



WE TRIED IT

SEVEN-DAY *Super Juice and Soup Diet* FROM JUICE REVOLUTION

VERONICA EXTER
ART DIRECTOR

Being a lover of soups and juices, I felt this programme was made for me. When I was offered the opportunity of doing Juice Revolution's Seven-Day Soup and Juice Detox, I jumped at the challenge. My only concern was that I would be missing out on my two great loves: chocolate and coffee. Not to mention that coffee is what gets me through tough deadlines, which I was facing that very week.

WHAT I LOVED THE MOST

- The plan was communicated well and I knew exactly what I needed to take in and when. This included the early-morning supplements, Pukka teas, smoothies, juices and soups at various times throughout each day.
- All of the soups and juices were delicious and refreshing, and I felt that my body was getting all of the nutrition it needed in the best (and easiest) way possible. I especially enjoyed the Fruity Bio-Live Breakfast Smoothie, the Sweet Cherry Tomato and Roasted Pepper Soup and the Beta-Carrot Juice.
- I didn't feel hungry at all, and while my body was being flushed of toxins, I didn't have any of the possible side-effects, such as breakouts and headaches.
- The meals gave me huge doses of energy that I hadn't experienced in a while – enough to get me through the rigid deadlines I was facing.
- The selection of teas was a treat on a daily basis, adding to the whole flavour experience.
- I didn't feel and look bloated, and I lost around 3kg. And writing this a few weeks after taking the challenge, I'm happy to report that my stomach is still flatter and I haven't gained the weight I lost.
- I am delighted to say that I coped without coffee and chocolate for the week – the flavours and ingredients were just right for each day, meeting my body's needs at just the right time.

WHAT I DIDN'T LIKE

- Simply that I couldn't do it all again the following week. There was nothing about the programme that I disliked. I felt wonderful and it simplified my life tremendously.

Started in 2012, Juice Revolution was established by Fiona and conceptualised out of a passion for leading a healthy lifestyle. "The inspiration for this company came about when I discovered the power of juicing in my own life and that of my family," Fiona says. "After years in the corporate environment, I knew first-hand how difficult it was to eat a balanced diet when you spend your day running from meeting to meeting, chasing deadlines."

So she started Juice Revolution as a way to give people a balanced, high-water-content, raw meal that you can drink, that tastes good and that keeps you full while you are busy.

"Juice Revolution is my passion, and I take great pride in the superior quality of my product and in the professional service that I offer," she says.

Juice Revolution offers the following programmes:

1. The 3 Day Super Juice Detox – R900
2. The 5 Day Super Juice Detox – R1 400
3. The 7 Day Super Juice Diet – R2 200
4. The 7 Day Super Juice and Soup Diet – R1 800
5. Turbo-Charge Your Life in 14 Days – R1 600 (this is a follow-on programme to the juice only programmes) *Prices exclude delivery costs

Juice Revolution offers all of the benefits of a juice diet, without any hassle. "We extract your juice using one of the best slow-juicers in the world, blast-freeze it immediately to preserve the important vitamins, minerals and enzymes, and deliver it to your doorstep, across South Africa," Fiona says.

SAMANTHA PARRISH
FEATURES WRITER

When I first decided to try out the 7 Day Super Juice and Soup Diet, I don't think I thought much about it. You see, I really enjoy food, so not giving much thought to not eating solids for seven days was a mistake on my part. To say that I was feeling intimidated when the box arrived at the office is rather an understatement. Packed neatly into two large boxes were 26 raw 500 ml juices, seven pouches of 500 ml homemade soup, seven Pukka teas, key daily supplements and my programme planner for the next seven days. I was blown away by how organised the programme was, with every juice labelled according to what day and time you were to drink it. I decided that I would start my diet that coming Monday, and departed for a weekend of getting my last solid meals in.

WHAT I ENJOYED:

- For someone who battles to eat fruit and vegetables normally, I was pleasantly surprised that I really enjoyed the taste of most of the juices. They were fresh, flavoursome and extremely filling. I especially enjoyed the Fennel Fuel Smoothie and the Bio-Live Berries Smoothie.
- My main fear when starting the diet was that drinking juices wouldn't keep me full, but I can honestly say that I wasn't hungry throughout the week. In fact, I often battled to finish the juices.
- My skin was incredible throughout and after the diet. I didn't realise what an impact the food we eat has on our skin. By day two of the diet, my skin had broken out a little – the juices working their detox magic – but by day four I could see a noticeable difference in the condition of my skin. It was less oily, felt softer and had a brilliant glow to it.
- I loved the soups. It is always difficult not to snack when I get home after a long day at work, and the soups helped in this regard. All homemade and fresh, my soup for dinner was definitely something I looked forward to.
- By day three I felt less bloated and more comfortable in my clothes. It really did happen that quickly.
- By the end of the diet I had lost 2,4kg and am happy to report that I didn't put this back on the minute I smelt normal food again.
- I was able to function normally on most days, had more energy than normal, which is something that surprised me.

WHAT I BATTLED WITH:

- During the diet I battled with headaches. I didn't get a headache on day one or two, but by day three I had a headache that lasted most of the day. The headaches had stopped by the morning of day six. While I realise that this is, in part, your body craving the sugar you have banned from your diet, I found that this made concentration a little difficult during the day, but it was not unbearable.
- I felt quite moody, which I think had a lot to do with the fact that I was missing out on the rituals that went along with food. I missed being able to go out with friends or have dinner with my family, so I became a little grumpy when I stayed at home alone to avoid temptation.
- Taking the supplements was difficult, as they tasted awful and were quite big to swallow. This was made a lot easier when taken with your juice and not just with water.
- One thing that I really missed was actually having something to chew on. It became a little monotonous by day three, but the soups were a real pick-me-up when I felt that I might need something a little more than sipping on a juice.

WOULD I RECOMMEND THIS DIET TO OTHERS?

Most definitely! Although it was very difficult and extremely testing at times, I was determined not to cheat and to get through the seven days properly, which I did. At the end of the week I felt lighter, more energetic and healthier overall.

When I embarked on this challenge, it wasn't to lose the weight, but to flush my body of the toxins that had been building up. I have to say that it was extremely rewarding to see that I had lost 2,4kg during that week. Fiona was always on hand if I had questions, and the daily emailers were very helpful on days that were difficult.

I enjoyed most of the juices, but the green ones were a bit more difficult to get down. I felt full the entire time. The cravings were not nearly as bad as I had imagined. I did have to make sure that I stayed away from temptation as much as possible, because I normally give in, but I was extremely proud of myself when I completed the diet without falling off the wagon once. This is certainly something I will do once or twice a year, as I was extremely happy with the results. ■

WHERE YOU CAN FIND
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