

The Art of Juice Fasting:
A Proven System for Improving Your Health
And Extending Your Life-span

By: Michael Snyder and John Rose

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This is an interview with wellness consultant and fasting coach John Rose conducted on March 23, 2005.

Mike: We can get started now. Thank you all for joining us and I'm very excited tonight. We're bringing you a very special guest. An amazing man, he's been a great influence in my life and he's been very influential in teaching me all about fasting and healthy living. Tonight we have, Keith is recording our seminar and his website is www.saveyourseminars.com. He's doing a great job. Thank you, Keith.

Keith: Thank you.

Mike: Thank you, John. You're very generous with your time. I guess we can start out with, would you like say a little bit about your area of expertise and what you do as a wellness consultant.

John: You bet. I specialize in weight loss and, more specifically, juice fasting. In all of my research I've discovered that the cause to almost every one of our problems has weight. We've got junk inside of us that really creates a lot of havoc. That's the main thing I do, but as a wellness consultant, obviously, I just don't look at nutrition, I look at all the factors that determine how healthy we'll be and how sick we'll be. So I pretty much am open minded to all of my research. There's hardly anything I won't consider looking into to find out if there's anything to it.

Basically, I teach a very simple philosophy of just cleansing and rebuilding the body. Of course, not everybody is ready to do something as aggressive as a juice fast, but it is the fastest and easiest way to take care of all four things that we need to do to be healthy. And that is to cleanse, to rebuild, to re-hydrate, and to alkalize. Again, a lot of people are quite overwhelmed by that whole process. They think it's going to be difficult. They think they're going to be hungry. They think they're not going to have any energy, but yet those are the three comments I get from everyone I coach. They can't believe it's easy. They can't believe they have all this energy and they can't believe they're not hungry, which is kind of funny in a way because to do a juice fast correctly you've got to drink about a gallon of juice a day, which is close to 16 pounds of food. So, you get more nutrition when you're fasting probably than any other time.

Mike: Since you're an expert in fasting, how many fasts have you done?

John: All together I've done 125 fasts. Now one year I fasted one day a week to see what that was like. So there are 52 one-day fasts, but my longest was 90 days. I've gone 60 days. I've done a 43-day

fast, five for thirty and then my first five years of trying to be 100% raw, I wasn't always that successful and I always found after I fasted that if I stuck to 100% raw food diet I didn't gain any weight. As soon as I ate anything cooked, and it didn't matter if it was bean squash, or broccoli, or potatoes, or whatever I gained weight. It plugged up my colon again and that's why I had to fast so many different times. Currently, I've done all that research a long time ago. So, now I fast maybe one time a year for like 30 days just to remind myself how exciting it is. Especially when you get up to day 19 or so, it's hard to describe how euphoric the feeling is.

Mike: That's amazing stuff. I think if people who are eating a completely healthy diet, a perfect diet, than they wouldn't need to fast but I think that it's the unnatural foods that are the cause of the need for fasting. Why should people be fasting?

John: You bet. That's the main cause, of course, nowadays since we've been eating unnatural foods for so long and since we're polluted ourselves, we're not very bright, and we pollute our environment. Even if we're eating ideally, it's not a bad idea to fast to help rid the body of toxins that we get from other sources besides our food. Our air and our water is not really all that great and there's so many other factors, electro magnetic radiation, and on and on and on. So in this toxic world we live in now, it's not a bad idea to periodically fast especially at the times of the seasonal changes, in the spring and in the fall.

Mike: What's your current diet? How long have you been eating this way?

John: Well, it took me five years to get to 100%, but I've been at 100% right at ten years now. I am raw vegan. I consume no animal products whatsoever. I don't cook any food. I eat a lot of tropical fruits. Today I had a durian for dinner; on top of that I had a salad. My typical dinner is about 3 pounds of fruit and about a 3-pound salad. I usually only eat two meals a day. I'm very active still. Today, I walked about 8 miles and played tennis for two hours and I'll be turning 51 my next birthday and I don't feel like I'm slowing down one bit. This diet is so exciting, what can you say about it? Wow.

Mike: That's great. It's truly a high-energy diet.

John: Exactly; very-high energy. In fact, that's how I got involved in this many years ago when I was playing competitive tennis. I became a vegetarian for athletic reasons and that's the first thing I

noticed. My endurance level skyrocketed and that's what got me excited. I wanted to know more. Since then I've been like a sponge and I can't read enough about the subject matter.

Mike: I've done couple of fasts in the last couple of years but, when I tell people that aren't familiar with fasting, they're shocked and concerned and a little scared for me. They're like, why are you going to starve yourself?

John: Yeah.

Mike: I tell them there's a huge difference between fasting and starvation, can you talk a little bit about that difference?

John: You bet. In fact, the body is not stupid in any way. It knows how to rob Peter to pay Paul, so to speak. It knows that when you stop eating after several days it goes into a self-digestive mode and it goes after the bad stuff before it goes after anything else. We've got reserves of fat that it can use, but obviously we're not giving the body everything it needs.

So it does need to, like I said, rob Peter to pay Paul. You're not using your pancreas much at this time, so it breaks part of it down to make sure that you have all of your heart and your liver and your lungs and your brain in tact. In fact it's interesting if you've ever read any of Herbert Shelton's books, which I've read all of his books on fasting and he states that even when animals die of starvation, they still have all those main organs in tact. What you end up dying of starvation is you basically just freeze to death. You just run out of fuel to keep your body warm. And, of course, when you go on a water fast, if you water fast, your hunger will disappear after about three days, which goes to show it wasn't true hunger to begin with. It was just a withdrawal symptom. And then when your hunger returns that's a sign that you're ready to eat and if you don't eat at that time then you'll go into starvation mode.

Now a juice fast, many people will argue that it's not a true fast, and perhaps it may be a misnomer, but the one thing about our language is it's quite flexible and it adapts to the changing times. Perhaps it might be best to call it a juice diet, but yet everyone you ever talk to that you say juice fast, they know what you're talking about. And, indeed, the two are two different things, as you well know Mike. During a water fast you turn your body into an eating machine. A juice fast is more of a cleansing machine, so it's not quite the same thing.

Mike: I've had many questions from people asking that maybe their diabetic, or they have an eating disorder, or they're too skinny. So they just want to know if it's safe for them to fast. Is it safe for everyone?

John: I missed the very first part. Did you say anorexic?

Mike: Diabetic.

John: Diabetic. Okay. That's what I thought you might have said. Actually with a juice fast, I've worked with a lot of diabetics and they just have to be more selective at what they juice. They've got to stick with juices that won't raise their blood sugar and most vegetables will not. A lot of my students that are diabetic can actually handle carrot juice. The master cleanser uses maple syrup they can't handle, but I find that the agave nectar works great. Ever since I've been using the agave nectar, all of my students were able to pretty much not even need their medication from day one and use the nectar with lemon juice and cayenne pepper and water.

Whether or not it's unsafe for anybody, I don't think so. No. Perhaps for a few people who may have some very severe psychological issues about eating, this might complicate the issues, but I don't think it does because in order for them to think clearly, the blood needs to be pure and if their colon is full of garbage then they're not going to be thinking very well either. So, no, I don't think anyone would be contraindicated to doing a juice fast.

Mike: So for a first timer, should they start out with a water fast, or a juice fast?

John: Oh, a juice fast by all means. You know water fasting, you've got to, even though I would bet that probably 99 out of 100 people could probably water fast for several weeks, three or four weeks, if not longer safely. It's still something that you need to be supervised with because even if one out of a hundred people die of a heart attack because they run out of potassium, I don't know about you, but I wouldn't want to be that one out of a hundred. So if you did a water fast, I think that most people could fast safely but I think the real issue here is being practical. Most people just can't take a vacation from life and say okay I'm just going to do nothing but drink water and lay in bed and not worry about working, or taking care of my family. With a juice fast you can maintain a normal life and actually have a better quality of life. Your energy will skyrocket during this time. You can, now when I did my longest fast of 90 days, I couldn't put in my normal seven

hour, eight hour exercise routine that I was doing while I was playing competitive tennis, but I could still put in a four hour day. I just couldn't juice 5,000 calories but I was still active and that's the great benefit about the juice fast is you're still able to go to work, take care of your family, take care of your financial responsibilities. So, I would strongly recommend the juice fast as the best way to start. You bet.

Mike: Well, how about if someone is going to work and they don't have a juicer at work, should they just juice for the whole day at the beginning in the morning, or do you recommend substituting with the Master Cleanse?

John: I knew you'd be asking some good questions. That's a good one, Mike. Yeah, you bet. Most people can't be tied down to a machine and most machines don't make a good enough quality juice to take, to make up ahead of time and take it with you. So, most of my students do have to work, or go to school and that's where they use the Master Cleanser, that lemonade fast. They can make it up ahead of time and take it with them, and then while they're around their machine, or as often as possible, and before they go to work, even if they can come home at lunch and juice and especially when they come home at night. Put as much good quality fruit and vegetable juices in them and then use the master cleanser while they're away from the machine. Great question.

Mike: Yeah. So that's a great combination of the Master Cleanse and the juice fast, but would it be okay to combine water fasting with juice fasting?

John: No, not at all because they're two different things. Even Shelton mentions in his books that you don't even want to drink lemon juice while you're on a water fast because that's going to take away that self-digesting mode. The body realizes it's getting nutrition now and it stops having to self cannibalize itself. So, it's very important that when you're on a water fast that you consume no calories at all, no nutrients at all. And on a juice fast it's important to consume a minimum amount of calories to prevent what's known as gluconeogenesis.

In fact this is what got me into this sixteen years ago when I was writing a book on weight loss, I came up with a very complicated mathematical procedure to monitor my caloric activity so I could keep track of my very small carbohydrate fuel tank. In fact, I've played tournaments and sometimes I'd play two matches in a day because it was very important for me to make sure I had plenty of

energy and not lose any of that precious muscle I worked hard to get so I could keep running around that tennis court.

So it's very important when you're fasting to give your body everything it needs especially the carbohydrates so that you keep your carbohydrate fuel tank filled up which is a very small fuel tank and we can empty it in one day if we're not careful. The average woman needs about 12 hundred calories a day. The average man needs 15 hundred, maybe 18 hundred. Of course if you're more active, or if you're above average in size in muscle at least, you'll need more calories.

Mike: I'd just like to clarify that where we're talking about fresh raw juices, not the pasteurized and bottled juices that you can find in the store.

John: Exactly.

Mike: Don't fast on Odwalla juices, because that wouldn't be too safe. What types of liquids would you consume? We have fruits and vegetable juices, leafy greens, and young coconut water.

John: Yeah. You just took the words right out of my mouth. Yeah, coconut water would be great. You can drink any kind of teas. I'd stay away from the black teas, anything with caffeine in it, so chamomile tea, peppermint tea, those kinds of things. As long as that doesn't interfere with getting everything else you need. A lot of people that I work with are not used to drinking water at all and to get them to drink a gallon of juices is like pulling teeth out them. So, if you don't have any problems drinking the minimum amount of calories you need, which is close to a gallon of juice a day, then you can drink as much water as you want, as much herbal tea as you want. Of course, the young coconut water has almost a hundred calories per pint so you can use that also. As you can see if you were drinking nothing but coconut water, for women, they'd need 12 pints of that day.

So that's why it's important that we get a good wide variety of juices in our diet everyday. Some juices are pretty high in calories and some are pretty low, like celery is really low and cucumber is really low. On the high end we've got your berries and your green veggies like parsley and spinach, but if you get a good variety, you'll probably have no problem at all of getting those minimum amount of calories.

Mike: So, I guess one of the main reasons for doing a cleanse is just to detoxify and clean out your body. The pictures on your website, a

lot of people have questions about that. It's a real controversial subject. Some people say there's no such thing as mucoid plaque. Other people are saying yes, there is, you've got to get it out. Is mucoid plaque a myth or reality?

John: I'll be honest with you; I don't like that mucoid plaque. In fact, I sat down one day and I came up with 116 different names to call it besides mucoid plaque because there is so much controversy over it. I can tell you one thing for sure, I don't care what you call it, or where it's at, I know it's there. When I did this, I was in extremely great shape physically. Exercising 7, or 8 hours a day, anyone would be; 50 hours every week. That got my body fat percentage down to 5.8%. I only had about nine pounds of total fat on me and I always wondered why I didn't have this little bitty skinny waist like you see on little 15-year-old kids. It still was a 31-inch waist, which wasn't too bad. It didn't look too bad having a 41-inch chest. It was a good contrast but still it just didn't seem right. When I did my 90 day juice fast, I saw my colon shrink right before my eyes. You've got to keep in mind that I got into this because I perfected this very complicated mathematical procedure.

I was spending four hours everyday matching all of my exercise to all of my calories and I spent a lot of time keeping track of calories in and calories out. It wasn't until day ten of my first juice fast that I realized I was documenting the wrong information. On day ten of my first juice fast, I lost five pounds in those first ten days and I only had nine pounds of fat, and that's when the light bulb went off. I'm thinking to myself I'm having stuff coming out of my everyday. I've lost five pounds. I wonder if I pooped those found pounds out of me. So on day eleven guess what I started doing? I started documenting what came out of me because I wanted to know.

So, when I did my 90 day fast, I actually weighed everything that came out of me and I had 45 pounds come out of me and I lost 20 pounds on the scale. I had a good chance to look at it. It just didn't go in the toilet and disappear. If I couldn't tell what it was, I'd get out the rubber gloves and put it in a bigger bowl and I'd look at it. And I know this stuff wasn't fiber that turned into it and I know it wasn't psyllium bentonite. We hear that excuse all the time: "Well, it isn't mucoid plaque, that's psyllium and bentonite that's turned into mucoid plaque."

Well the first six long fasts I did, I never used psyllium or bentonite and that's when I saw all of that stuff come out of me. And then when I finally tried the psyllium and bentonite I never saw anything come out of me like that. So, I don't care what you

call it, I know it's there. I've coached thousands of people and if they go long enough everyone sees it. It reminded me of a long time ago, I was coaching this woman and she must have been on day 53 or something like that. She kept swearing to me, "John I don't see it, I don't see it", and I said "well I know this is kind of a disgusting suggestion, but try to trap some of that. Try to catch it and take a better look at it". She called me back in about ten minutes and was all excited saying "You're right. You're right. I just couldn't tell because it was in the toilet and it was all murky and I could never see it, but you're right. It looks exactly like those pictures."

Mike: That is amazing.

John: It really is.

Mike: I noticed that one of the hardest aspects of fasting that I'd like to address next, is that fasting is actually easy, but the hard part is breaking the fast. I think there's a quote by Herbert Shelton that I love. It says something like "Any fool can fast, but it takes a wise person to break the fast."

John: Yeah. I love that one too, and I can't believe how true it is.

Mike: Yeah.

John: I'm amazed at how many people I coach and I call them up the day they're breaking their fast and I ask them what they did and I'll take a double take and I'll say "WHAT? You did what? I mean, how many times did we talk about this and you did what?" It's just amazing, yeah. When you don't eat for so long your brain goes back into your taste buds. Yeah, you're right. It's so important.

I've found if you break the fast the right way, it's like taking a giant step forward, but if you do it wrong way, you take a giant step backwards. The last thing we want to do is erase a week's worth of juicing because it takes a lot of work to make these juices. So you bet. Breaking the fast is the most important part of the program and what I find that works the best for me, I follow the advice of Professor Arnold Ehret because when I started fasting I looked into Shelton and I studied everyone else. They said, boy when you break that fast you don't want to eat too much. You don't want to overwhelm the system.

Then Ehret comes along and he says all those experts are wrong. When you break the fast, you want to give your colon something to work with. You've got to eat a lot of food, but just make sure it's laxative in nature. I've tried that out. I've been using myself as a

guinea pig to try these things out and sure enough he's right. If you take about a half a pound of prunes and soak them in a pint of water and drink that prune water and eat those prunes. If you're clean, you'll start seeing everything come out of you in about an hour, and if you're real, real clean, it'll all come out of you in about two or three hours, and if you're not clean, it won't come out for maybe eight hours.

In fact, I've done this many times and I've ended up saying this is my prune test. If I realized I wasn't clean enough, I'd need to get back on that horse and go a few more days. So, breaking the fast is very important. Basically, a rule of thumb is for every four days you fast, you'll take one day to break it and that's probably true up to about a month. Once you get up to six days of breaking the fast, you don't need to take too much longer to break the fast.

What I do is I introduce three main food groups in this time period. I'll give you a couple of examples to illustrate how this works. Let's say you go 24 days on nothing but juices, or juices and lemonade, and on day 25 you decide to break the fast. Well, since we went 24 days, divide that by four, we get six days to break it and since we're going to introduce three food groups within that six-day period, every two days we're going to introduce another food group. The first food group we introduce are laxative foods like prunes that you soak overnight. I find that they work so good that it just doesn't even pay to try anything else out. So what you do on day 25, you start your day. You consume the prunes. Now, for me I do eight ounces of prunes in 16 ounces of water. For most of my students who are women, they can only tolerate maybe four ounces of prunes, and this is before you soak them in water.

Four ounces of prunes will swell up to maybe six ounces afterwards, but you want to eat as much as you can. Someone can maybe eat six ounces. I even find some men have a hard time eating four ounces of prunes, but that's what you do for day one and then the key is you've got to go back to your juices to make sure you get all of your calories. This is what makes it so hard because once you start eating you sort of wake up a giant that's inside of you that wants to eat and eat and eat, but you can't go back to the three squares and two snacks a day.

You've got to respect your body's limitations. So that's what you do the first day of breaking a fast. The next day it's not so important that you use the prunes again. Maybe you can use something else that's relatively laxative like cherries or figs or something. Then once again you go back to all your juices. Now the next two days you get to introduce one more meal, which

would be juicy fruits and since it's not that important to stick with laxative fruits, I basically have my students do two meals of juicy fruits.

So you might have some mangoes for breakfast and some watermelon for lunch, or whatever. You know, two meals a day spread out anyway you want as long as you leave at least four hours in between. Then you go back to all those juices to make sure you're getting those 12 hundred, and 15 hundred calories, respectively.

Then finally the last two days, we get to introduce that last meal, or food group, into the breaking period and that meal would be a salad. Keep the salad simple. Usually three green leafy vegetables, no more than. No fats at this time. Keep the salad simple and then once you've finished the breaking period, hopefully, you can go to what I call the ideal diet for building or maintaining, which is basically 100% raw foods.

Now to give you one more example to help illustrate how this works. Let's say you go on a short fast of only four days. You divide that four days by four days and you get one day to break it. So it's really a five day fast. On that fifth day, we're going to introduce three meals, laxative fruits, juicy fruits and a salad. So there is your breakfast, lunch, and dinner. These aren't etched in stone. You can pretty much play with it as you feel you need to. Just respect your body's limitations. A lot of people seem to want to eat a salad the first thing, but that's not the best way to break a fast. You want something that will jumpstart your colon because many times when you're fasting you need to take something to make sure you have a bowel movement, like herbs or something. If you were doing that, you'd want to get off the herbs. You want to make sure the body can take over on its own and you can get back to working on its own normally.

Mike: Speaking of the peristaltic action during the fast, there's no food going in to simulate this action and you're not going to have a bowel movement. So what do you think can be done about this? Do you recommend herbs? What specific herbs, or enemas, colonics?

John: I'm always real flexible in this area and I pretty much let my students do what they want. In fact, that's my whole approach about all of this, especially from a liability viewpoint. I'm only a teacher. I never tell any of students what to do. I give you the knowledge to make an informed decision. So when it comes to getting the bowels to move I give them their options.

Some people have aversions to herbs, some have aversion to enemas, and some don't like to do anything. I say fine, as long as your bowels are moving everyday, you don't really need to, but the concept here, the philosophy here obviously is if we can go four or five times a day, instead of one or two times, we might see twice the results in the same amount of time. My preference is to use herbs. I think that's just the easiest way, the most convenient way. There are a ton of herbal formulas out there and in every herbal formula you'll see they may have a dozen ingredients in there, but they all have basically, cascara sagrada bark, and/or senna in there, and cascara sagrada is pretty mild. That's an herb you can take pretty much everyday and take it throughout the day like you'd be eating. You made a great point when you asked the question that normally the consumption of food is what stimulates the peristaltic wave. I always get a kick out of, when I first work with people and they'll say to me, you know when I start talking about taking the herbs, they'll say well I already have bowel movements with no problem, and I've got to remind them yeah, that's because you're eating. Now that you're not eating, you're not going to have that stimulation. So you need to do something along those lines. So yeah, cascara sagrada works great for me and I always tell all my students when you take an herb you've never taken before, always take one to see how you react to it.

I've coached a lot of people and haven't had anyone that's had a problem with it yet, but you never know, you might be that one in a million that might be allergic to it. So, see how one affects you. People who are really, really constipated and don't have much activity at all. The colon is really stretched. This can cause some cramping, or gripping, and you can add some ginger root to that to solve that problem and once you get a feel for what's working, you adjust your dosage as you go. If you're going frequently without having diarrhea you don't have to do anything, but if things slow down, and you're not going very often, you can increase the dosage, or the frequency of the dose.

If you take too much, you'll have diarrhea and you'll know you have to back off of that. Most of my students almost don't need anything in the first day or two. They pretty much have almost diarrhea the first several days without anything at all and then that starts to slow down and thicken up and that's when they introduce the cascara sagrada and then they end up usually taking it three times a day. Then they double the dose, or triple the dose as they need to and they can even do it every three hours five times a day. When I do this, I've done it so many times, I know what's best for me and I take three every three hours. I'm taking 15 to 18 of those every day.

There is a rule of thumb when it come to using herbs however, six days on and one day off. Six weeks on, one week off and this is not to build up a tolerance. However, I like to forego that rule of thumb in the first week with most of my students because it's so important that they stay motivated and they get to the "second layer", if that's an appropriate description of it. The old, old stuff that's in there that when it comes out, you can tell it's a little different. For me it's always around day ten, or day eleven.

So I like to see them get to that level as soon as they can so they stay motivated. That's one way. The senna is a little bit stronger than cascara sagrada. I don't like to use it for that reason, but if cascara sagrada doesn't work, they can try the senna, or a combination. I've had some of them use the combination and that's what Dr. Richard Schulze uses in his herbal formula, the combination of cascara sagrada and senna. The tea, Smooth Move, uses senna in it. There used to be an old product on the market, I haven't seen it in ages. It may be still out; it's called Inner Clean. This is a product that was associated with Professor Arnold Ehret. It has senna in there. Let me see, colonics, enemas. The salt purge, I'm not a big fan of that. Stanley Boroughs uses it in the master cleanser. I remember when I first tried that a decade ago, I tried it and of course the instructions say if it doesn't work the first time, adjust the salt, either add more or less. And I tried it a second time and it didn't work again and I was a little peeved that I had that funky salt water in me. So I quit using it, but I've had a lot of students that do use it and they swear by it.

If they like it, that's my approach once again, whatever they like and whatever works for them, they can use it. I tried doing it again about three years ago, and because I document everything I do when I'm fasting, the one thing I noticed while doing this, I noticed sure enough it worked. It got things moving and within a couple of minutes after I got some gunk out, I got the water out and I documented it and only nine ounces came out, but I put 32 ounces in. So I thought to myself, where did those other 23 ounces go? I'm not sure if I want to do this again. So I'm not a big fan of the salt purge.

Then colonics, I'm not a big fan in all honesty of enemas and colonics, although some of my students really do benefit when things just don't seem to be working. Sometimes they need a little bit of extra something to help move things along. There is an occasion when you might need to do an enema. People do have what they call a rectal plug. I'll never forget reading Herbert Shelton and he denied it and said they don't exist. Well, poppycock, they do too exist. During the 738 days that I fasted it

happened to me three times. What happens is you get one of those big old pieces of mucoid plaque, or whatever you want to call it, coming out of you and sometimes it can kind of ball up into a ball like aluminum foil and it creates a plug. There were three occasions when I wasn't going and I knew something was wrong. So I did an enema. I put a little bit of water in there, and sure enough this big old blob came out that was plugging me up. Would it have come out if I had not done anything? Probably, but why risk the chance of reabsorbing those toxins?

So one of the best ways to avoid a cleansing reaction is make sure the bowels move frequently. The psyllium is something we can also add. A bulking agent that absorbs ten to fifteen times its own weight, but it doesn't really initiate a bowel movement as much as it does just provide some bulk. Then, of course, we can add the bentonite clay to the psyllium and really speed the process up if we want to go in that direction, but we're kind of getting a little off the subject as far as what creates a bowel movement, but it's sort of along the same lines.

Mike: By keeping the colon clean and having bowel movements, will it help to minimize the healing crisis?

John: I didn't hear the first part of that question.

Mike: Will keeping ourselves clean help minimize the healing crisis?

John: Exactly. That's one of the best ways to avoid the healing crisis or the cleansing reactions. That would be the flu-like symptoms we get such as the headache, the fever, the nausea, the vomiting, the diarrhea, the coughing, the sneezing, the aches and pains all over the body, those kind of things. I always tell my students, if that happens don't be alarmed. That just happens sometimes and basically what's happening is the organs of elimination just can't deal with the amount of toxins being released.

When you do what it takes to clean out the colon, when you give your body all those juices; every cell in your body is going to start emptying out waste matter. Now we've got to make sure those organs of elimination are up to the task. That's why we make sure the bowels move frequently. When I'm coaching someone and their bowels are moving frequently, and they're getting plenty of juices so I know they're getting plenty of calories and then they start having a cleansing reaction, that's when I know their liver is overwhelmed.

That's when I tell them about the coffee enemas and suggest to them they might want to try that. Sure enough they do the coffee enema and boom, everything gets better.

Another thing we can help support is the lymph system. So the best way to avoid a cleansing reaction would be to help the lymph system by doing some skin brushing, some dry brush massaging, and do some deep diaphragm breathing. You know they've actually put a camera in the body and they know that when we use the diaphragm to breathe it actually creates a vacuum in the lymph system to get the lymph system moving. Again, very crucial. We've got to support all the organs of elimination.

Another option if that's not working is then to slow down the rate of cleansing. So one of my seven cleansing programs I have a transition diet that's made up of five food groups and each food group is like a different speed to a cleansing machine. They can go to that program and then they can say, I'm cleansing too quickly, let me try some raw vegetables. That's like slow speed, or perhaps I'll try some cooked vegetables, that's like very slow. And if I eat a baked potato, that stops the cleansing process. In fact, that's probably one of the most important things I've learned, that if we eat anything that does not qualify as either raw food, or steamed starch-free vegetables, it's going to stop the cleansing process and we're not going to see results for the day.

If you're not fasting, it doesn't mean you can't do that. It just means that if you are going to do that, you won't see results for that day and now you're not going to be discouraged and disappointed because you're not getting results. Now you're going to probably understand why you're not getting results and you can make an informed decision. A lot of my students after they take ten steps forward they've got to take a step back just to keep a smile on their face.

Back to actual juicing though the best thing to do is to support organs of elimination and we've all felt sick before. Ride that out. Go ahead and get it over with. Just be doing the deep breathing, the dry brushing, jumping on a trampoline is great. Walking is great. We know exercise stimulates the lymph system and keep those bowels moving and if you have to support the liver by doing some coffee enemas.

Mike: Great. Is it important to have a coach, or a mentor, maybe some support while you're doing the fast?

John: I believe everyone needs support and you brought up a great point moments ago and I always tell my students the same thing. When you start doing this, don't tell anyone what you're doing because they're going to say "You're going to die! Don't do this!" and they don't know. The ignorance is are overwhelming, but the last thing you need is any negativity anywhere. So I always tell my students, wait until they come up to you and say "You're glowing!" and then tell them what you're doing. Yeah, we need support.

That's what great about the message boards and the work that you're doing. We need to be able to go somewhere and talk to someone who knows what this is about. If you don't have a lot of discipline, then yeah, you need to have someone to be accountable to. When I coach people, I basically call them everyday, and I keep track of what they're doing. I keep a detailed file on them and I probably earn my money more as a motivator than anything else because I don't like anyone quitting on me. As you can tell I have a passion for this and I know attitudes are contagious so I try to be contagious.

Then for people who have some really serious health challenges, things come up all the time and they need to have someone they can talk to and say "What's going on? I don't know what to do. I'm scared. Is this normal? What do I do if this happens?" A lot of this after they've done this for a while, it's not that complicated, but in the beginning, it's all brand new and it's overwhelming to the average person. It's not uncommon for most of my students to actually be freaked out the first couple of days and after about three or four days they go "This isn't that complicated." I tell them no it's not, but I also understand that in the beginning it's just all brand new and it's kind of overwhelming. Yeah, not a bad idea to get some support somehow.

Mike: Yeah. It can be a little scary at first and you don't know what to expect.

John: Exactly. At least know someone that's done it before and have to have them reassure you that yeah, what's happening is okay.

Mike: I've found the message board www.rawfoodsupport.com to be a great help. There's a lot of support on there.

John: Yeah. That's my favorite by far.

Mike: I'm going to open up the lines to questions. I just have one more topic I want to address and that is, I listened to your radio show and it's just amazing. You do a great job with that.

John: Thank you.

Mike: I'll send everybody the link to the radio show so you can listen to him.

John: Before I called up here, I saw that and thanks for putting that on there. I've got some incredible feedback, amazing feedback. People were saying, is this show on all the time. Why isn't he on all the time? I've had board members call me up and they said, man you just did a great job and it's something that was really missing on this station. So I'm really hoping that I can get something on there continuously because this message is so important. It just drives me crazy that people are suffering and they just don't have a clue. So, thanks again for putting that link up there. I had a good time let me tell you.

Mike: It was a lot of fun to listen to and yeah; there definitely needs to be more of it, at least once a week.

John: You bet. I was on the Debra Dutton show a bunch of times, it was like an "Oprah" version here in Houston and unfortunately they took her off the air. I think it might have been because she had shows on like me. When I was on one time, they had me on for the whole one hour, and the producers called me the next day and they said, "We've got more calls for that show than any other show we've ever done." I know why. We're literally dying for this knowledge. People just don't know we have this much power to turn things around. So, I'm ready for some questions. I hope we have a lot of questions to talk about.

Mike: Okay. Most of the people calling on your radio show are asking you questions about specific illnesses and diseases, and your answer to every person is pretty much the same: Juice Fast. Can you mention why juice fasting is always answer?

John: Yeah, really. Well, like I said it really addresses all four things that we need to do better than anything else. We've got to cleanse the body. We've got to rebuild the body. We've got to re-hydrate the body. We've got to alkalize the body. Most of us are so toxic it's unbelievable. Most of us are extremely deficient and on the juice fast, again, you're going to be consuming at least 16 pounds of unrefined plant foods. These are the most nutrient dense foods on the planet, so we're going to be rebuilding the body. Many of us are really dehydrated from years of eating a "SAD" diet (Standard American Diet), and of course, we're very acidic.

So the juices address all four of those better than anything else. In fact, I love it when Dr. Richard Schulze said, I read one of his articles on juice fasting, and he said you know I did my first 30 day juice fast, I realized that there was a lot more to juice fasting than every one else had led me to believe there was. Then I did my 60-day juice fast, I finally realized this is the answer to everything. So now when people come to me and say what do I do for heart disease, I say juice fasting. What do I do for lupus? Juice fasting. What do I do for cancer? Juice fasting. It's the answer to everything.

I've coached so many people and I've seen miracles. People paralyzed, walk again. It's just so exciting and I think it's the way to wake up the rest of the planet because so many people are already into juicing. This is an easy step. I am convinced that this is the way. It's the way to turn people on to raw foods because raw foods are an overwhelming message and if they do a juice fast they see the consequences of their choices.

I'll be real honest with you I get a little upset when I hear people say "Well juice fasting isn't water fasting and if you're not going to do it the right way, don't do it at all." Well, water fasting is not practical for nowadays and I don't think they've thought about it long enough to realize how powerful and how profound juice fasting is.

Mike: That is so amazing. So, I'm going to open up the phone lines for questions and you may contact either of us on the message board at www.rawfoodsupport.com, or John Rose's website www.ultimateweightloss.com And you could email me, mike@therawdiet.com with any specific questions. Okay. If you want to ask a question, just mention your name and where you're from and ask the question. Hit star six to mute yourself and come back in again. Okay. Go for it. Are we in, Keith?

Keith: How about now? If you've muted yourself out, press star six. Hello? There we go.

Mike: I hear someone.

Christine: Can you hear me?

John: Yes. Who's this?

Christine: Christine from California.

John: Hi, Christine.

Christine: I have a couple of questions. I don't know if you can answer them all, but.

John: I'll try.

Christine: Would it be appropriate to use the Vita-mix where it includes the fiber in the fruit?

John: That's a great question. You wouldn't be fasting if you do.

Christine: Wouldn't it just slow it down, or would it stop your elimination?

John: Well, it wouldn't be quite the same. Actually it's another one of my programs. It's just not as aggressive as a juice fast in my mind.

Christine: Okay.

John: Because the body still has to expend energy separating the juice from the fiber. Now you could put that in a strainer and strain it out and you'd get some really good quality juice. You could still use the Vita-mix while you're juice fasting.

Christine: Okay.

John: But, again, when you consume blended foods, it's not the same as consuming pulp free foods where the body doesn't expend any energy. Basically, there are three types of foods, consumption, absorption, and elimination. What we want to do is save energy in the first two stages and not have to separate any fiber from any juice. It's still a very aggressive program. You can do a bunch of juices and a bunch of blended soups, smoothies, and you'll do a good job, but it won't be the same as completely pulp free juice.

Christine: Okay. I have the, about the juicer, I have the Jack Lalanne juicer and I notice that it doesn't extract all the liquids. You know, the fiber that comes out, the pulp is very watery.

John: Yes.

Christine: But is that okay?

John: Well, it's not very cost effective obviously and there's no telling what we're missing when we don't get all of it out of there. I always rerun my fiber. Now, I have a Champion and I get about 20% to 25% more juice by running the fiber through a second time. I've had some similar machines where I tried to do that and it wasn't very efficient. So I don't know how the Jack Lalanne

will process the fiber once it's run through once, but it's worth a try.

Christine: I have a Champion also.

John: Okay.

Christine: But I find that to be very fibrous.

John: Yeah. That's why I always strain my juice.

Christine: Oh, you strain it. Okay.

John: Yeah. I always take it one more level and strain it. Now when I'm coaching people with blood sugar problems I tell them they may not want to strain that fiber out. They may want to leave a little bit of fiber in to help slow down any sugar absorption, but otherwise it's best to get it as pulp free as you can. Also that way you won't be confused.

Christine: Oh I don't want to clog all the questions. I have a couple more but I'll let someone else.

Bob: Hi, this is Bob in Tampa.

Mike: Hi, Bob.

Bob: I have two questions and then I'll hit the star six so you can answer.

John: Okay, Bob.

Bob: The first one is how you choose the length. I've done 30 days previously on the juice fasting and I'm just trying to figure out what the right length is and how you choose them.

John: Good question.

Bob: And the second question is about the difference I've seen in how you're breaking it, particularly using the prunes.

John: Yes, sir.

Bob: How do you address the puric acid, supposedly being toxic? Thank you.

John: Okay. As far as how long do you fast, that's a great question. Everyone always asks me that and I always tell them learn from my experience. It took me two years and fasting six different

times before I finally woke up and realized what am I doing? I'm seeing stuff coming out of me on day thirty, so why am I stopping on day 30 when the stuff that's coming out of me looks like the rubber off the tire of my car. So what I did is I said, I'm going for as long as it takes until I stop seeing stuff come out of me.

So to answer your question, I would fast until you stopped having bowel movements. That's what I did. It took me 90 days before I stopped seeing things come out of me. Then at the very end what had happened is that I basically went about two, or three days without anything coming out at all and I was able to do a water enema and the water came out very clean.

Now as far as the prune juice and puric acid, I wouldn't even worry about it. I mean Gosh oh mighty; you only do it that one time. I don't know if that really answers your question. I don't know if I have a good answer for you. I'm not going to lie or make something up. I wouldn't mind looking into that a little bit better. I don't see any kind of problem with that at all.

Mike: Do we have any other questions?

Janet: How much vegetables and how much fruit?

John: How much vegetables and how much fruit?

Janet: Yes.

John: Is that what I heard?

Janet: Yes.

John: And who is this?

Janet: Janet.

John: Janet? Okay. A good rule of thumb would be half vegetables, half fruit, unless you have crohn's disease, or cancer, or diabetes, then you'd want all vegetables. That's just a good rule of thumb, half vegetables and half fruit.

Another good rule of thumb is at least one good green vegetable juice during the day and I say that because most of my students prefer the fruits. They're tastier. They're easier to juice. They're less expensive. So, that's a good rule of thumb and if you absolutely can't stand vegetables, then you might need to supplement fruit juices with some super foods, Vita-mineral Green, hemp protein powder, some spirulina, something along those lines

to make up for the lack of minerals and proteins that you'd be getting. Although a lot of your fruits are pretty high in protein. Watermelon juice is 8% protein. Cantaloupe is 9% protein, but your green leafies, boy they're way up there in the proteins. You're getting tons of good nutrition that way. But a lot depends on also if you're having any cleansing reactions, the minerals are very beneficial. The alkaline minerals in vegetables are very beneficial. So you've got to kind of play that one by ear. If you feel like you're not getting enough alkaline minerals you might just want to up the vegetables.

Janet: Thank you.

John: You bet.

Participant: Should it all be organic produce?

John: Great question. Ideally, of course, you bet. And I like what Dr. Max Gerson said when he was healing people of cancer. He said you can't heal a sick person with sick food. You've got to buy organic and he even said that when food is not organic and it's grown on artificial fertilizer, right off the bat it creates a sodium and potassium imbalance. He says all chronic disease begins with a loss of potassium on an inner cellular level. So that's very important. But I can't find organic watermelons and other organic foods that I want to juice and I just kind of make due. So, if you're really, really sick you can't fool around. You've got to go all-organic. The rest of us we can handle some toxins.

Keith: And that's our two-minute warning.

Mike: That's going to keep beeping. It's going to keep warning us that we're almost out of time.

John: We don't get an extra few minutes? We don't get an extra couple of minutes for the ones we lost?

Keith: No, not quite. I've tried. We have time for one more question.

Reg: Hi, this is Reg from Colorado.

John: Hi, Reg.

Reg: And I'm new to this. I'm wondering what are the best foods to juice in the beginning.

John: Okay. Watermelon, way on my list because it's one of the highest foods in glutathione. It is the highest food in glutathione and that's

an extremely important antioxidant that the liver needs to neutralize and eliminate toxins. So, I would go with the watermelon, the rind and everything, otherwise a lot of leafy greens and carrot juice would work.

Reg: Thank you.

John: You bet.

Mike: Do you juice the watermelon rinds?

John: The watermelon rinds too, you bet.

Reg: Okay.

John: That's where 95% of the nutrients are at in the watermelon rinds.

Reg: Okay.

John: Same with the other melons.

Reg: If you are still taking medication is that a problem.

John: Pardon me?

Reg: If you're still taking medication, I take medication for asthma.

John: Yes.

Reg: And I hope to get off of that.

John: Yes. You will.

Reg: Do you have to wait until you stop taking your medication before you juice fast would you say?

John: It all depends. You know that's an area where I can't come out and say yes, get off of your medication. When I coach people what I do is I tell them tell me what medications you're on. I've got a huge file on drugs and the chances are I already have information on it. If not, I will before the end of the day. And what I do is I go through and I look at all of the side effects, and I weigh and I give them the knowledge that they will weigh yourself what you think you need to do because the medications are... when you're juice fasting and if you don't eat solid foods than it could really cause a lot of discomfort. But with something like asthma you're going to see such immediate results on a juice fast, that you'll be off that medication on no time.

Reg: Thank you.

John: You bet, exciting stuff.

Participant: Can I ask a question?

Keith: Well we're going to get cut off here.

Participant: Oh, darn.

Mike: So we probably should say good night to everyone. So thank you very much John. Thank you Keith.

Participant: Thank you everyone.

Participant: Thanks everyone.

John: You bet.

Keith: Have a great night.

Mike: Good night everyone. Thank you.

John: See you all at www.rawfoodsupport.com.

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Additional notes by Michael Snyder:

- The two herbs, cascara sagrada bark and senna, should not be taken alone because they could cause a condition known as gripping. Gripping is also known as cramps and intestinal distress. They will not cause any gripping when taken as part of an herbal formula. Some popular cleansing herbal formulas are available on the various raw food web sites such as www.TheRawWorld.com, www.CellTech.com, www.RawFood.com, www.AriseandShine.com, www.Dr-Schulze.com, www.Ejuva.com, www.HighVibe.com
- The company "Green Star" makes excellent juicers. The juice will stay fresh in refrigerated air tight containers for 24 hours or longer. In general, the juice made by most other juicing appliances must be consumed within one hour.
- When you are unable to make fresh juice, you may drink the Master Cleanser, also known as the Lemonade Diet. The recipe is found in the book "The Master Cleanser", by Stanley Burroughs. John Rose recommends using raw agave nectar instead of maple syrup. The recipe for one glass is as follows:

Two Tablespoons lemon juice (1/2 lemon)
2 Tablespoons of raw agave nectar

1/10 teaspoon cayenne pepper powder or to taste
12 oz of purified or distilled water (very warm)

Combine ingredients and drink. Use the hottest cayenne pepper powder you can find, which is usually 90,000 heat units. You may make a large batch and drink it throughout the day.

Some authors mentioned:

[Professor Arnold Ehret](#)

[Herbert M. Shelton](#)

[Dr. Max Gerson](#)

[Dr. Richard Schulze](#)

Also recommended:

[The Detox Miracle Sourcebook: Raw Foods and Herbs for Complete Cellular Regeneration](#) by Robert Morse

[How to Keep Slim, Healthy, and Young with Juice Fasting](#) by Paavo Airola

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