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Healthy LIVING: 5-Day Green Juice Re-start

The Healthy LIVING: 5-Day Green Juice Re-start is here to help you re-boot and re-gain control over the healthy living lifestyle you want to live through loving, inspiring, and valuing your body.

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HEALTHY LIVING: 5-DAY GREEN JUICE RE-START

OVERVIEW

LIVING a healthy lifestyle is one of the most exciting and rewarding gifts you can bring into your life. The Healthy LIVING: 5-Day Green Juice Re-start can get you started on that path. Incorporating green juices into your diet can have amazing benefits of healing and realigning your body to its optimal health. Throughout your Healthy LIVING: 5-Day Green Juice Re-start, you will be provided five green juice recipes, grocery shopping list, and a 7-Day Journal to document the experience.

BENEFITS OF GREEN JUICING

Option 1: Meal Replacement

95% of the vitamins and enzymes our bodies need is found in the juice of raw fruits and vegetables. When drinking juice, highly concentrated vitamins, minerals and enzymes rapidly enter the bloodstream absorbing all of the nutritional benefits of the fruits and vegetables and giving your digestive organs a much-needed rest. There is lots of research that shows the healing properties of juicing. Not only will juicing facilitate weight loss, increased energy levels, strengthened immunity, strong bones and a glowing complexion, it may also reduce chances of heart disease, cancer and strokes – the three of the leading causes of death.

Option 2: All Day Detox Cleanse

All the benefits of the above plus:

- Lots of energy
- Mind clarity
- Highly productive
- Intensely focused on work
- Peaceful and relaxed
- Mind is more quiet because you're not thinking about your next meal all day. This is a great opportunity to start a meditation practice.

HOW JOURNALING CAN HELP

We have provided you with a 7-Day Journal to document the experience. Journaling is a great way for you to express your reasons for wanting to experience the 5-Day Green Juice Re-start and give an account of your daily thoughts and feelings that arise due to incorporating the green juices in either Option 1 or Option 2. While you are only juicing for five days, we suggest you use day 1 of the journal to express your reasons for getting started and express how your body is feeling in its current state prior to juicing. On the seventh day of your journal we suggest that you document where you want to go next in your Healthy LIVING journey and express how your body feels after Option 1 or Option 2 of the 5-Day Green Juice Re-start.

GET STARTED

We provide you with green juices recipes made mostly with leafy greens, as they are much lower in sugar than fruit-based options. We recommend using a juicer versus a blender. We also recommend eating a mostly fresh fruit and vegetable diet the week before and after to transition into and out of your juicing experience.

Option 1: Meal Replacement

Using the grocery shopping list below, you will purchase the quantities to make your daily green juices. This will provide you with about 16 oz. of green juice per recipe.

Option 2: All Day Detox Cleanse

Modify the grocery shopping list by double as you will be doubling the amount of vegetable and fruit in the daily recipes listed below. This will provide you with about 32 oz. of green juice per recipe.

GROCERY SHOPPING LIST/GREEN JUICE RECIPES

Vegetable/Fruit	Day 1	Day 2	Day 3	Day 4	Day 5
3 Cucumber	1 whole	1/2	1 whole	1/2	N/A
4 Bushels of Kale	6 leaves	3 leaves	5 leaves	3 leaves	2 leaves
1 Bunch of Cilantro	N/A	1 handful	N/A	N/A	10 springs
3 Limes	1 peeled	1/2 peeled	1/2 peeled	1/2 peeled	1/2 peeled
2 Heads of Romaine Lettuce	N/A	1 whole	N/A	N/A	1/2
10 Green Apples	2 wholes	2 wholes	2 wholes	2 wholes	2 wholes
1 Celery	2 stalks	N/A	3 stalks	3 stalks	N/A
1 Small Ginger Root	A piece the size of your finger tip	N/A	A piece the size of your finger tip	N/A	N/A
2 Bunches of Spinach	1 handful	N/A	N/A	5 handfuls	1 handful
1 Bunch of Parsley	10 springs	N/A	N/A	N/A	N/A

All recipes are from www.greenjuiceday.com, 30 Green Juice Recipes by Mariam Turay.

WHAT NEXT

Let us know how your Healthy LIVING: 5-Day Green Juice Re-start went! Contact us at info@livyou.org.

OTHER GUIDES

Email us at info@livyou.org, to get other guides you may like:

Healthy LIVING: Yoga for Beginner's Guide

Healthy LIVING: Meditation for Beginner's Guide

ABOUT LIV YOU NONPROFIT

Purpose

LIV You is a newly formed nonprofit. Founded on the belief that healthy living can be achieved through alternative healthcare such as mind and body practices, food, natural products, and other complimentary healthy approaches, **our mission is to create an environment of healthy living universally.** With a goal to encourage everyone to LIV - love, inspire and value one's self and others. And a vision to have people practice yoga for wellbeing.

The Need

According to the American Medical Association, a recent government study estimates that over 89 million American adults have limited health literacy skills - the ability to obtain, process and understand basic health information and services needed to make appropriate health decisions and follow instructions for treatment. These studies also show that people from all ages, races, income, and education levels are affected by this problem. Individuals with limited health literacy incur medical expenses that are up to four times greater than patients with adequate literacy skills.

Our Work

LIV You provides healthy living education to support your internal, external, and extended body environments. We focus on providing you with yoga, food, and conscious living content, classes, and courses that naturally cultivates wellness when incorporated into your daily routine. LIV You connects you with resources that encourage the importance of creating a healthy environment as it relates to the 8 limbs of your well-being:

1. Mind, Body & Spirit
2. Adventure
3. Home Space
4. Family/Friends
5. Romantic space
6. Work space
7. Self-Expression
8. Giving

Distribution Partners

We provide Healthy LIVING Literacy on our:

- Website (www.livyou.org)
- Facebook (www.facebook.com/loveinspirevalue)
- YouTube (www.youtube.com/user/livbyciarawimby)
- Email (info@livyou.org)

Support

Our mission is to create an environment of healthy living universally. If you like what we are doing and you believe that you or another can benefit from our work, we ask that you support us so we can continue to be of service. Because when you give of your time, talent, and treasure, you are giving from a place of love.