



ALL THINGS KWAUNISHA

JUICING GUIDE

MY JOURNEY

Introduction

I embarked on my juice fasting journey as a personal response to the challenges posed by lupus, rheumatoid arthritis, and Hidradenitis Suppurativa. These autoimmune conditions brought significant physical and emotional struggles, leaving me searching for effective ways to manage my symptoms and improve my overall health. After extensive research, I discovered the potential healing power of whole, nutrient-rich juices.

The idea of consuming vibrant, fresh juices appealed to me not only for their rich vitamin and mineral content but also for their ability to support my body's natural healing processes. I began to notice profound changes in my energy levels, inflammation, and overall well-being. Juice fasting allowed me to nourish my body with essential nutrients while giving my digestive system a break, promoting detoxification and aiding in my recovery.

Through this journey, I found not just relief from my symptoms but also a renewed sense of hope and vitality. The experience of juice fasting has transformed my approach to health and wellness, offering me tools to better manage my conditions and embrace a healthier lifestyle.

-Kwaunisha



CREATING LASTING HABITS



Health Benefits of Juice Fasting

1. **Nutrient Boost:** Juice fasting provides a concentrated source of vitamins, minerals, and antioxidants from fruits and vegetables, promoting overall health.
2. **Detoxification:** It may help eliminate toxins from the body, as the high water and fiber content can support liver and kidney function.
3. **Weight Loss:** Juice fasting can lead to short-term weight loss due to reduced calorie intake, helping reset dietary habits.
4. **Improved Digestion:** Juicing allows the digestive system to rest while still providing nutrients, which can lead to improved digestive health.
5. **Increased Energy:** Many people report feeling more energized during a juice fast, possibly due to the influx of vitamins and hydration.
6. **Skin Health:** The antioxidants in fresh juices can promote healthier skin, reducing inflammation and improving complexion.
7. **Mental Clarity:** Some individuals experience enhanced mental clarity and focus during a juice fast, potentially due to reduced intake of processed foods.
8. **Enhanced Immune Function:** Nutrient-rich juices can support the immune system, helping the body fight off illness.



BEET JUICE

Recipe



- 1 medium beet, peeled and chopped
- 2 medium carrots, peeled and chopped
- 1 cup coconut water (or fresh coconut meat and water)
- Juice of 1 lime (optional)
- Ice cubes (optional)

Instructions

1. Prepare Ingredients: Peel and chop the beet and carrots into smaller pieces.
2. Blend: In a blender, combine the beet, carrots, and coconut water. If using fresh coconut meat, add it along with the water.
3. Blend Until Smooth: Blend until smooth, adding more coconut water if needed for desired consistency.
4. Strain (Optional): For a smoother juice, strain through a fine mesh strainer or cheesecloth to remove pulp.
5. Add Lime: Stir in lime juice if desired for extra flavor.
6. Serve: Pour into glasses over ice if you prefer it chilled.



Health benefits

1. Rich in Nutrients: Beets and carrots are high in vitamins A, C, and K, as well as minerals like potassium and magnesium.
2. Antioxidant Properties: Beets contain betalains, while carrots are high in beta-carotene, both of which help reduce oxidative stress.
3. Digestive Health: The fiber in carrots and beets supports healthy digestion.
4. Heart Health: Beets can help lower blood pressure and improve circulation due to their nitrate content.
5. Hydration: Coconut water is a natural electrolyte-rich beverage that helps with hydration.
6. Immune Support: The vitamin C content in this juice can bolster the immune system.
7. Skin Health: The antioxidants and hydration from the ingredients can promote healthier skin.



This vibrant juice is not only delicious but also packed with health benefits!



CUCUMBER CELERY JUICE

Recipe

Ingredients:

- 1 large cucumber, chopped
- 3-4 celery stalks, chopped
- Juice of 1 lemon (optional)
- A handful of fresh mint (optional)
- Water (as needed)



Instructions

1. Prepare Ingredients: Wash and chop the cucumber and celery into smaller pieces for easier blending.
2. Blend: In a blender, combine the cucumber, celery, and mint (if using). Add a little water to help with blending.
3. Strain (Optional): If you prefer a smoother juice, pour the mixture through a fine mesh strainer or cheesecloth to separate the pulp from the juice.
4. Add Lemon: Stir in the lemon juice for added flavor, if desired.
5. Serve: Pour into glasses and enjoy chilled. You can add ice cubes if preferred.



Health Benefits

1. Hydration: High water content helps keep you hydrated.
2. Low Calorie: A light, refreshing drink suitable for weight management.
3. Nutrient-Rich: Provides vitamins K, C, and potassium.
4. Digestive Health: Promotes digestion due to its fiber content (if pulp is included).
5. Detoxifying: Both cucumber and celery are known for their detoxifying properties.

Enjoy your refreshing cucumber celery juice!



SINUS RELIEF

Recipe

- 1 cup fresh pineapple, chopped
- 1 cup ripe papaya, chopped
- 2 medium carrots, peeled and chopped
- 1-inch piece of fresh ginger, peeled
- 1-inch piece of fresh turmeric (or 1 teaspoon ground turmeric)
- Juice of 1 lime (optional)
- Water (as needed)
- Ice cubes (optional)

Instructions

1. Prepare Ingredients: Chop the pineapple, papaya, carrots, ginger, and turmeric into smaller pieces.
2. Blend: In a blender, combine the pineapple, papaya, carrots, ginger, and turmeric. Add a little water to help with blending.
3. Blend Until Smooth: Blend until smooth, adding more water if needed for your desired consistency.
4. Strain (Optional): For a smoother juice, strain through a fine mesh strainer or cheesecloth to remove pulp.
5. Add Lime: Stir in lime juice for added flavor and vitamin C if desired.
6. Serve: Pour into glasses over ice if you prefer it chilled.

Health Benefits

1. Anti-Inflammatory Properties: Both ginger and turmeric have powerful anti-inflammatory effects, which can help reduce sinus inflammation.
2. Rich in Antioxidants: Pineapple and papaya are packed with antioxidants, helping combat oxidative stress and support immune health.
3. Digestive Aid: The fiber in papaya and carrots can support healthy digestion, which is beneficial for overall wellness.
4. Vitamin C Boost: Pineapple and papaya are rich in vitamin C, enhancing immune function and potentially helping with sinus issues.
5. Hydration: The juice is hydrating, which can help thin mucus and promote sinus drainage.
6. Natural Decongestant: Pineapple contains bromelain, which may help reduce mucus and congestion.

This refreshing juice is not only delicious but also a natural way to help alleviate sinus discomfort!



MEAL PLAN

MONDAY	
Breakfast	
Snack	
Lunch	
Dinner	
Comments	

TUESDAY	
Breakfast	
Snack	
Lunch	
Dinner	
Comments	



MEAL PLAN

WEDNESDAY	
Breakfast	
Snack	
Lunch	
Dinner	
Comments	

THURSDAY	
Breakfast	
Snack	
Lunch	
Dinner	
Comments	



MEAL PLAN

FRIDAY	
Breakfast	
Snack	
Lunch	
Dinner	
Comments	

SATURDAY	
Breakfast	
Snack	
Lunch	
Dinner	
Comments	

