



Six-Week Juicing Protocol for Chronic Ailments

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The juicing protocol leverages green juices' benefits for managing chronic diseases.

Consuming these nutrient-rich juices can offer numerous health advantages, particularly for patients dealing with cancer and chronic diseases (1). By extracting juices from various vegetables and fruits, the essential nutrients are preserved and delivered in a form that is easier for the body to absorb. Juicing is particularly beneficial for those who have chronic diseases that may interfere with regular digestion or nutrient absorption. It enables these individuals to obtain the necessary nutrients for overall health and well-being without overtaxing their digestive systems.

The Six-Week Program

The initial stage of this nutritional program involves six weeks of consuming cold-pressed vegetable juices, plant-based soups, health shots, detox teas and protein powder with no solid food; and rebounding for 30 minutes per day. The six-week period aligns with the body's average healing time, enabling it to direct energy toward flushing out toxins and healing its cells and vital organs (17,23).

Benefits of green juice:

1. **Nutrient-Rich:** Green vegetables are packed with a variety of essential nutrients such as vitamins (A, C, K, and many B vitamins), minerals (like potassium, calcium, and iron),

and antioxidants. Juicing makes these nutrients easier to absorb, which can be beneficial for cancer patients who may struggle with digestive issues or loss of appetite (15,18).

2. **Antioxidants:** Antioxidants help protect the body against damage from free radicals. This can be especially helpful in reducing the side effects of some cancer treatments, which can increase the production of free radicals (19,20).
3. **Anti-inflammatory properties:** Many green vegetables have anti-inflammatory properties, which can help to manage inflammation in the body. Chronic inflammation can lead to various health problems and may even promote cancer development, so maintaining a low level of inflammation can be beneficial (21).
4. **Detoxification:** Certain vegetables, like kale, spinach, and celery, aid in the detoxification process by helping to cleanse the liver which plays a vital role in detoxifying harmful compounds in the body, including those produced during cancer treatment (12).
5. **Immune support:** Cancer and its treatments can weaken the immune system. The vitamins and minerals in green vegetable juice can help support a healthy immune system, potentially improving the body's ability to fight off infections and heal (23).
6. **Digestive Health:** Certain green vegetables are rich in dietary fiber, which aids in digestion and promotes gut health. A healthy gut microbiome is crucial for overall health, including immune function (12).
7. **Weight management:** Some cancer patients may struggle with weight loss due to the side effects of cancer treatment. Consuming nutrient-dense green juices can be particularly beneficial in maintaining a healthy weight (18,23).

Why Green Juices?

Diets rich in green vegetables, particularly those from the cabbage family, have been linked to a lower risk of various cancers (2,3,4,5,6,7,8,9,10,11,13). These vegetables produce unique

blends of flavonoids and other plant compounds that protect them from diseases and pests, which when consumed, offer the body similar protective effects.

Three main types of plant compounds found in green vegetables - isothiocyanates, flavones/flavonoids, and stilbenes, have been observed to enhance the effectiveness of known cancer treatments. Various studies suggest that green juices can selectively combat specific types of cancer cells, inhibiting their multiplication and promoting their destruction (12).

Juicing vs. Solid Foods:

Juicing provides an efficient way of consuming high quantities of nutrients without expending the energy required for digestion. The nutrients in vegetable juice are already broken down into a form that can be easily absorbed within 10 to 15 minutes, thus nourishing, and regenerating the body's cells, tissues, glands, and organs (15,23).

Fresh vegetable juice unlocks about 90% of the nutrients in food, which is three times more efficient than chewing. It provides a quick method of delivering vital nutrients to the body's cells, thereby rebuilding the immune system, and enhancing the body's self-healing ability.

The Role of Green Juices in Regulating Body pH:

Green juice contributes to establishing an alkaline environment in body cells, altering your body's pH from an acidic state (where disease thrives) to a healthy alkaline state. Keeping the body's tissue and cell pH levels between 6.5 - 7.5 is essential for health (14).

The Role of Chlorophyll:

Chlorophyll, a green pigment in plant leaves, has a molecular structure nearly identical to the hemoglobin molecule in human red blood cells. Consuming chlorophyll-rich juice can help treat hemoglobin deficiency disorders like anemia and thalassemia, support overall health, and plays a vital role in cellular respiration (16).

In Conclusion

In 'Drink Your Troubles Away,' John Lust states: *“Nature’s medicines are locked in the cells of growing plants and released in their juices... These juices are subtle in their action but yet more potent than any medicine and without the toxic effect of drugs... Fresh fruit juices are the cleansers of the human system. Vegetable juices are the regenerators and builders of the body... When we consider that vegetables and fruits have been naturally cooked by solar energy; that they contain all the elements the sun and earth have, buried deep in their fiber cells; that they are nature's live-cell foods – then it follows as logical that if we crush the juices from the cells of these fresh fruits and vegetables and put their health-giving fluid into our bloodstream, we will receive a share of their vital energy”* (22).

In essence, juicing provides an abundance of high-quality nutrients in a form that's easy to digest, helping the body direct its energy toward cleansing and healing. By adopting this method, individuals dealing with chronic diseases can help their bodies regain strength and heal more effectively.

Rebounding: Benefits that go way beyond exercise

Rebounding rejuvenates and oxygenates EVERY SINGLE CELL in your muscles, bones, eyes, heart, lungs, kidneys, ears, and glands -it is a whole-body exercise.

In his groundbreaking research, Dr. Samuel West discovered the importance of activating the lymphatic system for better pain control and health. He found that conditions that cause loss of energy, disease, and death at the cellular level were 'trapped proteins' in the lymph system. He had outstanding results by simply getting people to pump out the toxins from the 'garbage' disposal system (our lymph system) with simple, gentle movements (24).

Rebounding is believed to increase the drainage of toxins from organs and muscle tissue and promotes lymph flow through the body. It is a fun and safe way to detoxify your lymphatic drains, improve venous and lymphatic circulation, and detoxify and oxygenate the body, especially the brain, heart, and kidneys.

The lymphatic system works with valves and lacks a pump to move the lymphatic fluid.

There are about 60 to 80 trillion cells in your body. Toxins are squeezed out by the 2 to 4 G forces (gravitational pull) when bouncing on a rebounder. When the body is suspended in the air, during the brief weightless period, the valves are closed. As you move downwards, the valves are opened and lymph fluid is shunted through. Toxins, dead cells, diseased cells, fatigue substances, trapped protein, fatty globules, pathogenic bacteria, nitrogenous wastes, infectious viruses, heavy metals, foreign substances, and other assorted junk are cast off from the cells and removed from the body, which improves the endocrine system and corrects hormone imbalances (25,26).

Ten minutes of jumping on the rebounder effectively flush the body's lymphatic system, a vital part of the immune system. Unfortunately, this discovery is so simple that many discard it as being too 'simple' or easy to be of any value. Rebounding has been proven to increase lung capacity and improves balance by increasing responsiveness to the vestibular apparatus within the inner ear by your brain. It also helps improve insulin sensitivity, heart health, and body composition while decreasing blood pressure and fat. These benefits prevent you from increasing belly fat, which can boost your risk of type 2 diabetes, cardiovascular disease, and premature death (27).

Research at NASA found rebounding to be 68% more efficient than running on a treadmill (28). Dr. Morton Walker, in his book 'Jumping for Health,'(29) claims that rebounding for just

2 minutes offers the equivalent physiological benefits of 6 minutes of running, 10 minutes of swimming, and 22 minutes of walking.

Starting with 2 minutes of rebounding per day and working up to 10 minutes a day will ensure a complete flushing of the entire lymphatic system. As a result, the white blood cell count will nearly triple, providing a greater defense system, stimulating red bone marrow action, and supporting tissue repair.

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