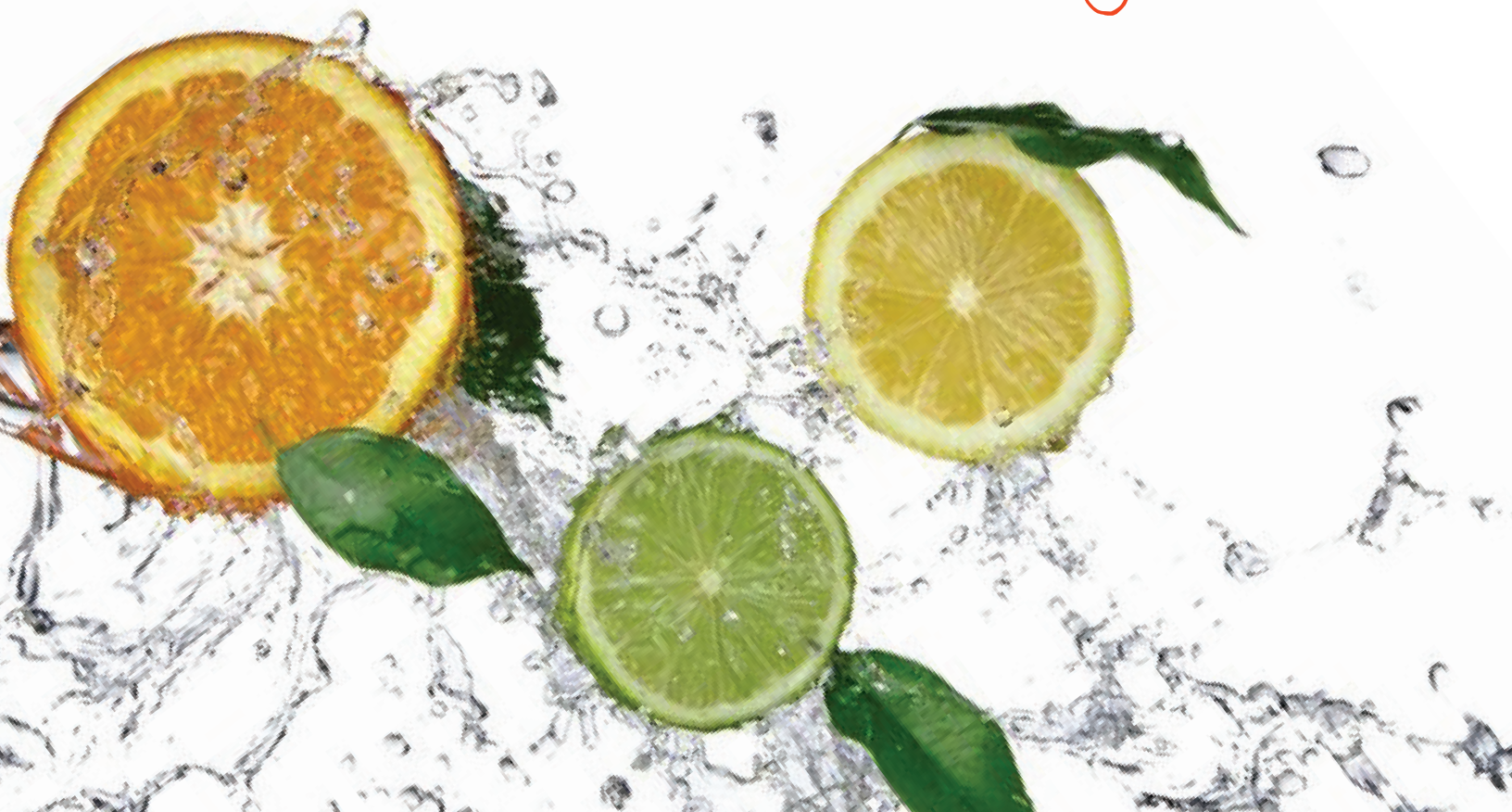


JUICE



OFF THE POUNDS!

LOSE 10 POUNDS in 10 Days



**LESSON TRANSCRIPT
and WORKBOOK**

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THE JUICE LADY
health, healing and wholeness



Juice Off the Pounds!

Lose 10 Pounds in 10 Days

Fresh vegetable juice can help you lose weight better than any other single thing you could add to your weight loss program. This is the secret of my *Juice Lady's Turbo Diet*. A recent study evaluated surveys of 500 people on a living foods diet, and showed that a high percentage of live foods—meaning raw foods—helped more than 80 percent of the people surveyed lose weight.

“Amazing” is a word I hear frequently about this program because it works so well. Thousands of people have lost weight with the *Juice Lady's Turbo Diet* and *The Weekend Weigh Loss Diet*. But here's where it differs from almost all the other diets out there. The Turbo Diet juicing program is a way of life—not a temporary “quick fix” diet that you ditch when you lose your weight. Donna said, “I'm on day four and cannot imagine ever going back to my old eating style.” The juicing lifestyle is a way of life that you can follow for the rest of your life.

I think you'll want to follow it for another reason—for your health's sake. Many people have contacted me after being on the Turbo Diet for a while

and said weight loss became secondary to all the other amazing health benefits they've received. I typically hear people report that their pain has disappeared—headaches gone, back pain gone, knee, ankle, and foot pain gone, or joint pain gone. Leslie called to say, “I love this diet. Within three days, the pain in my thumb and joints has disappeared.” I get reports on skin improvements, hypertension gone, sleep improved, mood improved—people become happier and much more capable of dealing with stress. . . and on and on the list goes.

An Overview: Why Juicing Helps You Lose Weight

First, I want to give you an overview of why juicing works so well for weight loss, and then give you more information on some of the key points noted below.

- **Juice supplies an abundance of absorbable nutrients including vitamins, minerals, enzymes, phytonutrients and biophotons that satisfy the body's nutritional needs, which means you won't be as hungry as before.**
- **The highly absorbable nutrients in fresh juice squelch cravings, which is a huge weight loss bonus!**

- **Juice is energizing, so fatigue is replaced by “get up and go!” It’s full of those little energy sparks we call life-- named biophotons by researchers.**
- **Fresh raw juices are considered “live food” because they feed the body a large amount of nutrients that have not been destroyed by heat or processing (as when bottled juice is pasteurized) along with the energy the plants absorb from the sun--biophotons.**
- **Many people report that they actually feel like working out more when they juice. When you work out consistently, you build more muscle and that helps you burn more calories—even at a resting heart rate.**
- **Juice detoxifies the body because it’s loaded with antioxidants. Toxins can cause you to gain weight, and make it very difficult to lose weight. Your body will even make more fat cells if it doesn’t have enough of these storage units already.**
- **Fresh juice alkalizes the body bringing pH balance. Vegetable juice is quite alkaline and drinking alkaline-rich juices encourages the body to release fat cells with the acids they contain because there’s plenty of buffer to neutralize them.**

Now let's take a look at some of the key points more in depth so you can better understand just what is working to your weight loss advantage when you drink fresh juice.

Juice Helps Curb Cravings So You Don't Feel as Hungry

Because vegetable juice has very little sugar, while offering an abundance of vitamins, minerals, enzymes, biophotons, and phytonutrients, it's incredibly helpful for weight loss. It's very absorbable. Even people with very compromised digestive tracks have found they can absorb the nutrients in fresh juice. It's like a pre-digested food that feeds your body so well that your brain stops screaming for more food. It offers what your body needs to do its work to keep you healthy; therefore, you feel much more satisfied.

Most people not only choose to eat fewer calories when they include fresh vegetable juice in their diet, they gain more energy. Compare this with eating a bag of chips. How often do you want to eat more chips, even after you've eaten an ample portion? Chips offer plenty of empty calories that made you feel sluggish and tired, plus the chips are addictive. The biggest bonus of a juicing program is that it adds valuable, bio-available micronutrients with a heap of health benefits and a minimum of calories.

Nutrients That Satisfy The Body's Nutritional Needs

1. ***Chlorophyll*** has been shown to deactivate systemic yeast. Chlorophyll is a plant pigment that is concentrated in green leaves. It binds to mycotoxins—those very acidic waste products produced by fungus and yeast. Chlorophyll blocks them from entering the bloodstream. When mycotoxins are deactivated, it removes a major barrier to weight loss for those who suffer from yeast overgrowth. That's because *C. albicans* thrives in an acidic environment produced by its own waste. Then it pumps out even more mycotoxins in the process. However, because of chlorophyll's very alkaline pH, the acidic mycotoxins are neutralized and the damaging cycle is halted. There are very specific nutrients found in juice, especially green juice, that can help you lose weight more quickly and easily. It has been shown that about 70 percent of American women suffer from yeast overgrowth of *Candida albicans*. This particular yeast produces a host of symptoms including carb cravings along with sinusitis, on-going fatigue, allergies, and vaginal infections.

Your best choices for greens are collards, chard, kale, spinach, dark green lettuce, parsley, beet leaves, or any other dark green leaves.

2. ***Enzymes Speed Fat Burning.*** One of the major contributors to weight gain and fatigue is enzyme deficiency. Heat easily destroys enzymes, which means that processed and cooked food is sadly depleted of vital enzymes. This causes your enzyme-producing organs to work harder, which causes your metabolism to take the backseat. But when you drink plenty of vegetable juices (at least two 10-ounce glasses), which are rich in enzymes, you reduce the workload of your liver and pancreas. Then your body can concentrate more on the metabolic tasks of fat burning and energy production.
3. ***Magnesium boosts metabolism.*** Greens such as collards, chard, kale, beet tops, parsley, and spinach are especially rich in magnesium, which plays a key role in fat storage. It has been shown that as many as 80 percent of American women don't get enough magnesium. When magnesium is low, insulin and glucose build up in the bloodstream and get stored as fat rather than being burned for fuel. Upping the intake of magnesium in the diet has been shown to improve insulin sensitivity and lower blood glucose by up to 35 percent. This would also help diabetics and pre-diabetics control their blood sugar. It is important to know that magnesium in supplements is packaged in particles that are rather

large for the body to absorb, reducing their bioavailability down to 4 to 15 percent. But green plants take up the mineral from the soil and package it in much smaller particles that the body can absorb easily. That's why juice is so effective and why there is nothing superior to whole foods—90 percent of plant magnesium can be delivered to the cells. Also, a British study found that magnesium-rich diets were associated with high levels of *adiponectin*—a hormone that is known to boost metabolism. Therefore, I highly recommend that you include plenty of dark leafy greens each day in your juice.

Research Shows That The Juice Diet Works!

One to two glasses of vegetable juice a day has been shown in university studies to promote weight loss, making it four times more effective over that of the non-juice drinkers on the same Heart Association Diet. Both studies were randomized controlled trials, each lasting twelve weeks.

One study carried out by UC California-Davis among 90 healthy adults between the ages of 40 and 65, was found that each person that drank at least two glasses of vegetable juice a day met the weight loss goal while only seven percent of the non-juice drinkers met it. Participants who drank one or two glasses of vegetable juice per day lost an average of four pounds, while

those who drank no vegetable juice lost only one pound. The researchers also found that people drinking vegetable juice had significantly higher vitamin C and potassium intake, and ate far less carbohydrates. Participants in the juice group with borderline high blood pressure also lowered their blood pressure significantly.

Those that drank vegetable juice said they enjoyed the juice and felt like they were doing something good for their body by drinking it. According to Carl Keen, Ph.D., Professor of Nutrition and Internal Medicine at UC Davis, and co-author of the study, enjoyment is critical to developing good eating habits that people can stick with for a long time. He noted that vegetable juice is something that people enjoy, plus its convenient and portable, which makes it simple to drink every day.

The Baylor College of Medicine study involved 81 adults that drank 8 to 16 ounces of vegetable juice daily as part of a calorie-controlled, heart-healthy diet. They also lost an average of four pounds over a 12-week period simply by adding the vegetable juice every day. Of the participants in the study, 83 percent had metabolic syndrome, which is a cluster of risk factors including excess body fat around the mid-section, high blood pressure, high blood sugar, and elevated cholesterol. About 47 million Americans have some combination of these risk factors, placing them at increased risk for diabetes

and heart disease. That's why drinking veggie juice and eating a low-glycemic diet works so well for weight loss and is especially helpful for people with blood sugar challenges such as those with metabolic syndrome.

Weight Loss Success Story

Two happy customers said, “*The Juice Lady's Turbo Diet* has provided us with so much information, and we are pleased to have implemented many of the suggested recipes into our diet. Between my husband and myself, we have lost 36 pounds in the past month. Before starting this diet, we purchased a juicer and prepared ourselves for the change in our diet and routine. With the proper planning and knowing that we were going to be very focused on *The Juice Lady's Turbo Diet* as first seen in [First for] Women magazine September 2010, we are so happy with the results. We had concerns, wondering if we could go each day with only juice and raw veggies and hummus until suppertime, but we enjoy this diet, with no hunger issues or concerns. We both feel fantastic and look so much healthier. Our fitness routines have always been part of our lives, but this weight loss and feeling of being so healthy and full of renewed energy gives us such confidence when moving forward and incorporating this diet into our lifestyle. Knowing that we feel so much healthier on the turbo diet is such a huge gift, after years of trying to find the means to be able to lose weight, and eat healthy, while at the same time feeling so fantastic.” (globeopro)

Alkalizing Your Body Promotes Weight Loss

Many people eat a high-sugar, grain, and animal-based diet with coffee or black tea, soda pop, and wine or beer to complement. All these foods promote acidity in the body. Plus, sugar and simple carbohydrates cause yeast and fungus to grow, which produces more acid. “Acid-forming food” does not mean the state of the food when you eat or drink it, but the final ash residue after it is metabolized. Due to this acid-forming style of eating, along with not eating enough greens and other living foods, many people suffer from a condition known as mild acidosis. This condition is an out-of-balance pH leaning toward acidity, which means that the body is continually fighting to maintain pH balance.

Two symptoms of acidosis are weight gain and an inability to lose weight. Obesity is an acid problem. When the body is acidic, it will store acid in fat cells and hang onto those cells and not allow you to lose weight in order to protect your delicate tissues and organs. It will even make more fat cells in which to store acid, if they're needed. To turn this scenario around, it's important to alkalize your body. Vegetable juices are one of the best ways to alkalize your body that you could ever find. Also, to give your body a great start in rebalancing your pH, make 60 to 80 percent of your diet alkalizing foods like green vegetables, raw juices, grasses like wheatgrass juice, fresh vegetables and fruit, raw seeds, nuts, and sprouts. Reduce your

consumption of acid-forming foods such as meat, dairy products, and whole grains to no more than 25 percent of your diet. I also recommend that you avoid chocolate, sweets, alcohol, soda pop, sports drinks, junk food, energy bars, coffee, and black tea as much as possible, which are all very acid forming.

Acidosis can cause the following problems:

- Weight gain, obesity
- Diabetes
- Cardiovascular damage
- Bladder problems
- Kidney stones
- Immune deficiency
- Free radical damage
- Hormonal problems
- Premature aging
- Osteoporosis and joint pain
- Aching muscles and lactic acid buildup
- Low energy and chronic fatigue
- Slow digestion and elimination
- Yeast/fungal overgrowth

- Lower body temperature
- Frequent infections
- Loss of joy and enthusiasm
- Depression
- Easily stressed
- Pale complexion
- Headaches
- Inflammation of the cornea and eyelids
- Inflamed, sensitive gums
- Mouth and stomach ulcers
- Cracks at the corners of the lips
- Excess stomach acid
- Acid reflux
- Gastritis
- Nails that are thin and split easily
- Dull hair, split ends, falling hair
- Dry skin
- Skin irritation
- Leg cramps and spasms

When pH balance is achieved, the body should automatically drop to its ideal, healthy weight unless you have other health challenges or issues such as emotional eating. As the acidic environment is neutralized with mineral-rich alkaline foods that are alkaline in their final breakdown, there will be no need for your body to create new fat cells for storage of acids. And since the remaining fat is no longer needed to store acidic wastes, it simply melts away.

This program is also a great way to restore your health. Diseases such as cancer thrive in an acidic environment. Take away the acid, and cancer cells don't do as well. An alkaline diet also boosts your energy level, improves skin, reduces allergies, sustains the immune system, and enhances mental clarity.

Toxicity Causes Weight Gain

With over 87,000 new chemicals produced every year, we are exposed to thousands of toxins on a daily basis! Where do they go? Toxins are primarily shuttled off to fat cells so our delicate organs and tissues won't be harmed. Toxins are acidic, and the body holds onto the fat that stores them as a protective measure, because its number one job is to keep you alive, not slim. When you have toxins in your body, you will have difficulty losing

weight. These acidic pollutants collect in cells, tissues, organs, and fluids between the cells, which also makes cellular metabolism inefficient.

Additionally, they show up as cellulite—the stuff that sticks on our thighs like a glob of cottage cheese, which is trapped fat cells, fat, and fluids. The result of toxic overload is sickness, fatigue, pain, weight gain, and eventually disease such as cancer. But along comes fresh juice, which is rich in antioxidants that bind up toxins and carry them out of the body. And viola! The weight starts melting away because the body can finally let go of the fat cells that stored the toxins.

Biophotons: The Weight Loss Secret

Raw juices and living foods are packed with biophotons—those light rays of energy the plants absorb from the sun. When we cook food, these beautiful rays of light and life are destroyed or shrink considerably. The latest research by Professor F.A. Popp and Dr H. Niggli shows that, in addition to the chemical composition of our food, light energy (biophotons) is an important factor in food value. The more “light” or photons a food is able to store, the more nutritious it is. Naturally grown, sun-ripened, fresh vegetables and fruit are rich in light energy. This is something new we did not know before the last few years.

The energy plants store from the sun finds its way into our cells when we eat and drink raw plant foods. These minute particles of light. (biophotons) are the smallest physical units of light. They contain important information that controls complex processes in the body. They have the power to order and regulate our cells, which produces a feeling of vitality and wellbeing.

When you drink a big glass of fresh veggie juice and your day is focused on more live foods than cooked or processed food, your internal environment changes. Lack of energy and blockages are signs of disturbance in the flow of life energy. When we consume plenty of live foods, we will require fewer calories. In practical terms this means you won't be as hungry. Biophotons help jumpstart the energy-producing mitochondria of our cells—the little energy units that pump out ATP —our energy fuel They also feed our DNA, which emits about 90 percent of the biophotons in the cell nucleus. This is important to our health because DNA is the basis for all processes occurring in the body. It's also important for weight loss because DNA participates in metabolism. Biophotons carry biological information of the plant so it's sort of like getting a software download from the plants, which can help correct physiological or biochemical errors taking place within your body.

When you daily drink fresh, raw vegetable juice, your body undergoes a transformation. You feel better, lighter, and more energized as time goes on.

Cravings disappear. Your sleep improves and you may need less of it. Your mind becomes more alert and creative. No longer will you find yourself in a disorganized fog because biophotons help your mind and body spring to life. You should experience more mental energy and creativity. And your metabolism gets a jumpstart. The mind receives electrical stimulation from the biophotons. In the process, your health improves. Symptoms and chronic diseases often will heal.

Organic Food is Important for Weight Loss

Scientists from South Korea discovered that a certain pesticide made rats fat, independent of their feeding behavior. “It’s possible that the sorts of genes that play a role in reading signals from the brain to the periphery to regulate fat are being acted upon by pesticides and all these [toxic] things that are in the environment,” said one of the doctors who designed the study. In another study mice were exposed for five day in utero to DES – an estrogen-like drug once used to prevent miscarriage. They were born at a normal weight and grew at a normal rate, but ended up much fatter over time than other mice that were not exposed. This was true even though the mice continued to eat normally and were as physically active as the mice that were not exposed to DES. It is important to note that DES is used in feed for factory-

farm livestock and poultry to fatten them up. Drug residues show up in their muscle meat.

Could drug residues in commercial meat be contributing to weight gain for people who eat commercial animal products frequently? Dr. Ashrafi said, “Maybe environmental toxins are essentially drugs that we are taking [into our bodies] without knowing it, and they’re acting in this process to promote fat [gain].”

When you shop for beef, lamb, chicken, turkey, or any other animal protein, it is important to choose only organic and free-range muscle meats. Also, choose only organically grown vegetables and fruit. If you can’t afford all organic produce, make sure you purchase only organic produce from the foods listed on the Dirty Dozen list by the Environmental Working Group (www.ewg.org). Each year EWG tests fruits and vegetables to determine the ones that are the worst for pesticide residues and those that have the least—The Clean 15. Thin-skinned fruits such as apples, peaches, grapes, pears, plums, and vegetables such as spinach, cucumbers, bell peppers, and kale are typically on the list each year. Carrots are also near the top. But when it comes to onions, hot peppers, and avocados, they are near the bottom of contamination, with very little pesticide spray so you don’t have to purchase them organic. And lemons are further down on the tier, so you can purchase

conventional lemons if the organic ones are too expensive. Be aware of ginger root though because it is often soaked in a chemical.

Your Juice Off the Pounds Plan

Now that you know in theory just how effective juicing is for weight loss, you'll want to experience it firsthand. Here's what you can do to take weight loss to a whole new level. Drink an 8 to 10-ounce glass of fresh vegetable juice before each meal. This is the core of my program in *The Juice Lady's Turbo Diet*. This will help control hunger; you'll just naturally want to eat less food. Cravings should disappear fairly quickly. One woman on the juice program said she was a choloholic (addicted to chocolate) until she started the juice program and then the chocolate cravings just disappeared.

Here's how a "juice off the pounds day" will look:

- Drink two 8 to 10-ounce glasses of fresh vegetable juice daily or make one glass of juice and have a green smoothie, preferably one in the morning to get you energized and one in the afternoon to keep you going or before dinner to help curb your hunger.
- Eat one or two servings of raw veggies a day, or make a raw energy soup or savory smoothie.

- Watch the fruit—an all-fruit smoothie or glass of fruit juice can pack on the pounds because it has too much fruit sugar. You could choose a piece of low-sugar raw fruit such as grapefruit, green apple, or berries or some raw veggies for a snack.
- You can eat about one quarter of your food cooked. If you have an illness or disease, then it is recommended that a larger percentage of your food should be eaten raw (juiced or blended if you have significant digestive issues) and that you occasionally spend a day or two just drinking fresh vegetable juice (juice fasting) to help detoxify your system.

The Importance of Raw Foods

Think about a day where you ate mostly cooked foods, with very little live food. Did you want to eat more food that day? I experienced that recently. I was served mostly cooked foods at two different events in one day—all whole foods, but about 90 percent of it cooked. At the end of the day, I was still hungry. It was 9 p.m. and I wanted something else to eat. My body was craving live foods. A glass of juice did the trick—the urge to eat was gone. This is where fresh vegetable juice is so amazing. It's very satisfying. When you drink raw veggie juices, you can experience the single most effective short-term antidote to cravings, weight gain, fatigue, and stress that is available

You Can Store Juice

Many people have busy schedules and making juice in the morning simply isn't possible. You can make your juice the night before and take it to work in a glass container or thermos. You can make all your juice at one time. I know that there are people who say you have to drink the juice within 30 minutes or you lose nearly all the nutrients. That's not true. But heat, light, and oxygen will destroy nutrients. So the faster you drink it, the better. Still, most people can't make a fresh glass of juice before each meal. That's just life in the "busy lane." So, do what you can—what works for you. You can store juice in a covered container in the refrigerator for up to 24 hours. Fill your container as close to the top as possible so you won't get too much oxygen into your juice. And enjoy a delicious glass of fresh juice before each meal. It's still the best thing you could consume, even if it has been sitting in the fridge for a while.

I recommend that you juice vegetables with some lemon or lime. You could also add some green apple if desired. But avoid most other fruit juice because it's too high in sugar. Berries are another option because they are low in sugar. And if you have a sugar metabolism challenge such as diabetes, metabolic syndrome, or hypoglycemia, you will want to avoid fruit juice.

For recipes and the meal plan, you'll find a wide variety of recipes in my books *The Juice Lady's Turbo Diet*, *The Juice Lady's Living Foods Revolution*, and *The Juice Lady's Big Book of Juices and Green Smoothies*.

What To Do If You Don't Have a Juicer

If you don't own a juicer and can't afford to get one right now, then blend up some vegetables that don't contain as much fiber such as cucumbers, celery, and spinach; add lemon or lime juice and coconut or almond milk. You could add a drop or two of stevia if you wish to have it sweeter. You could also get fresh juice from a juice bar. But avoid pasteurized juices; keep in mind that *anything* in a bottle or container must be pasteurized even if it's refrigerated. There are some cold pressed juices entering the market that have been treated in a special process that does not kill the enzymes and vitamins, but at this point, they are not widely available.

Time to Develop Your Juice Plan

Now it's time to go to your workbook section and start your assignments, which involves creating your juice plan. This will mean developing a strategy for juicing or making savory smoothies every day so that you can accelerate your weight loss.

If you have any questions, go to www.juiceladycherie.com. *Cherie*

WORKBOOK

Juice Off the
Pounds!

Lose 10 Pounds in
10 Days!

By Cherie Calbom, MS, CN

The Juice Plan

Here's a juice plan you can follow for guidelines to incorporate fresh vegetable juice into your healthy diet plan. Follow this menu plan and write in the juices you chose for the day.

Day 1

Breakfast

Juice of choice _____

or Green Smoothie with ground almonds

Green, white, or herbal tea (and a squeeze of lemon is nice)

Midmorning Break

Healthy snack

Lunch

Healthy meal of choice

Mid-afternoon snack (optional)

Dinner

Juice of choice late afternoon or before dinner _____

Healthy dinner menu

Day 2

Breakfast

Juice of choice _____

or Green Smoothie with ground almonds

Green, white, or herbal tea (and a squeeze of lemon is nice)

Midmorning Break

Healthy snack

Lunch

Healthy meal of choice

Mid-afternoon snack (optional)

Dinner

Juice of choice late afternoon or before dinner _____

Healthy dinner menu

Day 3

Breakfast

Juice of choice _____

or Green Smoothie with ground almonds

Green, white, or herbal tea (and a squeeze of lemon is nice)

Midmorning Break

Healthy snack

Lunch

Healthy meal of choice

Mid-afternoon snack (optional)

Dinner

Juice of choice late afternoon or before dinner _____

Healthy dinner menu

Day 4

Breakfast

Juice of choice _____

or Green Smoothie with ground almonds

Green, white, or herbal tea (and a squeeze of lemon is nice)

Midmorning Break

Healthy snack

Lunch

Healthy meal of choice

Mid-afternoon snack (optional)

Dinner

Juice of choice late afternoon or before dinner _____

Healthy dinner menu

Day 5

Breakfast

Juice of choice _____

or Green Smoothie with ground almonds

Green, white, or herbal tea (and a squeeze of lemon is nice)

Midmorning Break

Healthy snack

Lunch

Healthy meal of choice

Mid-afternoon snack (optional)

Dinner

Juice of choice late afternoon or before dinner _____

Healthy dinner menu

Day 6

Breakfast

Juice of choice _____

or Green Smoothie with ground almonds

Green, white, or herbal tea (and a squeeze of lemon is nice)

Midmorning Break

Healthy snack

Lunch

Healthy meal of choice

Mid-afternoon snack (optional)

Dinner

Juice of choice late afternoon or before dinner _____

Healthy dinner menu

Day 7

Breakfast

Juice of choice _____

or Green Smoothie with ground almonds

Green, white, or herbal tea (and a squeeze of lemon is nice)

Midmorning Break

Healthy snack

Lunch

Healthy meal of choice

Mid-afternoon snack (optional)

Dinner

Juice of choice late afternoon or before dinner _____

Healthy dinner menu

One or Two Day Juice Feast

If you wish to jumpstart your weight loss program, you may want to try a one or two-day juice fast to cleanse your system and lose a couple of pounds quickly.

Day 1

Breakfast

- Green, white, or herbal tea with lemon juice or hot water with lemon and a dash of cayenne pepper (this helps the liver get moving)
- Juice of choice _____

Midmorning

- 9:30 a.m.: 8 ounces of water or cranberry water
- 10:30 a.m.: Juice of choice
- 11:30 a.m.: Green, white, or herbal tea or 8 ounces of water

Lunch

- Juice of choice _____

Midafternoon

- 1:30 p.m.: 8 ounces of water
- 2:30 p.m.: 8 ounces of water
- 3:00 p.m.: Juice of choice _____
- 4:00 p.m.: 8 ounces of water
- 5:00 p.m.: 8 ounces of water

Dinner

- Juice of choice _____
(you may also add a cup of warm vegetable broth.)

Evening

Cup of herbal tea