

# Circle of Life Holistic Programs

## Detoxification Through Live Juice Fasting



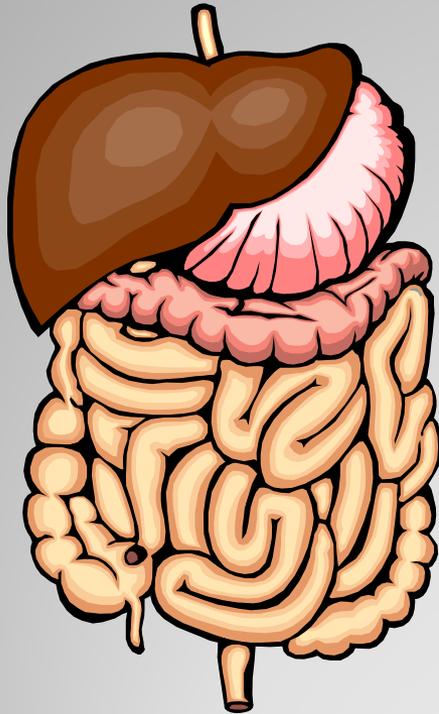
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# Basics

- **Improved Digestion**
- **Vital Nutrition**
- **Transforms Poor Diet**
- **Reforms Eating Habits**
- **Reduces Cravings**
- **Earthy Elements**
- **Body Purification**
- **Enhances Body Intelligence**
- **Improves State of Health**
- **Weight Loss**



# Improved Digestion



- With the fiber removed in the juice extraction process, vital juices retain the digestive enzymes. These **enzymes get to work on breaking down old food debris** in your digestive tract.
- The nutrients in the juices **regenerate the glands and organs** associated with digestion so digestive excretions are more vital, muscular action is stronger and your ability to absorb nutrients is more efficient.
- Improving digestion is an integral part of the positive affect and improvement in the lives and health of those that consume vital juices. **Improving digestion improves body health.** Less undigested food in your digestive tract means more energy and a lighter state of being.

# Juicing Offers Vital Nutrition



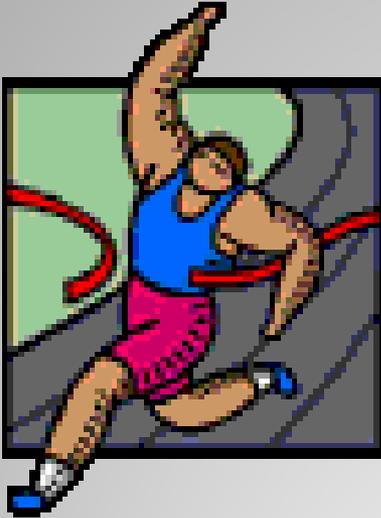
- Raw vegetable juicing offers your body a myriad of **essential vitamins and minerals** in their most natural and potent state.
- Nutrients, trace elements and live enzymes are available through vital juicing that you can't get in any other form other than fresh plant food. **Vital juices require little digestion.**
- With so little digestion required, the **body absorbs and assimilates** the juice's supply of potent live nutrients, **quickly and effortlessly.**

# Transforms Poor Diet to Healthy One



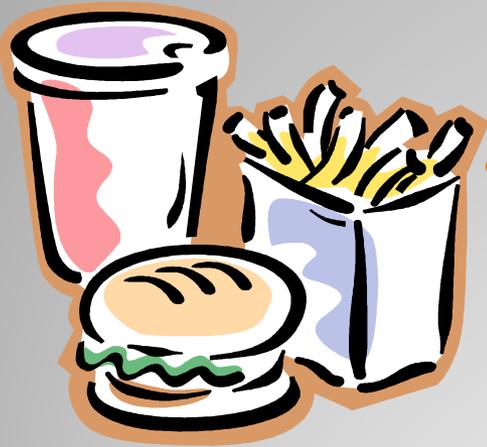
- **Very few of us are eating the diet we need to in order to achieve optimal health.**
- **With the introduction of raw fruit and vegetable juicing to your daily diet, even an admittedly poor diet becomes extremely healthy and life-giving.**
- **Improving your state of health is possible without making drastic changes to your diet.**
- **Through vital foods juicing, you are giving your body the vitality, nutrients and digestive enzymes that you should be ingesting and would be ingesting on a vital plant food diet.**

# Juicing Reforms Eating Habits



- **Because of improved health, you will find that through juicing, your eating choices improve naturally.**
- **Foods that weaken your energy and sense of well being slowly lose their appeal once you have been awakened to the experience of feeling healthy and energetic.**
- **Awakened body intelligence directs and guides the body towards obtaining optimal health.**

# Juicing Reduces Food Cravings



- A food craving is an intense desire to consume a particular food especially when under stress. Foods rich in carbohydrates and refined sugar such as cake, ice cream and chocolate are often more craved than other foods.
- These cravings for starches, sweets, junk food, or snack foods are described as a compelling craving, and are considered an addiction. Those with a food addiction have been found to be plagued with symptoms like depression, insomnia, irritability, headaches, and mood changes, which seemingly can be temporarily relieved by eating the foods they crave.
- Other reasons why cravings develop include lack of nutrients, a diet high in refined sugar, skipping meals and feeling intense hunger, and avoiding favorite foods while on a restricting diet.

# Earthy Body needs Earthly Elements



- The health of our bodies is dependent upon ingestion of the same elements that make up human cells. **Human cells die and new ones are born every moment within the human body.**
- Our cells and organs are made up of **primary elements** found in the produce of the earth, primarily, oxygen, nitrogen, hydrogen, sodium, iron, sulfur, phosphorous, potassium, magnesium, calcium and other named and unnamed elements.
- Ingesting enough raw material to **rebuild and rejuvenate** existing cells and give birth to new cells is the primary function of the human body and should be the primary focus when feeding our bodies.
- Juicing vital raw fruit and vegetables offers the body the **elements to regenerate** and heal itself.

# Body Purification



- Dead cells, waste, toxins and chemicals in your body have all been but neutralized by the body's defenses. Having little magnetism or electrical charge (that is no life and no intelligence) these **lifeless entities called free radicals**, are attracted to live atomic energy.
- Free radicals accumulate in the body attaching themselves to live healthy cells. **This is what causes degenerative disease, ineffective organ function and premature aging.**
- Vital foods add live atomic energy into the bloodstream and aids the body's ability to carry away, distribute and eliminate dead cells, toxins and poisons out of the body. **Drinking vital juices aids your body's ability to purify itself of impurities and free radicals.**

# Juicing Enhances Body Intelligence



- Eating foods with live energy means an increase in electrical and magnetic energy within the body, increasing and **enhancing the receptivity of the brain and nervous system.**
- Improved receptivity improves the body's ability to communicate its needs to the brain and other parts of the body. This communication between mind and body is called **body intelligence.**
- Getting in touch with our body intelligence is a big part of the **MIRACLE of raw vegetable juicing.**
- Your health not only improves because of the influx of potent unrefined nutrients and trace elements and an influx of vital life energy – but because of **an awakened body intelligence** that will positively influence your appetite and eating choices.

# Juicing Improves State of Health



- **Ingesting vital raw plant foods improves health more than any other supplement, powder, drug, therapy or health program.**
- **Consuming vital plant food in the form of vital juices improves your state of health without abstinence or self-denial.**
- **Your body knows how fast or slow to travel on the road to optimal health.**
- **Keeping a vision of optimal health will awaken your body's desire to consume vital foods and their juices.**

# Losing Weight



- **A healthy body does not easily gain weight. A healthy body will urge you to exercise and eat lighter because storing food is a drain on the organs and metabolism.**
- **Adding juices to your diet will improve your health and help you lose weight in many ways:**

*Your True Appetite Improves.*

*Improved Digestion and Elimination.*

*Increased Metabolism.*

*Juicing Corrects Body Malnutrition.*

# Focus on Your Goals



- Now that you have the facts, you have the power to make the changes in your life that need to be made.
- It's not longer a luxury to be healthy. It's a basic necessity to live a balanced and normal life.
- Perhaps when you were younger, you could get away with some processed and fast foods, but **the junk is more toxic** than ever and no one can get away with eating like that anymore. Can you afford to be sick?
- **Setting an example** for your children is the most important part of raising them. It's not what you say, but what you do that they learn from.