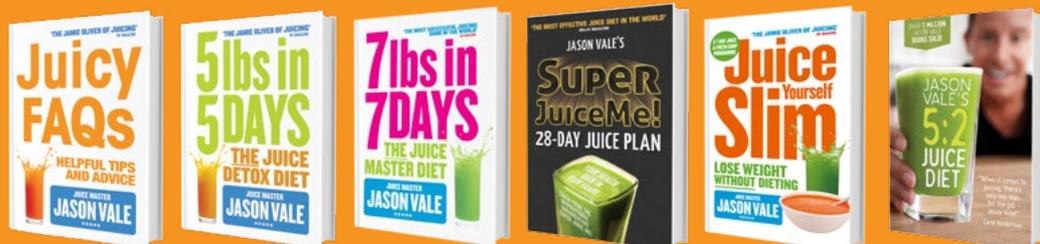
Jason Vale Juice Master



Juicy Q&As Free PDF Download

All your juicy questions answered in one handy place!

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Introduction

This handy **'Juicy Q&A'** download is not only great because it's **FREE** but also because it will answer all of your questions and equip you with the knowledge and confidence you need to go on your own juicy journey. It is also packed with tips and advice, giving you simple ways you can adapt juicing to fit in with your lifestyle. This download is all about simplifying things so you can reap all the benefits that a juicy lifestyle has to offer (and there are A LOT of them!). Its' by extracting and drinking the goodness held within the fibres of fresh fruits and vegetables, you are able to flood your cells with the rapid nutrition you need for optimum health.

We want to give you the confidence to realise that juicing can be part of your lifestyle no matter what your circumstance. You might not like a particular ingredient, question if juicing is for you; have a busy lifestyle or you might just be a complete juice skeptic. Regardless of how you feel now, after reading through this download you'll be clued up and raring to go! And the great thing is, this is something you can keep going back to time and time again, it's the gift that keeps on giving!

During our global campaigns we are always inundated with questions, which is why we've created this one stop shop for the ones most commonly asked. We've also added the Q&A sections from Jason's best selling books: **'Juice Yourself Slim'**, **'7lbs in 7 Days'** and **'5lbs in 5 Days'** and **'5:2 Juice Diet'** and also Jason's **'Super Juice Me! 28-Day plan'**. You lucky devils!

So whether you're completely new to juicing or a juicy veteran, we know there are some nuggets of information in here for everyone.

Medical Disclaimer

The content of this document should be used as general guidance only and nothing in this document should be taken as medical advice or diagnosis. You should always consult a qualified medical practitioner before embarking on any programme of treatment, or if you have any concerns about your health. You are responsible for verifying for yourself the accuracy and suitability of all reports, recommendations, conclusions, comment, opinion and anything else published herein. The contents of this document does not constitute a guarantee. The authors and publishers of this document accept no responsibility for any loss or harm that may occur as a result of using or misusing this document or in your failure to seek appropriate medical advice.

If you can't find the answer to your question here, contact us!



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Getting Started

- » Why should I juice, why don't I just eat it?
- » What can I/can't I juice?
- » If I'm only having one juice a day when is the best time to have it?
- » If I am only juicing once a day, what is the best juice to have?
- » I don't have time to make a juice what should I do?
- » Which book do you recommend the '7lbs in 7 Days', '5lbs in 5 Days', '5:2 Juice Diet' or the 'Super Juice Me! 28-Day Juice Plan'? Is there much of a difference besides the days?
- » Do I need to buy the book and the app? Or are they same?
- » So is it just juice only for all 3 meals and no food?
- » Fresh produce is so expensive. How can I juice on a budget?
- » I've never juiced before and I'm worried about only having juices. How do you manage to survive without food?
- » What about all that sugar? Isn't it bad for you?

Equipment

- » What is the best juicer to buy?
- » What type of juicer should I be using? I see you use a centrifugal one, but isn't it true that you don't get the most of the fruits and vegetables compared to a masticating juicer?
- » Can I juice wheatgrass in my centrifugal juicer?
- » How should I clean my juicer? Do I juice everything at once then clean the juicer or should I juice throughout the day and rinse in between juices?
- » How can I ensure the longevity of my juicer?
- » There are 2 settings on my juicer (slow and fast), which one do I use?
- » I only have a blender (NutriBullet, Vitamix, Blendtec, Magic Bullet, etc). Is this ok to use?
- » I don't have a blender. Is it absolutely necessary? Can I add the avocado to the juicer or can I just eat it?

Making Juices and Storage

- » Are the recipe quantities in Jason's plans for one person? So if two people are on the plan, would I just double the ingredients?
- » Can I make my juices in advance?
- » I don't have time to juice four times a day - can I freeze them?
- » Can I make the juice the night before and, just pop into the fridge for the next day, as I have no time in the morning?
- » When I make juices for the day what should I use to store them in?
- » I work shifts, can I still do a juice plan?
- » Do I have to drink my juices in the set order? Or can I swap them around as I would rather have a thick juice for lunch and just a thin juice in the evening?
- » Do I have to follow the suggested juice times or can I have the juices whenever?
- » On some of your programmes the first juice isn't until around 10am. Don't I need something as soon as I wake up?
- » Do I have to drink all of my juices?
- » I've noticed **Juice Master Delivered** juices are stored in bottles. How do the juices retain the nutrients over time?
- » I've noticed **Juice Master Delivered** juices are blast frozen and stored in bottles. How does this affect the nutrition?
- » Do you have advice on the best way to store my fruit and veg (fridge/or not)? Also, are there certain things that should not be put next to each other to ensure they last longer?

Alternative Ingredients

- » I'm allergic/don't like..... a certain fruit or vegetable, what can I use instead?
- » Alternative Ingredient table
- » I've just started the detox and I don't like the taste of the juices. What can I do?
- » Can I use cooked beetroot instead of raw?
- » I can't get fresh berries can I use frozen?
- » I've only got Granny Smith apples, can I still use them?
- » I take whey protein after I work out. I have heard this isn't great so is there anything else you would recommend?
- » Can I use other cereal or snack bars instead of Juice in a Bar?
- » Are there any substitutes I can make or use if I don't have spirulina or wheatgrass?
- » Can I replace a juice I don't like with one that I do like from one of the other programmes?
- » Can I drink tea, coffee or alcohol while on a programme?
- » Can I drink the hot water with a squeeze of lemon juice through the day?
- » I really want something warm but don't like herbal teas, what would you recommend?
- » Is it best to buy low fat or normal yogurt?

Juicy tips and General Advice

- » Can I drink water alongside my juices?
- » Do I have to wash all of my fruit and veg?
- » Should I be buying all organic produce
- » Your recipes include ice, does this go in the juicer too?
- » Do I need to peel lemons and limes?
- » Should I have my juices every 3 hours then use my emergency SOS later in the evening?
- » I have started a plan today and I'm concerned about my energy levels. Will the juices provide the energy I need to for a vigorous workout at the gym?
- » Can I have chewing gum on a juice detox?
- » What can I do with all the leftover pulp? I just hate putting this stuff in the bin.

Withdrawal Symptoms

- » I'm feeling bloated, why is this?
- » I am constipated. Is this normal?
- » I have the opposite problem ... I can't stop going. Can you help?
- » My teeth feel super sensitive, what can I do?
- » I tend to get acid reflux when I juice, is this normal?
- » I'm getting headaches; I have no energy and feel so tired. Why is this?
- » My skin is quite spotty, why is this?
- » My mouth feels a bit "furry" when I am juicing, why is this?
- » Is it normal to still crave bad food?
- » I feel sick and am getting stomach aches. Is this normal and what should I do?
- » It's day 4 and I haven't got my juicy high, is this normal?
- » I feel tired and achy and don't feel like I've lost any weight.

Nutrition, Health and Medical

- » How many calories per juice?
- » Where will I get my fibre?
- » Where will I get my protein and calcium?
- » I want to start juicing but I'm worried about them damaging my teeth, what can I do?
- » Can I do a juice programme if I'm pregnant?
- » Can you do a juice programme whilst breastfeeding?
- » I've just had surgery would you still recommend doing this now?
- » I have health issues and am currently taking medication. Will going on your plan upset my condition in anyway?
- » I'm diabetic and concerned about whether juicing is right for me?
- » I'm underweight but would like to juice. Is this safe?
- » I weigh more today than I did yesterday and I'm only on day 3, why is this?

The Next Step

- » I've just finished one of your juice programmes and feel so great that I want to carry it on! How long is safe to juice for?
- » Can I expect to lose a similar amount of weight by doing a second week or is it like a "diet" where you lose more in week 1 and then it evens out?
- » What do you recommend eating after the detox? Should I avoid certain types of food to let my stomach adjust?

Getting Started

Q: Why should I juice, why don't I just eat it?

A: The fact of the matter is we simply aren't getting enough fruits and vegetables into our diets on a daily basis and in their raw form. That is why we juice, because it's a quick and tasty way of packing in all the vitamins, minerals, nutrients, phytonutrients and live enzymes that we need for optimum health.

Juicing furnishes the body with the finest, easiest to ingest nutrients on the planet, and retains 95% of the nutrients found in fruit and vegetables. These macro-and micro-nutrients are often much more bio-available (meaning more of the nutrients will get to where they are needed) to your cells once juiced and they feed the body with precisely what it requires for optimum health.

Q: What can I/can't I juice?

A: The good news is most fruits and vegetables can be juiced! A few things to bear in mind:

- Remove any large stones (such as apricots),
- Always peel oranges as the skin contains oils, which are indigestible, keep as much as the pith on as possible as this contains the goodness.
- Soft fruits such as blueberries, strawberries and raspberries can be juiced but do not give great yields of juice so are better to blend.

You **CANNOT** juice: avocados or bananas, they must always be blended.

Q: If I'm only having one juice a day when is the best time to have it?

A: Ideally you'd have it as breakfast as it's best to have a freshly extracted juice on an empty stomach, this gives your body the best possible chance to absorb the nutrients without your body struggling to process other foods at the same time. Also, it's whilst you sleep that your body repairs and replenishes so it's important not to put too much onto the digestive system in the morning to allow this process to continue.

Q: I don't have time to make a juice what should I do?

A: If you find time is an issue and you simply can't make any juices, you could have a Juice in a Bar. There are two delicious flavours to try: **Veggie or Berry Boost**. These Bars are a clever combination of seriously healthy vegetables, plants, algae and friendly bacteria infused with the natural sweetness of raw dates and crushed almonds. Another alternative and a great addition to a healthy diet would be a supplement such as Powergreens. They contain a concentrated mix of vegetable juices, algae's and enzymes. You simply mix a couple of teaspoons in a bottle of water and sip throughout the day.

'Veggie' Juice In A Bar & 'Berry Boost' Juice In A Bar

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Q: If I am only juicing once a day what is the best juice to have?

A: It's great to vary what juices you have from day to day but as a general rule, if you're having one juice a day it is important to get a good balance of fruit and vegetables, in a wide spectrum of colours. The **Super Chute Juice** (taken from **'7lbs in 7 Days'**) is an ideal option.. Juice the things you wouldn't normally eat in their raw form. For example, you wouldn't usually eat raw beetroot, so get it in! **The Funky Fresh Juice Book** also has some delicious recipes to try.

Q: Which book do you recommend the '7lbs in 7 Days' or '5lbs in 5 Days' or the 'Super Juice Me! 28-Day Juice Plan' or the '5:2 Juice Diet' ? Is there much of a difference besides the days?

A: They are all completely different plans, each balanced and carefully created to ensure all of your nutritional needs are met.

• **3-Day Detox**

This is a great little kick-start, which is all some people need. A combination of delicious juices and smoothies, this plan is perfect for over a long weekend as a cheeky monthly re-charge.

• **5lbs in 5 Days**

This is the latest programme and its whole focus is on 'condensing success' Some people really struggle with the idea of juicing at the weekends but they still want to see amazing results. With 5lbs in 5 you get the best of both worlds! It also gives a lot of people the option to follow the 5-2-5 plan, which is 5 days juicing, 2 days of low HI (human intervention) eating, followed by 5 days juicing.

• **7lbs in 7 Days**

This plan is, without a doubt, the one that Jason is most famous for. It has seen a phenomenal success and has helped to change the health of so many people. Thousands of people still use this plan and see fantastic results. So much so that Jason now runs 2 beautiful retreats; Juicy Oasis in Portugal and Juicy Mountain in Turkey, based on the concept of this very programme

• **Super Juice Me! 28 Day Juice Plan**

Now this plan takes things up another level! Super Juice Me! Is a 28-Day programme, which is clearly not going to be for everyone. There are some people that need to be juiced and there are some people that need to be Super Juiced! The 28 programme is for people suffering from chronic conditions that need to make a significant commitment to a longer term programme.

• **The 5:2 Diet**

Jason's final ever juice plan. By taking 5:2 beyond simple calorie counting and combining the science behind it with some incredible, nutrient- rich and delicious juice recipes, Jason Vale's 5:2 Juice Diet revolutionizes 5:2 and takes the potential health benefits to another level.

Q: Do I need to buy the book and the app? Or are they the same?

A: Currently we have **apps** for the 3-Day, 5-Day, 7-Day, 5:2 Diet and 28-Day Super Juice Me! programmes. The apps are designed to be the 'perfect companion' to the books, ensuring every area is covered and you feel confident that you can begin whichever programme you decide to follow, knowing everything you need to succeed. The apps have either video or audio coaching or both, as well as the recipe videos. People also find the shopping list function extremely useful and convenient. The books have things the apps don't and vice versa. You can do all the programmes with either the book or the app, but for best results, both are recommended.

Q: So is it just juice only for all 3 meals and no food?

A: Yes! The programmes set out a certain number of juices per day at regular intervals to ensure your blood sugar levels stay stable and you don't get hungry.

Q: Fresh produce is so expensive. How can I juice on a budget?

A: This is a common misconception about juicing. Yes of course you can go to a supermarket and stock up on all manner of "junk" and "processed" foods on a budget, but then you have to ask yourself 'how much of that is actually going to feed you and give your body what it needs?' Are you getting the vital nutrients, the vitamins, minerals, live enzymes etc? Probably not! Yes the price of food has seen a hefty increase and it's a tricky balance to strike alongside the increase of other

outgoings but.... It is possible to juice on a budget! It just takes some planning and organisation. There are budget supermarkets that offer extremely good value on fresh produce, often with many promotions added into the mix. Local greengrocers and markets do still exist, contrary to popular belief! Markets often do fantastic deals on produce, meaning you can stock up on a whole load of fresh produce for a great price. The end of the day is the optimum time to land yourself a bargain!

Q: I've never juiced before and I'm worried about only having juices. How do you manage to survive without food?

A: Easily! Living on freshly extracted juices is much easier than people think. Often people are overfed and undernourished. Eating processed junk food that offers little or no nutritional value. By drinking freshly extracted juices your body is being fed directly, and within 15 minutes of having a juice it is able to pull all of the goodness from it so you have the energy to get on and do all the things you want to do! We receive testimonials every single day from people that have had positive experiences from doing a juice detox. Anything from weight loss, increased energy levels to brighter eyes and glowing skin! That's often only the minimum result you can hope to achieve. Check out our testimonials page for some more inspiration!

Q: What about all that sugar? Isn't it bad for you?

A: Sugar has become bigger news in recent times, which is great in terms of awareness but there are a few things that need to be addressed. This Facebook post summarises it all nicely and is well worth a read. The Sugar in an Apple is Not The Same as the Sugar in a Donut!!

Equipment

Q: What is the best juicer to buy?

A: There are many different juicers to choose from on the market. Unfortunately there are lot of cheap juicers, which will not help you on your juicy journey! Our recommendation for a juicer is **THE BEST ONE FOR YOU**, which is often different for everyone. We use the slow juicers to produce the finest quality juice. The whisper-quiet quality induction motor focuses on torque not just RPM. This important feature creates less heat, which can negatively affect the nutrient quality of your fresh juice.

What is the best juicer to buy?

Find the best one for you with our handy guide

[Click to find out more](#)



Q: What type of juicer should I be using? I see you use a centrifugal one, but isn't it true that you don't get the most of the fruits and vegetables compared to a masticating juicer?

A: The vast majority of people juicing use centrifugal machines, as they are cheaper, quicker and easier to clean. Check out Jason's **Which Juicer** page for more information on the comparisons.

Q: Can I juice wheatgrass in my centrifugal juicer?

A: No, you cannot juice wheatgrass in a centrifugal juicer. You would need a masticating/cold press juicer. There are some small manual juicers on the market suitable for wheatgrass, which are fairly inexpensive. Alternatively you could add some powdered wheatgrass to your juice.

Q: How should I clean my juicer? Do I juice everything at once then clean the juicer or should I juice throughout the day and rinse in between juices?

A: The vast majority of juicers are dishwasher proof, so you can rinse off the loose debris and pop it in the dishwasher. Alternative it really doesn't take very long to clean by hand. Remove any loose debris into your bin (or composter if you have one) and then rinse all the parts under the tap with a stubby brush and some washing up liquid (paying particular attention to the mesh part).

TOP TIP: If you use compostable bag in the pulp bucket, you'll have one less part to clean! With regards to when to clean it, you can do it either way depending on your routine. Whether you make all your juices in the morning, store them in metal dark flasks and wash up the juicer once, or you have the time make them fresh and clean the juicer each time, it really is whatever works for you. Another alternative is to make your morning and evening juices fresh and have your daytime juices in a flask. It's just a case of adapting it to your needs.

Q: How can I ensure the longevity of my juicer?

A: Always empty the pulp bucket before it gets overfull, cut off any hard tops (for example carrots and beetroot) and we would recommend peeling pineapples.

Q: There are 2 settings on my juicer (slow and fast), which one do I use?

A: The slower setting is good for soft fleshy fruit and veg like pineapple. The faster setting is for harder things like beetroot, apples, celery etc.

Q: I only have a blender (NutriBullet, Vitamix, Blendtec, Magic Bullet, etc). Is this ok to use?

A: This is probably the most commonly asked question we get here at Juicy HQ and I'm afraid it's a resounding no!!! A juicer extracts the juice held within the fibres of fruits and vegetables, which is ultimately what feeds the body. A blender blends the fibre and the juice together. By removing the insoluble fibre the juice can be readily absorbed and you get a direct hit of nutrition. If you stick everything in a blender you end up with a glass of something very difficult to digest, which the body struggles to fully utilize and absorb and the upshot is you will end up feeling very bloated and uncomfortable. The only things that can't be juiced are bananas, avocados, (and clearly yoghurt, nuts, seeds and ice!). We would also blend things like berries, apricots and mangos as they are quite expensive and you would need a lot of them to make a decent amount of juice. So, if you are going to do one of Jason's juice plans then you will always need a juicer AND a blender. There are some great 'compact' blenders on the market which make lots of claims that they do more than the 'average' blender in terms of breaking down ingredients, but blending is blending no matter how smooth the end product may be! It doesn't alter the fact your body will have to work very hard to break it down. The general rule of thumb with blending is not to blend anything you wouldn't be able to comfortably eat during a 5 minute period of time, so for example you wouldn't really be feeling too good if you ate 4 bananas, 3 avocados, a bag of almonds, bag of cashews nuts, a pot of yogurt and a punnet of berries! However if you were to eat ½ banana, ½ avocado, handful of nuts, 1tbsp of yogurt and a few berries chances are you feel ok!

Q: I don't have a blender. Is it absolutely necessary? Can I add the avocado to the juicer or can I just eat it?

A: Don't add the avocado to the juicer!!!! There are 2 things you cannot juice and they are avocados and bananas! If you don't have a blender then simply eat them. We would recommend buying yourself a decent blender so check out the Juice Master Shop as this will make your life much easier!

Making Juices and Storage

Q: Are the recipe quantities in Jason's plans for one person? So if two people are on the plan, would I just double the ingredients?

A: Yes and yes! The recipes are set out for one person, so you simply multiply the recipe by however many people you are making juices for to get the correct quantity.

Q: Can I make my juices in advance?

A: Fresh is always best, so the sooner you can drink your juice after making it the better. However, we appreciate this isn't always possible so the next best thing is to make your juice, add in some ice, a squeeze of lemon or lime juice and seal it straight away (filling it right to the top will help to reduce the speed of oxygenation), put it in the fridge and drink it within the next eight hours. If you're on the move get yourself a little cool bag and some freezer blocks, which will also help to keep your juice in tip top condition. Remember though, that with every hour that passes you lose more and more nutrients, so drink it as soon as you can.

Q: I don't have time to juice four times a day - can I freeze them?

A: As mentioned above fresh is always best. But in practical terms not everyone has time to do this so, yes you can. In fact when you freeze juice you lose very little of the nutrient content. Once you've made your juices pop them into **BPA-Free** water bottles (remembering to leave a little room spare for freezing expansion) and pop in the freezer. You can then take out a days worth of juices the night before and store them in the fridge for the next day. It's best to remove each juice from the fridge at least an hour before you want to drink it to ensure it's fully defrosted. Juice Master delivered blast freeze their juices, which is a great 'second best'. If you can make fresh it is always the preferred method, as you still have to take into account the defrosting time, which can also lower the nutrient content slightly.

Q: Can I make the juice the night before and, just pop into the fridge for the next day, as I have no time in the morning?

A: It depends what type of juicer you are using. A centrifugal juicer applies a certain amount of heat when extracting juice so the juice quality will deteriorate at a quicker rate. If using a masticating/cold press juicer no heat is applied so the juice will last for significantly longer without loss of quality. We would always recommend you make juices fresh or if not then freezing is the next best option. If it's the difference between juicing or not juicing then yes you could make it the night before but ensure it is stored in an airtight, dark, aluminium flask. Remember with every hour that passes you lose more and more nutrients, so it's best to drink a juice as fresh as possible.

Q: When I make juices for the day what should I use to store them in?

A: You need good airtight, dark, aluminium flasks. They are widely available and Sigg do a great range at the Juice Master Shop other flasks are available of course!

Q: I work shifts; can I still do a juice plan?

A: The juices in any plan are set out so you have a juice at regular intervals to keep your blood sugar levels stable and ensure you don't get hungry. If you work irregular hours you can just adapt it to fit in with your lifestyle.

Q: Do I have to drink my juices in the set order? Or can I swap them around, as I would rather have a thick juice for lunch and just a thin juice in the evening?

A: The majority of people prefer to have the thicker juice for breakfast and dinner, which is why the plans are set out in this way. If you prefer to have them a different way that's entirely up to you!

Q: Do I have to follow the suggested juice times or can I have the juices whenever?

A: The juices are planned on a 'basic' routine pattern but of course people have very different lifestyles, with various time demands to work to. So it is very much a "common sense" approach to what time you have your juices. The basic premise is to have a juice every three hours, which means not only your blood sugar levels stay stable but it also ensures you don't get hungry. So for example: If you start work at 5am it is unlikely you'd want to wait till 10am for your first juice, so look at having it around 8am and the subsequent juices at three hour intervals throughout the day. Yes your last juice is at 5pm but if you start work at 5am the chances are you're not staying up too late! The hunger SOS (a banana, ½ an avocado or Juice in a Bar) could be used in the evening in this instance.

Q: On some of your programmes the first juice isn't until around 10am. Don't I need something as soon as I wake up?

A: At our retreats the first juice isn't until 10am and this is typically after a rebounding class, yoga session and a long walk! We are so programmed into believing that we need to eat as soon as we wake up when that really isn't the case. Also, by exercising on an empty stomach your body is forced to tap into those fat stores so you become a fat burning machine!

Q: Do I have to drink all of my juices?

A: We always 'recommend' that you drink all of your juices. However, listen to your body and if you feel genuinely full then of course don't force it down. We advise you to try and have what you can to ensure you don't get hungry and get the correct amount of nutrients.

Q: I've noticed **Juice Master Delivered** juices are stored in bottles. How do the juices retain the nutrients over time?

A: **Juice Master Delivered** use the freshest (locally sourced where possible) ingredients and use masticating (cold press) juicers to maximize the nutrition in the juice from the outset. The juices are then blast frozen immediately to 'lock in' the nutrition. It is recommended to defrost the next day's set of juices overnight in the refrigerator. This is a dark environment and therefore should help reduce any oxidation. Generally, it is accepted that you may lose around 10% of the nutrition during this process, however when considering the high volume of intense nutrition being consumed over the duration of the plan this loss is certainly not too detrimental. In addition, by delivering the juices frozen they are not sitting in your fridge for a period of days waiting to be drunk, thereby losing an even greater amount of nutrition. We advise once a juice is defrosted that it is drunk within 24 hours. If you have any concerns regarding the bottles, then the juice can simply be decanted into a flask. There is no doubt that the best way to enjoy your juices is always immediately after juicing, however, **Juice Master Delivered** provides a service for those who simply can't find the time or are not able to make a juice plan for themselves. We believe it is better to lose some nutrition than not be able to complete a Juice Master plan and therefore lose 100% of the nutrition!

Juice Master Delivered
 No Shopping. No Juicing. No Cleaning. No Hassle.
 Click to find out more



Q: I've noticed Juice Master Delivered juices are blast frozen and stored in bottles. How does this affect the nutrition?

A: **Juice Master Delivered** use the freshest (locally sourced where possible) ingredients and juice them in a state of the art cold press juicer. By gently pressing the ingredients and applying minimal heat, the highest possible levels of nutrition are retained. The juice is then bottled in our specially designed opaque bottles which help keep the sunlight out and the goodness in (by slowing the oxidization process.) Immediately the bottles are blast frozen to 'lock' in the nutrition. Generally, it is accepted that you may lose around 10% of the nutrition during this process, however when considering the high volume of intense nutrition being consumed over the duration of the plan this loss is certainly not too detrimental. In addition, by delivering the juices frozen they are not sitting in your fridge for a period of days waiting to be drunk, thereby losing an even greater amount of nutrition. We advise once a juice is defrosted that it is drunk within 24 hours. If you have any concerns regarding the bottles, then the juice can simply be decanted into a flask. There is no doubt that the best way to enjoy your juices is always immediately after juicing, however, **Juice Master Delivered** provides a service for those who simply can't find the time or are not able to make a juice plan for themselves. We believe it is better to lose some nutrition than not be able to complete a Juice Master plan and therefore lose 100% of the nutrition!

Q: Do you have advice on the best way to store my fruit and veg (fridge/or not)? Also, are there certain things that should not be put next to each other to ensure they last longer?

A: As a general rule of thumb you can follow the lead of how the big retailers store their produce. What climate you live in will be a factor too. Storing produce in the fridge or a cold place will help you keep it in the best possible condition. Most fruits are perfectly fine to be stored at room temperature (apart from soft fruits which spoil a lot quicker) If you choose to store fruit in your fridge the ones that need to be kept separate are apples, pears and bananas. This is because they emit ethylene (hydrocarbon gas which is naturally occurring, also known as the 'ripening hormone' and causes other fruits and veg to spoil).

Alternative Ingredients

Q: I'm allergic/don't like..... a certain fruit or vegetable, what can I use instead?

A: If you are genuinely allergic then clearly avoid whatever it is you are allergic to. However, if you have been told you are "intolerant" to a certain food, don't just assume it is true. Food intolerance tests are much more freely available nowadays and a lot of the times you can get conflicting results from each test on what foods you should avoid. If these tests were completely accurate then you should get the same results no matter where you go, but this is rarely the case. There are genuine cases of people being allergic to certain fruits and vegetables, but for the majority it is a rarity. If you would still like to avoid/or don't like certain ingredients in a juice recipe please use the table below as a rough guide as to what you can use to replace a specific fruit or vegetable. The rule of thumb is to aim to replace it with something similar. Having said that don't assume you don't like something without giving it a go first. You might be surprised how great it tastes!

Ingredient	Alternative
Apple	Pear or Pineapple
Avocado	Banana with some Omega 3/6/9 oil
Banana	Avocado
Beetroot	Red Cabbage
Bell Pepper (Green)	Bell Pepper (Red or Yellow), Courgette (Zucchini), Celery or Cucumber
Broccoli	Courgette (Zucchini), Celery or Cucumber
Capsicum	See Bell Pepper
Carrot	Parsnip
Celery	Courgette (Zucchini), or Cucumber
Courgette (zucchini)	Celery or Cucumber
Cucumber	Courgette (Zucchini) or Celery
Fennel	Celeriac or Ginger
Ginger	Lemon, Lime or Fennel
Kale	Chard, Spinach or Spring Greens
Lemon	Lime or Ginger
Lime	Lemon or Ginger
Mixed Berries	Banana
Mint	Basil or Ginger
Orange	Grapefruit
Parsley	Basil or Coriander
Parsnip	Carrot or Celeriac
Pepper (Green)	See Bell Pepper
Pear	Apple
Pineapple	Apple or Pear
Spinach	Chard, Kale or Spring Greens
Zucchini	See Courgette

Q: I've just started the detox and I don't like the taste of the juices. What can I do?

A: In the first instance - give them a chance! If you've never had a juice before it can take a bit of time for your taste buds to adjust. So you may find the first few aren't exactly what you'd like but you will soon come to enjoy them, you just need to give it a bit of time and have an open mind!

Q: Can I use cooked beetroot instead of raw?

A: No! It **MUST** be raw.

TOP TIP: For recipes containing mixed berries, why not use frozen berries as an alternative, so no need to add any extra ice...refreshing!!

Q: I've only got Granny Smith apples, can I still use them?

A: Yes you can still use them, your juice might be a little bit 'tart' but other than for taste there is no other reason why you can't use them. There are thousands of varieties of apples so feel free to experiment. We just use Golden Delicious or Gala because they have a lovely sweet taste and in most cases yield a good amount of juice.

Q: I take whey protein after I work out. I have heard this isn't great so is there anything else you would recommend?

A: We would recommend a hemp based protein powder over whey, as it is much kinder to your digestive system. The Juice Master Shop sells one you can try **JM Hemp Protein Powder** there are other alternatives on the market but always check the label and make sure it has no added nasties.

Q: Can I use other cereal or snack bars instead of Juice in a Bar?

A: Juice in a Bar is not cereal based, so cereal bars are not a suitable alternative. If you don't have any of the Juice in a Bars or Simply Nude bars, a good alternative would be a banana or half an avocado. There are other healthy snack bars on the market but just be wary of the hidden nasties such as sweeteners that appear to be seemingly healthy but are in fact the very opposite.

Q: Are there any substitutes I can make or use if I don't have spirulina or wheatgrass?

A: Where a programme suggests the use of supplements we'd recommend you use them where possible. You can buy the Juice Master Superfood Supplement, which is a fantastic blend of spirulina, wheatgrass and a whole host of other nutrient rich and alkalizing ingredients! It is something you'll find you can use after you've completed a programme too so it won't be a waste of money. If you don't want to invest in this then getting lots of dark leafy vegetables such as spinach or kale would be a great alternative.

Juice Master Powergreens

Fantastic blend of nutrient rich and alkalizing ingredients.

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Q: Can I replace a juice I don't like with one that I do like from one of the other programmes?

A: It's down to personal choice! The programmes are devised to offer a balanced plan so it's best to stick with it where you can. But ultimately it won't affect your results. Try and replace like for like e.g. a recipe with avocado ('thicky') rather than a 'thinny' and vice versa.

Q: Can I drink tea, coffee or alcohol while on a programme?

A: Errrrrr.....no! The good news is you can have as many herbal teas as you like! But no 'normal' tea, coffee or alcohol should be consumed whilst on the programme. If you are desperate for something containing caffeine then green tea may be drunk but only in moderation.

Q: Would I be able to drink hot water with a squeeze of lemon juice through the day?

A: Yes you can. Another great alternative is fresh mint leaves or some grated ginger root, which is not only good for you but also lovely and refreshing.

Q: I really want something warm but don't like herbal teas, what would you recommend?

A: Without a doubt it would have to be the 'Hug in a Mug'. Simply juice: 1/2 an apple, 1/3 lemon (wax free), and 3 cm fresh ginger. Place a teaspoon of Manuka honey into a large mug and half fill with almost boiling water. Stir in the honey and then pour over the juice. Add a sprinkle of cinnamon, and sip slowly...it's literally is a hug in a mug and tastes just like apple pie.

Q: Is it best to buy low fat or normal yogurts?

A: We recommend buying plain natural bio-live organic yogurt - if you're a juicy vegan, then simply use soya yogurt or why not try coconut yogurt instead!

Juicy Tips and General Advice

Q: Can I drink water alongside my juices?

A: It seems like an obvious question but strangely one that we get asked a lot. Of course the answer is a resounding **YES!** It is so important to drink water alongside your juices so you remain hydrated. A lot of the time headaches and feelings of hunger can down to dehydration so make sure you drink plenty throughout the day.

Q: Do I have to wash all of my fruit and veg?

A: It's always advisable to wash all produce before use (only wash it as you are going to juice as it will speed up the spoilage process), as it will remove any excess soil where bacteria is commonly found. Pay particular attention to roots vegetables such as carrots and beetroot, which are best, cleaned with a nailbrush. If you're concerned about removing any pesticides residue you can wash your produce in some lemon juice or there are vegi-washes on the market.

Q: Should I be buying all organic produce?

A: In an ideal world you would buy organic produce wherever possible. We're realistic that this is not always possible for everyone as organic produce can be more expensive. There is a "Dirty Dozen" list of the top fruit and vegetables found with the highest levels of pesticide residue. So if you buy anything organic the following produce would be your top ones to choose: apples, celery, strawberries, spinach, cucumbers, blueberries. If buying non-organic, always buy the freshest possible and ensure you wash the produce thoroughly. You can also add supplement such as Powergreens to boost the nutritional content of your juices, this is not compulsory but will give your juices an extra boost!

Q: Your recipes include ice, does this go in the juicer too?

A: No, this should be added to your blender or simply added to your juice afterwards.

Q: Do I need to peel lemons and limes?

A: If you're unable to buy them 'wax free' we would always suggest peeling. The recipes will always specify whether to peel or not but, providing they are wax free, it's completely up to you and your personal taste. Leaving the rind on will make your juice a lot zestier, particularly if you are using limes.

Q: Should I have my juices every 3 hours then use my hunger SOS later in the evening?

A: It depends on whether you are hungry or not. Don't just have it because "you can" but only if you are genuinely hungry.

TOP TIP: Why not have your hunger SOS in the evening with a nice cup of peppermint tea with a bit of Manuka honey...yum!!

Q: I have started a plan today and I'm concerned about my energy levels. Will the juices provide the energy I need to for a vigorous workout at the gym?

A: We have feedback all the time from people that are either working long hours and doing a manual job or doing more exercise than normal and in some cases achieving new personal bests! At our retreats in Turkey and Portugal, guests can complete up to 5 hours of exercise during a day and they feel on top of the world! As with anything related to your health you need to listen to your body and see how you feel. There are always Hunger SOS's to rely on (banana, ½ avocado or Juice in a Bar).

Q: Can I have chewing gum on a juice detox?

A: Most chewing gum is made using the synthetic rubber polyisobutylene (which is used in adhesives and sealants and also as inner tubes for tyres - nice!). Add into the mix some Aspartame and various other sweeteners, which are none too kind for the body. Have your answer?? Having said that there are kinder alternatives on the market but ultimately if you're doing a detox it's maybe a good time to reassess everything you're consuming.

Q: What can I do with all the leftover pulp? I just hate putting this stuff in the bin.

A: We don't have any 'official' ideas as to what to do with it. But we've had some great suggestions sent in over the years!

- You could make some savoury or sweet snacks in a dehydrator. There are numerous recipes online that you can try out.
- Compost it
- You could stir any veggie pulp into a dip, soup or sauce.
- It makes a great facemask!
- If you're a meat eater, add some pulp into meatballs, meatloaf or burgers to give it some moisture. You won't even notice! Carrot and apple work well.
- Toss it into any baked recipe. Here's an idea, how about throwing some actual carrot pulp into a carrot cake recipe!
- Sneak it into some layered recipes like lasagne.. Mix it right into the tomato sauce for a "chunky" lasagne sauce.
- Try putting adding to some savoury muffins. Add celery, onion or tomato pulp in with your recipe to give it some flair!
- Make your own animal treats.

Withdrawal Symptoms

Q: I'm feeling bloated, why is this?

A: If you're new to juicing and experiencing bloating your system may just be adjusting to the level of raw nutrition going in to your body, especially if you are not used to it. Try diluting your juices with water, take small sips and build up to a full juice gradually. Bloating may also be a result of what you consumed in the days prior to detoxing. Many people overeat before a detox, fearing they will never eat again! They eat all kinds of things that they wouldn't normally eat and in ridiculous quantities. The body is then left bloated and tired and it can take a good couple of days for things to work their way through! Ideally juice should be taken on an empty stomach because it enables your body to fully utilise all the goodness a freshly extracted juice provided.

Q: I am constipated. Is this normal?

A: Everyone is different but on a juice detox you may find there isn't much 'action' happening! The vast majority of people don't take much notice of what toilet movements are happening on a daily basis, but the moment a detox is put into the equation people start to be overly concerned. As long as you're not in any discomfort or pain you don't need to worry as if you think about it logically, what your body would normally discard went in the pulp bucket of your juicer! The second you start eating **Low H.I.** (human intervention) foods you'll be as regular as clockwork! The programmes have plenty of soluble and insoluble fibre, so there is no need to worry.

TOP TIP: If you are feeling uncomfortable, then you can juice a couple of pears or alternatively drink some prune juice, which should get things moving!

Q: I have the opposite problem ... I can't stop going. Can you help?

A: We can become concerned when we have diarrhea (sometimes with good reason) but it can also be a very good sign that the body is getting rid of any the built-up rubbish. There may also be other external factors that could be affecting your health, which you've assumed are attributed to the detox. For example, it could just be an underlying illness that has coincidentally happened whilst doing a detox and would have happened regardless. However, if you are genuinely concerned or if you have diarrhea for longer than 24 hours please consult your GP.

Q: My teeth feel super sensitive, what can I do?

A: Try drinking your juice through a straw and rinsing your mouth with a little water after you have finished. Remember not to brush your teeth immediately following your juice - leave it for at least an hour, this will give the mouth saliva time to re-mineralise. Juicing vegetables high in calcium is excellent for the teeth, so adding some green leafy kale, chard, spinach, spirulina to your morning juice will be advantageous. Oil pulling is becoming very popular with dental problems using coconut oil, this involves swishing the oil around in the mouth for 15 - 20 minutes drawing out all the toxins eventually leading to whiter teeth and stronger enamel.

Q: I tend to get acid reflux when I juice, is this normal?

A: Acid Reflux is caused by an excess of acid-forming and fatty foods, as well as being overweight, or lying down after a big meal. Juices alone would not normally bring on an attack. Any juices containing mint and/or fennel will soothe the stomach and prune juice will help to release water into the gut, thereby diluting any offending acidic food that may be in the stomach. Fennel contains high amounts of calcium, magnesium, potassium and phosphorus with lesser amounts of iron, zinc, manganese, vitamin A and some of the B-complex vitamins. Eating more fresh fruits and green leafy vegetables (avoiding the acidic ones).

Q: I'm getting headaches; I have no energy and feel so tired. Why is this?

A: When the body is detoxing, it is quite common to experience headaches and initial energy loss. A lot of the time we rely on caffeine and other false stimulants that cover up what is really happening. Detox symptoms are in fact withdrawal symptoms, which are indicators of your 'true' level of health. The good news is these symptoms rarely last longer than 3 days. After 3-4 days you should start to get a great deal more energy and start to feel better. It is important that if you feel like this you incorporate exercise as part of the programme as movement gives you energy; remember - movement is life.....

Q: My skin is quite spotty, why is this?

A: Everyone reacts differently when doing a detox and sometimes getting a few spots is the body's way of getting rid of built up toxins. As the detox goes on this will more than likely settle down and your skin will clear up. Most people find their skin is glowing by the end of a detox.

Q: My mouth feels a bit "furry" when I am juicing, why is this?

A: During a detox some people find they have an unpleasant coating in their mouth. This is your body's way of eliminating any toxins and should subside after a few days. Keep drinking plenty of water and brushing your teeth can help, just make sure it's at least an hour after consuming any juice.

Q: Is it normal to still crave bad food?

A: If you find yourself craving bad foods during a detox this would almost certainly be a case of a "mental" hunger rather than "genuine" hunger. You are getting everything your body needs in terms of fuel and nutrition by following the juice plan. It's a case of doing the correct mental preparation before you embark on a juice detox, which is just as important as buying the produce. All of the books have sections, which cover this subject so make sure you take the time to read them. There is always a Hunger SOS to rely on in moments of "genuine" hunger such as a banana, ½ avocado or a Juice in a Bar.

Q: I feel sick and am getting stomach aches. Is this normal and what should I do?

A: Nausea is not a "normal" response to a juice plan but occasionally some people going on juice plans for the first time will feel a bit off colour but it shouldn't last longer than a day while your system adjusts to the juices. You may be drinking them too fast. Always 'chew' your juice and make sure you keep it in the mouth and allow the powerful enzymes in your saliva to make good contact with the juice. You may be consuming too many 'neat' green juices. Green juices, with the exception of celery and cucumber, should always be mixed with other juices such as carrot, apple and pineapple. If you are still feeling nauseous after day 1 – come off the plan **IMMEDIATELY** and see your GP. It may be due to something unrelated to the juice detox.

Q: It's day 4 and I haven't got my juicy high, is this normal?

A: Everyone reacts to a detox differently, it's a very individual experience and everyone will have their 'juice high' on different days. For some it won't be until they've finished the detox. Stick with it though as it is well worth it.

Q: I feel tired and achy and don't feel like I've lost any weight.

A: You may still be detoxing. Everyone reacts differently. Some people have no noticeable symptoms and just crack on with their lives, while some really feel it. The main physical symptoms are headaches and tiredness. The reason for these is not so much due to actual detox but down to withdrawal. Refined sugars and fats are extremely addictive, and like many addictive substances, withdrawal can cause tiredness, headaches and anxiety. If you are in the right frame of mind then the chances are that you will barely notice any adverse physical symptoms. However, even if you do, know they are very temporary and should last a maximum of 72 hours. If you are usually a very heavy caffeine drinker or refined sugar head, then the chances of you experiencing more headaches and tiredness are naturally increased as the body goes through the withdrawal. Please don't make the mistake of thinking everything you experience on a detox is because you are on the detox. There will be many times in your life when you haven't been on a detox and experienced tiredness during the day, for example. You don't put it down to anything in particular; you just feel tired and assume you've been working too hard or haven't had enough sleep. However, the second people experience the same thing when on a juice detox they believe it must be because they are on a juice detox! In a normal week you will experience a range of different levels of tiredness, anxiety, hunger, stress and may even get the odd headache. So the chances of experiencing any of these when on a detox week are high, as we get them anyway! Yes, what you may experience might indeed be down to the withdrawal or detox, but then it might just be what you usually experience from time to time. If you do experience any adverse feelings, drink some water and get some rest if you are able to. What is important is not to over analyse whatever detox symptoms you may or may not experience. They are a very small price to pay for how you will feel when you come out the other side

Nutrition, Health and Medical

Questions surrounding specific medical conditions are often directed at us. As a general rule juicing is going to be a positive experience for almost anybody. However there are always exceptions, and because we are not medically trained we cannot give you specific answers to medical questions. There are suggestions we can make based on our experience and the feedback we have had from people who have suffered with an ailment and found juicing very effective, but this is always guidance only and if you're undertaking a juice detox with a medical issue you should always consult a GP first.

Q: How many calories per juice?

A: Rather than counting calories it's better to look at the level of genuine nutrition in what you are eating rather than worry about whether you are hitting a RDA (Recommended Daily Allowance) of calories. Lets face it, we could all hit our RDA by munching our way through processed junk food, but it's hardly "feeding" our bodies. The RDA of calories is a made up figure and our personal daily allowance of anything is just that – personal. There are so many different factors to take into consideration; what you are doing on a particular day (physically and mentally), your muscle mass, age and countless variables. The recommended RDA for a man is 2,500 calories a day to maintain his weight, for the average woman it's 2,000 calories a day. So if you were to eat 2,500 calories of refined fat and sugar for days on end and do no exercise, you'd more than likely gain weight. If on the flip side you eat 2,500 calories of plant food and fish, the chances are you won't! You certainly won't be starved of any nutrients during a juice detox, the very opposite in fact as you'll be feeding your body with nutrient rich fresh fruits and vegetables.

Q: Where will I get my fibre?

A: Whether you are following the **3-Day, 5-Day, 7-Day, 5:2 Juice Diet** or **28-Day Juice Plan** you will be getting more than enough fibre for what you are putting in. It's also important to mention that fibre doesn't actually feed the body and cannot penetrate the intestinal wall, so the pulp in the back of your juicer is what your body would naturally get rid of anyway! Of course fibre is important and you will obviously be getting it from the bananas and avocados, two of the richest sources of fibre on earth. Some of the recipes also contain mixed seeds, and chia seeds in particular are a great fibre source. You will also be getting plenty of soluble fibre through apples, pears and pineapple. Soluble fibre is a gel like substance that helps to lift rubbish from the colon and sweep it through the intestine, effectively acting as a broom. It also aids in slowing down the digestive process, which is beneficial because your body has more time to absorb nutrients in your stomach.

Q: Where will I get my protein and calcium?

A: The largest land animals on earth are all vegan and most other large animals steer clear of the old meat and dairy too! These animals build all their muscle and bone mass through plant food. Protein is built from amino acids, the building blocks for protein. Jason's juice plans are carefully designed to ensure you will be getting enough amino acids and calcium through the juices and your Hunger SOS. Some of you may also be adding wheatgrass or spirulina to your juices, both are complete protein powerhouses and wheatgrass alone is 45% liquid protein. Contrary to belief milk, cheese and yogurt are not the only sources of calcium. Calcium can be found in abundance in fruits and vegetables, particularly, kale and the trusty broccoli stem. Remember, living exclusively on juices is only intended for a limited time and even if plant food provided no protein or calcium, you would still not have either a protein or a calcium deficiency in such a short space of time. It's worth considering how bothered people are about a lack of certain nutrients when stopping junk food and going onto fresh juice. People tend to assume their RDA allowances are met through a diet based on eating and drinking junk and for some reason the second they start healthy drinking and eating, irrational concerns come into play. Rest assured that you will be getting all of the nutrients you need, whichever of Jason's programmes you choose to follow.

Q: I want to start juicing but I'm worried about them damaging my teeth, what can I do?

A: If you were having purely fruit juices then it could be a cause for concern but most of the juices are a balance of fruit and vegetables so there is not such a concentration of fruit. If you wanted to make sure you are looking after your teeth you could drink your juice through a straw and always wait at least 1 hour before brushing your teeth after having a juice.

Q: Can I do a juice programme if I'm pregnant?

A: During your first 12 weeks of pregnancy you are advised not to change anything much about your diet or lifestyle, so if a juice plan is a radical change for you then it's best not to start it as suffering detox symptoms on top of potential morning sickness is probably not a good idea! Incorporating juicing into your diet whilst pregnant can be beneficial, as there is no better way of getting key minerals and nutrients into your and therefore, your baby's system. However, we would not recommend that you embark on an exclusively juice programme whilst pregnant, as a juice only programme will certainly result in symptoms of detox and weight loss, which is something to be avoided during pregnancy. As always, when in doubt consult your GP first.

Need some further advice?

Why not contact a Juice Therapist.

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Q: Can I do a juice programme whilst breastfeeding?

A: When it comes to breastfeeding the most important points to consider are ensuring that the quality and quantity of the mothers milk are maintained and this can be done by a well balanced diet containing good fats such as avocado, coconut oil and nuts and seeds and clean starchy carbohydrates such as banana, rice and sweet potato. It's also key that any breastfeeding mum should be keeping herself well hydrated particularly whilst she is breastfeeding and this could be a large pint of water or something like a h2O Detox (taken from Keeping it Simple). Juices and smoothies can certainly play a vital role in keeping the breastfeeding mum well nourished particularly if she is finding it hard to sit down and eat a full meal due to tiredness or busyness and having some frozen juices ready to defrost can really help manage her day and keep her well nourished but we don't recommend a full juicing programme until much later in the babies life. A juice or smoothie can also be a great mid afternoon pick me up - particularly if your baby is waking up through the night and you get that mid afternoon slump. Adding some of the soups and salads from our **Juice Yourself Slim** or **Turbo Charge** are just perfect for adding into your meal plan and helping you nourish you and your baby.

Q: I've just had surgery would you still recommend doing this now?

A: We simply can't advise on subjects such as this as we are not medically trained. There are just too many factors to take into consideration, such as the type of surgery and your medical history in general. There are many people with various medical conditions that have done a juice detox and seen fantastic results but with something like invasive surgery you would definitely need to consult your GP.

Q: I have health issues and am currently taking medication. Will going on your plan upset my condition in anyway?

A: We are not doctors and we would always suggest seeking advice from your GP **BUT**, we have had a lot of people with various conditions who have followed Jason's programmes and benefited tremendously. You just have to listen to your body and get the appropriate advice from you GP.

Q: I'm diabetic and concerned about whether juicing is right for me?

A: Many diabetics have completed all of Jason's plans with great success. As with any health concern we would always suggest seeking advice from your GP. Some people with diabetes have the juices as per the recipe, some reduce the fruit slightly whilst others leave the fruit out completely. See what works for you. We'd suggest monitoring your blood sugar levels more regularly.

Q: I'm underweight but would like to juice. Is this safe?

A: This would be your personal decision to make. We'd always recommend any health related decision should be referred to your GP for advice as you could be under weight for a number of reasons. You could introduce juices into your daily diet but continue to eat, which would mean you are gaining the benefits of freshly extracted juices but not risking any weight loss. You could also opt for juices, which have an avocado or banana base or alternatively add a hemp based protein powder to your juices.

Q: I weigh more today than I did yesterday and I'm only on day 3, why is this?

A: Jason always recommends you only weigh yourself after you've finished a plan and not during it. Weight fluctuates for all kinds of reasons. If you continuously weigh yourself you risk becoming fixated on the weight loss, which can become unhealthy. Doing a juice detox is about so much more than just weight loss. It may be the initial motivation that prompts people to start a plan, but it will quickly become apparent that there are so many more benefits. You will have energy, and we're talking natural energy that hasn't had to come from can; your skin will start to glow, your taste buds will change so you start to crave healthier foods, which prompts you to make better food choices and stop eating processed foods. There is also something called 'lag time' which some people experience, meaning the weight loss may not happen until a few days after completing a plan. Lastly some people tend to lose inches not lbs. Seriously, if you follow on with this lifestyle choice then the weight loss will happen, so free yourself from the scales and just enjoy being healthy and happy.

The Next Step

Q: I've just finished one of your juice programmes and feel so great that I want to carry it on! How long is safe to juice for?

A: It would be down to personal circumstance and what you were looking to achieve by doing a juice plan. Carry on with your juices and start to incorporate some healthy, **Low HI** (human intervention) foods alongside. Most people find once they've completed a juice detox plan that they're whole attitude towards food changes and they find it easier to make healthier choices and do a juice detox plan every season as a top up.

Q: Can I expect to lose a similar amount of weight by doing a second week or is it like a "diet" where you lose more in week 1 and then it evens out?

A: Everyone is different; you may find the weight loss slows after the initial week. Your metabolism may slow down after consuming juice for a week. It's now about more gradual long-term weight loss. By juicing for a couple of weeks your tastes will change and you'll crave healthier foods that are less processed and **Low HI** (human intervention).

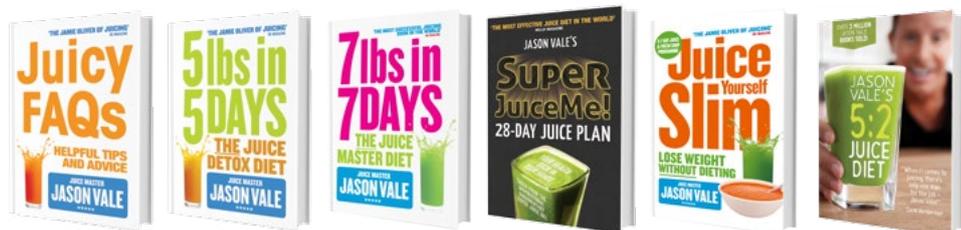
Q: What do you recommend eating after the detox? Should I avoid certain types of food to let my stomach adjust?

A: A lot of people tend to go onto our **Turbo Charge Your Life**, which is our 14-Day follow on programme of juices, smoothies and other meals. It's great as it introduces the right foods back into your diet so you don't undo all of the progress you have made.

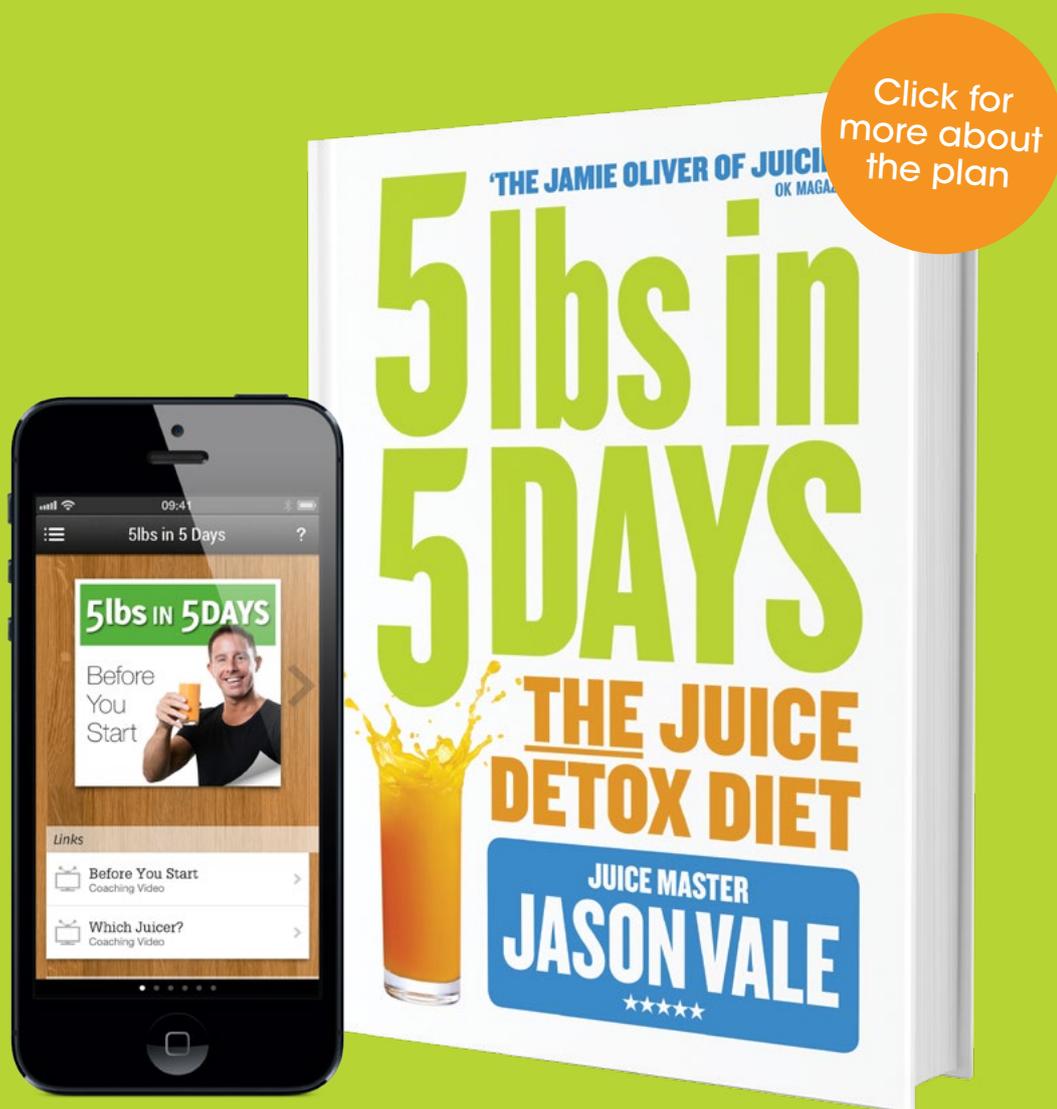
Turbo Charge Yourself in 14 Days
 14-Day follow on programme of juices, smoothies & meals.
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» Choose your plan



Jason Vale Juice Master



Frequently Asked Questions

5lbs in 5 Day Q&As

- » What detox symptoms should I expect?
- » Should I brush my teeth after each juice?
- » What toilet movements should I expect?
- » Will I be getting enough calories?
- » Should I have a colonic before I start?
- » How long will my juices last once made?
- » I don't have time to juice four times a day – can I freeze them?
- » I can't exercise, will the juices alone be enough to succeed?
- » Where will I get my protein and calcium?
- » Is it safe to do the programme if pregnant?
- » I'm not drinking all of the juices – does it matter?
- » Can I drink tea, coffee or alcohol while on the programme?
- » I don't have a juicer–can I just use my blender?
- » Do I need any supplements while on the plan?
- » I know you aren't a fan of medical drugs so should I not use any while on the programme.
- » Can I do this programme while on medication?
- » I'm allergic/intolerant to a certain fruit or vegetable in the programme – can I adjust?
- » How much weight can I expect to lose?

Q: What detox symptoms should I expect?

A: This depends on the individual, everyone reacts differently. Some people have no noticeable detox symptoms and just crack on with their lives, while some really feel it. The main physical symptoms are headaches, tiredness and for some, anxiety. The reason for these is not so much due to actual detox but down to withdrawal. Refined sugars and fats are extremely addictive, and like many addictive substances, withdrawal can cause tiredness, headaches and anxiety. If you are in the right frame of mind then the chances are that you will barely notice any adverse physical symptoms. However, even if you do, know they are very temporary and should last a maximum of 72 hours. If you are usually a very heavy caffeine drinker or refined sugar head, then the chances of you experiencing more headaches and tiredness are naturally increased as the body goes through the withdrawal. Please though don't make the mistake of thinking everything you experience for the five days you are on this detox are because you are on the detox. There will be many times in your life when you haven't been on a detox and experienced tiredness during the day, for example. You don't put it down to anything in particular; you just feel tired and assume you've.

Q: Should I brush my teeth after each juice?

A: No. If you do, you brush away your teeth's natural protective layer, so wait at least an hour before brushing your teeth. If you are nervous about juices and your teeth at all then use a large straw. Once again though, the main reason juices have a bad name when it comes to teeth is because of mass market 'cooked' juices, which can be like sugar, as opposed to 'live' freshly extracted vegetable-based juices.

Q: What toilet movements should I expect?

A: Some people go less than usual and others more; both are nothing to worry about. Many people don't really notice their toilet movements on a day-to-day basis, but the second they're on a detox, they start to be concerned. Even if you don't go at all during the five days, providing you aren't in pain in that area, don't worry as the second you start eating **Low H.I. Foods** you'll be good. Personally I have no issue on this front when doing this particular plan as it has plenty of soluble and insoluble fibre, but if you do, don't worry!

Q: Will I be getting enough calories?

A: Yes. It is just five days and even if you were to have nothing but water, you'd still be OK. Personally I am not a calorie man as, like so many aspects of the health and nutrition world, looking at calories in food has many flaws. I would rather look at the level of genuine nutrition in a food than worry about whether it meets my **RDA (Recommended Daily Allowance)** of calories. I could hit my RDA by having a fry-up for breakfast and a burger and fries for dinner, but how much genuine nutrition is there in that? It's not our calorie 'needs' we should be focusing on, but rather our nutritional needs; the two are simply not the same. We also need to acknowledge that the RDA of calories is made up. Our personal daily allowance of anything is just that – personal. It depends on what you are doing on a particular day (physically and mentally); your muscle mass; your age and a billion other variables. The nutritional powers that be say that the average man needs around 2,500 calories a day to maintain his weight, and the average woman needs about 2,000 calories a day. All I know is this; if I eat 2,500 calories of refined fat and sugar for days on end and do no exercise, I gain weight. If I eat 2,500 calories of plant food and fish, I don't! Please don't get caught up in the calorie madness and just trust you will be getting enough nutrition for the five days you are on this detox.

Q: Should I have a colonic before I start?

A: This is a very personal choice and there is no need to do so, but you may want to do so. The science is not conclusive when it comes to colonics, but then science isn't everything. I know many people who swear by them and I am not adverse to them myself. My take is this; if you have eaten extremely badly for many months or years, then having a colonic before you start isn't a bad idea. When I filmed my documentary Super Juice Me! I ate very badly before it (it was part of a larger experiment) and so made sure I had a colonic a week when I did the month of juice only. If nothing else, it makes you feel immediately lighter and hydrates your body like nothing else. Some people choose to have a colonic every day during the detox, others just one before they start and most don't have one at all. The point is, providing you go to a good colonic hydro therapist, it won't do any harm. It does remove some good bacteria so you'd need to take a few capsules after it. Colonics are something we do offer at our Juicy Oasis retreat and many people do swear by them. If you don't have one, don't panic as the body is perfectly equipped to keep you moving!

Q: How long will my juices last once made?

A: This all depends on what juicer you have made them in and how they have been stored. If you make all your juices in a slow juicer (masticating) then, providing it is immediately stored into a thermos flask or bottle of some kind which blocks all light and oxygen, then you'll be good for three days. Even if the bottles are clear, as long as they are in the fridge, no light will be getting to them. If you juice in a normal fast juicer, like the Philips, then because it creates more heat friction than a slow juicer, the juice only lasts for a day (unless you freeze it – see next question), providing you still store it away from light and oxygen. You cannot beat juice freshly made and drunk within the first 10 minutes, but I know life doesn't always allow that. I know people who bring their juicer to work; now that's commitment, but for many storing in a flask is all good.

Q: I don't have time to juice four times a day – can I freeze them?

A: The simple answer is yes. When you freeze juice you lose very little of the nutrient content; this is in massive contrast to when you apply heat to fresh juice, which can destroy the vast majority of vitamin and enzyme (life) content. Virtually all shop-bought juices have been pasteurized, or 'cooked' if you prefer, at high temperatures, which is why bottled juices are in no way shape or form a replacement for making them fresh at home. Once made you can add to a **BPA-free** water bottle (remembering to leave a little room spare for freezing expansion) and pop in the freezer. Once frozen, take out the night before and place in the fridge for the next day. Remove about an hour before you want to drink the juice. Freezing is a practice we use in our www.juicemasterdelivered.com service and is the perfect next best thing. If you can make fresh though, it is always the preferred method as you still have to take into account the defrosting time, which can lower the nutrient content.

Q: I can't exercise, will the juices alone be enough to succeed?

A: Yes. If you don't do any exercise at all and simply drink the juices, then you should indeed still drop **5lbs in 5 Days** and feel amazing. However, if you follow the **SAB** training then you take it to a whole new level. I wholeheartedly advise doing exercise as well as the plan. If the **SAB** is too intense for your needs, then yoga and rebounding are wonderful exercise tools.

Q: Where will I get my protein and calcium?

A: I have covered this in the main body of text in the book, but in case you skipped it, here's my take again. The largest land animals on earth are vegan. Giraffes, rhinos, elephants, hippos, bullocks and some other large animals eat no meat and drink no milk at all. They build all their muscle and bone mass through plant food. Protein is built from amino acids, the building blocks for protein. On this programme you will be getting enough amino acids and calcium through the juices and your Hunger SOS. It is only five days and even if plant food provided no protein or calcium, you would still not have either a protein or a calcium deficiency in that short space of time. It is always interesting to observe how people are concerned about a lack of certain nutrients when stopping junk food and going onto fresh juice. I am unsure if they were ever concerned about their protein, calcium and other nutrient intake when they were eating and drinking junk, but for some reason the second they start healthy drinking and eating these irrational concerns come into play. This is largely due to the amount of conditioning we have had since birth from the meat and milk marketing boards. I have written enough about this in other books, but please do not worry – you will be getting the right nutrients during the five days on freshly extracted juice.

Q: Is it safe to do the programme if pregnant?

A: During your first 12 weeks of pregnancy you are advised not to change anything much about your diet or lifestyle, so if a juice plan is a radical change for you then it's best not to start it as suffering detox symptoms on top of potential morning sickness is probably not a good idea! Incorporating juicing into your diet whilst pregnant can be beneficial, as there is no better way of getting key minerals and nutrients into your and therefore, your baby's system. However, we would not recommend that you embark on an exclusively juice programme whilst pregnant, as a juice only programme will certainly result in symptoms of detox and weight loss, which is something to be avoided during pregnancy. As always, when in doubt consult your GP first.

Q: I'm not drinking all of the juices – does it matter?

A: Ideally you shouldn't skip any of the juices as the programme has been carefully designed to make sure you get a spectrum of nutrition every day. However, during the test phase of this programme, some people mentioned that on a couple of occasions through the week they simply didn't feel like their juice and opted for their **HUNGER SOS** instead. This is perfectly OK and you should always listen to your body and not 'force' juice down. However, one of the key reasons why it is important to have your juice at the times allocated is to make sure your sugar levels don't drop to an uncomfortable level. If this happens it could cause you to look for a quick sugar fix, and ultimately to knock the plan on the head. The morning and evening juices are the ones not to avoid as they are the thick ones designed to keep you satiated.

Q: Can I drink tea, coffee or alcohol while on the programme?

A: You can have as many herbal teas as you like, but no 'normal' tea, coffee or alcohol should be consumed on the programme. It is a detox after all, not a retox. If you are desperate for something containing caffeine, then Green Tea may be drunk in moderation while on this programme. Green Tea is not only a wonderful source of antioxidants and good plant chemicals, but can induce thermo-genesis and stimulate fat oxidation, boosting the metabolic rate 4 per cent without increasing the heart rate.

Q: I don't have a juicer—can I just use my blender?

A: **NO!** and in case you missed it – **NO.** A juicer extracts the juice contained within the fibres and a blender simply blends the fibres and the juice together. The idea behind juicing is rapid nutrition; removing the insoluble fibres so that the juice can be readily absorbed and nutrition be more bio-available to the cells. If you stick everything in a blender you end up with an extremely thick concoction, which, ironically, is difficult to digest, and, more importantly, extremely difficult for the body to fully utilize. It is not so much that you are what you eat, but rather you are what you manage to absorb and with all that insoluble fibre going into the stomach at once, absorption becomes that much more difficult. The most I add to the blender at any one time is either a banana, an avocado, a little yoghurt or a few nuts and seeds. What you will never see me doing is adding in stacks of whole fruits and vegetables, a load of nuts, blending it all together and then drinking it in 10 seconds flat – as many people do. This is not good for you! Things like avocados do not juice so they have to be blended, but anything that can be juiced, I juice. If you are going to do this juice plan then you will need a juicer and a blender – you cannot do this plan with just a blender. Well you can, but you will feel bloated, the drinks will suck and you'll throw in the towel – so if you don't have one, time to get the best investment you'll ever make for your health, a good juicer.

Q: Do I need any supplements while on the plan?

A: The answer is no ... but. The 'but' is there to cover all bases. You will not need any further supplementation if you buy good-quality fruit and vegetables. I know that in my last programme, the **7lbs in 7 Days Juice Master Diet**, some people weren't happy with having to buy extra supplements, even though they were optional. I added them in to make sure that even if someone didn't buy the best quality fruit or veg, they would still get the finest quality super plant nutrition through the supplements. If you have the app you will have seen that I make up a Power Greens drink by adding a dried green juice powder supplement to water. This is something we have every day at my retreats before we work out and it's something I would highly recommend, but clearly it's optional. If you have wonderful quality fruit and veg then no worries, just do the programme as is with the right produce. If you want to raise the game slightly on the nutrition front, get some Juice Master Power Greens or similar (as many places sell green powders these days, just be careful though as some have fillers and are not always the best quality). There will of course be some who feel I am simply trying to sell supplements and if you are one of those cynical people, then just buy from someone else or leave them out. All I know is I spent over a year developing the finest dried green juice powders and they are something I have used myself for many years. I would also highly recommend some good quality friendly bacteria. This is not those silly little bottles of yoghurt, which are often loaded with sweeteners, but rather good quality capsules or live powder.

Q: I know you aren't a fan of medical drugs so should I not use any while on the programme?

A: Let me be very clear on this one. Short-term medical intervention is very necessary at times and in some cases, long-term medical drug use is also necessary. There is no question however that we are taking far too many pills unnecessarily and over far too long periods of time. This is a separate book in itself, but for the purposes of this question, do not come off any medical drugs unless instructed to do so by your GP. If you are taking OTCs (Over the Counter Drugs) then it's your choice, but I would skip headache tablets and the like and allow the body to have pure natural goodness for the five days.

Juice Master Supplements

Juice Master supplements are ideal to add to any of juices.

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Q: Can I do this programme while on medication?

A: You must always consult your doctor first as there are some juices which can affect certain medical drugs. Having said this, this is very rare and in most cases it is more than safe to do this programme while on medication, but always talk to your GP first.

Q: I'm allergic/intolerant to a certain fruit or vegetable in the programme – can I adjust?

A: Yes. Please feel free to adjust the plan if you have a genuine allergy to any of the ingredients in the programme. I say 'genuine' as many people are under the false impression they are allergic or intolerant to certain foods when they aren't at all. If you are genuinely allergic then clearly avoid whatever it is you are allergic to, but if you have been told you are intolerant to a certain food, don't just go along with it. Food intolerance tests are everywhere, and from my experience you can go from one to the other all day long and get conflicting results on what foods you should avoid. If these tests were 100 per cent accurate then you should score the same no matter where you go, but this is rarely the case. There are of course genuine cases of people being allergic to certain fruit and vegetables, but it is rare for most. I had someone at my retreat once say they were allergic to apples. This was a little bit of an issue as **ALL** the juices at the 'juice only' juice retreat had apple in them. I said it wasn't a problem – I would make all of their juices with carrot instead as a base. Within two days they asked for the apple-based ones to test as a) they thought they would taste better (which clearly they do) and b) they couldn't actually remember the last time they'd had an adverse reaction to apples – they had just been told at a food-testing clinic that they were allergic to them. Needless to say, they drank the apple-based juices for the next five days and were fine.

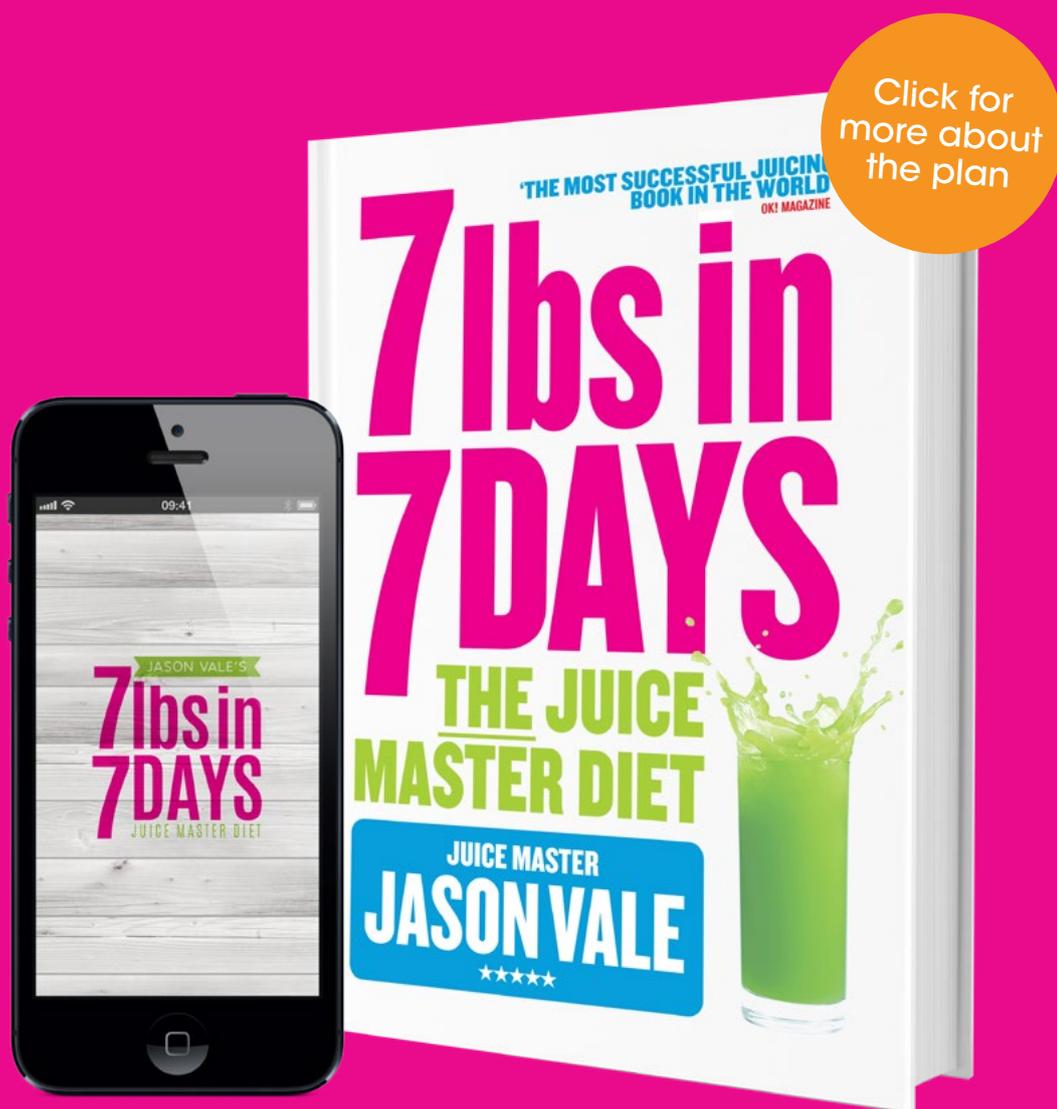
Having said all that, if you do need to replace a fruit and veg, then please do – but try to replace it with a similar thing. If apples don't agree with you, replace them with pears, for example. If avocados don't agree with you, replace them with bananas – **BUT** you will also need to add some essential fatty acids in the form of Omega-3/6/9 oil to the blender. The avocados are there to make sure you get the right fats and if you pull these out you need to add the oil. Udo's Oil is a very good source, but supermarkets and health shops stock many different brands.

Q: How much weight can I expect to lose?

A: Although the average person will lose between 5lbs–7lbs in five days on the programme, this is not the case for everyone. There are some people who will drop more and others will lose less. There can be many reasons for both, but here are the main ones:

1. If you are very overweight to start with the chances are that you will lose more weight than if you start at your ideal weight or close to it. There have been cases where people have lost as much as 10lbs in just five days. But in cases where there is such dramatic weight loss it's usually because the person had quite a lot to lose to start with. There are cases where people have lost that amount even when close to their ideal weight to start with, but it's rare.
2. There have been cases where people stick to the programme religiously and yet don't lose a great deal of weight during the five days. Often the reason for this is 'lag time'. Many people make the mistake of binging on disproportionate amounts of fat, sugar and salt a few days before the plan. This, on its own, would normally cause weight gain in the days following. However, because the person then removes all refined sugars, fats and salts and has a 100 per cent plant-based diet, no weight gain is experienced, but no weight is lost either. The person then can lose faith in the juice programme, believing the juice detox isn't working, when in fact it's working perfectly well but will take a little longer to see the results. In some cases it can take a few days after the programme to finish as 'lag time' works both ways. If you are not experiencing weight loss in the first 3–4 days and recognize that you may have overeaten more than usual in the days leading up to the juice detox, have faith and carry on; it will work.

Jason Vale Juice Master



Frequently Asked Questions

7lbs in 7 Day Q&As

- » I don't have a juicer. Can I do the programme if I just have a blender?
- » So what's the difference between a juicer and a blender?
- » I own a blender. Do I need a smoothie maker as well?
- » Do I have to do Phases 2 and 3 or is the 7-Day thing enough?
- » Do I have to have a juice every three hours?
- » Can I eat fruit or veg if I don't feel like juicing it?
- » Can I drink anything else other than freshly made juice on the programme?
- » Do I have to keep exactly to the juices suggested on each day or can I make my own combo?
- » What should I do when eating out on the programme?
- » Can I drink bottled juices/smoothies while on the programme if I don't have the time to juice fresh?
- » I smoke. Do I need to stop smoking in order to have success on the programme?
- » If I have a wheat intolerance can I still have wheatgrass juice?
- » I am constipated. When can I expect to go again?
- » I have the opposite problem ... I can't stop going. Can you help?
- » My poo is sometimes red. Should I worry?
- » I've done 5 days. Is that enough?
- » I have just finished the programme and I haven't lost 7lbs. Can you explain this?
- » Can I make a big batch and store it for a few days to save having to make it all the time?
- » Can I do this programme if I'm pregnant?
- » I'm getting headaches and I have no energy, I feel so tired and it's only day 2!
- » I feel sick and am getting stomach aches. Is this normal and what should I do?
- » I'm allergic to _____. What shall I do?
- » Can I drink any tea, coffee or alcohol on the programme?
- » I lost more than 7 lbs. Should I worry?
- » How often should I go on the programme?
- » It's a pain having to clean the machine after every use. Is there a way around this?
- » Is this programme suitable for children?
- » I thought I'd learn a lot more about juicing in this book. Is there any reason why there isn't more information about what juices are for what illnesses and so on?
- » Where can I get the 7 lbs in 7 Days Super Juice Pack? Do I really need it?
- » When and where are your 7lbs in 7 Days Detox Retreats?
- » Why does the JMD 7lbs plan only contain 4 juices, rather than the 5 on the normal plan?

Q: I don't have a juicer. Can I do the programme if I just have a blender?

A: **NO, NO, NO** – this is a juice programme and in order to make fresh juice you need a juicer extractor and a blender.

Q: So what's the difference between a juicer and a blender?

A: A juicer extracts the juice from the fibres of the fruits and vegetables whereas a blender simply 'chops' the whole fruit/veg fibre into a sort of 'mush'. I once went on Chiltern Radio's breakfast show simply because one of the presenters made the complete **Turbo-Charge Smoothie recipe** in a blender only. The recipe relies on juicing many of the ingredients and blending others. By simply blending the lot she ended up with an awful mush of vegetables.

Q: I own a blender. Do I need a smoothie maker as well?

A: NO! One of the biggest marketing cons of the century has to be that of the smoothie maker. Blenders are smoothie makers! It's like someone selling a normal saucepan and then calling it an 'egg boiling pan'. All saucepans boil eggs and all blenders can make smoothies. The only difference is that there is a tap on the front ... genius! Whenever you see the words 'smoothie maker' or 'blender' you can rest assure they are one and the same thing.

Q: Do I have to do Phases 2 and 3 or is the 7-Day thing enough?

A: It is extremely important that even if you do choose to skip the principles of the Phase 2 Turbo-Charge and Phase 3 Juicy Lifestyle plans you ease yourself into whole foods during the two days immediately after the **7-Day plan**, effectively days 8 and 9. As was shown on the British TV show Celebrity Detox, the body needs time to adjust in order to go from pure natural juices to food, as the food can be treated as a foreign invader and 'block' you up. When you end a juice-only plan make sure you continue to have juice for breakfast and lunch and a light evening meal on days 8 and 9 and then a juice for breakfast, a salad lunch and evening meal on day 10. If you then wish to skip juicing and go back to what you always ate and drank before you started then that's your call. Personally, I think you'd be mad and by going on Phases 2 and 3 you will ensure that the weight you have lost and the health you have gained will remain. If you choose the Phase 2 option of reading the Turbo-Charge book on the day specified and starting the Turbo-Charge programme immediately after the **7-Day plan**, you will find you have both the physical and mental tools required to take you to the next level.

Q: Do I have to have a juice every three hours?

A: No, you don't. The reason why the programme suggests a juice every three hours is to prevent any dips in sugar levels which can lead to a '**GIVE ME SOME FOOD NOW!**' response. When testing this programme on several people, and through my own personal experience, it appears that you don't have to have a juice every three hours. When I first did the programme I had four juices the first day, three the next and only two juices on the third day. This was because on the evening of day 3 I just didn't feel hungry. I felt a little tired and remember having a lovely hot bath, reading a little and then lying on the bed in that 'just out of a hot bath' haze listening to some wonderful music, drinking some water and drifting off to sleep. On day 4 I had a big meeting which took me away from my house from 8 a.m. until 11 p.m. I had to improvise and had three flasks of juice with me. I only ended up drinking about a litre and a half of the juice, together with drinking plenty of water. However, on day 5 I felt genuinely hungry and I had all five juices. Whatever happens you want to make sure you have some made up just in case you get hungry, to prevent any chance of bingeing.

Q: Can I eat fruit or veg if I don't feel like juicing it?

A: **Yes** and **No!** Firstly, this is a 'juice only' programme and that means if you are going to do it to the letter you won't be using your teeth for a week. Having said that, if it's a case of 'Unless I eat something, **ANYTHING – NOW!** – I'm going to forget the whole thing and eat a horse,' then at least make sure you eat something good. The best suggestion is to eat foods with an extremely high water content, like fruits and vegetables. The best choice is melon. I had to go out for a business dinner when I was doing the programme and I ordered a piece of melon – it tasted amazing. If you hit a particular evening and you feel that for whatever reason you really cannot face juice and want to get your teeth into something other than fruit, have a large well-prepared avocado salad.

Q: Can I drink anything else other than freshly made juice on the programme?

A: Yes. You will see that in the programme you are encouraged to drink at least two litres of water a day and drink some hot water and lemon on waking and natural fennel tea at night. However, you are most welcome to have mint tea or other herbal teas if you fancy.

Q: Do I have to keep exactly to the juices suggested on each day or can I make my own combo?

A: The juices and smoothies aren't just thrown together and the order has been carefully thought out. However, please feel free to be flexible when it comes to making them. Sometimes you can't get hold of certain produce, or you may not feel like a particular juice/smoothie. You may also particularly like a certain smoothie and want to keep to that. I know some people who **LOVED** the Super, Detox and Turbo Express so much that that's all they had. Changing recipes is fine as long as you stick to a couple of basic rules.

- Always use apple, pineapple or carrot or a combination of these as a base to your veggie juices.
- Make sure you always add a teaspoon of psyllium husk powder for a natural source of dietary fibre – so you don't get stuck!
- Add a small amount of spirulina, wheatgrass powder and friendly bacteria to your juices/smoothies for added super-nutrients.

This doesn't mean you need to add these supplements for every juice, but you do need to make sure that at least two have the above.

Q: What should I do when eating out on the programme?

A: Quite simply, **DON'T!** There is no eating on this programme, but you are welcome to take your flask! I know that sounds ridiculous, but when I did this for the first time I had meetings, lunches, dinners and so on to contend with. I know from personal experience that nothing can prevent you from following this programme to the letter if you really want to – except you, that is.

Q: Can I drink bottled juices/smoothies while on the programme if I don't have time to juice fresh?

A: If push really comes to shove then yes, but only in absolute emergencies. The reality is that if you are fully prepared there are very few situations where you cannot get a fresh juice or make a fresh juice. If someone offered you a million pounds to make sure you had a fresh juice every time – trust me you'd do whatever it took. However, I'm also aware that unexpected 'stuff' can come up in life and best intentions can often go out of the window. With that in mind here are my suggestions for juices when out and about.

1. Direct from a juice bar.

If you have a juice bar near you then ask them to make up the exact juice you want and make sure you can see them making it. Many juice bars have 'ready-made' juices in coolers – these are almost always not freshly extracted juices. You are the paying customer and even if you have to pay more – get the real thing. If you are in a regular juice bar and they cannot make the exact juice you want, then just make up a juice from their menu of fruit and veggie choices. Many juice bars will not have the likes of cucumber, spinach, courgette and so on, but they nearly always have carrot, apple, ginger and lemon – so you can ask for the Lemon/Ginger Zinger. Most juice bars now do shots of wheatgrass, so have one of those either in your juice or as a chaser.

2. A 'good' bottled juice.

ALL juices that are in bottle form on shelves in supermarkets and the like have been pasteurized. This process lowers the vitamin and mineral content and destroys the enzyme activity – the life force contained within the plant. Also, it is almost impossible to get a good 'veggie' bottled juice and most are fruit based. I would suggest that if you are going to 'hit the bottle' then you should go for 100% pure juices not made from concentrate. However, remember these have also been pasteurised.

Q: I smoke. Do I need to stop smoking in order to have success on the programme?

A: That depends on what your idea of success is. Clearly it would always be better to stop smoking whether you are doing this programme or not, but since I used to smoke 40–60 cigarettes a day myself I'm fully aware that without the right knowledge and guidance stopping smoking can be a frightening prospect. If you are doing this programme to lose weight then whether you are smoking or not will not make a difference. If you want to lose weight and get healthy then clearly stopping would be good – but you know that already. But if you feel that you cannot stop smoking then I would advise that you still do the programme. You will always be healthier than you are now and with the tremendous amount of antioxidants going into your system throughout the week, it will do wonders to counter the effect of the 4,000 chemicals found in your average cigarette. People who smoke often ask, 'If I stop smoking will I gain weight?' Stopping smoking does not make you fat – **FOOD** makes you fat – or **TOO MUCH FOOD**, to be more accurate. If you stop smoking and do this programme you have the best of both worlds. You won't get fat and you will have cleaned your body of all the nicotine within just three days. YES, it doesn't matter how long you have been smoking or what your intake is, it takes just three days for your system to be clear of nicotine – though I'm afraid the tarry residue is another matter entirely. However, it's not your system that is addicted to nicotine; it's primarily your mind. If you need help to stop smoking easily and painlessly go to www.juicemaster.com and get hold of the **'Stop Smoking in 2 Hours'** App or double CD programme. Imagine getting healthy, losing more than 7lbs and stopping smoking all in a week. What we can do is incredible, what we are willing to do is often anything but – it's your call.

Jason Vale's Stop Smoking in 2 Hours App
NO Willpower - NO gums or patches - NO gimmicks
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Q: If I have a wheat intolerance can I still have wheatgrass juice?

A: Yes. Having had a major and now slight intolerance to wheat this was one of the first questions I asked. Wheatgrass is the young grass stage of wheat grain plants, taken just after sprouting. This means that at this stage it is a leafy plant and not a grain and so is completely gluten free. When people have a wheat intolerance it usually means they have an intolerance

Q: I am constipated. When can I expect to go again?

A: When people either embark on this plan or come on a juice retreat, around 20% of them experience a 'blockage', so to speak. This is nothing to worry about and all will soon be moving with the Phase 2 Turbo-Charge and Phase 3 Juicy Lifestyle plans. However, in order to address this problem I have added some whole apple to some recipes that is blended into the juice. This combination gives plenty of soluble and insoluble fibre, which should keep things moving. If you do stay 'stuck' then eat some prunes, have some prune juice or see your GP to see if there's anything else that could be wrong.

Q: I have the opposite problem ... I can't stop going. Can you help?

A: Firstly, it's nothing to worry about, and secondly, see it as a free colonic! This is often a very good sign – it's the body chucking out the built-up rubbish. If, however, your 'waste' is simply coming out too fast, then here's a tip. Add more of the psyllium husks to your juices. When this happens it's often because people haven't bothered to add any psyllium husks at all. Please remember, everything is here for a reason.

Q: My poo is sometimes red. Should I worry?

A: Your poo may well be red for one of two reasons. The first is the most common – raw beetroot. If you have a juice containing raw beetroot the chances are that at some point soon after traces of the strong red pigment will be found in your 'waste'. This is nothing whatsoever to worry about and if you continue to have beet in your juices then the colour will soon return to normal.

The second reason could be you that you actually have blood in your poo. If you have then the chances are you have haemorrhoids. If this is the case it is unlikely to be anything to worry about. It means you have 'strained' too hard and burst a small blood vessel in that area. This usually repairs in a day or two. If it continues, **ALWAYS** go to your GP and get it checked.

Q: I've done 5 days. Is that enough?

A: No. This is a 7-Day programme. It's only 7 days and anyone can do anything for 7 days – if they are committed to it. If you really feel that the whole 7 days will take you 'over the edge' and would mean you getting very deprived to the point of having the ultimate '**SOD IT**' mood and start bingeing on rubbish, then, yes, 5 days is enough. What I would strongly suggest is that you still have a juice for breakfast, a juice, smoothie, salad or some fruit for lunch and an evening meal that consists of either organic chicken with wholegrain rice, some steamed veggies or a large mixed salad.

Q: I have just finished the programme and I haven't lost 7lbs. Can you explain this?

A: The ideal time to weigh yourself is the night before you start the programme and then the morning of day 8, making sure you have exactly the same clothes on. If you have done this and haven't lost 7lbs – as happens in some cases – the result will usually appear one, two or three days after you finish the 7-Day programme. If you haven't lost the weight by then, the chances are that you weren't very overweight to start with and your body doesn't want to drop to an unhealthy weight. (It is remotely possible that you may be one of the very few people in the world with a genuine thyroid problem that could prevent weight loss. If you were overweight to start with, have followed the programme rigorously, and have still not lost any weight, then you should get yourself checked over by a doctor to be on the safe side.)

Q: Can I make a big batch and store it for a few days to save having to make it all the time?

A: You should always make juice fresh whenever you can – ‘fresh is best’, as they say. The next best thing is to make some, add a bit of lemon or lime juice and seal it immediately, then put it in the fridge and drink it within the next eight hours. Remember, though, that with every hour that passes you lose more and more nutrients, so drink it as soon as you can. Having said that, if you still have some in a flask after 12–14 hours, don’t throw it away; it will still have plenty of vitamins, minerals, fats, carbohydrates and some amino acids. But fresh is best whenever you can.

Q: Can I do this programme if I’m pregnant?

A: During your first 12 weeks of pregnancy you are advised not to change anything much about your diet or lifestyle, so if a juice plan is a radical change for you then it’s best not to start it as suffering detox symptoms on top of potential morning sickness is probably not a good idea! Incorporating juicing into your diet whilst pregnant can be beneficial, as there is no better way of getting key minerals and nutrients into your and therefore, your baby’s system. However, we would not recommend that you embark on an exclusively juice programme whilst pregnant, as a juice only programme will certainly result in symptoms of detox and weight loss, which is something to be avoided during pregnancy. As always, when in doubt consult your GP first.

Q: I’m getting headaches and I have no energy, I feel so tired and it’s only day 2!

A: When the body is detoxing, depending on just how ‘toxic’ the person was to start with, it is quite common to experience headaches and initial energy loss. You need to understand that you were falsely stimulating your body and covering up what was really going on. What you are experiencing is your ‘true’ level of health (sorry to scare you!). After 3 days the headaches should subside and after 3–4 days you should start to get a great deal more energy. It is important that if you feel like this you do the light exercises part of the programme as movement gives you energy; remember, total rigidity = death! To feel alive you have to move.

Q: I feel sick and am getting stomach aches. Is this normal and what should I do?

A: No, this is not normal: headaches – yes; tiredness – yes; nausea – no! Nausea can happen to some people going on juice plans for the first time but it shouldn’t last longer than a day while your system adjusts to the juices. You may be drinking them too fast; always ‘chew’ your juice – make sure you keep it in the mouth and allow the powerful enzymes in your saliva to make good contact with the juice. You may be making the recipes wrong and perhaps drinking too many ‘neat’ green juices. Green juices, with the exception of celery and cucumber, should always be mixed with other juices such as carrot, apple and pineapple. If you are making the juices correctly, are drinking them slowly, and you are still feeling nausea after day 1 – come off the plan **IMMEDIATELY** and see your GP.

Q: I’m allergic to _____. What shall I do?

A: I remember once being on the shopping channel QVC and a lady called and said, ‘I have your book [not this one] and a juicer and I love my new juicy life. However, I’m allergic to strawberries and onions. What should I do?’ Unfortunately, I’m not very good at hiding my disbelief at certain questions – even on live TV. My reply was, ‘Go on, have a wild stab in the dark. What do you think you should do? Don’t have them!’ It was a silly question as she wasn’t on a programme that advised either strawberry juice or onion juice. I often encounter people who are allergic to some of the fruit and veg that are in this programme and if that’s the case then you just need to use your imagination. If you are allergic to apples then use pineapple instead; if allergic to carrots use apples. The key is to know that in order to make any of the veggie-based juices taste OK, the base should be made up of either carrot, apple or pineapple. If you are allergic to all three of these, then you are in trouble on this programme. Having said that, I have yet to find anyone who is allergic to all three of these ingredients. Please also bear in mind that just because you have a mild reaction to a particular fruit.

Q: Can I drink any tea, coffee or alcohol on the programme?

A: What do you think?

Q: I lost more than 7 lbs. Should I worry?

A: Nope! If you've lost more than 7 lbs on this plan then the chances are you needed to lose it anyway. I know many people who have lost more and one who even lost 14lbs – it all depends on the person, to what degree they did the programme, how much exercise they took and how big they were to start with. Just make sure you do the Phase 2 Turbo-Charge plan so you introduce food back into you diet correctly. You will not necessarily have lost 7 lbs of fat – in all likelihood you won't have – but a combination of 7lbs of excess fat, water and other stuff that you needed to get rid of. The only time losing more weight is bad is if you were already thin and have got even thinner doing this. The idea is to get slim, not 'thin'. The good news is that even if this has happened, you have lost too much and are looking as if you are about to snap – so to speak – as long as you complete Phase 2 and the Phase 3 Juicy Lifestyle plan your body should return to a normal weight.

Q: How often should I go on the programme?

A: Once a season. Even if all else went pear-shaped on the health and fitness front, you will know that at the start of every three months you do at least the 7-day programme. Ideally you would do the **'7lbs in 7 Days Super Juice Diet'**, immediately followed by the Phase 2 Turbo-Charge programme. I cannot emphasize enough just how powerful the combination of these two programmes is. It is also an excellent idea to read the Turbo Book (or download the 14-Day in app purchase from the 7lbs in 7 days app and watch the coaching videos.) while you are on the 7lbs in 7 Days programme. This will once again re-inspire you, put you into the right way of thinking and make the process not only easy but enjoyable. If you are not familiar with the Turbo book or don't fancy it, then do the whole of this programme – Phases 1, 2 and 3 of the **'7lbs in 7 Days programme'**.

Q: It's a pain having to clean the machine after every use. Is there a way around this?

A: The day they invent a self-cleaning juicer is the day when everyone in the country will start juicing. Cleaning the machine can be a pain at times (some machines are more of a pain than others) but there is a method where you simply clean the machine once or twice a day. When making a juice, make sure you place a bag into the 'pulp' compartment (assuming your machine has a separate one – all good ones do) so that you can simply take out the bag after using the machine. Then run the machine and pour a little warm water into it. You can then leave the machine for a couple of hours and all should be fine. Having said that, it is **ALWAYS BETTER** to clean the machine immediately after using it. For those who really, really can't get into the whole juicing and cleaning, I have developed the 7lbs in 7 Days Delivery System. This is where you simply call a number and get all your juices and smoothies delivered to your home or office every day. No shopping, no cleaning, no juicing and no hassle. Please see website to see if this service is available where you are.

Q: Is this programme suitable for children?

A: Yes, but not very young children, only for those aged 10 years or more. As with any dietary programme, do ask your GP first, as he or she knows your child's medical history.

Q: I thought I'd learn a lot more about juicing in this book. Is there any reason why there isn't more information about what juices are for what illnesses and so on?

A: Yes. Juicing is such a complex subject and if I had included all of the information on every disease

and what juices can help and so on, the book would have been three times the size. For more information on juicing, get hold of **The Juice Master's Keeping it Simple**.

Q: Where can I get the 7 lbs in 7 Days Super Juice Pack? Do I really need it?

A: From the website www.juicemaster.com or by calling the juicy hotline **+44 (0)845 130 2829 (option 1)**. The question of whether you really need the 7-Day pack is one which only you can answer. Personally, I would get the pack, or at least the CD and DVD if nothing else, as I'm more of an audiovisual person than a devotee of the written word – which might seem weird since I write books. I also like to have some encouragement and a degree of support along the way, and once you are in the right frame of mind you don't need support and the rest is pretty easy. The pack also contains this book so you may wish to just buy the CD and DVD separately.

Q: When and where are your 7lbs in 7 Days Detox Retreats?

A: At the time of writing I have two venues. There is Juicy Oasis in Portugal, which has been in my personal vision for over a decade and it's even more beautiful, remote and emotive than I ever imagined. Visit: **Juicy Oasis** or call **+44 (0)1234 480 280 (option 1)** for details. The other retreat is Juice Mountain in Turkey, which is high in the mountains with breathtaking views and a sunset to die for. Visit: **Juicy Mountain** or call **+44 (0)1243 480 280 (option 2)**.

Q: Why does the JMD 7lbs plan only contain 4 juices, rather than the 5 on the normal plan?

A: The 7 lbs in 7 Day Diet has been adapted slightly for delivery. Our research showed that many customers would not have the freezer space available to store the full 35 bottles and also the box would have been too heavy for most to lift. We therefore replaced one juice each day with a Juice In a Bar - which complements the diet perfectly and also only requires storage of 28 bottles.

Juicy Oasis Portugal

www.juicyoasis.com

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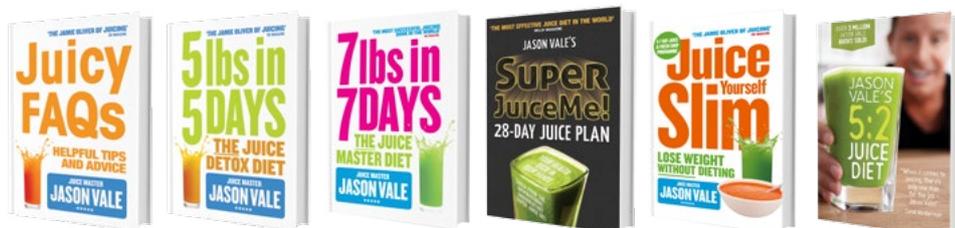
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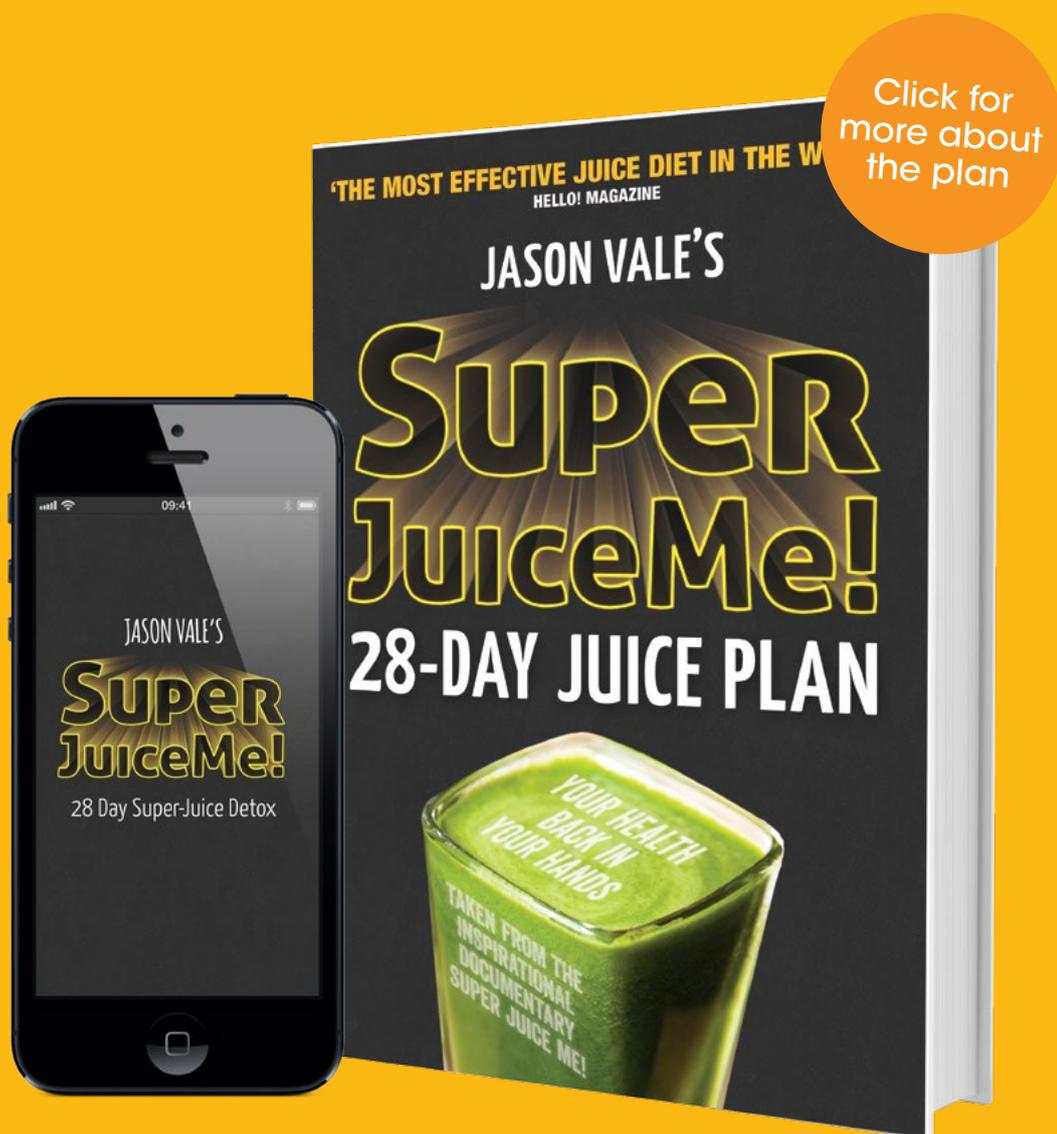



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Frequently Asked Questions

Super Juice Me! 28-Day Juice Plan Q&As

- » Do you just have juice, or can you eat anything else during the 28-day plan?
- » Can i drink anything except the juices, e.g. Tea, coffee or alcohol, while on the plan?
- » I'm not a lover of herbal teas. Is there an alternative?
- » Can i chew chewing gum whilst on the plan?
- » I've never juiced before and i'm worried about living on just juices and smoothies for 28 days.
- » I work nights; can i still do the 28-day plan?
- » Does it matter if i drink the four juices in a set order or can i swap them around? I would rather have the thick juices during the day and the thin ones in the evening.
- » Do you have to follow the juice times laid out for you or can you have the juices whenever?
- » How many calories per day will i be consuming on the plan?
- » Should i workout whilst doing the plan, will i have enough energy?
- » I've heard juicing can be bad for your teeth but i really want to do the plan, should i use a straw?
- » Is there anything extra i can do to make the 28 days easier and more enjoyable?
- » Can i come out to your retreat where the film super juice me! Was made and do the 28 days plan there?
- » What about the fibre, surely i need this?
- » Don't we need carbohydrates in our diet?
- » Where will i get my calcium and protein from during the plan?
- » How much weight can i expect to lose?
- » I'm doing the plan for reasons other than weight loss and i don't actually want to lose weight. What can i do?
- » Could i gain weight with the plan?
- » Should i weigh myself every day?
- » I lost a lot of weight in the first week but now i'm stagnating, is this normal?
- » Should i make all my juices in the morning or throughout the day?
- » How do i store my juices?
- » Can i freeze my juices to save time?
- » Can i make the juice the night before for the next day?
- » When i make juices for the day what should i use to store them in?
- » Are the recipes in the book for one person?
- » Some of the recipes make more than others, is this normal?
- » What can i do with all the leftover pulp? It seems such a waste.
- » What about all the sugar? Isn't it bad for you?
- » Can i reduce the amount of fruit in the recipes?
- » Should i use organic produce?
- » Can i just make one of the specials and repeat it or do i need to stick to the plan in relation to the specials?
- » I'm allergic to/don't like a certain fruit or vegetable. What can i do?
- » Can i use cooked beetroot instead of raw?
- » You say to only use golden delicious apples, but can i use other varieties?
- » I use diet whey protein but you recommend hemp protein in the recipes, can i use whey instead?
- » Do i need to peel the ingredients?
- » Can i add anything extra to the recipes?
- » Can i use shop bought almond milk?
- » I'm allergic to almonds, what can i do?
- » Do i need the superjuiceme! App as well as the book, or do they just have the same information in them?
- » Do i really need a juicer, or can i do the plan with just a blender?

- » Do i really need a blender or can i just eat the avocado or banana, etc.?
- » What is the best juicer to buy, a masticating, 'slow' juicer or a centrifugal 'fast' juicer?
- » I seem to constantly need to pee, is that normal?
- » I have not had a bowel 'movement' for a few days. Is this normal?
- » I have the opposite problem: i can't stop going. Is this a problem?
- » My urine or poo is red. Is this blood?
- » I've just started the plan, I'm getting headaches, and i have no energy. Is this normal?
- » I'm on week 3 and i was feeling amazing, but now I'm feeling low. Why is this?
- » I'm doing this for my skin, but its actually got worse, why is this?
- » Should i stop using my steroid cream for my skin?
- » My tongue/teeth feel furry and i can taste metal, why is that?
- » I feel really emotional, is this normal?
- » Should i stop taking all my medication?
- » Will juicing have any contraindications to any of the medicine i am taking?
- » Can i do super juice me! If I'm pregnant?
- » Can i do super juice me! Whilst breastfeeding?
- » I've got kidney pain, is this normal?
- » I feel sick and weak and I'm getting stomach aches. Is this normal and what should i do?
- » I keep being sick and have diarrhoea. Is this part of the detox?
- » I have finished super juice me! And feel amazing. I'd love to volunteer at a retreat or get involved with juice master in some way, how do i go about this?
- » What About My Children?

Q: Do you just have juice, or can you eat anything else during the 28-day plan?

A: This is a 28-Day juice-only plan. Ideally you will consume nothing but freshly extracted, raw fruit and vegetable juices and smoothies, with some special guest thickies added at weekends. Super Juice Me! has been designed so your juices are consumed at regular intervals to ensure your blood sugar levels stay stable and you don't get disproportionately hungry. Please understand that, just because you are not using a knife and fork or chewing anything, you are still consuming food. What constitutes food is a combination of key nutritional factors, all of which are in the juices. Most people are over-fed and undernourished. During this 28-day period you can be assured your body is very much being fed. Although the plan has been devised with absence of any solid food, the Super Juice Me! plan does have room for a Hunger SOS each day. I have explained this earlier on page 145 in **THE TOP TEN TIPS FOR SUPER JUICE ME SUCCESS** and in detail on the app. If you do feel hungry, before going directly to your Hunger SOS make sure you are hydrated; drinking a large glass of water can sometimes make all the difference, as we often confuse thirst for hunger. However, if you reach a point where you must have something or you're going to throw in the towel, then grab your Hunger SOS (a banana, avocado, Juice In A Bar or Simply Nude bar, or some other really good energy bar).

Q: Can i drink anything except the juices, E.G. Tea, coffee or alcohol, while on the plan?

A: Well...no! You can have as many herbal teas as you like, but normal tea, coffee, alcohol and any other drinks are to be removed from your diet for 28 days. Green tea is OK, for reasons I explained earlier in the book, especially if weight loss is one of your goals. Green tea can aid with this. The only other thing you should and must drink is water; both still and naturally sparkling are OK.

Q: I'm not a lover of herbal teas. Is there an alternative?

A: I would recommend you try peppermint herbal tea. Most people tend to like this one. It's worth buying a really good brand, such as Teapigs or Pukka, as they taste amazing. If, however, this isn't for you, then simply cut up some lemon, lime, ginger, fennel or mint, and add boiling water to make your own natural teas.

Q: Can i chew chewing gum whilst on the plan?

A: Most chewing gum is made using the synthetic rubber polyisobutylene (which is used in adhesives and sealants, and also as inner tubes for tyres – nice!). Add into the mix some aspartame and various other sweeteners, which are none too kind for the body, and maybe you have your answer? Having said that, there are kinder alternatives on the market, but ultimately if you're doing a detox then it's best to avoid it altogether. Chewing gum also stimulates your gastric juices and makes your body think it's about to be fed, so best left I feel.

Q: I've never juiced before and I'm worried about living on just juices and smoothies for 28 days.

A: Although you are not using your teeth or a knife and fork for the next 28 days, you are still consuming food, just in a liquid form. Living on freshly extracted juices and smoothies is much easier than you might think. Often people are overfed but undernourished, because they are eating processed junk food, which offers little or no nutritional value. By drinking freshly extracted juices your body will be getting a direct hit of nutrition and nourishment and you will be being fed on a cellular level. The real concern is, what will happen if you continue eating and drinking the things that have lead you to the state of bad health you are currently in? This is your chance to clean out your system, improve your health and change your future. Super Juicing isn't for everyone though. If you are too thin, for example, I wouldn't recommend it. Some people need juicing, others need Super Juicing. Make sure you're in the right camp!

Q: I work nights; can i still do the 28-day plan?

A: Yes of course, however you just need to adapt the times to suit your routine. The Super Juice Me! plan is designed so that whilst you are awake you consume your juice or smoothie every three or four hours to keep your blood sugar levels stable and ensure you don't get hungry. If you work irregular hours you can just adapt to fit in with your lifestyle.

Q: Does it matter if i drink the four juices in a set order or can i swap them around? I would rather have the thick juices during the day and the thin ones in the evening.

A: The majority of people prefer to have the thickies for breakfast and dinner, which is why the plan is set out in this way. However if you prefer to have them a different way around, that's entirely up to you, as long as you consume the four intended for each day on that day. Please remember though I have designed the plan this way because it's important to get those good fats and amino acids into your body first thing to help regulate your appetite for the rest of the day. It is much easier to do the plan in the way it is set out, rather than trying to switch things around. Fat helps to regulate the appetite and one of the reasons for having the thickies at morning and night. You sleep for around eight hours a night, so the need for a thickie is more in the morning and evening. As mentioned, it's up to you, but it has been designed this way for very good reason, so why mess with it?

Q: Do you have to follow the juice times laid out for you or can you have the juices whenever?

A: The plan is devised so that you are having a juice or smoothie every three to four hours, to keep your blood sugar levels stable and to stop you getting disproportionately hungry. However, depending on your lifestyle or routine, the gaps between the juices can be tweaked a little, and the start time can certainly be altered. If, for example, you start work at 5am, it is not recommended that you wait till 9am for your first juice. So let common sense prevail and adjust the time of your first juice. Then have your subsequent juices at three to four-hour intervals throughout the day. If you are the kind of person who averages just five or six hours sleep a night, please feel free to add an extra juice each day, if required.

Q: How many calories per day will i be consuming on the plan?

A: Although this will vary a little each day, as a rough guide you will be consuming around 1000-1400 calories per day. However, I am not a fan of calories, as they simply don't tell the whole truth. Lets face it, we could all hit our RDA (Recommended Daily Allowance) of calories by munching our way through processed junk food, but it's hardly feeding our bodies. It's far better focus on the nutritional content of what we consume, rather than on the calories. Your RDA of calories should be personal, and not a blanket average, as there are so many different factors to take into consideration: what you are doing on a particular day (physically and mentally), your muscle mass, age, and countless other variables. The recommended RDA for a man is 2,500 calories per day to maintain his weight; for the average woman it's 2,000 calories per day. So, according to this, if a woman were to eat 2,000 calories of refined fat and sugar for days on end and do no exercise, she would supposedly maintain a constant body weight, but in reality I very much doubt that; she would more than likely gain weight. If, on the flip side, she ate 2,000 calories of plant food and fish, the chances are she wouldn't gain an ounce.

Rather than just thinking about weight gain, we need to look at the effect of food in relation to disease. A daily diet of 2,000 calories' worth of processed sugars and fats can be a diet that results in diabetes, heart disease, or high blood pressure. Conversely, a 2,000-calories-a-day diet, made up from fruits, vegetables, seeds, nuts, fish, etc., can create abundant health and vitality and reverse the symptoms of many diseases. If you feel you need an extra juice a day, please add one.

Q: Should i workout whilst doing the plan, will i have enough energy?

A: Yes, I mentioned this in my Top Ten Tips For Super Juice Me! Success (page 145). I am a huge advocate of exercise; it is crucial for optimum health, strength and longevity. At our juice-only retreats in Turkey and Portugal, many guests complete up to 5 hours of exercise a day on exactly the same amount of juices you are having on this plan. Some guests are baffled by quite how much energy they have on what appears to be so little fuel. However, the key thing is that you are consuming 100 per cent the right fuel, and it's in a state that your body can easily digest, assimilate and use. Often, digesting the wrong kind of foods robs the body of vital energy, which is why you can feel very tired and lethargic after a big, heavy meal. With juicing, the reverse is true and you liberate that available energy for other activities, such as working out. For the first few days you may feel abnormally tired as a result of the detox process your body is undergoing. You could rest on these days and only exercise if you really feel like it. By day 3 or 4, your 'juicy high' will kick in. You will feel energy running through your veins, and you will be itching to burn it off. That's the time to get those trainers on. It is also vital to keep your metabolism high!

Q: I've heard juicing can be bad for your teeth but i really want to do the plan, should i use a straw?

A: If the plan was based purely on fruit juices then, yes, this could be a cause for concern and, yes, I would say to always use a straw. However, all of the juices contain fruit and vegetables, so there is a diluted concentration of fruit sugars. It's a good idea to wait at least one hour before brushing your teeth after having a juice. Fruit sugars can temporarily weaken the enamel, but after an hour it will be firm again. If you are still concerned in anyway, then yes use a straw!

Q: Is there anything extra i can do to make the 28 days easier and more enjoyable?

A: I really advocate feeding your mind as well as your body, so that you are fully submerged in the detox mentally as well as physically. Download and use the 'Super Juice Me!' app. I really am not just saying this for financial gain; I spent a long time developing the app to make sure it provides the right psychology and coaching to make completing the plan as easy as possible.

My other recommendation is to read a variety of books on nutrition and juicing. And definitely watch the Super Juice Me! documentary and others, such as Hungry for Change and Food Matters. This 'mental juice' will empower you and keep you focused and inspired.

Another thing that really helps is to stop passively watching television. Don't just sit down and aimlessly watch four or five hours of TV each night. Choose what you watch. Until you do a juicing plan or detox, you will be unaware of just how much advertising for food and drink there is and how many food programmes there are on TV. If you watch hours of TV each day, you will be subjecting yourself to the brainwashing and advertising surrounding food, and this will make you mentally crave food. So make life easy for yourself and switch off the box.

And go about your daily life as if nothing had changed. What I mean is, don't lock yourself away from the world for 28 days; there's no need to. Yes, it is slightly odd for your friends and family when you turn up for dinner with a flask of juice, but socializing is about just that, being sociable. It's about catching up, having a giggle and letting your hair down. All you are doing differently is getting your 'fuel' from a different source. If you become a hermit for 28 days, then you really will struggle. There is nothing stopping you going out, meeting friends, going dancing and so on. You just need to adjust accordingly.

Q: Can i come out to your retreat where the film super juice me! Was made and do the 28 days plan there?

A: Yes, but clearly it's not cheap! Ideally, from a financial point of view, it's best to do it at home with the help of all of the coaching videos on the Super Juice Me! app. However, if you can afford it, then obviously it is much easier to do this at the retreat. There is no other temptation or distraction, and somebody else takes care of all the shopping, juicing and washing up. All you need to do is drink the juice, perhaps participate in some yoga or fitness classes, swim in the pool, jump in the lake, catch some sun, or relax in the spa.

I have done what I can to make this option as affordable as possible and we are having special Super Juice Me! Juice Camp months at the retreat so that everyone is in the same boat. That way, people can share a room and bring the price down. I am also looking into the possibility of opening a specific Super Juice Me! Juice Camp somewhere in the world, where the only programme on offer would be the Super Juice Me! programme. Check out the www.superjuiceme.com website from time to time for more details. Or at the time of writing this book, you can check out www.juicyoasis.com too.

Q: What about the fibre, surely i need this?

A: All of the juices contain soluble fibre in the form of pectin that effectively forms a type of gel and sweeps through the intestine. Also the daily thickies are blended with whole fruit in the form of avocado or banana or seeds. The 'specials' also contain almond pulp in the milk. It's worth knowing that fibre cannot penetrate the intestinal wall; it does not directly feed the body. All your digestive system does is to extract the juice from the fibre, and then the fibre is excreted from the body. You only need a small handful of insoluble fibre a day to keep things moving, so to speak, which you are getting every day on the plan. To put your mind at rest, I'm going to put the following in capitals and bold, such is the confidence I have in the statement: **YOU WILL GET ENOUGH FIBRE ON THE SUPER JUICE ME! PLAN.**

Q: Don't we need carbohydrates in our diet?

A: Yes we do. We are so used to thinking of carbohydrates as bread and pasta that many people do not realise that all fruits and vegetables are in fact also carbohydrates. The best carbohydrates on earth! Carbohydrates are a combination of carbon, hydrogen and oxygen. However, I like a play on words, and carbo-HYDRATE is what sets fruits and vegetables apart from complex carbohydrates. Fruits and vegetables are extremely hydrating and consist in all cases of at least 70% water. We have over 30ft of intestinal tract which resembles the U-bend you'd find under your sink for waste. It is designed for high water-content fuel, such as fruits and vegetables, which can deliver the nutrients where they are needed in super-fast time and, at the same time, help to flush out any waste. Ironically, on the Super Juice Me! plan, the vast majority of what you are consuming are pure *carbohydrates*.

Q: Where will i get my calcium and protein from during the plan?

A: This is a question I get asked a lot and it always makes me giggle a little. When people live on a diet consisting of nothing but crap food, they never stop to ask such a question, but as soon as they go on a juicing plan they become concerned that it might not be nutritionally balanced.

The easiest way to set your mind at rest is to look in the wild at some of the magnificent animals, such as the elephant, horse or giraffe. None of these animals eat meat; they all live on green plants and grass only, and they all have tremendous muscle mass, strength and large teeth (and even tusks). If you think about it, the tusks of a bull elephant are the strongest teeth of any mammal on earth. Don't quote me on that, but it's safe to say they're very big, very solid and very strong, all without a mini Babybel cheese in sight! Calcium is to be found in abundance in green vegetables; it's also found in many fruits and other vegetables. Protein is synthesised from amino acids, which can also be found in all fruits and vegetables. If you are really concerned and don't want to lose any muscle mass, then please feel free to add spirulina, hemp or pea protein powder to your smoothies. All of these are superb forms of plant-based protein. Making sure you do some resistance exercise during the plan will also help.

Q: How much weight can i expect to lose?

A: This will very much depend on how much weight you need to lose. Most people will normally lose on average 1lb per day – if they need to lose this amount of weight, that is – so you could expect to lose 28lbs (2 stone) over the 28 days. Please note this happens when you add in the exercise element as mentioned in the Top Ten Tips For Super Juice Me Success (page 145). You will always see your biggest weight loss in the first week, when people can lose between 7lbs and 14lbs on average. Your weight loss will then slow down and become more constant and gradual with most people losing between 3lbs and 6lbs in the second week and 2–4lbs in the third and fourth weeks. However, if you don't need to lose 28lbs, then you won't. Also remember that on a regular 'calorie controlled' diet the average weight loss is just 2lbs a week. This is worth remembering if you get to the end and have 'only' dropped 14lbs.

Q: I'm doing the plan for reasons other than weight loss and i don't actually want to lose weight. What can i do?

A: This is a tricky one, as 98 per cent of people will lose weight on the plan, but you can reduce the amount of weight loss by adding half an avocado to your second and third juices each day, essentially making them all thickies. The other thing you can do is to include an additional smoothie from the Specials every day, eat one or two bananas each day and snack on plain almonds. If you add to the plan in this way, then you will minimize weight loss. If you are very concerned about weight loss then add a large avocado salad each day and feel free to add some additional protein to it such as some cooked wild salmon or the like.

Q: Could i gain weight with the plan?

A: This really does depend on your starting weight, compared to the weight you should be. If you are hugely underweight, then the chances are that the plan will provide you with more nutrition and calories than you may normally consume on a daily basis. What's more, the juices and smoothies provide the body with bio-available nutrition in the most easily absorbable state, so if you are underweight because you are not absorbing the nutrition from the food you are eating, then juices and smoothies are incredible. We recently had a nine-year-old girl on our retreat; she was tiny and she drank juices and smoothies and ate an additional banana. She gained 3lbs in the week. (The age limit on the retreats is now 14, just in case the thought that the retreat is full of children is putting you off coming.)

I would suggest you supplement the plan (see the question above) and, if you really are underweight, then, yes, you could gain weight on the 28-Day plan. Being underweight is often a much bigger issue than being overweight, so please talk to your doctor about this, as there may be an underlying issue here.

If you are overweight and you gain weight during this plan, there is one and only one explanation – **YOU DIDN'T DO THE PLAN!** Sounds harsh, but I know this subject. I've done it for 15 years. I even had a woman write to me to say she did the seven-day juice plan and gained weight, so I challenged her. I invited her to my retreat and said if she didn't lose at least 7lbs in the week I'd pay for her retreat myself. She lost 11lbs! If you are overweight and you live on juice for 28 days, you will never, ever gain weight. If you hear anyone saying the plan didn't work for them and that they gained weight on it, know one thing – they are telling porkies!

Q: Should i weigh myself every day?

A: No, I really don't recommend that you become a slave to the scales or that you allow a man-made object to dictate your state of happiness. Trust me, you will know that you have lost weight and more than that you will feel and notice a bundle of other benefits from improved energy levels, better sleep and clearer skin, to sharper thinking. If you are really obsessed by a made-up number then I recommend to only weigh yourself at the end of each week.

Q: I lost a lot of weight in the first week but now I'm stagnating, is this normal?

A: This is perfectly normal. In the first week your body drops all kinds of toxicity and retained fluids. It's like 'pulling the plug' of a bath filled with dirty water. After the initial loss you will be losing more fat than anything else. This is a slower process, but a more significant one and you will probably lose around 2–4lbs per week in your third and fourth weeks, depending on how much you have to lose. As you get closer and closer to your ideal body weight, you will lose less and less weight per week.

Q: Should i make all my juices in the morning or throughout the day?

A: You can do it either way, depending on your routine, but fresh is always best, if you possibly can. You can, however, make all your juices in the morning and store them in metal flasks, bottles or 'boosters' in the fridge, to be consumed throughout the day. The plan has been devised so that your first and last juice are the same, and your second and third juices are the same, so you could make juices 1 and 4 in the morning and then juices 2 and 3 together. Personally, I would make juice 1 at the time of consumption, and when it's time to make juice 2, I would also make juice 3 and store it in the fridge. Then I would make juice 4 in the evening, so that I have something to do instead of cooking, and the juice will be fresh. Fresh juice always tastes best. All options are explained in the Top Ten Tips For Super Juice Me! Success (page 145).

Q: How do i store my juices?

A: Make your juice, pop it in a flask or booster – making sure you fill it right to the top to remove any oxygen and so slow the process of oxidation – and seal it straight away. Then put it in the fridge and drink it within the next eight hours. If you're on the move, get yourself a little cool bag and some freezer blocks. This will also help to keep your juice in tip top condition. Remember, though, that with every hour that passes the juice loses more and more nutrients, so drink it as soon as you can.

Q: Can i freeze my juices to save time?

A: As mentioned above, fresh is always best. But in practical terms not everyone has time to do this so, yes you can. When you freeze juice you lose a little of the nutrient content and some juices will taste 'flat'. For optimum results you need to make your juices in a slow, masticating juicer and blast-freeze them to retain maximum nutrition. This is what we do for Juice Master Delivered.

Once you've made your juices, pop them into a BPA-free water bottle or flask, remembering to leave a little room spare for freezing expansion, and then pop them in your freezer. You should then take out a day's worth of juice the night before and store them in your fridge for the next day. It's best to remove each juice about an hour before you want to drink it to ensure it's fully defrosted. If you invest in a Fusion Booster (or similar), this marvellous little gadget allows you to effortlessly freeze your juice, as the actual blender acts as a drinking bottle and you can simply detach the blender flask, pop the lid on and put it directly in your freezer.

Q: Can i make the juice the night before for the next day?

A: I would recommend you make all your juices fresh. However, yes, you could make the morning one the night before, but ensure it is stored in an airtight flask in the fridge. If you make your juice in a fast, centrifugal juicer, then it needs to be consumed within eight hours. However, if you use a slow, masticating juicer, depending on the actual juicer, your juice can be good up to 24 hours later. Low induction, or 'Fusion' juicing is somewhere in-between.

Q: When i make juices for the day what should i use to store them in?

A: You should use a good quality, airtight, dark, metal flask. Sigg do a great range, but other flasks are available, of course. We have a variety available at www.juicemaster.com.

Q: Are the recipes in the book for one person?

A: Yes, the recipes are designed for one person, so you just need to multiply the recipe by however many people you are making juices for.

Q: Some of the recipes make more than others, is this normal?

A: Because produce from this country and from around the world varies in size at different times of year, the quantity of juice yielded will vary. This will also depend on the type of juicer you are using. If your juice comes up a little short, please simply add some extra cucumber or an apple. If it is a little over, then lucky you!

Q: What can i do with all the leftover pulp? It seems such a waste.

A: Please don't see this as wasteful. It's only the fibre and this would simply have come out of you anyway. Fibre does not penetrate the intestinal wall, it simply moves through your intestines and comes out as waste. You can, however, use the pulp from juicing as a nutritious face pack or give it to the birds or other animals.

Q: What about all the sugar? Isn't it bad for you?

A: Sugar is finally receiving the bad press it deserves. Unfortunately, however, fruit sugar is being tarnished with the same brush as white, refined sugar. The sugars are simply not the same, and if you use your common sense, you will appreciate this. Science may say otherwise, but if all sugars were the same, then people could switch chocolate for an apple without any problems.

Think about yourself or someone you know who is a real sugar head – who must eat cakes, biscuits, pastries, sweets or chocolate. If you offered them an apple or a piece of pineapple instead, they would soon tell you where to go! 'Live' fruit and vegetable sugars are not the same as white, refined sugars and do not cause the same harm. However, there's no need to worry in any case, as all the recipes are predominantly vegetable-based, with just a little apple, pear or pineapple to make sure the juices and smoothies taste good – pure vegetable juice is an acquired taste. The thickies also have either avocado or banana, and the additional insoluble fibres help to slow down the absorption of sugars into the bloodstream.

You may be interested to know that, when cooked apple juice and live apple juice were tested for their G.I. or Glycaemic Index rating (G.I. is a number associated with each type of food that indicates the food's effect on a person's blood sugar levels), the cooked juice came out as having a high G.I., whereas the 'live' freshly extracted apple juice had a low G.I. It is also worth pointing out again that I have received many emails from people who no longer have type 2 diabetes after being on this plan and who are carrying on with a healthy lifestyle. This illustrates, I feel, that the sugars in 'live' juice don't have the same detrimental effect as either white, refined sugar or the cooked juice you find in a carton.

Q: Can i reduce the amount of fruit in the recipes?

A: Yes, if you are an established juicer and prefer a more vegetable taste, then feel free to adapt the recipes by reducing the fruit and increasing the cucumber, courgette, etc. Although cucumber is technically a fruit, it's a vegetable fruit and makes for a wonderful juice base, if you feel apple is too sweet for you or you just don't want any fruit sugars at all.

Q: Should i use organic produce?

A: I always recommend organic produce, although I fully appreciate that sometimes this is not possible, due to availability and cost. If it is cost that is prohibiting you, then please think carefully about this decision and think about how much extra it actually costs to buy an organic cucumber versus a regular cucumber? What is it 40p, 45p more? What difference will that saving actually make to your day compared to the difference that organic produce could positively make to your health? Sometimes we need to re-evaluate our priorities. How much do you spend on new clothes or beauty products, or on over-indulgent meals, wine or nights out? Is organic produce really that much more, or could you afford it, if you made health was your number one priority?

Organic produce is superior because it is free from synthetic chemicals, it is not genetically modified, and is grown with very few pesticides or none at all. And it is more nutritious. So you are paying for what you don't get as much as what you do get!

Q: Can i just make one of the specials and repeat it or do i need to stick to the plan in relation to the specials?

A: If you prefer one on the specials over the others, you can just have that one instead of the other specials.

Q: Can i use cooked beetroot instead of raw?

A: No, it must be fresh and RAW. Trust me on this one, on the taste front you will hate cooked beet juice!

Q: You say to only use golden delicious apples, but can i use other varieties?

A: You can essentially use any variety of apple. However, Golden Delicious are very mild and not too sweet and work well with every recipe. Granny Smith and Cox tend to be very 'tart' and make the whole juice taste bitter, so avoid them, but Pink Lady and Royal Gala work well. Have a play around and find which you like best, but in all the years I've been juicing I've found Golden Delicious to be best.

Q: I use diet whey protein but you recommend hemp protein in the recipes, can i use whey instead?

A: I recommend for the 28-Day programme you switch to a hemp-based protein powder, as we want you to be dairy free for the duration of the plan. Because it's a dairy derivative, whey protein is controversial. It can certainly affect your digestive system, so switch to hemp for a natural, plant-based protein.

Q: Do i need to peel the ingredients?

A: For the majority of the ingredients, keep the peel on, as most of the nutrition is to be found either in the skin or just under it. If you have a Fusion juicer, then please peel the pineapple. Oranges must be peeled, although you won't find any in this plan – its worth noting this for the future. Whether to peel lemons and limes or not is a matter of taste. If you like a real zesty kick, then leave the peel on, but if you prefer a milder flavour, then peel. The main thing to be careful of is that you leave as much as the pith (or white stuff) on as possible, as this is where a lot of the nutrition is to be found.

Q: Can i add anything extra to the recipes?

A: Yes, within reason. You can certainly add an additional fruit, vegetable or herb, such as extra lime, mint, ginger, coriander or basil, if you like a particular taste. You can also add spices, such as nutmeg, chilli or turmeric, if you want to spice things up or for their additional health properties. For example, turmeric, paprika and oregano have wonderful anti-inflammatory properties, and cinnamon can help lower blood sugar levels in people with type 2 diabetes.

Q: Can i use shop bought almond milk?

A: You could do, but the plan is based on you consuming raw, live nutrition. Anything in a container is pasteurised and lacks a lot of nutrition. The nut milks are incredibly easy to make, and it's important that these are made fresh for maximum nutrition.

Q: I'm allergic to almonds, what can i do?

A: You can use either rice milk or soya milk. If you look online, you will find plenty of recipes for rice milk. However, given that you would have to cook the rice, I'm unsure as to how much benefit there is in making your own. So, as long as you make sure that there are no added sugars or nasties, then you can buy this from the shops.

Q: I'm allergic to/don't like a certain fruit or vegetable. What can i do?

A: If you are genuinely allergic, then, clearly, you should avoid whatever it is you are allergic to. But if you have been told you are intolerant to a certain food, don't just assume it is true. There are genuine cases of people being allergic to certain fruit and vegetables, but it is a rarity. If you would still like to avoid certain ingredients in a juice recipe, please use the table below as a rough guide as to what you can use to replace a specific fruit or vegetable. The rule of thumb is to aim to replace it with a similar thing. Having said that, don't just assume you won't like something. Give it a go first. You'll be surprised how great the recipes taste, and everything has been added for a reason, be it taste or nutrition. PLEASE aim to make the recipes as instructed.

Ingredient	Alternative
Almond milk	Brazil nut milk, soya milk or rice milk
Apple	Pear or pineapple
Avocado	Banana with some Omega-3-6-9 oil
Banana	Avocado
Beetroot	There's nothing quite like a beetroot I'm afraid. It's simply amazing for the blood, and you may be surprised to know that it's actually very sweet. You could just try reducing the quantity slightly, so you can get used to the taste.
Broccoli	Spinach
Carrot	Parsnip
Celery	Courgette (zucchini) or cucumber
Courgette /zucchini	Celery or cucumber
Fennel	Ginger
Ginger	Lemon, lime or fennel
Kale	Chard, spinach or spring greens
Lemon	Lime or ginger
Lime	Lemon or ginger
Mixed Berries	Banana or mango
Mint	Basil
Orange	Grapefruit
Parsnip	Carrot
Pears	Apple
Spinach	Chard, kale, spring greens
Turnip	Parsnip or carrot
Tomato	Cucumber
Zucchini	See courgette

Q: Do i need the superjuiceme! App as well as the book, or do they just have the same information in them?

A: The app is not just a replication of the book. There are videos showing you how to make every recipe, and there's coaching each week to keep you inspired throughout the 28 days. On top of this there are four emergency SOS coaching videos for you to lean on at any time during the 28 days, if you are struggling and need some direct support and motivation to keep you on track. I have spent more time developing and filming this app than any other app, as I am truly passionate about getting people 'Super Juiced'. I know that getting the right mental coaching is imperative for success on this plan. Twenty-eight days is a long time to keep focused, and the app will make the difference between success and failure for many.

Q: Do i really need a juicer, or can i do the plan with just a blender?

A: It is essential you have a juicer to embark on this plan. This is non-negotiable! You need both a juicer and blender. Most people already own a blender, but always check www.juicemaster.com for what's hot in the juicing market right now. Like smart-phones, this market moves fast and the self-cleaning juicer might even be out by the time you read this. One can but dream!

Q: Do i really need a blender or can i just eat the avocado or banana, etc.?

A: Technically, you could just eat the items that you would otherwise blend, as your mouth is a 'blender'. However, you will enjoy the plan so much more if you turn your produce into smoothies. If you don't, it's would be like just eating all the individual components of a recipe, instead of actually making the recipe! I seriously recommend investing in a decent blender; it should form an integral part of your healthy kitchen long after the 28 days.

Q: What is the best juicer to buy, a masticating, 'slow' juicer or a centrifugal 'fast' juicer?

A: There are many different juicers to choose from, and the right juicer for you might not be the right juicer for someone else. At the time of writing, I recommend the Fusion juicer, as it fuses the technologies of 'fast' and 'slow' juicers to produce the finest quality juice, but in superfast time. The whisper-quiet induction motor effectively makes it a 'slow' juicer. This important feature means less heat and creates a better quality juice, which will retain its nutritional content for longer. As you will be living on nothing but juice for the next 28 days, it is vital you buy a good juicer. If it's a centrifugal or 'fast' juicer, please make sure it has a wide funnel to make the process simple and quick. If you opt for a 'slow' juicer, please understand that making your juices will be a far more time consuming process, although the juice will be superior. So, research online and make your choice wisely, depending on what is a priority for you, speed and convenience or top quality. Having said that, there will be a 'new kid on the block' available by the time you are reading this. It's the Retro Cold Press juicer. Their strapline is 'Slow Juicing Made Fast' and, from what I gather, they are pretty good and very cool! Visit www.retrojuicer.com.

Q: I seem to constantly need to pee, is that normal?

A: Yes, over the first few days of the detox you will notice you constantly need to release fluids. The reason for this are two-fold: you are consuming around 1.6-2 litres of nutrient-rich fluid per day, which is maybe far more fluid than you normally consume; and cucumber and celery, amongst other fruits and vegetables, are strong diuretics and help the kidneys work efficiently to flush waste and toxicity from the system.

Q: I have not had a bowel 'movement' for a few days. Is this normal?

A: Some people go less than usual during the plan and this is to be expected, as the amount of insoluble fibre in your diet has been greatly reduced and there is very little for the body to eliminate. This is nothing to worry about and is perfectly normal. If you feel constipated and in pain, then I would suggest taking some chia seeds or psyllium husks – but be sure to read the instructions – as these pulp up when added to water and form a gel-like fibre to sweep through the intestines.

Q: I have the opposite problem: i can't stop going. Is this a problem?

A: No, this is nothing to worry about. This is often a very good sign, as the body is ridding itself of waste. Things should find a balance after a few days. Once again though, if for whatever reason you feel something isn't quite right, contact your doctor. Things happen in life in general, and you don't want to coincidentally have a health issue come up in the first few days and dismiss it as 'detox'. Always listen to your body!

Q: My urine or poo is red. Is this blood?

A: The most likely answer is no. This is probably caused by the beetroot. If you believe you are passing blood, then go and see your doctor immediately.

Q: I've just started the plan, I'm getting headaches, and i have no energy. Is this normal?

A: When your body is detoxing, depending on just how 'toxic' you are, it is quite common to experience headaches and initial energy loss. You need to understand that you were falsely stimulating your body with things like caffeine, alcohol and sugars. Now that these stimulants have been withdrawn, your body is re-establishing its equilibrium and, during this time, you will suffer an energy loss. What you are currently experiencing is your 'true' level of health. However, the good news is that, after two to four days, the headaches should subside; after three to five days, you should start to get a great deal more energy. It is important that if you feel like this, and you are in a position to do so, you rest and sleep to allow the body to use its energy to effectively 'spring clean' you internally.

Q: I'm on week 3 and i was feeling amazing, but now I'm feeling low. Why is this?

A: This is perfectly normal and something to just accept as part of the 28-Day journey. Week 3 is often the toughest for people; this is the week when you have to dig deep and focus on all the reasons why you started the challenge in the first place. This is a great time to re-watch the coaching videos or the emergency SOS coaching videos on the **Superjuiceme app**.

This is very much like running a marathon or any endurance event; the beginning is easy, the end is filled with elation and euphoria that you have nearly finished, but the really tough part is when you are around the half-way mark.

You may be thinking 'life is too short' and considering quitting, but in the words of the now controversial Lance Armstrong, 'Pain is temporary, quitting lasts a life time.'

I agree that, yes, life is too short. It's too short not to be able to wear the clothes you want to wear, to slip on a beautiful bikini or shorts and walk comfortably around the beach, or to throw on your trainers and go running or playing football with the little people in your life. Life is too short to be diagnosed with a serious disease in your 40s or 50s and to be told you need medical intervention for the rest of your 'short life'. So dig deep, spend 5 minutes thinking of all the reasons why you are doing this, give yourself a virtual slap and 'suck it up princess'. In just 7-14 days you will feel like a superhero and will have the biggest sense of achievement and pride.

Q: I'm doing this for my skin, but its actually got worse, why is this?

A: It can be perfectly normal to expect your skin to flair up throughout the first 7-14 days. Your skin's cycle is 28 days, so for some people it may take the full 28 days before you see improvements. If you are doing this for psoriasis or eczema, I highly recommend supplementing this plan, as there are some key minerals and essential Omega oils that are vital for healthy skin. Please go to **www.juicemaster.com**, download the **FREE** 'Clear Skin' manual and add the recommended supplements.

Q: Should i stop using my steroid cream for my skin?

A: Yes, I recommend that you stop applying steroid creams and use only natural shower gels and pure coconut oil as a body moisturiser twice per day during the programme and beyond. Steroid creams only treat the symptom and do not address the cause, so they give short term results, with the side effects of thinned skin and discoloured pigment. If you think of your skin's condition as being like a pan of boiling water over a flame, then applying steroid cream is like adding ice to the boiling water. It stops it boiling temporarily, but does nothing to address the underlying cause.

When you stop using the cream, you must expect to see a flare-up in your skin in the first few days, but remember this is a 28-Day journey and this flare-up will subside. Having said that I don't know your condition, so please always see your doctor before coming off any medication.

Q: My tongue/teeth feel furry and i can taste metal, why is that?

A: Your tongue is an organ of elimination and sometimes your mouth can feel odd as some of the toxicity is being expelled.

Q: I feel really emotional, is this normal?

A: Many people during the 28-Day detox will experience some form of emotional rollercoaster, from glorious highs to emotional lows. This is perfectly normal. During the plan you will:

1. Not be under the influence of alcohol or refined sugars, both of which create false highs and associated lows. This means your body will have to find its own natural rhythm once again; during this process you may well feel emotional.
2. Not be using foods and drinks to mask your real emotions and you will free up a lot of time that was otherwise spent shopping, cooking, eating out, getting drunk, dealing with a hangover, etc. This valuable time will no doubt allow you to reflect on your health, your lifestyle, your priorities and your future. It will also allow you to focus on why you need to be 'Super Juiced'. All of this together can manifest in feelings of emotion and upset. This is nothing to worry about and is a valuable part of your journey.

Q: Should i stop taking all my medication?

A: No. You should only ever stop taking medication with your doctor's approval and supervision. My hope is that, after you complete the 28-Day plan (or even during it) and overhaul your diet and lifestyle, you will be able to get your doctor to retest you and – assuming your condition improves – reduce your medication. For many people the goal will be to improve your health so much that in two, three or four months' time your doctor will advise that there is no need for you to continue on medication.

Q: Will juicing have any contraindications to any of the medicine i am taking?

A: As you may imagine, this is a question that is impossible for me to answer, given the hundreds upon thousands of different combinations of medicines you might be taking. So please seek medical advice, depending on your specific medicine, as certain fruits and vegetables do not go with certain drugs.

Q: Can i do super juice me! If I'm pregnant?

A: During your first 12 weeks of pregnancy you are advised not to change anything much about your diet or lifestyle, so if a juice plan is a radical change for you then it's best not to start it as suffering detox symptoms on top of potential morning sickness is probably not a good idea! Incorporating juicing into your diet whilst pregnant can be beneficial, as there is no better way of getting key minerals and nutrients into your and therefore, your baby's system. However, we would not recommend that you embark on an exclusively juice programme whilst pregnant, as a juice only programme will certainly result in symptoms of detox and weight loss, which is something to be avoided during pregnancy. As always, when in doubt consult your GP first.

Q: Can i do super juice me! Whilst breastfeeding?

A: When it comes to breastfeeding the most important points to consider are ensuring that the quality and quantity of the mothers milk are maintained and this can be done by a well balanced diet containing good fats such as avocado, coconut oil and nuts and seeds and clean starchy carbohydrates such as banana, rice and sweet potato. It's also key that any breastfeeding mum should be keeping herself well hydrated particularly whilst she is breastfeeding and this could be a large pint of water or something like a h2O Detox (taken from Keeping it Simple). Juices and smoothies can certainly play a vital role in keeping the breastfeeding mum well nourished particularly if she is finding it hard to sit down and eat a full meal due to tiredness or busyness and having some frozen juices ready to defrost can really help manage her day and keep her well nourished but we don't recommend a full juicing programme until much later in the babies life. A juice or smoothie can also be a great mid afternoon pick me up - particularly if your baby is waking up through the night and you get that mid afternoon slump. Adding some of the soups and salads from our **Juice Yourself Slim** or **Turbo Charge** are just perfect for adding into your meal plan and helping you nourish you and your baby.

Q: I've got kidney pain, is this normal?

A: During the first few days of the detox, some people report slight pain in their kidney region. However, if this persists or is more than just mild, I would advise to stop the plan and seek medical advice.

Q: I feel sick and weak and I'm getting stomach aches. Is this normal and what should i do?

A: Nausea is not a normal response to a juice plan, but occasionally some people on juice plans for the first time will feel a bit off-colour. This shouldn't last longer than a day or two, while your system adjusts to the detox. You may be allergic to a particular fruit or vegetable, or if you have 'Super Juiced' your juices with 'spirulina', 'wheatgrass' or 'Power Greens', you may have an allergy to one of these ingredients. Some people find wheatgrass and spirulina can make them nauseous, as they are nutritionally so potent and your system may not be ready for this level of nutrition. So remove these from your juices, and if you are still feeling nauseous after two days, then come off the plan **IMMEDIATELY** and see your doctor. It may be due to something unrelated to the juice detox.

Q: I keep being sick and have diarrhoea. Is this part of the detox?

A: No, this is not a natural part of the detox. You should try and consume some water and electrolytes and seek medical advice as soon as possible.

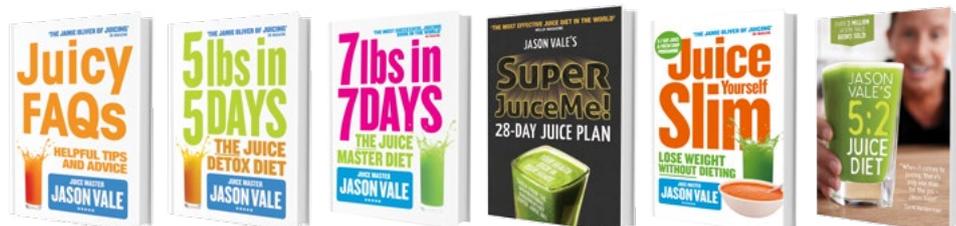
Q: I have finished super juice me! And feel amazing. I'd love to volunteer at a retreat or get involved with juice master in some way, how do i go about this?

A: We are always looking for good, genuine people to help our mission to 'Juice The World'. Please write to info@superjuiceme.com

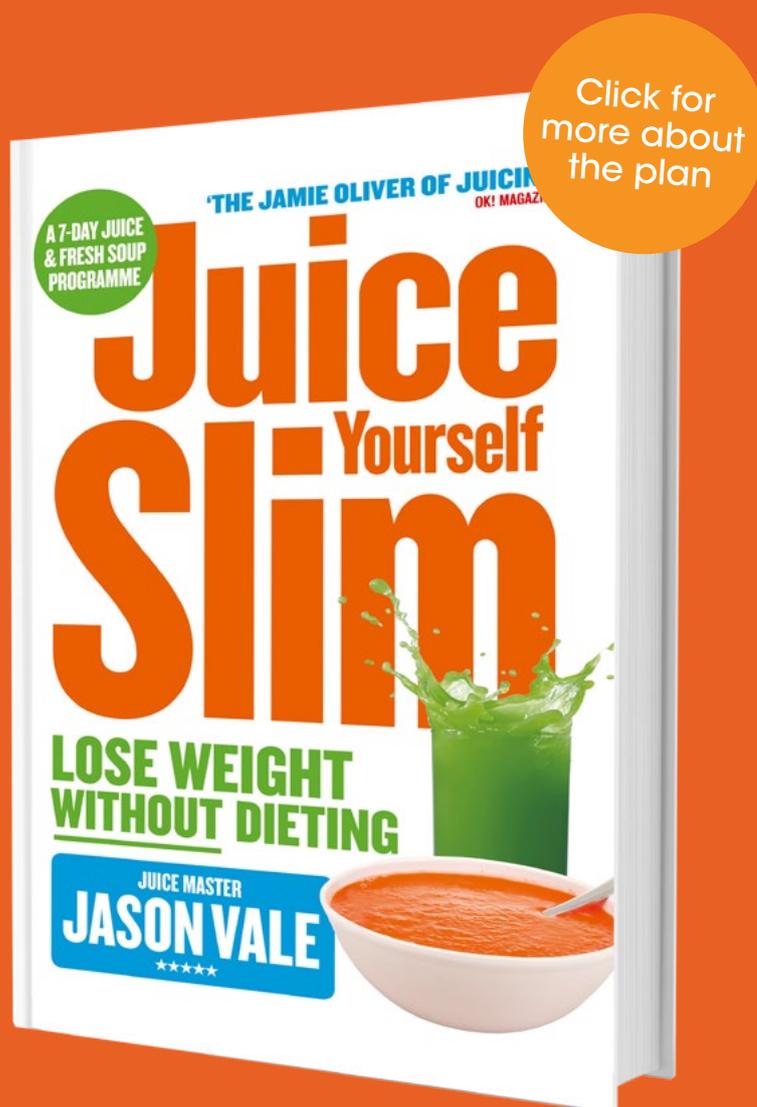
Q: What About My Children?

A: Many children are not too keen on vegetables and fruit, so getting them involved with juicing from an early age is a really good way of getting some high-quality nutrition into them! The juices themselves should be fine for any child over two years of age. The plan should be suitable for teenagers if they are overweight - but add some healthy food if they get too hungry.

» Choose your plan



Jason Vale Juice Master



Frequently Asked Questions

Juice Yourself Slim Q&As

- » Can I have bread with my soup?
- » Can I microwave the soup?
- » Do I have to keep to the juices, smoothies, soups and salads in this book?
- » What if I don't like a certain ingredient?
- » Can I swap juices, smoothies or soups during the launch if I don't like them?
- » What else can I eat?
- » Can I go out to eat during the launch?
- » What can I drink on the launch programme? Can I drink tea and coffee and what about alcohol?
- » Can I do the programme without a juicer or blender?
- » It's annoying having to clean the juicer. Is there any way around this?
- » I'm on medication. It concerns me that you say all drugs are toxic and have adverse side-effects. Should I stop taking my medication and rely purely on juicing?
- » Can I do the programme if I am pregnant?
- » Can I continue with the launch programme for longer than seven days?
- » I'm suffering from headaches. Is this normal?
- » I'm suffering from tiredness and low energy levels. Is this normal?
- » I'm feeling sick and I've got stomach cramps. Is this normal?
- » Can I do the programme by using shop-bought 100-per-cent fruit and vegetable juices and smoothies?
- » Can I get my juices and smoothies from a juice bar?
- » Will the programme still work for me even if I don't exercise?
- » What if I really cannot make or buy a fresh juice/smoothie?
- » My poo is sometimes red. Should I worry?
- » Will I get all of my five-a-day in just one juice or smoothie?
- » How much weight should I expect to lose during the launch?
- » I did the programme but I didn't lose much/any weight.

Q: Can I have bread with my soup?

A: Ideally, for the launch programme, no. However, if you do choose to have some, make sure it's extremely good-quality, grainy bread. Rye bread is often better than wheat for many people. During the launch make sure you have only a couple of slices with the soup. It is all too easy to have half a loaf a night and wonder why you didn't drop the pounds required!

Q: Can I microwave the soup?

A: It takes seconds to warm up soup in a pan so please keep soup out of the microwave where possible. If you have no choice then clearly, yes, warm it up in the microwave. The recipes for the soups seem to make a lot. Do I need to eat all of it? **NO!** The soup recipes are designed for two people. If you are not sharing your soup, keep half for the next day or simply make half the amount.

Q: Do I have to keep to the juices, smoothies, soups and salads in this book?

A: Yes and no. Whilst on the seven-day launch programme it is important to stick with the recommended recipes as they have been carefully put together to ensure you have all your nutritional and dietary needs met. The juices, smoothies, soups and salads contain the right amount of good fats, protein, carbohydrates, fibre, vitamins and minerals. Once you are juicing yourself slim for life you are welcome to use any of the recipes in this book, or indeed make up a few of your own as long as they adhere to the same principles, and you don't start making up peanut butter smoothies or double cream leek and stilton soup!

Q: What if I don't like a certain ingredient?

A: If there is a certain ingredient that you cannot stand, then feel free to leave it out or replace it with a similar ingredient. For example, substitute pears with apples or rocket with spinach. If you are not normally a fan of eating avocados I would urge you to try one of the recipes that contain blended avocados as they taste totally different in this form. Many people who would not normally eat an avocado seriously enjoy their mellow flavour once it's blended with gorgeous pineapple and other ingredients. If you really cannot stand avocado then omit it from the recipes but make sure you add a good source of omega 3, 6 and 9 oil to your soup or salad that day so you still get your essential fatty acids. I would recommend hemp oil.

Q: Can I swap juices, smoothies or soups during the launch if I don't like them?

A: Yes and no. Please feel free to swap any soup, and even have the same one every night if you wish. You will clearly have to adapt the shopping list. When it comes to smoothies and juices, I would strongly recommend that you keep to the programme. However, if you are going to swap, make sure you swap a fruit drink for another fruit drink, and a veggie drink for another veggie drink.

Q: What else can I eat?

A: On the seven-day launch programme you should ideally eat nothing other than is outlined on the programme. However, after this initial launch you can eat whatever you desire as long as you adhere to the core principles. Clearly, if you have your two juices/ smoothies per day and then eat nothing but junk for the rest of the day you won't be juicing yourself slim. My aim is that by the time you have read this book you will know what to feed yourself to fulfill genuine hungers and will not want to consume white refined sugars and fat on a daily basis.

Q: Can I go out to eat during the launch?

A: Yes! Many people pick a week for the launch when they don't need to go out a great deal. However, you can still eat out and be successful. Most restaurants will have a good soup or a salad on the menu, and if you have had your juice/smoothie/juice during the day you will be fine.

Q: What can I drink on the launch programme? Can I drink tea and coffee and what about alcohol?

A: Whenever you are thirsty, please feel free to drink as many herbal teas and as much mineral water as you like. As for tea, coffee and alcohol, for maximum results it is best not to have them during the seven-day launch. You will still lose a significant amount of weight even if you have the odd cup of coffee or glass of wine. However, to be free of all artificial stimulants during the launch will generate results far greater than just weight loss. It will also help to balance your body and enable you to distinguish between genuine hungers and false ones.

Q: Can I do the programme without a juicer or blender?

A: Nope, you need both of these! The investment made is not just for the launch but for life. What is the difference between a juicer and a blender? A juicer or juice extractor extracts the liquid juice from the fibre of the fruit or vegetable, whereas a blender simply chops up the entire fruit and turns it into a yummy 'mush'. As a rule we tend to juice most vegetables and hard fruits and blend the soft fruits. I own a blender. Do I still need to buy a smoothie maker? No. Those sneaky boys and girls from a certain well-known company developed the 'smoothie maker' but this new machine is nothing more than a blender with a tap on it!

Q: It's annoying having to clean the juicer. Is there any way around this Cleaning the machine can be a pain at times but these few tips should help:

- Place a bag in the pulp container (biodegradable ones are best) and then, after juicing, this can simply be thrown in the bin so the pulp container doesn't need cleaning.
- Always clean the juicer as soon as you have used it. This way the produce literally falls off the juicer with very little effort (except for the sieve, which just needs a little scrubbing with a small brush).
- You could make up all your juices for the day in one go and keep them in airtight flasks in the fridge (*see page 161*). This way you only need to clean the juicer once a day.
- You could pour some water through your juicer and turn it on for a few seconds after you have made a juice, and then it is okay to leave the juicer for a few hours before making the next juice. Having said that, this is a real lazy option and it is always better to clean your juicer immediately after using it.

See juicemaster.com for tips on how to make a juice quickly!

Q: I'm on medication. It concerns me that you say all drugs are toxic and have adverse side-effects. Should I stop taking my medication and rely purely on juicing?

A: No, no and no again. In case you didn't hear me I said **NO, DO NOT STOP TAKING ANY MEDICATION WITHOUT SEEING YOUR GP FIRST**. I believe strongly in short-term medical intervention and I am far from being 'anti-doc-tor'. I am anti-**BIG MEDICINE** and their often underhand and manipulative ways. By incorporating juicing into your diet, one of the many positive side-effects is that you will be stocking up on Mother Nature's finest medicine, and over a period of weeks and months you should start to feel considerable changes to your health. The next time you visit your doctor for a checkup you should well find that certain conditions have improved and that your regular prescriptions may need to be significantly adjusted.

Q: Can I do the programme if I am pregnant?

A: During your first 12 weeks of pregnancy you are advised not to change anything much about your diet or lifestyle, so if a juice plan is a radical change for you then it's best not to start it as suffering detox symptoms on top of potential morning sickness is probably not a good idea! Incorporating juicing into your diet whilst pregnant can be beneficial, as there is no better way of getting key minerals and nutrients into your and therefore, your baby's system. However, we would not recommend that you embark on an exclusively juice programme whilst pregnant, as a juice only programme will certainly result in symptoms of detox and weight loss, which is something to be avoided during pregnancy. As always, when in doubt consult your GP first.

Q: Can I continue with the launch programme for longer than seven days?

A: Yes and indeed yes again. Unlike the **'7lbs in 7 Days' book** where all you could consume for 7 days was juices and smoothies, this programme is different. The launch can be continued for as long as you like. I know many people who were so happy doing the launch that they now incorporate this into their daily lifestyle. Many people 'launch' themselves from Monday to Friday and then eat pretty much what they like over the weekend. Interestingly, even at weekends they often continue to have a juice or smoothie each day. These people are certainly not 'on a diet'. They have genuinely changed their diet and to this day, despite being slim, they are still living a **'Juice Yourself Slim'** lifestyle.

Q: I'm suffering from headaches. Is this normal?

A: Believe it or not, this is a good sign as it means you are withdrawing from drugs or drug-like substances. Like any drug, when you stop taking things such as caffeine, alcohol, nicotine and sugars you will suffer a degree of withdrawal which will manifest itself as headaches or even anxiety. It is worth mentioning here that the reason you are feeling such symptoms is not because you are low on the particular sub-stance/s but because you took them in the first place. This is a natural part of the healing process and should only last for a few days, after which time you will feel like a brand new you.

Q: I'm suffering from tiredness and low energy levels. Is this normal?

A: Again, this is a good sign as it means your body is eliminating toxins. Depending on how **'toxic'** you are, you may well find you start experiencing headaches or problem skin. Because you aren't stuffing the body with artificial stimulants you won't be subject to instant caffeine and sugar highs. These unnatural highs are all too often followed by massive lows, which then create more of a false need for the same artificial substance to make you feel 'normal' again. When you stop falsely stimulating the body it takes a little time for it to find its natural equilibrium and for you to tap into your natural energy source. Again, this is a very natural part of the healing process and in no time at all you will feel a wonderful natural high without relying on artificial sub-stances.

Q: I'm feeling sick and I've got stomach cramps. Is this normal?

A: No, this is not normal. Sickness can occur when you first go on a juice plan but this shouldn't last longer than a day. One of the reasons might be that you are drinking your juices and smoothies too quickly. Always 'chew' your drinks as the digestive enzymes in your mouth are stronger than those in your stomach. Look at what is going into your juices and smoothies and accept that you wouldn't simply swallow these foods down in one mouthful. Be sensible and savor your juices and smoothies. If you do this and are still feeling nauseous after day one then come off the plan **IMMEDIATELY** and see your GP as soon as possible.

Q: Can I do the programme by using shop-bought 100-per-cent fruit and vegetable juices and smoothies?

A: No, I'm afraid not. Did you read the rest of this book! The juices and smoothies you make at home and those found in the chiller cabinet of your local supermarket are worlds apart on the nutrition front. The legal requirement of heat-treating and pasteurizing the bottled juice means that lots of the vitamins and minerals are destroyed, together with life-giving enzyme activity. You will still get some goodness from these drinks but you could and should not rely on them wholly. In case of an 'emergency' you could substitute one of the juices or smoothies on the programme with a bottled option; however, this really should be an exception and not the rule. The Innocent brand is one of the best out there – always worth paying a bit more!

Q: Can I get my juices and smoothies from a juice bar?

A: This really does depend on the type of juice bar you visit. If there is a Juice Master Juice 'n' Smoothie Bar near you then you can be guaranteed to find a range of fresh vegetables and fruits just waiting to be juiced. Genuine juice bars will offer fruit and vegetable juices and smoothies made using freshly extracted juice. This is really, really important as many use 'ready-made' juice that sits at the back of the bar somewhere in a cooler. This juice is almost always not freshly extracted and is often concentrated or pasteurized. Another thing to look for is smoothies that are laden with sugar-filled yoghurt. Often, juice bars will claim to make all their smoothies with 'fat-free' or '98 per cent fat-free' yoghurt, which looks good on the surface. However, if you dig a little deeper you will discover that they are often made with yoghurt, which can contain up to 40 per cent sugar. Just keep vigilant as not all juices and smoothies are as innocent as they first appear.

Q: Will the programme still work for me even if I don't exercise?

A: Yes, you will still get great results even if you do not exercise. However, you will get amazing results if you exercise too. Exercise not only gets your body in great shape but it also releases endorphins which instantly make you feel good. If you do not exercise then you will not lose as much weight and you will also not feel as good as if you get your body moving and heart pumping twice a day.

Q: What if I really cannot make or buy a fresh juice/smoothie?

A: It's always worth remembering that we all own a personal blender and juice extractor in the form of our teeth and digestive system. At times when you simply cannot use a juicer or find a genuine juice bar then I would suggest buying some locally grown or organic fruit and eating it. When on the move I usually grab a bunch of grapes or a couple of juicy oranges to keep me nourished. The only time I would say to steer away from this option is if you are on a long journey and the only fruit you can get your hands on is the shriveled-up or plastic-looking variety found in garages and service stations. Ideally, prepare for a long journey by making up a juice/smoothie in advance (*see page 161*). In these circumstances, as mentioned above, I would opt for buying a good quality innocent-looking smoothie. To top up your nutritional bank account at times when you cannot juice, I recommend that you mix some **Juice Master's Powergreens** with water. This is vital to replenish the vitamins, minerals and enzymes that you will be missing out on.

Q: My poo is sometimes red. Should I worry?

A: Your poo may well turn red if you are consuming juices that contain a lot of raw beetroot, and clearly this is nothing to be concerned about. The other reason why your poo might be red is because you have hemorrhoids; again, this is not too serious and is usually caused by a burst blood vessel as a result of 'straining' too hard. This usually repairs itself within a couple of days but if the problem persists go and see your GP to get it checked out.

Q: Will I get all of my five-a-day in just one juice or smoothie?

A: Hmm, this is a tricky one. If you take five or more fruits and vegetables that will be used to make a smoothie and consume them all then you have officially met the government's recommended five-a-day policy. However, if you take these exact same ingredients and put them into a blender with some freshly extracted apple or pineapple juice then for some reason they magically metamorphose into just one portion. Although on the surface this very limited categorization system may make it seem that the government has a vendetta against juices and smoothies, the reality is that this blanket label is applied to all juices and smoothies – both the freshly made variety and those bought in bottles. So technically, if you make the smoothie yourself you 'know' how many portions you are getting. However, if you buy one it really can count as only one portion.

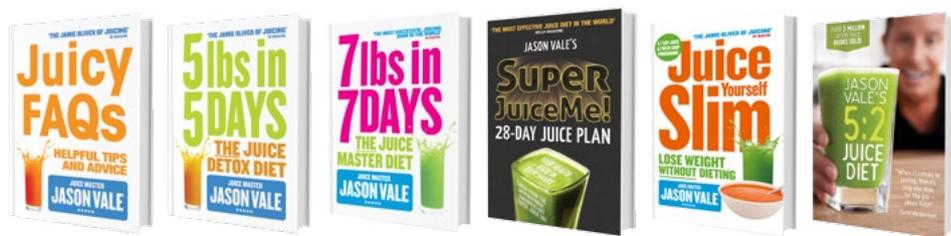
Q: How much weight should I expect to lose during the launch?

A: On average you should expect to lose around 7lbs providing you follow the programme to the letter. If you choose not to stick to the programme 100 per cent, or you do not exercise twice a day, then you may well lose less. People with more weight to lose may in fact lose more than 7lbs, and if you do then this is nothing to be concerned about.

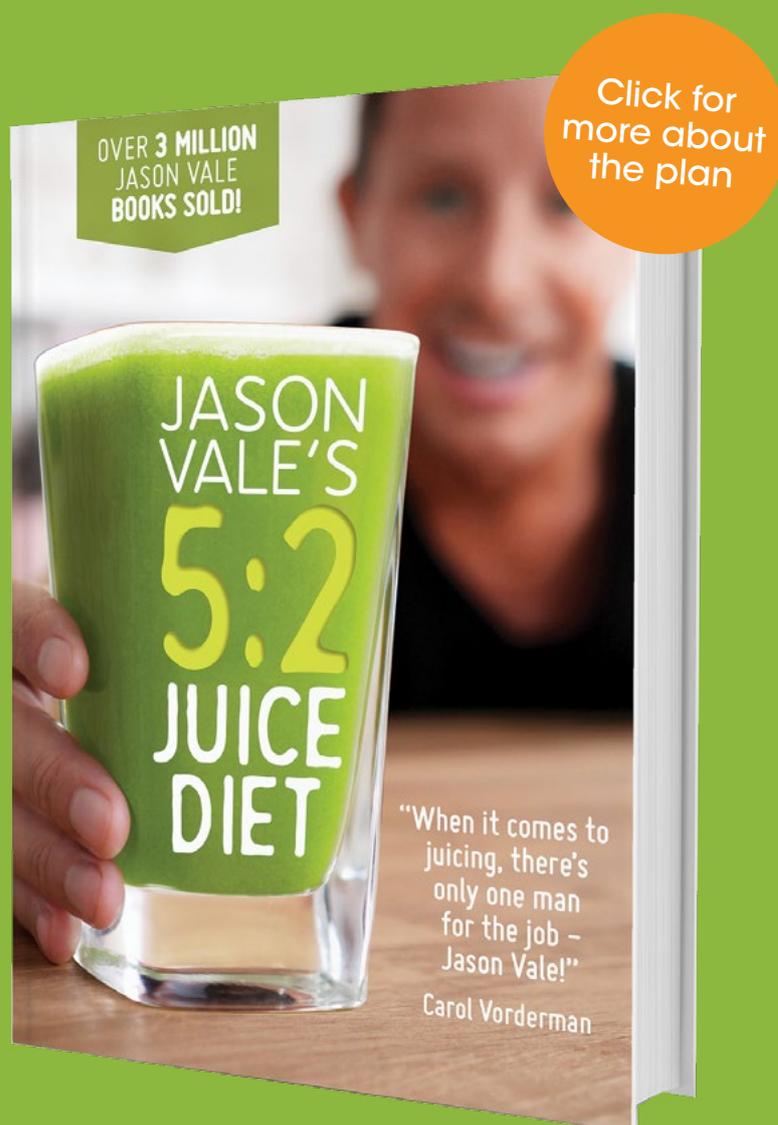
Q: I did the programme but I didn't lose much/any weight.

A: The best time to weigh yourself is the night before you start the programme and then again on the morning of Day 8. On average, you should expect to lose around 7lbs. However, sometimes there is a time lag and this weight loss may appear one, two or three days after you have finished the launch. If you do not lose any more weight in this time then it's probably because you don't need to and your body has found its natural weight. If you feel that you truly are overweight and have followed the plan to the letter then it might be that you are one of the very few people with a genuine thyroid problem and you should get yourself checked out by your GP.

» Choose your plan



Jason Vale Juice Master



Frequently Asked Questions

5:2 Juice Diet App Q&As

- » Do you have to do consecutive days or can I do any two days a week?
- » Do I have to stick to the juices in the plan, or can I supplement with others from your other plans and books?
- » Will they still be of good nutritional value if I make them in advance and drink throughout the day?
- » Can I make all the juices in a 'Nutribullet' or similar?
- » So what's the best juicer to get?
- » What's the best way to get mentally prepared?
- » I have done one of your full juice diets, is it OK to jump on this directly afterwards?
- » Can I drink any tea or coffee during juicing days?
- » Can I eat anything else on the juicing days?
- » What can I eat on the other 5 days?

Q: Do you have to do consecutive days or can I do any two days a week?

A: You are free to do any two days that work for you. The majority choose to do two consecutive days, but in terms of weight loss and health benefits, it makes no difference. In terms of practicality, most people choose to do two consecutive days and those days tend to be a Monday and Tuesday. This is because most find it easy to shop for their fruit and veg on a Sunday and find it's easier buying two days worth at once.

Q: Do I have to stick to the juices in the plan, or can I supplement with others from your other plans and books?

A: The juices in the plan have all been calculated for their calorie content. Clearly, depending on the size of the produce you buy, those calorie counts may change slightly. All of the science appears to point at 500 calories a day for women and 600 calories a day for men for optimum intermittent fasting. All of the juices in this plan are around 125/150 calories and so guarantees to meet this scientific criteria. This is why, for the purposes of the 5:2 Juice Diet, it's best to stick to the suggested juices in this plan. Having said that, you are of course free to substitute other juices from my other books and plans, but make sure you don't add any of the 'smoothies' with yoghurt, bananas or avocados as they'll immediately put you top heavy on the calorie count. I have never been a fan of calorie counting in any way and it seems extremely alien to be doing it now. The only reason for this is because most of the scientific data on intermittent fasting seems to involve the 500/600 calories a day. As a rough guide, a 420ml vegetable based juice comes in around 150 calories and an avocado smoothie of the same size around 250 calories. You really don't need to get too bogged down with these exact numbers and two days of freshly extracted juice per week will do your waistline and health wonders, even if you go slightly over on the calorie front.

Q: Will they still be of good nutritional value if I make them in advance and drink throughout the day?

A: Freshly made and drunk within one hour of making will always be the best. Having said that, very rarely does this model fit into the average person's hectic life. Not only that but most people really don't want to wash their juicer four times a day. With this in mind there are a couple of options to make life easier:

1. Make all the juices for the day, put them into flasks, dark bottles or 'boosters'. Keep them as cold as possible and don't allow oxygen or light in. These will keep nicely for the day.

2. Make all the juices on the night before the two days, put the first two in flasks for the morning of day 1 and freeze the rest. You can then remove the afternoon juices for Day 1 in the morning, pop them in the fridge and by the afternoon they should be ready to drink. That night remove the frozen juices for day 2, place into the fridge and they'll be ready the next day. Unlike cooking, freezing preserves the nutrients so hardly anything is lost.

Q: Can I make all the juices in a 'Nutribullet' or similar?

A: No! Contrary to what the advertising says, the Nutribullet is NOT a juicer – it's a blender. I have no doubt it's probably a very good blender and from what I gather it's like a mini 'Vitamix', but it's NOT a juicer. In order to do the 5:2 **JUICE** Diet you need a juicer...not a blender.

Q: So what's the best juicer to get?

A: Not an easy question to answer as there are now so many different models on the market today, all promising different things. All you need to know is that there are 3 types of juicer – slow, fast and low-induction. All have their merits, but the juice made in slow juicers, in my opinion, is of much better nutritional quality. This type of juicing creates less heat friction and more soluble fibre is retained which makes for a more filling juice. The pulp is always usually bone dry, so saving you money on produce. The downside is they are called slow juicers for a reason! Having said that there is, at the time of writing this, a new kid on the slow juicing block – the Retro Cold Press juicer. www.retrojuicer.com this not only looks great, but it makes an incredible juice and you can fit whole apples in. The most popular juicers are fast juicers and there's no prize for guessing why – they're fast! There are some great models on the market right now but it's ever changing so I won't pinpoint any particular one here. Simply go to www.juicemaster.com for my latest recommendations.

Q: What's the best way to get mentally prepared?

A: Watch the film Super Juice Me! Here 8 people went on a journey of drinking nothing but juice for 28-Days. Trust me, after you watch this two days will seem like a piece of cake (so to speak). Go to www.superjuiceme.com

I would also recommend reading the first hundred pages of any of my books, but either 5lbs in 5days or 7lbs in 7days are the best for understanding the concept of juice 'fasting'.

Q: I have done one of your full juice diets, is it OK to jump on this directly afterwards?

A: YES! And YES again. The whole idea for many when they jump on any of my 'juice diets' is not simply to get into that little black dress or smaller waist jeans, but to kick start a healthy lifestyle and to keep whatever weight they have lost off permanently. There are of course many ways to make sure you don't gain the weight back, but the 5:2 Juice Diet is one of the most effective. It also means you don't really have to think, simply juice for two days a week and eat whatever you like for the other 5. Hopefully after you've finished one of my juice diets you won't want junk food on the other 5 days but instead good wholesome food, but even if you don't, juicing for two days a week goes a long way to balance any indiscretions!

Q: Can I drink any tea or coffee during juicing days?

A: There is no reason why you can't have one or two cups of tea or coffee per day on juicing days. It's not ideal and for ideal results you should drink only herbal teas or hot water and lemon. Having said this, if you are a coffee drinker and you really don't want to stop, then the last thing you want is a headache two days a week! So feel free to indulge. However, what I will say is, make sure they are your standard Americano coffees and not calorie packed latte's or cappuccinos.

Q: Can I eat anything else on the juicing days?

A: No!

Q: What can I eat on the other 5 days?

A: Anything you like. Ideally you would have a juice for breakfast for at least 3 of the other days and eat good whole foods, but this is the real world and many will want to eat all sorts of things. This is why the 5:2 Juice Diet works for so many as it gives them total flexibility for 5 days a week, whilst providing them with the tools for steady permanent weight loss.

Jason Vale

Juice Master

Juicy Q&As

**Click below
to get in touch!**



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