

## **Basic Juicing & Intermittent Fasting Guide—PhoenixWay to Holistic Natural Health**

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The basic recommended PhoenixWay juicing plan for maintaining optimal health is 1 liter of fresh-made, raw vegetable/fruit juice per day. This recommendation is based on the research of Dr. Max Gerson, Dr. Norman Walker, and other leaders in holistic, natural healing on the benefits of reversing most disease in the body, cleansing and detoxing, maximizing energy, and enhancing youthfulness and longevity. Since green juice is arguably the most nutritious and important for the body, the plan is green juice every other day, alternating with 3 different carrot-based juices on non-green days.

The standard “green” juice is several green chard leaves (4-8), several lettuce leaves (romaine, green, iceberg, etc.), 4 stalks celery, 1/2 cucumber, ½ green bell pepper, 2 medium apples (or pears or 1 each pear and apple), sometimes jicama (equivalent to apple size), large handful cilantro, 1/2 squeezed lime.

The “orange” juice is 8-12 large carrots, 1 medium apple, 1 medium yellow beet, 1 medium orange, ½ orange or yellow bell pepper, 2 celery stalks, 1 chunk fresh ginger, 1/2 squeezed lime.

The “purple” juice is 8-12 large carrots, 1 medium purple beet, 1 apple, a few handfuls of blueberries and/or blackberries, chunk ginger, 2 celery stalks, 1/2 squeezed lime.

The “red” juice is 8-12 lg carrots, 1 medium tomato, few handfuls strawberries, 2 celery stalks, ½ red bell pepper, 1 apple, 1/2 squeezed lime.

Adjust due to fruit size. If apples are small, add another; ditto with tomatoes, beets, oranges, etc. Lime can be put directly in juicer or squeezed in separately. Lemon can be substituted (but limes are cheaper!).

This juicing program can be added to an intermittent fasting program, such as the one I personally have followed, to stay clean and energized and control calorie consumption and maintain lean, healthy weight. The plan I’ve followed is on fasting days (usually Mon, Wed, and Fri) 1 liter of juice per day (above), plus all the fresh fruit and flax milk (w/added vegan protein, 1g/1oz, usually 1 liter minimum) I want, alternating with days (Tue, Thu, Sat, Sun) where I still do the juicing and eat fruit and flax milk, but balance by adding in other healthy (typically vegan) foods and usually less fruit (sometimes less flax milk). You can also fast one whole day (such as Mondays) on just 2 liters of juice and water/tea, or add in some fresh fruit if you need it.

### ***Juicing Shopping list***

**(based on 1 liter/day, green juice every other day, 1 each of “purple,” “red,” “orange” juices per week)**

2 bunches celery, organic

2 bunches swiss chard, green, organic

2 cucumbers, organic

1-2 clumps cilantro, organic  
5 lbs carrots (at least 16-20 large)  
1 medium beet, purple  
1 medium beet, yellow/orange  
1 package blueberries, organic  
1 package blackberries, organic  
1 package strawberries, organic  
2 bunches bananas  
5 lbs apples, organic (at least 12 medium)  
1 bag oranges  
1 bag grapes, purple or red, organic  
2-4 tomatoes, organic  
4 limes  
1 large piece fresh ginger

***The following produce should be organic***, due to high pesticides/herbicides (the rest optional): apples, all leafy greens, celery, cucumber, bell pepper, berries.

The flax milk I used to use is *Good Karma Flax Milk, Unsweetened + Protein*, found at Whole Foods, EarthFare, and sometimes Harris Teeter. It tastes great drinking while eating a banana or two. I now make my own fresh flax/hemp milk by blending 5 cups of spring water with 4 TBSP ground flax seed and 6 TBSP of hemp seed, a pinch of sea salt, and 1 TBSP of quality local honey or agave nectar. Blend for 1 minute, rest 1 minute, repeat total 3x. Strain through nylon nut milk bag (available online, Amazon, eBay, etc.).