

# 2 day juice detox diet

**2 day juice detox diet** has gained significant popularity as a short-term cleansing approach aimed at revitalizing the body by eliminating toxins and promoting overall wellness. This dietary method involves consuming only fresh fruit and vegetable juices for two consecutive days, providing the body with essential nutrients while giving the digestive system a break. The 2 day juice detox diet is often considered an effective way to jumpstart healthier eating habits, enhance hydration, and boost energy levels. This article explores the fundamental principles behind the 2 day juice detox diet, its potential benefits and risks, recommended juices, and practical tips for successful implementation. Understanding these aspects can help individuals make informed decisions about incorporating a juice detox into their wellness routine. Below is a detailed overview of the key components covered in this guide.

- Understanding the 2 Day Juice Detox Diet
- Health Benefits of a 2 Day Juice Detox
- Potential Risks and Considerations
- Recommended Juices for Detoxing
- How to Prepare and Follow the Detox
- Post-Detox Tips and Maintenance

## Understanding the 2 Day Juice Detox Diet

The 2 day juice detox diet is a short-term nutritional plan that involves consuming only freshly prepared juices made from vegetables and fruits for a period of two days. This regimen is designed to provide the body with concentrated vitamins, minerals, and antioxidants while temporarily eliminating solid foods and processed items. The primary goal is to support the body's natural detoxification processes, particularly those carried out by the liver, kidneys, and digestive tract.

During the detox, calorie intake is typically reduced, but the nutrient density of the juices ensures that the body receives essential nourishment. The diet often includes a variety of green juices, citrus blends, and root vegetable concoctions, aimed at boosting enzyme activity and reducing inflammation. The 2 day duration makes this detox accessible and manageable for most individuals seeking a quick reset without committing to prolonged fasting or restrictive diets.

## How the Detox Works

The 2 day juice detox diet works by providing the body with a flood of micronutrients that aid in neutralizing free radicals and supporting cellular repair. By abstaining from solid foods, the digestive system experiences rest, which may improve gut health and motility. The increased intake of fluids promotes hydration and supports kidney function, facilitating the elimination of waste

products.

Juices rich in chlorophyll, such as those made from kale, spinach, and parsley, are believed to enhance oxygen transport in the blood and support detox pathways. Additionally, fruits like lemon and grapefruit provide vitamin C, which plays a role in immune function and antioxidant activity. The combined effect is a temporary metabolic boost and a sense of rejuvenation commonly reported by participants.

## **Who Should Consider a 2 Day Juice Detox**

The 2 day juice detox diet is suitable for individuals seeking a brief cleanse to jumpstart healthier lifestyle habits or recover from periods of indulgent eating. It can be particularly beneficial for those wanting to increase their intake of fruits and vegetables in a concentrated form. However, it is not recommended for people with certain medical conditions, including diabetes, eating disorders, or those who are pregnant or breastfeeding, without prior medical consultation.

## **Health Benefits of a 2 Day Juice Detox**

Engaging in a 2 day juice detox diet can offer several health benefits, especially when incorporated as part of a balanced wellness plan. These benefits stem from the high nutrient content of fresh juices and the temporary abstinence from processed foods and added sugars.

### **Enhanced Nutrient Absorption**

Juicing breaks down fruits and vegetables into liquid form, making vitamins, minerals, and antioxidants more readily absorbable by the body. This can lead to increased nutrient uptake and improved cellular function during the detox period.

### **Improved Hydration**

Juices have a high water content, which helps maintain optimal hydration. Proper hydration supports metabolic processes, skin health, and detoxification through urine production.

### **Digestive System Rest**

By consuming only liquids, the digestive tract is given a respite from processing complex foods. This rest period may reduce bloating, improve gut motility, and enhance overall digestive comfort.

### **Increased Energy and Mental Clarity**

Many participants report feeling more energetic and mentally clear during and after completing a juice detox, which may be attributed to the elimination of processed foods and a reduction in blood sugar fluctuations.

## **Weight Management Support**

Although not primarily a weight-loss regimen, the calorie reduction during the 2 day juice detox can contribute to short-term weight loss and help break unhealthy eating patterns.

## **Potential Risks and Considerations**

While a 2 day juice detox diet can be beneficial for some, it is important to be aware of potential risks and limitations associated with this approach.

### **Nutrient Deficiencies**

Because the diet excludes solid foods, it may lack adequate protein, fiber, and essential fats, which are necessary for sustained health. Prolonged or frequent juice detoxes without balanced nutrition can lead to deficiencies and muscle loss.

### **Blood Sugar Fluctuations**

Fruit-based juices can be high in natural sugars, which may cause spikes and drops in blood glucose levels, potentially leading to dizziness, irritability, or cravings.

### **Not Suitable for Everyone**

Individuals with chronic health conditions, certain medication regimens, or vulnerable populations such as children and pregnant women should avoid juice detoxes unless supervised by a healthcare professional.

### **Potential for Overconsumption**

Some may consume excessive quantities of juices or add sweeteners, which can negate the detox benefits and contribute to unwanted calorie intake.

## **Recommended Juices for Detoxing**

Choosing the right juices is crucial to maximize the benefits of a 2 day juice detox diet. Emphasis should be placed on nutrient-dense, low-sugar options that support detoxification and provide a balanced profile of vitamins and minerals.

### **Green Vegetable Juices**

Juices made from kale, spinach, cucumber, celery, parsley, and wheatgrass are rich in chlorophyll,

antioxidants, and fiber precursors. These ingredients help cleanse the liver and promote alkalinity in the body.

## Citrus-Based Juices

Lemon, lime, grapefruit, and orange juices provide vitamin C and other antioxidants that aid immune function and enhance detox pathways.

## Root Vegetable Juices

Beetroot, carrot, and ginger juices are known for their anti-inflammatory properties and ability to support liver detoxification and digestion.

## Sample Juice Recipes

- **Green Detox Juice:** Kale, cucumber, celery, green apple, lemon, and ginger.
- **Citrus Cleanser:** Grapefruit, orange, lemon, and a touch of turmeric.
- **Root Reviver:** Beetroot, carrot, apple, and a small piece of fresh ginger.

## How to Prepare and Follow the Detox

Successful adherence to the 2 day juice detox diet requires careful preparation, quality ingredients, and mindful consumption. The following steps outline how to prepare and implement the detox safely and effectively.

## Preparation Before the Detox

Gradually reduce the intake of caffeine, alcohol, processed foods, and heavy meals 1-2 days before starting the detox. This helps minimize withdrawal symptoms and eases the transition.

## Juice Preparation Tips

- Use fresh, organic produce whenever possible to avoid pesticides and maximize nutrient content.
- Prepare juices fresh daily or store them in airtight containers in the refrigerator for up to 24 hours.

- Incorporate a variety of vegetables and fruits to ensure a broad spectrum of nutrients.

## **During the Detox**

Consume 5-6 small servings of juice throughout the day to maintain energy and blood sugar levels. Drink plenty of water alongside the juices to support hydration and detox processes. Avoid strenuous physical activity and prioritize rest during this period.

## **Post-Detox Tips and Maintenance**

After completing the 2 day juice detox diet, it is essential to transition back to regular eating habits gradually to preserve the benefits and avoid digestive upset.

## **Reintroduce Solid Foods Slowly**

Start by consuming light, easily digestible meals such as steamed vegetables, soups, and whole fruits. Avoid processed and heavy foods for at least 1-2 days following the detox.

## **Maintain Hydration and Balanced Nutrition**

Continue to prioritize hydration and include a wide variety of whole foods rich in fiber, protein, and healthy fats to support long-term health.

## **Incorporate Regular Detox Practices**

Consider integrating periodic juice cleanses, increased vegetable intake, and lifestyle habits such as regular exercise and stress management to maintain optimal wellness.

## **Frequently Asked Questions**

### **What is a 2 day juice detox diet?**

A 2 day juice detox diet involves consuming only fresh fruit and vegetable juices for two consecutive days to help cleanse the body and reset eating habits.

### **What are the benefits of a 2 day juice detox diet?**

Benefits may include increased hydration, improved digestion, a temporary boost in energy, and a mental reset to encourage healthier eating habits.

## **Can a 2 day juice detox diet help with weight loss?**

While it may lead to short-term weight loss due to calorie restriction, it is mostly water weight and not sustainable long-term without lifestyle changes.

## **Is a 2 day juice detox diet safe for everyone?**

Generally, it is safe for healthy individuals, but people with certain medical conditions, pregnant or breastfeeding women, and those with diabetes should consult a healthcare professional before starting.

## **What juices are recommended during a 2 day juice detox diet?**

Freshly made juices from vegetables like kale, cucumber, celery, and fruits such as apples, lemons, and berries are commonly recommended for their nutrient content and low sugar levels.

## **How should I prepare my body before starting a 2 day juice detox diet?**

It's advisable to gradually reduce intake of caffeine, alcohol, processed foods, and heavy meals a day before to minimize detox symptoms and ease the transition.

## **What can I expect during and after a 2 day juice detox diet?**

During the detox, you might experience increased energy or mild fatigue and detox symptoms like headaches. Afterward, many feel refreshed and more mindful of their food choices, but it's important to reintroduce solid foods gradually.

## **Additional Resources**

### *1. The 2-Day Juice Detox: Reset Your Body and Mind*

This book offers a comprehensive guide to a two-day juice detox designed to rejuvenate your body and clear your mind. It includes detailed juice recipes using fresh fruits and vegetables, tips for preparation, and advice on how to transition in and out of the detox safely. Readers will learn how to boost energy levels and improve digestion through this short, effective cleanse.

### *2. Jumpstart Your Health: The Ultimate 2-Day Juice Cleanse*

Focused on quick and effective results, this book provides a step-by-step plan for a two-day juice cleanse that promotes weight loss and detoxification. It features nutrient-packed juice recipes and explains the science behind detox diets. The author also addresses common questions and offers guidance on maintaining healthy habits after the cleanse.

### *3. Revitalize in 48 Hours: A Practical 2-Day Juice Detox Plan*

This practical guide simplifies the detox process into two manageable days, perfect for busy lifestyles. It includes easy-to-make juice recipes, shopping lists, and helpful tips to maximize detox benefits. Readers are encouraged to listen to their bodies and embrace the cleansing journey with mindfulness and self-care.

#### 4. *Cleanse and Recharge: The 2-Day Juice Detox Solution*

Designed for those seeking a quick health reset, this book emphasizes the importance of cleansing and recharging through a plant-based juice detox. It offers a balanced mix of green, fruit, and vegetable juices that support liver function and immune health. The author shares inspiring testimonials and advice to make the detox enjoyable and effective.

#### 5. *Two Days to a Healthier You: The Essential Juice Detox Guide*

This guide provides everything needed to complete a successful two-day juice detox, including preparation steps, juice recipes, and post-detox tips. It discusses the benefits of detoxing for weight management, improved skin, and increased vitality. The book also includes troubleshooting advice to help readers overcome common challenges during the cleanse.

#### 6. *The Quick Cleanse: Mastering the 2-Day Juice Detox*

Perfect for beginners, this book breaks down the 2-day juice detox into simple, easy-to-follow instructions. It highlights the best fruits and vegetables to use, explains the detox process, and offers modifications for different dietary needs. The author also explores the mental and emotional benefits of short-term detoxing.

#### 7. *Fresh Start: A Two-Day Juice Detox for Renewed Energy*

This book focuses on renewing energy and promoting mental clarity through a two-day juice detox. It includes vibrant recipes full of antioxidants, vitamins, and minerals to help the body eliminate toxins. Readers will find motivational tips and lifestyle advice to support long-term wellness beyond the detox period.

#### 8. *Detox in a Weekend: The 2-Day Juice Cleanse Plan*

Ideal for those with limited time, this weekend detox plan offers practical juice recipes and a structured schedule for a complete two-day cleanse. It emphasizes hydration, nutrient density, and gentle detoxification to refresh the body. The book also suggests light activities and relaxation techniques to complement the detox experience.

#### 9. *Reboot Your System: The Science-Backed 2-Day Juice Detox*

Combining scientific research with practical advice, this book explains how a two-day juice detox can support metabolic health and reduce inflammation. It provides carefully crafted juice recipes aimed at maximizing nutrient absorption and detoxification. Readers will gain an understanding of the physiological effects of juicing and how to safely implement the detox into their routine.

## **2 Day Juice Detox Diet**

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**2 day juice detox diet:** The 2-Day Superfood Cleanse Robin Westen, 2014-02-11 Discusses the health benefits of a variety of superfoods and provides guidelines for following a weekly two-day cleanse that supports weight loss, boosts immunity, and increases metabolism.

**2 day juice detox diet:** *5:2 Starter's Guide: The 2-Day Diet* Oxmoor House, 2018-02-02 With

this convenient cookbook, you can get a fast startÑand add 100 brand-new recipes to your choices. Packed with smoothies, no-cook meals, and more, this third volume of tips and techniques lets you lose weight and feel great.

**2 day juice detox diet: The Seasonal Detox Diet** Carrie L'Esperance, 2002-02-01 A dynamic program for using healing fasts to detoxify, tone, and restore the body for optimum energy and performance. • Includes vegetarian recipes designed around seasonal changes and geared toward individual health concerns. • Enables the body to detoxify from daily exposure to chemicals, additives, and pesticides. • Increases energy levels, aids overall digestion and weight loss, revitalizes the skin, and cleanses the internal organs. A unique blend of dietary world wisdom, The Seasonal Detox Diet provides readers with a dynamic program for using healing fasts to detoxify, tone, and restore the body for optimum energy and performance. Traditional cultures worldwide have wisely followed the art of eating according to the natural rhythms of the changing seasons. Keeping the body in peak condition requires occasional fasts, periods of rest for the body's hard-working systems. Today, faced with exposure to an increasing array of chemicals, additives, and pesticides, our bodies need these healing respites more than ever. Unlike modern notions of fasting, Carrie L'Esperance's concept of this practice emphasizes dietary alteration rather than abstinence. She offers recipes designed around seasonal changes and geared toward individual health concerns, including fatigue, digestive disturbances, and excess weight gain. You will increase your energy levels, aid digestion, revitalize your skin, and cleanse your internal organs with a rich variety of delicious recipes from Banana Coconut Ice Cream and Big Scene Salsa Salad to Curry Potato Salad with Kidney Beans and Japanese Soba Noodles with Sesame Miso Sauce. The author also includes instructions for healing herbal baths and cleansers to round out your home healing program.

**2 day juice detox diet: The Juice Detox Diet 3-Book Collection** Jason Vale, 2014-12-31 All you need to lose weight, slim down and get healthy after the Christmas party season, and beyond, from million-copy bestselling author and king of juicing Jason Vale.

**2 day juice detox diet: The Fast Track Detox Diet** Ann Louise Gittleman, Ph.D., CNS, 2010-04-14 What if you could lose three to eight pounds in a single day? What if that nearly instant weight loss made you feel lighter, freer, cleaner, and more energized? What if that single day began a healing, cleansing, revitalizing process, raising your awareness of the poisons that pollute our environment and purging your body of the toxins that set you up for weight gain, fatigue, and a host of deadly, debilitating diseases What if that one day of weight loss could help jump-start a long-term weight-loss plan? Well, that single day is here. With Ann Louise Gittleman's The Fast Track One-Day Detox Diet you can: -Cleanse your system back to health -Get rid of unhealthy, fattening toxins -Safely lose up to 8 pounds overnight and keep them off for good The Fast Track One-Day Detox Diet is a whole new way to think about weight loss. This is the first crash diet that not only works in the long run, but is also good for you. GET ON THE FAST TRACK. IT'S SAFE. IT FEELS TERRIFIC. AND IT WORKS.

**2 day juice detox diet: Juicing: The Ultimate Juicing & Smoothie Guide for Weight Loss, Vibrant Energy & Better Health Without Grueling Workouts** Madison Fuller, 2020-08-25 Interested in a healthy body that stays that way? Want something easy to follow without difficult recipes or exhausting workouts? Well you've come to the right place...but this is not just a quick way to lose weight--only to have it pile back on. Instead it's a simple lifestyle change that is sustainable and will create a healthy body that stays that way. Introducing The Ultimate Juicing & Smoothie Guide When you start juicing your body naturally increases energy and metabolism...which means you stop craving all those things that are bad for you, and the weight starts to come off and stay off, easily. Most people think of juicing as something done by back-to-nature types, but this is real, tested solutions to better health. There are no difficult recipes, all are simple and you can prepare them in just a few minutes a day (including clean-up!) Inside this book you will find clear and concise information on juicing, smoothies and improving your overall health. Here's just a tiny fraction of what you'll discover: Fit into your skinny jeans and lose that stubborn belly fat for good Enhance



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**2 day juice detox diet:** *The Complete Idiot's Guide to Juice Fasting* Bo Rinaldi, Steven Prussack, 2012-11-06 Juice fasting can be a powerful, transformative undertaking that does absolute wonders for the body. From detoxifying and cleansing, to weight loss, to increased energy and a reinvigorated digestive system, a juice fast can transform the body in a matter of weeks, or even days. However, maintaining a fast can also be a difficult undertaking without proper instruction and an understanding of the nutritional components of the fast — so clear guidance and recipes that satisfy the palate are essential to success. The authors of *The Complete Idiot's Guide® to Juice Fasting* take readers through a number of different fasts and help them choose the right fast to lose the pounds, cleanse their systems of undesirable waste and toxins, and be on their way to feeling renewed and recharged. The authors arm readers with over 75 fantastically delicious and powerful juice recipes that will not only give readers what they crave in taste, but will help them fully recognize the transformational benefits of the juice fast.

**2 day juice detox diet:** *The Fast Track One-Day Detox Diet* Ann Louise Gittleman, Ph.D., CNS, 2005-04-26 You know how it is. That special event just around the corner and you can't fit into your designer jeans. You need a fool-proof, emergency weight-loss method that really works and works fast. So how do you safely and quickly lose those extra pounds? Once again, renowned health pioneer and bestselling author Ann Louise Gittleman has a quick, no-strings-attached solution that is also good for you. She is always on the cutting edge of developing new methods to rejuvenate the body and facilitate weight loss and she's done it again in *The Fast Track One-Day Detox Diet*. Gittleman takes the age-old method of fasting and incorporates it into a safe and healthy one-day plan that helps you lose weight fast, gets rid of toxins, and gives your body a cleansing boost to prepare it for even more weight loss down the road. The plan itself is blissfully simple: THE PREQUEL: Seven days of adding detox support foods to your diet to prepare your body for the one-day Fast THE FAST: One day of sipping Gittleman's "Miracle Juice," a deliciously spiced mixture of herbs and spices specially designed to stave off hunger, balance blood sugar, boost metabolism, and replenish nutrients (no kidding, the juice is completely delicious) THE SEQUEL: Three days of reintroducing supportive and immune-boosting foods into your diet to seal in the results That's all. There's no need for a strict maintenance plan or more dieting because the Fast Track One-Day Detox Diet purges your body of fattening toxins so that you'll keep losing weight once you're finished. What's more, if you can't add those healthy foods to your diet in the Prequel and Sequel, Gittleman provides a list of replacement supplements that you can easily find in your local health food store or online. So, use *The Fast Track One-Day Detox Diet* to jump start an over-40 metabolism, melt away vacation or holiday pounds, break a diet plateau, get in shape for that high school reunion or wedding, and even help heal a chronic illness. Even if you've been slow to lose weight in the past, the pounds will melt away quickly during your one-day fast. Inside there are recipes to prepare for the fast, shopping lists, and tips for sailing through the fast. In addition, Ann Louise Gittleman shares the wisdom she's gained from years of research on health, diet, and nutrition. You'll find out about hidden toxins found in the environment and in everyday foods, and learn easy steps you can

take to live healthier every day. The perfect diet: simplicity, effortless weight loss, and obvious health benefits from a nutritionist with a proven track record. You'll feel so good after your first fast, you'll want to incorporate the Fast Track's cleansing principles and periodic fasting into your life for good. Don't delay, it's time to jump on the Fast Track to a lighter, healthier you.

**2 day juice detox diet:** *Juicing, Fasting, and Detoxing for Life* Cherie Calbom, John Calbom, 2014-02-04 From the bestselling author and health and diet guru Cherie Calbom, a holistic guide for detoxification for total well-being, now updated and revised. More than a simple collection of recipes, this book guides readers toward a lifestyle that promotes alkaline balance by juicing, eating well, and cleansing the body and soul. While most juicing books focus too much on fruit juice (which disrupts the body's pH balance with too much natural sugar), this book primarily focuses on juices, smoothies, and soups made from vegetables. Now, completely revised and updated, it also offers a guide to the food richest in nutrients from Vitamin A to zinc and includes over 20 new juice recipes as well as new versions of various cleanses to benefit the colon, liver, gall bladder, and kidney, lymphatics, and more. Beyond the body, the Calboms explain the heavy toll emotional, mental, and spiritual unrest can take on the body (and sometimes even encourage disease) and share unique, effective methods for cleansing the body of such toxicity.

**2 day juice detox diet:** *Detox for the Rest of Us* Carole Jacobs, Patrice Johnson, 2010-04-18 Sure, you've heard about detox diets—and you'd love to realize the weight loss and cleansing benefits you've been reading about. But you want to do it safely and healthfully. Now you can. With *Detox for the Rest of Us*, you'll learn how to use the various diets, plans, and recipes to lose weight and cleanse the system from head to toe—without compromising your health. You'll find out: Which detox plans eliminate what toxins from your body How to create delicious detox meals—from almond pancakes with blueberries to vegetarian meatloaf—that taste great and aid digestion How to choose the right detox plan for your individual body type—and your goals Written by noted fitness and wellness writer Carole Jacobs, *Detox for the Rest of Us* is all you need to detox your way to looking and feeling fabulous.

**2 day juice detox diet:** *The Wrinkle Cleanse* Cherie Calbom, 2006-06-22 Wrinkles, lines, sagging skin—these are the all-too-common outward signs of aging. But now with a diet rich in raw foods, vegetable juices, whole grains, and lean proteins, renowned Juice Lady Cherie Calbom reveals how you can cleanse your body of toxins and protect yourself from the inflammation and free-radical damage that cause these symptoms of aging. Now available in paperback, *The Wrinkle Cleanse* provides an easy-to-follow, four-step plan: - a 14-day diet that rejuvenates the cells in your body, stopping and even reversing the aging process - quick-start juicing programs that cleanse your body of built-up toxins and restore elasticity to your skin in a matter of days - an energizing supplement plan to help renew skin and increase vitality - cleansing programs to deep-cleanse your body and keep you on track for total rejuvenation In just two weeks you will begin to see results—fewer wrinkles, and firmer, more toned skin. And with the help of menu plans that include seventy-five delicious recipes, you'll not only look better but you'll get the proper nutrition you need to feel better, too.

**2 day juice detox diet:** *Healthy Healings Detoxification* Linda Page, 2008-09 More than 25,000 new toxins enter our environment each year. Detoxification is becoming a necessary commitment for health in the modern world. However, too many fad diets and detox products on the market today are overly harsh and create further health imbalances by depleting the body of essential nutrients. Clearly, Americans need safe detox options that restore the body to good health without these risks and side effects. In *Healthy Healing's Detoxification*, world renowned naturopath and best selling author Dr. Linda Page shares her hard won experience on detoxification and shows you how to cleanse safely and naturally for the best results. With over thirty years of experience in the health field, Dr. Page details critical information on how to cleanse the healthy way and the types of cleanses to avoid. She shows you what you can expect when you cleanse, what a good cleanse really does, and how to direct a cleanse to the body systems that need the most support. Includes step-by-step detox programs for health concerns like arthritis, allergies/asthma, candida, GERD,

infertility, weight loss and much more! Get on the path to renewed health and vitality: Start your Healthy Healing detox today!

**2 day juice detox diet: Barbara O'Neill's Cure for Prostate Cancer** Anabel Cannel, Are you or a loved one facing prostate cancer? Barbara O'Neill's Cure for Prostate Cancer: A Complete Guide for Healing and Reversing Prostate Cancer Using Dr. Barbara O'Neill's Natural Herbal Remedies and Recommended Foods offers hope and empowerment on your healing journey. This guide explores the holistic approach of health educator Barbara O'Neill, focusing on natural remedies and lifestyle changes to support prostate health and recovery. Learn about the benefits of anti-inflammatory foods, herbal remedies, and detoxification strategies that have helped many regain their vitality. In addition to dietary and herbal recommendations, this book highlights the importance of emotional well-being, exercise, and stress management in the healing process. With inspiring case studies and a personalized healing plan, it provides the guidance needed to make informed choices for long-term health. Take control of your health and prevent recurrence by embracing a holistic approach to prostate cancer recovery. Order Barbara O'Neill's Cure for Prostate Cancer today and begin your transformative journey toward better health.

**2 day juice detox diet: The New Detox Diet** Elson M. Haas, Daniella Chace, 2004 Dr. Elson Haas has helped thousands recover from chemical dependency through what he calls the missing link in the American diet: detoxification. His tried-and-true program set forth in THE DETOX DIET shows how to cleanse your body of sugar, nicotine, alcohol, caffeine, and other harmful toxins for improved health, energy, and well-being. For those who have experienced the diet's benefits and would like to make detoxification a lifestyle choice, THE NEW DETOX DIET presents a comprehensive plan for lifelong vitality. Dr. Haas has teamed up with nutritionist Daniella Chace to provide 50 all-new recipes and menu plans to nourish your body and help you detoxify with minimal side effects. THE NEW DETOX DIET includes tasty, nutritious recipes like Baked Apples, Smoked Wild Salmon Salad, and Mango Salsa. Dr. Haas and Ms. Chace also share case studies and personal stories of triumph over toxic substances. Even after years of a damaging lifestyle or bad eating habits, you can break the cycle of addiction and achieve greater vitality and improved overall well-being. An expanded edition of the best-selling THE DETOX DIET, featuring 50 new recipes and menu plans not available in previous editions, written for those who would like to make detoxification a lifestyle choice. Each chapter ends with a summary of the most important rules for detoxification from each substance. THE DETOX DIET has sold more than 100,000 copies.

**2 day juice detox diet: Linda Page's Healthy Healing** Linda G. Rector-Page, 2000 A guide which offers advice on healthy living including diet, nutrition, hygiene, health care, and fitness.

**2 day juice detox diet: Kale and Coffee** Kevin Gianni, 2015-07-21 Internet celebrity Kevin Gianni was intent on finding the keys to perfect wellness and sharing them with the 10 million viewers of his YouTube show, Renegade Health. So he and his wife bought a 36-foot, bio-fueled RV - dubbed the Kale Whale - and spent two and a half years crisscrossing the continent, talking to experts and ordinary folks about what works and what doesn't when it comes to a healthy life. Gianni drank wheatgrass shots, gave up sugar, said goodbye to coffee, and used himself as a guinea pig to uncover the truths and myths behind every nutrition plan said to guarantee good health. As he cycled through healthy diets - vegetarian, vegan, raw foods, and more - he got sicker and sicker. Finally, he hit bottom and had to give up healthy eating to save his life. Kale and Coffee is the often hilarious, picaresque tale of how Gianni went from skinny, raw-food vegan faddist to bloated, out of shape omnivore before finding the middle way to an imperfectly healthy and (more) balanced life. The journey takes him from the Peruvian Andes to salt flats in Mexico to a pig farm and butcher shop near his northern California home. Along the way, he has his brain scanned and his pantry tested for toxic metals, does an all-water fast, runs the grueling Tough Mudder endurance race, and obsesses on the secrets of the world's longest-lived people. With the humor and practical wisdom that have delighted millions, Gianni shows you how to sidestep the health hype, diet fads, and weight-loss promises littering the path to wellness. Drawing on his own experience and the advice of trusted experts, he guides you in finding your own personal plan for optimal nutrition and fitness. Includes

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