



MURRAY'S HEALTH & WELLNESS
Achieving Optimum Well-Being At Any Age...

Detoxification/ Cleanse

There are so many theories and opinions about cleansing being or not being beneficial to our health. Personally, I believe on helping our liver and kidney do their function more efficiently. Think about it... If you are eating 90-100% preservatives free, non alcohol, non artificial color or sweetener, hormone free, then a cleansing may not be necessary.

Regular (every 3-4 months) body cleanse clear your mind and body and reset your metabolism. You may be able to get off some medications or maybe needing lower dosage of some medications. You may be able to loose those extra pounds or transitioning to a healthier lifestyle. Whatever is the reason for you to feel and look better a detox or cleansing diet is well recommended.

Ready for your journey... It will be worthy Your body will be thankful...

You do Not need to use a juicer, a blender will work well. If The mix is to thick you may add some water to it. The juices will last refrigerated for 3 days. If not ready to use freeze them. Once ready to drink thaw them in the refrigerator (1-2 days). You can also thaw them at room temperature for 3-5 hours but drink or refrigerate before ice is melted.

The juices must always be refrigerated, separation is normal. Shake often, Drink very cold.

Instructions:

Drink 6 juices throughout the day in the order recommended. Do this for 3 days at least. From #1green blend, #2orange blend , #3 green blend, #4 red blend, #5 green blend#6 light green blend. Drink plenty of water. Eat raw fruit and or vegetables if hungry. Strenuous exercise not recommended. 15-20 minutes walk daily will be good.

If you don't like one of the juices suggested..

For the green and light green you can dilute them with apple or pineapple juice.

For the orange and red you can try squeezing half a lemon for each 16 ounces.

Juice recipes:

equal amount of each ingredient start with 2 cups of each ingredients per blend add water only if needed to ease blending ingredients. Each juice portion you will be drinking each time should be 16 ounces each.

Portions recommended for preparation: prepare as follow:

* green juice 3 bottles of 16 ounces for 3 days total of 9 bottles of 16 ounces=144 ounces

* orange juice 1 bottle of 16 ounces a day for 3 days total of 48 ounces

* red juice 1bottle of 16 ounces each day for 3 days total of 48 ounces

* light green juice 1 bottle of 16 ounces each day for 3 days total of 48 ounces.

The green: raw kale juice, raw spinach juice, raw collard juice, raw Apple juice, raw lemon juice.

The orange: raw carrot juice, raw orange juice, raw ginger juice

The red: raw Apple juice, raw carrot juice, raw beet juice, raw lemon juice

The light green: raw pineapple juice, raw cucumber juice, raw aloe juice (you may buy the aloe juice bottled non preservatives)

For best results:

Prepare for the cleanse: one to two days prior to start:

Drink 4- 8 glasses of water a day

Avoid alcohol, dairy, meat processed or fried food

Eat plenty of raw, fruits, vegetables, salads, non- creamy soups

Get 8-9 hours of sleep per night

Avoid strenuous workouts opt for a walk or yoga.

Coffee or tea?

If you are a regular coffee or tea drinker, recommend drinking it black without sugar, sugar substitutes, or creamer. If planning on giving up caffeine completely, try start 75% regular 25% decaf, increasing decaf by 25 % each week until you are fully decaffeinated.

Tea drinker, try black tea, green tea, lemon tea, ginger tea great antioxidants, metabolism booster and fat burning properties.

After the cleanse...

Eat light for at least 1-2 days after you cleanse

Try a fat burning, metabolism booster supplement (we have some recommendations like Irvignia, Acai, blueberry and goji combination available upon request)

Drink at least one green juice per day

Do juice cleanse once a month (3, 5 or 7 days)

Always try to avoid Dairy and wheat containing foods.

Eat your fiber or add fiber supplements to your diet (min 20-25 grams daily)

Drink water (may be infused with slices of fresh fruit for flavor) ½ of your weight in ounces

If you still need to loose a few more pounds to reach your health goals and look and feel better ask for our weight loss plan for long lasting results.

You will be very satisfied and very happy you did it.

Welcome the new you!

E.E. Murray M.D.



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