

The Ibiza Juice Blast Detox Diet V2.0!

Easy Juice Book

By 38° North

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The Ibiza Detox Easy Juice Book

Foreword: The Ibiza Juice Blast Detox Diet Plan V2.0!

If you haven't checked out the Ibiza Juice Blast Detox Diet Plan, then you should! It's an alkalizing raw fruit, vegetable and superfood juice detox plan from Ibiza that has helped thousands of people shed pounds in days, look good, and feel great inside and out.

It has stacks of testimonies, including one from top international DJs and it's a great way to cleanse and balance your system, as well as lose weight fast and keep it off as there's a great post-detox eating plan.

Lose 5-12lbs in 6 Days and Keep it Off!

"I lost seven kilograms in a week and it really sorted out my skin and my head. It's brilliant! I've done it five times since." Ibiza Legend Charlie Chester

"Living this life as a DJ takes its toll through heavy traveling and parties, so it's a good way to reboot. If you're living an extreme lifestyle, or work in these long touring and party scene environments, then I recommend it to anyone."

Sasha, one of the world's top DJs

“I found it easier than I thought due to there being something to drink every three hours. I would definitely recommend it, not just for weight loss but for overall wellbeing and detoxing the body.” Dave Lubin DJ

The Alkalizing Raw Fruit and Vegetable Juice Detox and Diet Plan That Has Already Helped Hundreds of People Shed Pounds, Look Good and Feel Great!

We’ve helped hundreds of people here on Ibiza with our Ibiza Detox Plan, and now we hope to help thousands around the world by making this information available for the first time. Our clients range from everyday Joes, to world famous DJs, fashion photographers and multi-national CEOs.

If you want to shed pounds fast, keep them off and have the benefits of cleansing your system of toxins so you feel good inside and out then this book is for you.

At the end of this book you’ll find the opening chapter from The Ibiza Juice Blast Detox Diet V2.0! Enjoy it!

You can find the book here:

<http://www.smashwords.com/books/view/262532>

Introduction

Welcome to the Ibiza Detox Diet Plan Juice Recipe Book. We outlined the Detox program juices in the main book, but of course we have lots of other great juices on offer as well, and we love trying out new recipes. Once you have a juicer and a blender, the world of juices and smoothies can be great fun.

As we've found, some things go better together than others, and some juices are delicious just as a drink, some have great pick me up or health benefits, while others, while a little on the naughty side are just plain delicious.

We've learnt that raw Brussel sprouts are pretty difficult to get to go with anything, while lots of people like chocolate, or chocolate flavors. We've even found kids who would normally be happiest slurping a soda love a lot of the healthier juices and smoothies we offer.

In this book we've pulled together 60 of our favorite recipes and split them into sections. Some are very simple, others have a lot of ingredients, hopefully you'll find them all delicious. Our message to you would be try them all, but don't be afraid to experiment and create your own crazy flavors.

Above all, have fun and give thanks for the flavor!

Wake Up Juices and Smoothies

You know how it is, some days you wake up feeling groggy and needing a pick up, other days you wake up starving hungry and fancy something substantial. With these early start recipes we've got something for all tastes.

Lemon Cleanser

Really, really simple, but a great way to start the day. There are two ways to do this. The first way, blitz a quarter of a lemon skin on, with ginger to taste in the juicer, then add the juice to a cup of a hot water for a great pick up that will help flush your system first thing. The second option is to simply squeeze and add a slice of lemon plus a slice of ginger to a cup of hot water, both ways are delicious. Drink before your morning tea or coffee and feel the glow. As it's served hot, this is also good if you have a cold, with the option of some manuka honey. If you're on the Ibiza Detox Plan you can use this juice instead of the Lemon Zinger.

Orange Blossom

Like a summer meadow in a glass. Juice three to four oranges, splash the juice into your blender with ice, a small touch of blossom honey and you're done.

Grapefruit Blast

This one is fantastically refreshing. Take a pink grapefruit and add half to all of it depending on your taste, two oranges, a squeeze of lemon juice and you've got a brilliant light breakfast in a glass.

Grape Blast

Take a handful of white grapes, blitz them in the blender with one to two apples, add the juice of one grapefruit and you're good to go. The apples and grapes help take the edge of the tartness of the citrus.

Protein Pick Up

A brilliant way to start the day if you're sporty, training, or even a little hung over. Get a good quality protein powder in a flavor you enjoy, blend it up with ice, but add a shot of wheatgrass and a teaspoon of spirulina and you've got a nutritious meal in a glass that's also packed with superfood cleansing ingredients.

Funky Monkey

A protein packed start to the day. Add a couple of spoonfuls of almond or peanut butter (get an unsweetened, unsalted version with no extra oil added) to your blender. Chuck in a banana, some ice, some zero fat Greek yoghurt, then add milk, blend and enjoy!

Big Breakfast

A great way to start the day, or at any time of day! Breakfast in a glass. A handful of strawberries and raspberries, a handful of oats, milk, spoon in low fat bio yoghurt and you've got a meal in a glass.

The Special

We would say it's like iced porridge, but that sounds disgusting and this is delicious! Add a good handful of oats to your blender, half a banana, some cinnamon, some honey, soya milk (plain or vanilla flavored works really well), add ice, blend and go!

Bananage

You know how a glass of orange juice tastes delicious but doesn't quite satisfy in the hunger stakes? This is our answer. Juice three to four oranges, add the juice to a blender with a banana and ice, and hey presto, a Bananage! Sweet and nutritious.

Virgin Mary

Great for those times when you might of, you know, overdone it. You could even add vodka though we'd never suggest that... Take one carrot, a stick of celery and an apple and juice them. Add the juice to the blender with ice, and either tomatoes or tomato juice, a dash of Worcester Sauce, a dash of Tabasco, and well, you know the rest.

Great Vegetable Based Juices

Vegetables don't have to be dull and adding them to your juices is a great way to increase your daily quota of veggie intake. From spicy to smooth, we've got the veggies covered.

Spicy Carrot

Juice three to four carrots, an apple, a slice of ginger and add to blender with a pinch of cayenne pepper and ice. Spicy orange goodness.

Broccoli Blaster

Often overlooked in the juicing stakes, the broccoli has lots of great nutrients, but it needs to be fresh, not all yellowing and sad. Take a good handful of broccoli, an inch of cucumber, two apples and juice the lot.

Zucchini Zinger

Take half a good sized zucchini and juice it together with an apple, a quarter of lemon and optional ginger for a green pick up.

Carrot Nut Shake

This sounds a weird combo but for some reason it works. Juice two to three carrots, add to the blender with a small spoonful of almond milk and almond or peanut butter and blitz with ice.

Spinach Splash

You can use spinach or chard, either work and fresh is best, so whichever you can get. Get a couple of good handfuls and juice with two oranges, an inch of cucumber, a quarter lime, then blend with ice.

Cucumber Cooler

Ah the humble cucumber, actually a fruit rather than a vegetable (a bit like the tomato), but it's in the veg section, well, because we like it there. Blitz half to a whole cucumber with two apples and a good handful of fresh mint for a refreshing and reviving drink. You can leave out the apples and top up the cucumber and mint with soda water to add a fizzy twist.

Tomato Twist

Tomatoes are best blitzed in the blender (three to four good sized ones), add the juice of a quarter lemon, an apple, and if you're feeling daring, a sprig of basil or cilantro (coriander).

Carrot Nutmeg

Nutmeg is a great festive flavor but it's good at any time of year. Juice two to three carrots with two apples, add to a blender and grate nutmeg to taste. Blend with ice.

Spinberry

A bit like foraging in a fertile forest: take one to two good handfuls of spinach, two apples and a very small piece of ginger. Add the juice to a blender with woodland berries (blackberries, raspberries, strawberries) and blend with ice.

Avocado Avalanche

The firm flesh of avocados makes for really smooth smoothies packed with essential fats (the healthy ones) and general goodness. Juice two apples and a quarter lime, add to a blender with a whole chopped avocado and blitz until silky smooth. Add wheatgrass and/or spirulina for more green goodness.

Exotic Juices

Sometimes we all fancy something a little bit different, a bit out of the ordinary, and here's the liquid answer to that fancy: exotic juices boasting fruits from far off shores, like having a Tiki bar of your very own.

Pina Colada

Holiday memories in a glass, with no hangover. Take a quarter of pineapple, one apple, and a quarter of lime, juice, blend with ice and serve.

Pommie Punch

Take two pomegranates, juice with an orange, blend with crushed ice and you've got a sunburst in a glass.

Coco Loco

Juice a quarter pineapple, add the juice to a blender with 250ml of coconut milk or water depending on preference, and a banana, blend with ice and enjoy.

Blue Bells

The humble blueberry is often overlooked, but it's bursting with flavor and packed with Vit C so it's great to have in your smoothie armory. For a delicious smoothie blend a good handful of blueberries with half a banana, soy milk and ice.

Tropical Taste

This is the exotic fruit medley and highly indulgent. Juice a quarter pineapple, a mango, a papaya and a pomegranate. Blend with half a banana and ice for a delicious shake with a taste that will have you thinking of palm fringed beaches.

Cranberry Crush

Cranberries and apples work great together, so put this to your advantage with this quick fix drink. Blend a good handful of cranberries with the juice of two apples and plenty of ice.

Forest Fruits Freezer

This one is easy-peasy - combine your favorite forest fruits: blackberries, strawberries, raspberries, black currants, with some juiced apple, milk, ice and blend for a delicious thick shake.

Papaya Punch

The papaya has lots of great enzymes in it as well as being flavor packed.

Get a nice juicy one and juice it together with one to two oranges, blend with ice and the result? Sunrise in a glass.

ABC

It's as easy as apple, beetroot and carrot! This nutrient packed juice is bursting with vits and the beetroot is great for the liver, juice a couple of apples, a carrot, half a beetroot and give yourself the option of ginger to spice it up. You can use this one instead of the Red Kick if you're following the Ibiza Detox Diet Plan.

Watermelon Cooler

Watermelon is naturally a refreshing juice so you don't need to add much to it to improve it, but lime really helps. Take around 400 - 500 grams of peeled de-seeded watermelon and blend with a twist of lime and plenty of ice for the ultimate summer pick up.

Pick Up & Recovery Juices

Whether you've overdone it, you're under the weather, or you just need a pick up the following juices are all good for helping you dust yourself down, perk up and get on with life, whatever it throws at you.

Smooth and Soothe

A slow release energy drink with an abundance of vitamins and minerals.

Great for settling and soothing the stomach. A quarter pineapple, one apple, half a banana, a teaspoon of spirulina, a table spoon of low fat bio yoghurt.

Hangover Cure

Overdone it? Not to worry, get on the road to recovery by re-hydrating, soothing the stomach and boosting your blood sugar levels with this bad boy. Juice one orange, one banana, a handful mixed berries, one table spoon of low fat bio yoghurt, and a drop of honey to get back on the road to recovery.

Cold War

Fight the flu, crush the cold with this delicious sweet drink. Juice a quarter of pineapple, one orange, a quarter lemon then add a drop of honey (manuka preferably).

Hydro H2O

Rehydrate your body with this light drink before or after sports. One stick of celery, one apple, a quarter lemon, an inch of cucumber, then add water.

Citrus Turbo

If you feel you're coming down with a cold or flu this is a great immunity booster - but be warned - it's hardcore and some might find it hard to swallow. We love it though. One orange, one lime, half a lemon, ginger to taste and an apple blitzed through the juicer. Add manuka honey in the blender and you've got a potent cold killer.

Liver Lifter

Great if you've overdone it with the hard stuff. Take half a beetroot and juice with two apples, a quarter lemon, an apple, ginger, then blend with ice adding wheat grass for an extra kick.

Pineapple Pick Up

Pineapple is another fruit with great enzyme content. Juice half a pineapple then add the juice to a blender, add the juice of a quarter of a lime, half a banana, then go!

Potassium Punch

Bananas are high in potassium and a great energy source. For a post-workout pick up (or even when you're just feeling in a slump) Add a banana and a half to a blender with a good dollop of low or zero fat bio yogurt, a splash of milk, some spirulina, some wheat grass and blend with ice. Funky green and delicious.

Green Hero

Nutrient packed to pick you up when you need it - just like a real hero. Juice two apples, an inch of cucumber, some spinach or chard, some celery, a small head of broccoli and a quarter of a lime. Add to a blender with a quarter of an avocado, a teaspoon of spirulina, a teaspoon of wheat grass, an ice cube and whizz it all up. Looks great, tastes great! Like a meadow in a glass. You can use this instead of the Mega and Turbo Green on the Ibiza Detox Plan.

Ginge Zeng

We add the carrots for the ginger color, because, well, it goes with the name, and they taste great! Take a cup of ginseng tea, drop it into your blender with ice, add the juice of two carrots, some ginger and blend with honey for an amazing pick up.

Smoothies

Sure juices are good, but what about creamy smoothies? Well we've got some of our favorites here - enjoy.

Granola/Oat

We like to think of it as a breakfast smoothie, but it's good at any time of the day. Take some healthy granola or oats, add to the blender with low or zero fat bio yogurt, some milk, some ice, and away you go. Play around with cinnamon, honey and banana to mix it up.

Carob

Carob? Que es? Well in Ibiza, we have a lot of it growing everywhere, it's a pod from a tree that's dried then ground to produce a powder or syrup. It's a good alternative to chocolate and in Ibiza it's used a lot for brownies and chocolate cakes, it's also good for shakes! Take a good sized spoon of carob syrup, add to a blender with milk (great with almond milk) and ice, blend, and you have something that tastes kind of like a cross between coffee and chocolate.

Bircher

Bircher muesli is delicious and you can easily make your own bircher smoothie. Add oats to a blender, plus yoghurt, milk, a few berries and blend. Done.

Green Tea

Green tea is not only refreshing it's great for fat burning and detoxing. Brew up a strong half cup and add to a blender with ice, a little yogurt, a little milk, some honey to sweeten and blend away.

Latte

Ah the frappe. Take a shot of double espresso, add to a blender with yogurt, milk, lots of ice and pulse it away until you've got a creamy brown cup of java joe goodness.

Blueberry Blast

This works really well with frozen blueberries, but fresh are good too. Add a good sized handful to your blender with yogurt, milk and ice, and blend.

That's all there is to it but it tastes amazing.

Mega Matcha

Matcha tea is great stuff and it goes great in smoothies, either on its own or with a little fruit for flavor. We like to juice an apple, add the juice to milk and yogurt in a blender, a teaspoon of matcha, some ice, blend and you've got a real power shake.

Carrot Smoothie

Carrots might not seem like the obvious choice for a smoothie, but juice up two to three carrots, add the juice to a blender with almond milk plus lots of ice and you've got a creamy orange shake that's hard to beat.

Coconut Smoothie

This works best with coconut milk, but you can use coconut water if you prefer. Add about a cup to a blender with ice and whizz it up - the trick is to get it thick and shake like. You can add other fruit to funky up the flavors, pineapple, mango, papaya all work well.

Mango Lahsi

A delicious tropical shake, blend one peeled mango with a banana, almond milk, ice and a squeeze of lime for a beach holiday in a glass.

Devilishly Delicious Drinks

We've all got a dark side and sometimes we all just crave a treat. These juices and smoothies tick the box.

Sherbert Lemonade

Who needs fizzy drinks with loads of sugar? This all time favorite tastes wickedly good, is super refreshing and surprisingly, contains no added sugar - taste it to believe it! Juice two apples and a quarter lemon - that's it.

Healthy Milkshakes

They may taste naughty, but these milkshakes are delicious, nutritious and healthy! Perfect post-workout or as a pick up they contain no added sugar, syrups or any other nasty stuff, just milk or soya milk, low fat bio yoghurt, fruit and all natural ingredients. They are really easy to make too.

Simply add a handful of the fruit(s) of your choice to a blender, together with ice, yoghurt, and soya or normal milk. For the peanut butter shakes add a big dollop of peanut butter, blend, and enjoy!

Flavor Ideas:

Banana Peanut Butter Strawberry Mixed Berry
Banana & Peanut Butter
Strawberry & Banana

Peanut/Almond Butter Shake

As above but we had to pull this one out separately because we love it so much! Get hold of some pure unadulterated peanut and/or almond butter (no added nasties), drop a big, big blob in your blender with yogurt, milk, ice, and blend. If you've got a sweet tooth add honey. This goes great with banana too.

Cocoa Shake

We couldn't leave chocolate out now could we? Instead of going for sugary syrups though, we're backing good quality cocoa powder. Take one to two teaspoons of it and add it to a blender with yogurt, milk and ice. Power it up. If it's too bitter than add some honey. Great if you also add cocoa nibs.

ChocoMonkey

An indulgent variation on both of the above and one of our faves: A teaspoon of cocoa, some cocoa nibs, a banana, a generous dollop of almond or peanut butter, honey to taste, yogurt, milk, ice - a dream in a glass.

Carob Latte

Making the most of the carob and its taste similarities to coffee, add a tablespoon of carob syrup to your blender with a double shot of espresso. Add yogurt, milk, honey and ice, blitz and enjoy the smooth caffeine kick.

Iced Tea Tingler

This works with regular teas, flavored teas or green teas. Brew up a strong half cup, add to a blender with lots of ice and blend. Pour to a glass and top with soda water. Mint sprig and lemon slice garnish optional.

Raspberry Splash

Another one with a bit of fizz. Blend up a good handful of raspberries with ice, once done add soda water and slowly stir it together, then serve.

Peach Smash

Juice one peach and one orange, add the juice to your blender with a squeeze of lime, lots of ice, blitz, serve, then top with soda water for a great summer time refresher.

Bodybuilder

One for the big boys! Or for anyone who's missed a meal or who's just plain hungry. Add half a banana to a blender, one big scoop of quality protein powder (chocolate or vanilla works best), a good spoon of almond or peanut butter, ice, milk and blend for power in a glass.

Summary

We hope you enjoy these recipes, have fun with them, and don't forget to experiment and play around with your own juices - half the fun is creating your own mixes.

If you enjoyed this and you haven't checked out the Ibiza Detox Diet Plan book that these complement, then please do take a look:

You can find the book here:

<http://www.smashwords.com/books/view/262532>

Happy juicing!

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**The Alkalizing Raw Fruit and Vegetable Juice Detox and Diet Plan That
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By

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The program outlined herein should not be adopted without a consultation with your physician or health professional.

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Testimonials

We've helped hundreds of people here on Ibiza with our Ibiza Detox Plan, and thousands with our ebook. And now we hope to help thousands around the world by making this information available. Our clients range from everyday Joes, to world famous DJs, fashion photographers and multi-national CEOs. Here's what just a few of them say:

"It really sorted out my skin and my head. It's brilliant. I've done it five times since." Ibiza Legend Charlie Chester

"Living this life as a DJ takes its toll through heavy travelling and parties, so it's a good way to reboot. If you're living an extreme lifestyle, or work in these long touring and party scene environments, then I recommend it to anyone." Sasha, one of the world's top DJs

"I found it easier than I thought due to there being something to drink every three hours. I would definitely recommend it, not just for weight loss but for overall wellbeing and detoxing the body." Dave Lubin DJ

"The results were I lost exactly 6 kg (13.2 lbs) felt revitalized & relaxed." Steve Matthews

"Before the program I felt tired and lazy, now I have loads of energy and a renewed approach to living." Orla Fox

"I've done several detox diets in the last decade but this one is definitely the best, by a long shot. It is worth reading the entire book at least once so you can understand the concepts of how the detox works."

From the minute I started this detox I have lost weight, felt my energy levels increase, felt more focused and have been able to relax more when I have down time.

If you are considering a detox, or a new healthy lifestyle incorporating diet as well as exercise, this is a great starting point.” Alice Tamzin

“I was pleasantly surprised at how well this went. I finished my 6 day juice detox a week ago. I was not hungry at all while I was on the juicing phase, the juices tasted great, and by having roughly 500ml every three hours, there were no hunger pains. I drank plenty of water and green tea, like the plan suggests, and I lost about 11 pounds. I'm still drinking a juice every day, and my skin looks clearer, I have more energy, and I feel great! This was definitely the right plan for me.” TinkerBat (Amazon)

Okay, don't just take their word for it, ready, let's get you started on your very own Ibiza Juice Blast Detox.

Chapter 1: Ibiza - The Healing Island

Introduction

Chances are, when you think of Ibiza you think of clubs and hedonistic hands-in-the-air mayhem. Well the island definitely has that, but it also has a more serene, healing side, cultivated for centuries, and really gathering momentum in the last few years. There are countless healers, therapists, yogis, and health practitioners living and working in Ibiza, and more and more people are starting to discover the island's blissed out, reviving side. In fact, more and more retreats, fitness and sporting breaks are springing up in Ibiza every year, and why not?

The island is beautiful, with miles of coastline, gorgeous beaches, pine woods and hills. There is an abundance of fresh produce growing in the comfortable climate, and now, more than ever before, there are a multitude of healthy living choices on the island. In fact, Ibiza also has a centuries long tradition of healing, relaxation and recuperation going back to ancient times, while the party scene is a relative newcomer on the island.

So what is The Ibiza Juice Blast Detox Diet? Quite simply it's a great and easy way to safely shed pounds fast, keep them off, and have the benefits of cleansing your system inside and out. From here on in if we're not calling it by its full name we'll refer to it as the Ibiza Detox to keep things simple.

If you want to feel good inside and out, then this book is for you. If you want to feel better than you do now; you feel you're carrying excess weight, or you're just tired or running on empty, then this book is for you.

Being busy, working and playing hard are all too common and too quickly, without noticing we can get out of shape.

We – James and Kelly – discovered an amazing way to heal and detox Ibiza style and we want to share it with you in this book.

Just a few years ago we were living in London, stressed out, hunched on the Tube each morning with our faces hidden in a newspaper and dreading the day at work. We both knew we had to get out and do something active that would stretch our bodies as well as our minds.

Ibiza had always been a special, healing place for us, we holidayed here many times, and even returned to be married on the island. So when the opportunity arose for us to live and work here, we were more than ready and willing. Lured by a more chilled out, laid back and healthier lifestyle we jumped at it and we've never looked back.

Our journey to Ibiza has taken us from hectic professional lives in London to watching the sun set in deserted Ibiza coves. We now live the dream, running a spa in Ibiza, we are the fittest and healthiest we've ever been.

Our friends didn't get it at first: "Ibiza, chilled out, healthy? Are you crazy?" Well maybe we are, but we are here, having swapped suits and power point presentations for board shorts and juices by the sea. Our friends have visited to see for themselves; they've experienced the detox, no longer think we're crazy and have encouraged us to share our detox beyond Ibiza with this book.

But let's go back to that idea that Ibiza is better known as the place where you go to get 'toxed' not detoxed. It is true, but there's another side to the island too...

Ibiza the Healing Island

Not only is the clubbing image of Ibiza not the whole story about Ibiza, it was only as recently as the 1990s when the island became synonymous with the acid house explosion that swept through Europe. Hundreds of thousands of young tourists came to experience the worlds top DJs playing at huge clubs.

Ibiza has embraced open thinking for centuries, which in turn has allowed all kinds of things to flourish on the island. Predating the clubbing explosion, Ibiza was a haven for the hippy movement through the 1960s and 1970s, and they were attracted to Ibiza because of its healing past.

The healing and energy movement is sizzling hot in Ibiza and growing day-by-day. It is increasingly known as a destination for alternative therapies and yoga retreats. Many of the ideas seeding here will become global. There is a popular Healing Day that attracts people from around the world, as well as an Energy Week, and many smaller events.

All of this used to be a secret amongst islanders but word is getting out.

So what's all this got to do with Ibiza Detox? Well, quite a lot as it proves the two words Ibiza and Detox do fit together and have form. There's more.

Ibiza was originally settled by the Phoenicians in the 600s BC and became well established on the Mediterranean trade routes. It was part of the Punic Empire, then the Roman, before swapping hands a few times in the dark ages, falling to the Moors during the Middle Ages, then coming back under Spanish control. Even during Roman times, according to popular myth, the island was becoming famous for R&R, over worked and battle-scarred legionnaires would come to recuperate. What a great image that conjures up.

We can't promise a toga with this book but we can promise you'd look good in one after doing our Detox Diet Plan.

The Romans maintained that no poisonous creature could exist on Ibiza's earth, and they took soil from the island to place around their homes - so even in those early times people knew the island as a healing place.

That belief has continued and flourished and many believe this is why so many alternative and holistic therapies and practices continue to spring up in Ibiza.

In the Noughties, like the Yin and Yang, there's a growing balance to the island: the unrestrained hedonism of the non-stop parties, and an amazing range of alternative healing therapies. Increasingly people are embracing both. People live life to the maximum and retox, then detox, life is a balance after all and keeping that balance is important. Though of course it would be preferable if we took better care of ourselves in the first place.

On Ibiza you can indulge in more alternative and spiritual therapies than probably anywhere else in the world: yoga of all different schools, meditation, Reiki, psychic cleansing, hypnosis, harmonic workshops, Tibetan crystal healing: you name it, Ibiza has it.

It is also said that Ibiza is highly magnetic and that it has the highest concentration of ley-lines of anywhere in the world. In fact, the rock of Es Vedra just off the south coast is purported to be the second most magnetic place in the world after the North Pole. Oh, and they also claim a giant octopus lives under there...

Whether all of this is true or not, Ibiza has its fair share of characters, and strange and wonderful things do happen on the island. The mysticism and myths associated with it also contribute to the growth of the healing therapies side of the island and many talk of Ibiza's special energy or healing energy.

Whatever your thoughts on all this, there's something special that draws people to the island and many who believe there's nowhere on earth like Ibiza. We can't bottle Ibiza, but we have tried and tested our amazing Ibiza Detox Detox to deliver it directly to you in this detox plan wherever you are in the world.

The Ibiza Juice Blast Detox is Born

As we've explained, a great advantage of Ibizan culture is open thinking, and opportunities to investigate and learn new things.

That's helped us develop the Ibiza Juice Blast Detox as we've been able to re-evaluate and work with local farmers to refine our Detox by incorporating organic produce and native local plants like the almond.

Like many good things, the Ibiza Juice Blast Detox had humble beginnings. When Kelly and I took over MWellness Spa there was a there was just a juice bar within the gym, serving up freshly squeezed fruit and vegetable juices. There was a detox programme in place; it wasn't perfect but we saw its potential.

What we did was to take the raw idea, dissect it, then completely re-engineer it with some new thinking and concepts. Over many months we tweaked and trialled different recipes, with an eye on what was available locally and organically. We tested the new Detox extensively, and all client feedback was taken on board to improve the Detox.

We made improvements to the flavour, amount of juice, number of juices per day, the mix of thick and thin juices on the program, managing hunger levels, energy levels, and of course the outcomes. By this process of trial, error and evolution The Ibiza Detox program came about.

It was important for us to work hard at getting it right so that you don't have to. Our aim was to make it as simple as possible for you. We refined it until we had a 6 day programme that really worked: 5 juices a day for 6 days, all consisting of organic raw fruit and vegetables with carefully selected superfoods.

Once we had it cracked the results were astounding. Not only did our clients report feeling absolutely great during, and after completing the program, but they noticed that as well as elevated feelings of energy and general well-being their skin, hair and eyes all looked better. The other thing everyone noticed was the amazing weight loss - a minimum of 4 - 5 pounds in a week and often much more.

Why the Ibiza Juice Blast Detox? Surely Any Juices Will Do?

There are plenty of juice programmes out there, and plenty of fruit and vegetable to make juices from, but that doesn't mean that throwing some greens in a juicer will give you the results you want.

The Ibiza Juice Blast Detox is a proven juice detox that works, and not just any old juice detox: the programme has been refined over months in real life situations to give the best balance of nutrients delivering the best results. For example, you'll get a lot of green juices in the first half of the programme,

these help alkalize your system, later the almond milk comes in for the protein it provides.

Everything in the Ibiza Juice Blast Detox has a purpose, and delivers results. Time and time again we have people who've done the Detox with us and had great results. They then tried to do it themselves and come back to us telling us that the juices don't taste the same and that they're not getting the results. We wrote this book so that they can take away the detox experience with them.

As we gained more experience with the diet, we tweaked and evolved the juices in response to both client feedback, our own observations, and the latest research as it became available. We started looking more deeply into the nutritional side of the diet, and as we racked up hundreds and hundreds of sets of results we started to notice interesting patterns, which in turn led us to modify the diet to get it to the place where it is today.

The first thing we noticed was that everyone, and we mean, everyone that adhered to the seven day plan lost weight, and quite often lost quite a lot. Obviously those that were thin to start with lost less than those with more to lose. This was great news, not only was everyone reporting feeling great during the later stages of the detox, but after, and they were losing weight.

It's absolutely key to get the type and mix of juice right. One thing we noticed in our refining process was that while the weight of all individuals was dropping, for some individuals, in the later days their overall body fat percentage was increasing slightly, obviously not the results we wanted to see. We looked further into this and studied the science. We suspected that the high fructose content of diet was leading the body to lay down excess sugar calories (because fructose is a sugar type after all). The diet in its

original form also lacked protein, which meant there was a danger of a slight loss in muscle mass. The problem was how to produce a detox that was a detox of only raw fruit and vegetables, but cut down the fructose and increase the protein?

Firstly we removed higher fructose content fruit like sweet pineapple from the juice blend, so cutting fruit sugars. Second, we kept the first three days as just raw fruit, vegetable and superfood, but then we added almond milk for protein in the later stages. This had the effect of not only adding natural nut source protein to the diet, but also, meant less fruit in those shakes, so lowering the fruit intake. We also chopped one day off the detox, cutting it to six days. Result? Weight loss and body fat loss across the board.

At the same time we were doing this we also started looking at sustainability and local produce, and started using as much organic, locally grown produce as we could. We've already seen the reasons why this is a good idea, but especially if you're detoxing, you want the ingredients going in to be as fresh and natural as possible.

Bringing the Ibiza Juice Blast Detox to you

So why this book? Why now?

Well, we're all busy. It's become the buzz word of our time. Often shopping, cooking and eating healthily goes by the wayside.

Be honest. How's your diet normally? How much fresh fruit and vegetables are you getting on a regular basis? And how are your energy levels?

How do you feel inside? Do you ever get horrid symptoms such as acid reflux? Indigestion? Are you holding fat around your middle? Or do you see

any cellulite? Be honest with yourself, wouldn't you like to feel better, physically and mentally? Perhaps drop any excess pounds?

Not everyone can get to Ibiza to get the programme. Before we wrote this book we could only help locals or those visiting Ibiza, but now, we're bringing a piece of Ibiza to you. Imagine this book as a chunk of Ibiza's healing energy, here to do you some good, to shake up your eating habits, shake up your life, and get you moving fast towards the you that you want to be.

You'll see fast results from the Ibiza Detox, and it gives you a way to eat and live for life if you want to take it. The programme is easy to follow, and easy to get results with. This isn't some fad diet; thousands of people have done it and it's worked, many of them come back to do it again and again because they like the feeling detoxing regularly gives them, even when they don't need to lose weight, they just do it to feel great.

Once the actual detox is done you'll see that you can have a rich and varied diet that is still healthy. What we're going to do is give you some background to the Ibiza Detox, talk you through the ingredients and process, then lead you day by day through the 6 day detox process.

Following that you'll have the eating plans for the next phases of the programme, then quite simply, it's over to you. Once you start juicing chances are you won't want to stop so we've included a load of other juice recipes near the end of the book. Remember, at all times you should be having fun, which leads nicely into...

Having Fun With the Detox

The first time you do the Ibiza Juice Blast Detox you're going to have a list of specified juices that will progress you through the Detox experience. They are in a particular order they are for a reason: the green juices early on help alkalise your system, the almond milk later provides protein, but once you've done the programme a couple of times, (people love to come back and do regular 3 and 6 day detoxes, just to feel great.) feel free to have some fun with it and choose cocktails of juices you enjoy.

Juicing doesn't have to be boring, and it isn't. We like to look at juicing as like cooking - grabbing the best ingredients available at the time and whizzing up something amazing from them. So get to your local market and see what fruit and vegetables are on offer, try some unusual combinations and see what works out for you. Remember, this is about abundance and celebrating it.

What's fresh now? What's local? What looks like it would taste great? Get some friends together and have a juice cocktail evening: get everyone to bring a different bag of fruit and veg and spend the night blending up wonderful tasty creations. The main thing is to experiment and have fun.

Who, When, Where, Why, How?

So how hard is it to do the Ibiza Juice Blast Detox Plan? Not very hard at all. We've done all the trial and error, experimenting and hard work for you so that you don't have to think about it. We've wrapped it up in a concept that is easy and accessible.

Simply, you drink five delicious juices a day, every day for six days. That's it. Drink plenty of fresh water and green tea alongside, and then consume a juice roughly every three hours. You're getting all your calorific needs from the juices and in six days you'll have flushed the toxins from your system, lost weight, lost fat and be looking and feeling amazing.

We hope you enjoyed the read and the juices. You can find the book here:

<http://www.smashwords.com/books/view/262532>