



THE STAGES OF DETOXIFICATION WHEN DOING JUICE FASTING

Here is an overview of the detoxification stages during a juice fast. The time periods are a general estimate. Regardless of the period of time you intend to fast, make sure you read the last paragraph (breaking the fast).

Stage 1 (Day 1 to Day 2)

On the first day of fasting, the blood sugar level drops below 70mg/dl. To restore the blood to the normal glucose level, liver glycogen is converted to glucose and released into the blood. This reserve is enough for half a day. The body then reduces the basal metabolic rate (BMR). Effectively going into 'hibernation'. The rate of internal chemical activity in resting tissue is lowered to conserve energy. The heart slows and blood pressure is reduced. Glycogen is drawn from the muscle causing some weakness. The first wave of cleansing is usually the worst.

Headaches, dizziness, nausea, bad breath, glazed eyes and a heavily coated tongue are signs of the first stage of cleansing. Hunger can be the most intense in this period unless an enema is used which quickly assists the body into the fasting state by ending digestion in the colon. Whether or not to use an enema is a personal choice. I can add that if you are experiencing the first stage in a very bad way it is usually an indication that your lifestyle and in particular your nutrition left a lot to be desired. The healthier your life style and nutrition was in the period leading to the beginning of the fast, the less severe your symptoms are likely to be. So if your first couple of days are a smooth sailing you should congratulate yourself for maintaining a fairly healthy lifestyle.

Stage 2 (Day 3 to Day 7)

Fats, composed of transformed fatty acids, are broken down to release glycerol from the glyceride molecules and are converted to glucose. The skin may become oily as rancid oils are purged from the body. People with problem-free skin may have a few days of zits or even a boil. A pale complexion is also a sign of waste in the blood. Ketones are formed by the incomplete oxidation of fats. It is suspected that the ketones in the blood suppress the appetite by affecting the food-satiety centre in the brain. You may feel hungry for the first few days of the fast. This effect is temporary. The desire to eat will disappear. Lack of hunger may last 40 to 60 days.

The body embraces the fast and the digestive system is able to take a much-needed rest, focusing all of its energies on cleansing and healing. White blood cell and immune system activity increases. You may feel pain in your lungs. This is normal. The cleansing organs and the lungs are in the process of being repaired. Periodically, the lymphatic system expels mucoid matter through the nose or throat. The volume excreted of this yellow-coloured mucus can be shocking. The sinuses go through periods of being clogged, then will totally clear. The breath is still foul and the tongue coated. Within the intestine, the colon is being repaired and impacted faeces on the intestinal wall start to loosen.



Stage 3 (Day 8 to Day 15)

On the latter part of an extended fast, you can experience enhanced energy, clear-mindedness and feel better than you have ever felt. On the downside, old injuries may become irritated and painful. This is a result of the body's increased ability to heal during fasting.

During fasting, the body's healing process is at optimum efficiency. As the body scours for dead or damaged tissue, the lymphocytes enter the older, damaged tissue secreting substances to dissolve the damaged cells. These substances irritate the nerves in the surrounding region and cause a reoccurrence of aches from previously injured areas that may have disappeared years earlier. The pain is good as the body is completing the healing process. The muscles may become tight and sore due to toxin irritation. The legs can be the worst affected, as toxins accumulate in the legs. Canker sores are common in this stage due to the excessive bacteria in the mouth. Daily gargling with salt and water will prevent or heal them.

If you're going to continue to stage 4, we will need to discuss supplementation since juice on its own is no longer enough.

Stage 4 (Day 16 to Day 30)

The body is completely adapted to the fasting process. There is more energy and clarity of mind. Cleansing periods can be short with many days of feeling good in between. There are days when the tongue is pink and the breath is fresh. The healing work of the organs is being completed. After the detoxification mechanisms have removed the causative agent or render it harmless, the body works at maximum capacity in tissue proliferation to replace damaged tissue. While a short fast will reduce the symptoms, a longer fast can completely heal. Homeostatic balance is at optimum levels. The lymphatic system is clean except for a rare discharge of mucus through the nose or throat. After day 20 (or thereabout), the mind is affected. Heightened clarity and emotional balance are felt at this time. Memory, concentration and overall happiness improve.

Stage 5 (Breaking the Fast)

After breaking the fast, your first few meals should be made of the same ingredients you used in the fast but without juicing them. Obviously you will not be able to eat the same quantities of fruit and vegetables as you used for juicing. After a couple of days you can start introducing some more toxins in to the system but I recommend to do it very gradually (if you really can't resist).

The sticky, toxic, mucoid coating on the intestinal wall is loose, and the first meal frees itself from the intestinal wall. Toxins enter the blood through the colon. The gallbladder dumps its waste in a heavy discharge of bile. This can cause an instant bowel movement upon eating followed by intense diarrhoea. If the symptoms are too uncomfortable, an enema will help.

Now that you've completed the fast you might want to consider conserving all the benefits you've earned during the fast. I'll be happy to discuss a healthy and balance diet with you.