



Recommended herbal and nutritional supplements for Detox and Juice Fast

Ambrosia Beyond Greens: take 3 times a day for 21 days

Bromide: 3 times a day for 21 days

What are the benefits of fasting or detoxification?

Detox and fasting are useful techniques in kick-starting your being into a healthier way of life. Choosing simpler, healthier foods gives the body a rest so that it can repair and cleanse itself. As toxic foods are eliminated from the diet, the liver and kidneys do less work processing ingested food and are free to work harder at cleansing the body of unwanted substances. This can be of great value for sufferers of many ailments including irritable bowel syndrome, hay fever and sluggishness. As our choice of food becomes simpler, our taste buds grow more sensitive to taste. After having spent time fasting, food is appreciated much more. We become more aware of how foods affect us. We notice which foods are beneficial for our individual systems and which foods cause us discomfort. We also gain an insight into our emotional relationship with food. Some people experience feeling of lightness, extra energy and clarity. It is common for repressed emotions to be brought to the surface by the process of fasting or detox, thus bringing such problems to light where they may be accepted and addressed.

WARNING : Please read this carefully before undertaking a fast

Fasting and detoxification is not suitable for everyone. If you are

- pregnant or breastfeeding,
- have a long-standing medical condition,
- are on prescription medication,
- have diabetes or low blood sugar,
- have a toxic build-up (e.g. through drugs or alcohol misuse or prolonged exposure to hazardous chemicals).

Please consult with me and I will design an appropriate regime for you.

Mental attitude during fasting

It is important to have a sensible attitude towards fasting, as discipline and patience are needed to gain the full benefits of a fast. If you end the fast too abruptly you will, quite frankly, be in worse

health than had you not fasted at all. It is not a practice to take lightly. If you are in any doubt, try a detox instead.

Good times for fasting

It is traditional to fast in the spring and in the autumn. In less affluent times gone by there was often an enforced spring fast on spring greens only, as the winter stores ran low. Spring fasts are definitely a good idea for those who suffer from hay fever. Autumn fasts strengthen the body in preparation for winter. You may need to use more cooked foods and warming spices to keep warm while fasting at this time of the year.

People who study moon phases and their relationship to behavior on earth have come to the conclusion that the period after the full moon, when the moon is on the wane is the best time for fasting. One day detox regimes or fasts are best carried out on the day of the new moon.

Which kind of detox is right for me?

Levels of detoxification

There are various levels of detoxification; the selection of a regime suitable to you depends on your personality, your reasons for fasting; your general health and constitution; your obligations and commitments and your existing dietary habits. Think about these things carefully when choosing a method suitable for you.

New to wholefood?

If you are unused to wholefoods, try 3-10 days on the wholesome diet. A few days before, start taking the a herbal detox mixture (the one available from the Ambrosia Food For Thought is ideal. Other supplements are discussed in the section. Thereafter try to follow the wholesome dietary principles for one or two days a week, soon you will find your taste buds changing and you will begin to avoid unwholesome foods without even thinking about it.

New to fasting and detox?

If you eat wholefood but have never completed a fast before, choose the beginners one-day detox to start off with. This is an ideal choice if you are unable to take time out to focus on yourself or if you want to do a short simple cleanse. There are two options given for each meal depending on whether you have a hot or cold constitution. Again, Ambrosia Food For Thought Detox Mixtures are ideal accompaniments. Start to take one of them a few days before the detox and continue until the course is finished.

Is a fruit or juice fast right for me?

Fruit and freshly pressed juice fasts are commonly recommended in magazines and popular health books, and although for the right person they can be beneficial, they are certainly not the right choice for everyone. Those with yeast imbalance or candida overgrowth; irritable bowel syndrome; weak digestion or a cold constitution (feel the cold, pale, thin) should avoid fruit or juice fasts. Also they are problematic for people who have problems with blood sugar balance. If you do not suffer these problems, a juice fast is an ideal choice if you have heat signs, or a tendency towards them (red face,

overweight, robust nature). Those with a fairly balanced constitution might like to try the juice fast on a hot summer day. It is a fast for the impatient - raw fruit and vegetables have the most rapid cleansing action. Remember though, it is very important to take care to introduce the more acidic foods (grains, proteins) slowly in order to benefit from such a fast.

Should I try the Ambrosia cleansing fast?

The **Ambrosia** is an ideal choice for people who are used to eating wholefoods on a regular basis. It is a well designed fast, offered as an alternative for those people who are unable to exercise.

This fast requires patience and discipline, ideally one should have time and space to meditate, particularly on the days of the actual fast. As well as being physically cleansing, it can have a remarkable healing effect for individuals suffering from stress due to fast paced modern living.

The Ayurvedic fast is an ideal choice for those with constitutions not suited to the juice fast.

Different Ways of Detoxing

Ambrosia Detox Box

All you need to detox in a box. The eminent herbalist Kenda Livinglife has designed this program which has recently been updated to cater for the modern individual's needs. The box contains teas, herbal formulas, and dietary instructions.

Wholesome diet

The wholesome diet is ideally followed for at least ten days. It is an ideal diet to follow if you wish to detox, but carry on eating normally. To deepen the detoxifying effect of the diet use the supplements discussed in the section

Eliminate the following:

- Refined food (white rice, white pasta, white bread)
- Pre-packaged food (tinned foods, packet foods and ready meals)
- Sugar (brown and white) and chocolate
- Tea and coffee (if you drink more than 3 cups of tea or coffee every day, cut back to just one in the morning)
- Alcohol
- Hydrogenated fats (e.g. Flora and most margarines, biscuits, cakes, pies etc.)
- Fried foods should be kept to a minimum, totally eliminate deep fat fried foods
- Red meats, non-organic meat and farmed fish

Base your diet on ancient grains, vegetables, fruits, nuts, and seeds. Wherever possible, use organic ingredients, your body is then spared the extra work of processing artificial pesticides. Use fruits and vegetables that are in season, they will have travelled a shorter distance and there will be less loss in nutrients.

For snacks use fresh and dried fruit, nuts, oatcakes and rice cakes.

Allow 3-4 hours between meals.

One-day beginners detox

If it is a warm day or your constitution is hot (red face, overweight aversion to heat) follow the HOT recommendations.

If it is a cool day or your constitution is cool (pale, thin, aversion to cold) follow the COOL recommendations.

Dandelion coffee or herbal teas may be taken either hot or cold throughout the day.

On rising: Ambrosia Beyond Greens, followed by a large glass of room temperature water with a squeeze of lime.

Breakfast:

HOT: 3 different types of **fresh fruit** (not including melon)

COLD: **apples, pears** and **raisins** simmered until soft with cinnamon and cardamom

Lunch: while preparing take a large glass of water

HOT: raw salad with 5 different types of salad ingredients including **sprouts**

COLD: steamed **mixed sprouts** and vegetables

Be sure to chew thoroughly

Dinner: COLD: broth made from a selection of vegetables with added garlic and fresh or dried herbs (basil, chives, tarragon, bay leaf, parsley, thyme). Make with homemade vegetable stock.

For the next three days, have similar menus, slowly introducing small amounts of these foods: **porridge, wild rice, millet, nuts** and **seeds**. Continue to take herbal drinks and herbal and nutritional supplements.

Juice Fast

Spend at least three days on the wholesome diet. Try to only eat as much food as you can hold in your two cupped hands, at each sitting. On the day before your fast choose especially light foods, particularly for the evening meal.

For the actual fast take three or four drinks of freshly pressed **apple** juice instead of meals. If you do not have a juicer the **Biotta vegetable juices** are ideal alternatives. The recommended amount is 300ml of juice diluted with an equal amount of filtered or bottled water. If you feel slightly cold add some juiced **fresh ginger root**. If you wish, you may add half a teaspoon of **spirulina** or **wheatgrass** powder to the juices, which will add to their cleansing effect and supply you with more nutrients and energy. Spirulina helps alleviate symptoms of mild low blood sugar levels.

End the fast by following a one-day beginners detox diet for a day, gradually introducing new foods over a four-day period until you are following the wholesome diet again.

Ambrosia Cleansing Fast

This fast removes toxins from the body, mind and emotions and improves the overall functioning of the body. It gives an experience of strength, tranquility, energy and vitality to the individual. It also increases immunity and develops the inner healer.

Fasting drink

During the preparation, the actual fast and for five days afterwards, a fasting drink should be taken throughout the day. This drink helps to keep the body strong and balanced through the fast. Bromide should also be taken internally to induce the elimination of am (toxins).

Ingredients

1 teaspoon of Bromide

8 oz. of water

1 teaspoon Volcanic Nectar Agave

your choice of fruit

Herbal support during the fast

It is recommended to drink **herbal teas** as well as the **bromide and Ambrosia Beyond Greens**. Ideal teas to take are the **Pau D' Arco, Ambrosia Herbal Tea Blends** and **dandelion coffee** (you can add cardamom, licorice and cinnamon sticks). They are all naturally sweet in flavour and thus help with cravings. You might also like to drink a calming grounding tea like Blue **vervain**, which can help if stress and other emotions come to light during the fasting period. Blue Vervain tea is also a good tea for inducing a meditative state of mind, it also strengthens the liver.

Preparation for fasting

It is extremely important to prepare the body prior to fasting by eating only soup, smoothies, or herbal teas for three to four days;

Actual fast

These days of preparation are followed by one and a half days of total fasting on just a fasting drink, room temperature water and herbal teas as required. Continue to take the herbal remedies. As much as possible remain in silence and meditate.

Breaking the Fast

On the evening of the second day a small meal of smoothies, soup or salad should be taken. It is important to break the fast in the correct manner. If the digestion is not strong enough, inappropriate food will not be processed correctly and more toxins will be put into the system. If you choose to eat the wrong foods too soon, you will undo all the good work you have done. Two days is the absolute minimum time to wait before reintroducing a wider variety of foods.

Additional practices to support the cleansing process

Herbal and nutritional supplements

Herbs have an important role to play in supporting the eliminatory pathways. Taking appropriate herbs, ensures that toxins and waste matter are released from the bowels, the urinary system and the lymphatic system. Herbs and spices can also help to keep the body warm during fasting and can help to calm the mind and emotions.

Anti-oxidant nutrients help to fight free radicals which speed up degenerative processes in the body. Free radicals are produced in response to the toxic substances in food, air and water.

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