



A woman making freah pear juice in the kitchen. Image Credit: warrengoldswain/iStock/Getty Images Juice fasts, juice diets and detoxes have become a popular way to jump-start weight loss and lose some quick pounds. By not eating any foods, you allow your digestive system to take a break and clear out many of the processed foods consumed in America today. A juice fast consists of drinking naturally juiced fruits and vegetables and water while eating no solid foods at all. The average juice fast lasts for three to 10 days, though some people will fast as long as 30 days. According to Fitness Through Fasting, an average person can lose 10 pounds or more within the first seven days of a juice fast. As with any diet, precautions should be taken. Before beginning any type of juice fast, consult with your physician may need to change or adjust prescription medications and may recommend vitamin supplements for you to take while fasting. Purchase a top quality juicer. Take into consideration things like how easy it is to use and clean, how durable it is to be used on a regular basis and the cost you can afford. You will be using this numerous times throughout the day, so make sure it is one you can afford. You will be using this numerous times throughout the day, so make sure it is one you can afford. grapes and pineapple provide lots of vitamins and nutrients and are easy to juice. Vegetables like cabbage, lettuce, wheat grass, celery, beets and most green vegetables are also recommended. Add things like ginger or lime to make certain juice mixtures more palatable. them with fruit or adding spices can help. Make your juice fresh at the time you plan to drink it. You will need to drink at least 35 to 70 ounces of juice a day, so breaking that up into mini "juice meals" will make this easier. Storing juice is not recommended because it loses some nutritional value as it sits. Drink at least eight glasses of filtered or purified water a day in addition to the juice drinks in order to keep your body hydrated. Gradually begin eating food once your fasting time is over. Your body is not used to processing solid foods, so it is not a good idea to go right out and order a big hamburger. your body can handle it. Juicer Fresh fruits Fresh vegetables Detox and juice fasting diets can be a good way to jump-start a weight-loss program but they are not designed for long-term use. The best diet for optimal health and weight includes a balance of fruits, vegetables, whole grains and proteins accompanied by a balanced exercise program. Thinking about starting a juice cleanse and wondering how much weight you might lose, if any? The good news is that you will most likely shed a few unwanted pounds. But as for how many? That's up to you and a few other factors, which we'll break down here. Let's explore how juice cleanses can help you lose weight, detail how many pounds you'll probably lose, and explain how to squeeze the most weight off in just a few days. Let's get right into it! HOW MUCH WEIGHT CAN YOU EXPECT TO LOSE FROM A JUICE CLEANSE? You can expect to lose anywhere from 3 to 8 pounds (on average) after a 3-day juice cleanse depending on a few primary factors. Your starting weight, cleanse duration and your individual metabolism play a large role in the results you'll see, but other things like your activity level during the cleanse and perhaps most importantly, your pre-cleanse preparation will all play a role in maximizing your weight loss. You'll consume far fewer calories during a cleanse than in your typical diet, creating that caloric deficit required of any weight loss journey. Most of the weight lost in a 2 or 3 day cleanse will be water weight, so keep in mind that you may regain as little water weight as possible. It is totally possible to continue accelerating your weight loss beyond the cleanse once you restart solid foods, but this depends largely on your decisions post-cleanse. With that said, cleanses (of any kind) are not a magic ticket to losing 20 pounds before the weekend nor are they a sustainable weight loss solution. When it comes to shedding pounds, there is no substitute to healthy nutrition, avoiding toxic foods, and getting regular exercise. However, if you're ready to kickstart a healthier path forward, lose a few pounds, or prepare for an event like a wedding in a short time, a juice cleanse will help you hit those goals. FACTORS THAT AFFECT WEIGHT LOSS DURING A CLEANSE There are a number of factors that will affect how much weight you lose during a juice cleanse. While every person's body & lifestyles are different, these are 5 things that will have the greatest influence: 1. CLEANSE DURATION The length of your cleanse will have the greatest influence: 1. 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CLEANSE DURATION The length of your cleanse will have the greatest influence: 1. CLEANSE DURATION The length of your cleanse will have the greatest influence: 1. CLEANSE DURATION The length of your cleanse will have the greatest influence will have the g for 1 day and another person does it for 3 days, it doesn't take a genius to understand that the person who cleansed for 3 days will probably lose more weight. This is because they've reduced their caloric intake for a longer period of time, giving the body more time to burn off fat. 2. STARTING WEIGHT Generally, heavier individuals will lose more weight than lighter people, regardless of whether the heavier weight is attributed to fat or muscle. This is simply because larger bodies burn more calories consumed and calories burned is greater, contributing to more weight lost. 3. METABOLISM Your metabolic rate is the speed at which your body burns calories. Just as with regular eating habits, a person with a higher metabolism. Your metabolism will lose weight at a faster rate than a person with a slower metabolism. Your metabolic rate will vary based on your age, gender, muscle mass, and level of fitness. 4. ACTIVITY LEVEL Even without exercise, most people will be in a caloric deficit while on a juice cleanse. Adding moderate activity like walking or riding a bike will increase that deficit, accelerating weight loss. Please be cautious about this, we typically don't recommend strenuous exercise during a cleanse as your body may not have enough fuel to sustain certain kinds of workouts. 5. PRE & POST-CLEANSE NUTRITION Even though you'll only be having juice & water during your cleanse, the foods you eat before and after the cleanse can have a massive impact on your results. For example, if you transition from a high-calorie, high-sodium diet right before you start a cleanse, you'll most likely be retaining far more water weight than normal. Your results may appear far better since cleansing will trigger a rapid decrease in excess water retention caused from those high sodium foods. Check out our post-cleanse is unique, so it's difficult to say which of these will play the greatest role in your journey. IS IT SAFE TO LOSE WEIGHT DURING A JUICE CLEANSE? Yes, (organic) juice cleanses are a safe way to get some short-term weight loss, but they're not a sustainable option long-term. It's completely normal (and expected) to lose a few pounds during the cleanse because of the caloric deficit and reduction in water weight. But if you're ready to punch your ticket to an hourglass figure with a few days of any kind of juice, you're setting yourself up for disappointment. When done properly, a juice cleanse can help you break unhealthy eating habits, flush your diet or lifestyle, you should still exercise precaution. Before committing to a juice cleanse, consult your healthcare expert especially if you have pre-existing medical conditions or have a history of food sensitivity. In the days leading up to it, slowly cut back on processed foods, caffeine, and alcohol to save yourself from minor withdrawals and extreme cravings. We give you all the pre and post-cleanse instructions you could possibly need including recipes in our Cleanse Guide. During the cleanse, it's important to stay properly hydrated with good, clean water—preferably spring water—to improve digestion and curb the inevitable hunger during the first day. Even if you're a triathlete in peak physical condition, you should refrain from overly strenuous exercise during the cleanse. Your body won't have enough fuel to power through a long run or heavy lift, and forcing yourself to "do it anyways" could lead to serious unintended consequences. Listen to your body in this regard to ensure the best outcome. In the days after your cleanse, ease your way back into both your nutrition and fitness routines, introducing newer, healthier habits to further you. HOW TO MAXIMIZE WEIGHT LOSS DRINK IT COLD-PRESSED Most juices are made the same way; add 2-4 easily accessible, non-organic, sugary fruits and vegetables to a standard juicer, blending and aerating the juice with sharp blades. While this is still better than nothing, centrifugal energy heats the juice with high friction and blasts air through it, ruining the flavor and defiling the delicate structures and bioelectric properties of the raw ingredients. Most places like grocery stores may offer juice at the counter, but you're relying on their employees to make you a balanced juice by eyeballing the recipes. In most cases, people like to add way too much fruit and not enough vegetables, countering what ingredients are best for weight loss, it's definitely true that some are far better than others. CHOOSE CERTIFIED ORGANIC At Raw Juicery, every single ingredient in our cleanses are certified organic. This means we're third party audited to provide you, the conscious consumer, an important layer of quality assurance. It is extremely difficult to maintain organic compliance for 60+ raw ingredients year-round, which is why most juice companies never go this far. Not only is certified organic a higher quality standard, you don't need to worry about inundating yourself with harmful, endocrine-disrupting synthetic pesticides, herbicides or petrochemical fertilizers like you do with conventional juice cleanses. There is certainly an argument that those kinds of chemicals will work against you and your weight loss goals. Certified organic juice cleaner and safer bet to lose weight compared to any conventional method. STAY HYDRATED Juice is hydrating, but your body still needs water to function properly. As a rule of thumb, drink 1 glass of water for every 12oz bottle of juice. This will help suppress your food cravings, dilute the natural sugars, flush out even more toxins, and help you avoid headaches - a potential negative side effect while cleansing. It might seem counterintuitive, but drinking more water will prevent bloating and water retention better than not. REST MORE, EXERCISE LESS Juice cleanses are most effective at healing your gut and crushing your habitual appetite when your body is at rest, giving it time to heal & revitalize. Getting 7-8 hours of sleep is critical for detoxification and to better manage leptin sensitivity and decrease ghrelin levels, the hormones responsible for untimely hunger pangs and ravenous appetite. During the day, strive to keep your body active but unstrained. With fewer calories (less energy), your body won't have the same amount of fuel to operate at the fitness level you may be accustomed to. This is still true even if it feels like you have more energy than normal. However, don't be sedentary either. You must still be active if you want the most weight gone, so swap out high-intensity exercises for low to moderate intensity movements like walking, yoga, jogging or cycling. TO SUM THINGS UP: In addition to a long list of other benefits, losing weight even after a day or two. Though the weight lost will likely be mostly water weight, it'll make a big difference in a short amount of time, such as before for a weekend event. Just remember, juice cleanses (or anything else for that matter) are not a long-term solution or a replacement to a healthy diet rich with raw, organic foods and regular exercise- but cleansing is a fast, safe, and amazing way to kickstart those health goals if you're looking to make that kind of change. This content has been Fact-Checked by a Certified Nutritionist in our Publishing Team. Learn more here. Always consult a medical professional before commencing any diet. Juice fasting, no one thought about it in the 1930s, when the first juicing machine was invented, making juice from fruits, vegetables, and herbs has become one of the most popular ways for improving health. The reason for it is that the minerals and vitamins contained in fruits and vegetables are more easily absorbed when you consume them in the form of juice. In addition, many believe that juice cleanse helps to detox the body by removing the caffeine, sugar, refined foods and other harmful substances. This type of detox diet is often called juice cleanse or juice fast, and it may include homemade fresh juices and vegetables, as well as juices bought from the store. If you are thinking of trying this type of fasting and don't know where to start, we have made a complete guide that has the answers to all of your questions, plus some helpful tips. What is Juice Fasting? Juice fasting can not only improve your health and give you a sense of connection to your spiritual life but also help you to shed some pounds. It is very important to properly educate yourself before practicing juice fasting to gain a clear understanding of the fasting process and have the right expectations about the result. It is equally, juice fast lasts 1-3 days, and during that time, you should drink only juice, water, and smoothies. There are three main stages of practicing juice fast: Preparation stage: Before starting the fast, you should try to eliminate certain foods like meat, dairy products, coffee, sugar, alcohol, etc. to make your diet transition easier and less painful. This might take 3-5 days. Also, you are very much advised to eat more fresh fruits and vegetables during this period. Cleansing stage: When you actually start your 1-3 days fast, you should drink at least 4 cups of juice or smoothies, half of which must be green vegetables. Final stage: When your fast is over, you should start eating light meals and gradually add more foods during the next several days. Give your body some time to smoothly get back to your previous normal diet. Fasting Tips Headaches are a common side-effect when first starting fasting. Fasting may have numerous health benefits, but it's not so easy to do. You might experience headaches and weakness along the way. To help you with that, here are some tips to reduce the discomfort: Try massage and deep tissue massage. walk can increase the blood and the lymphatic circulation and make you feel more energized. Incorporate mind/body practices: Stress can hinder your mind and body some rest through meditation, muscle relaxation or belly breathing. Recommended reading: Spanish Ketogenic Mediterranean Diet -Sustainable and Super Healthy Diet Juice Fasting Benefits The proponents of juice fasting claim that it allows the digestive system to cleanse itself, while you absorb all the minerals, vitamins and phytonutrients in fruits and vegetables. Juice fasting has various benefits including: Boosting your immune system: you will certainly feel a positive difference, as the fruits and vegetables contain many vitamins and minerals that improve the overall health. Anti-inflammatory effects: freshly made juices provide many antioxidants and anti-inflammatory effects: freshly made juices provide many antioxidants and minerals that improve the overall health. there is no specific evidence showing exactly which toxins it removes. Improving digestion: the enzymes containing in raw juice improve the digestion and gut microbiome. It also can help reduce some weight or any other issues, intelligent application of juice fasting may help you to get rid of those problems. Juice Fasting Pros and Cons First of all, you will lose weight in your body falls drastically. However, it can be easily regained after you break the fast. The first day of the fast is obviously the hardest as your body craves for the food it was used to. You might feel weak and have headaches throughout the day. But if you manage to fight the desire to break the fast right after the first day, then you will feel much more energized and be in a great mood. You will notice that your skin has considerably improved and you don't have many cravings. Many even claimed that their eyesight and hearing got better. If you hope to lose weight while juice fasting for a longer time period, you should know that a loss of muscle can happen. Research has shown that there is a considerable increase in the well-being of the 20 participants, who did juice fasting for 3 days. Moreover, the juice fast increase in the well-being of the 20 participants of bacteria that help to keep the body healthy and decreased the ones that cause illnesses. The participant also lost 1.7 kg on average, and after 2 weeks their weight remained low. There are also several health risks related to juice fasting below so that you make sure to avoid them. Recommended reading: Juice Fasting Plan Juice fasting can be fun, as you get to experiment with new flavor combinations. But if you are a beginner in juice fasting, you can always start with some recipes, and when you are comfortable with fasting and juicing, you can modify the ingredients that best fit your taste. Maximize your vitamin and nutrient consumption by blending various fruits and vegetables. The organic juice made from raw fruits and vegetables is the key to a successful juice fast. If you feel that you cannot do the extreme juice fasting by drinking only juices, you may include vegan or gluten-free meals in your schedule. If you often feel hungry and can no longer continue the fast, you may switch to the modified version and eat carrots, salad, or celery for lunch and dinner. How to make juice? First, you need to determine what kind of vegetables and fruits you would like to add to your juice and how many cups to drink each day. The recommended amount is drinking 4-6 juices, 500-600ml each and at least 2 liters of water. Always aim to put more vegetables than fruits in your drink. The ideal is ratio is 80% vegetables and 20% fruits. For example, if you choose to include 5 ingredients in your juice, then you should put 1 piece of fruit and 4 pieces of vegetables. 80/20 Juice meal plan Option 1: Consume 100% fruit juice for breakfast, while other juices are made of mostly vegetables. 80/20 Juice meal plan Option 2: The First 2 juices are made of 50% fruits and 50% vegetables and the other 3-4 juices are entirely vegetables. Meal Plan Option 3: Each of the 6 juices is made of 1-2 cups of fruit and 4-8 cups of regetables. Carrots, sweet potatoes, beets, and other starchy vegetables can add grapefruits or lemon to your vegetables. better, as citruses have very low sugar and may not be counted as real fruits. Drink lots of green It is important to consume mostly low sugar juices, so make sure that 50% of your daily juices are made of green vegetables. As every ingredient color has its own nutrient group, you should aim to consume different color juices throughout your day to make sure you get all the necessary nutrients. For example, you could drink 2-3 colored juices and 3 green juices and you could drink 2-3 colored juices and 3 green juices. Recommended reading: OMAD Keto - Beginners Comprehensive Guide Low-carb fruits and vegetables You should avoid juicing mostly fruits because they are high in sugar. To help you find the best ingredients for your juice, here is a list to choose from: Zucchini - contains vitamin B, vitamin B, vitamin C and keeps energy levels up. Celery - is good for the skin and digestive system. Spinach - provides vitamin K, which is good for the skin and digestive system. bell peppers but are also a great source of vitamin B6. Asparagus - helps to remove a redundant amount of fluids and salt from the body. Parsley - is rich in iron and chlorophyll, which help your body go through a low-carb diet. Fennel - reduces inflammation and gives a spicy flavor to juices. Kale - is a great detoxifier and is rich in vitamin C and vitamin K. It is good for heart and vision health. Lemon - apart from being a great source of vitamin C and antioxidants, it improves skin and helps to reduce weight. Berries - are high in antioxidants, it improves skin and helps to reduce weight. would be scheduled. Waking up: you can drink warm water with lemon Juice 2: 10:30 - 11:30 a.m. Juice 3: 1 - 2 p.m. Juice 4: 3 - 4 p.m. Juice 4: 3 - 4 p.m. Juice 4: 3 - 4 p.m. Juice 5: 5 - 6 p.m. Juice 4: 3 - 4 p.m. Juice 4: 3 - 4 p.m. Juice 5: 5 - 6 p.m. Juice 4: 3 - 4 p.m. Juice 5: 5 - 6 p.m. Juice 4: 3 - 4 p.m. Juice 5: 5 - 6 p.m. Juice 5: 5 short 3-day juice cleanse, which you can do during the weekend. All the ingredients you can easily find at home. It is important to prepare your body 2 days before the actual fast. To do that, drink warm water with lemon and ginger in the morning and eliminate carbs, sugar, caffeine and processed food from your diet. Drink 1 cup of warm herbal tea before sleep. When you start your 3-day juice fast, you will need to continue drinking warm water with lemon in the morning and herbal tea in the evening. Here is a sample 3-day juice fast, you will need to continue drinking warm water with lemon in the morning and herbal tea in the evening. snack: Mean green juice Lunch: Gazpacho Juice Afternoon snack: Citrus juice Dinner: Sunset Blend Juice Dinner meal: if you are starving and exhausted, you can have a meal consisting of only fruits and vegetables. When you break the fast, you need to continue having 1 juice each day, to help your body to smoothly get back to its normal state. 7-day juice cleanse If you are more experienced in fasting and think your body can handle a 7-day juice fasting, here is a fasting plan, that you may find useful. Day 3: cabbage, beet, and cucumber juice. Day 4: tomato-celery juice. Day 5: green juice. Day 6: parsley, mint, and cucumber juice. Day 7: apple-fennel-mint juice. You can find the recipes for each juice here. Recommended reading: 1200 Calorie Diet - Easy and Delicious Diet Plan Juice Fasting for several days. Number 1 change that you will notice is that your excess fluids are flushed and you feel much lighter. Recipe #1 Apple and spinach juice What you need: 200 g of green apple 60 g of spinach 13 g carrot greens 1 wedge lemon Cayenne pepper - 1/4 teaspoon Instructions: Apples and seeds should be removed. Put the carrot greens and spinach in the juicer first and mix. Then add apples and lemon. After mixing all the ingredients pour the juice into a glass and add the pepper. Recommended reading: Dry Fasting Benefits and Dangers - Hard Core Diet That's Not For Everyone Recipe #2 Green juice What you will get an interesting mojito cocktail flavor. Juice Fasting Dangers Although juice fasting has numerous benefits, it is yet not suitable for everyone. Pregnant, nursing women, children, people with health issues such as kidney, liver or gallbladder problems or diabetes should not attempt this type of fasting. The problems that may occur: Decreased blood sugar: as juices contain low calories, they lower the blood sugar. It may create headaches, dizziness, and weakness. It is especially dangerous for people with diabetes. Kidney stones: there are many ingredients in the juices that contain high levels of oxalate, which may create kidney problems. The risk of bacterial infections: as the juices are made of raw fruits and vegetables, not washing them properly may get people sick, especially the elderly people and children. If you experience severe headaches and dizziness, immediately stop the fast are the hardest and it will get much easier over time. Don't give up when you experience the first symptoms of the fasting. Consult a doctor If you are doing juice fasting especially if you take medications for any disease. Clean up Open your refrigerator and get rid of all the foods that might be tempting during the fast. Keep your focus on your mission to successfully complete your juice fast. Plan before you start Prepare all the ingredients before you start, make sure you have all your questions answered. Stay hydrated Regularly drink water to help your body flush the toxins out. Recommended reading: Kombucha Weight Loss Benefits - Fix your Gut and Weight This content has been Fact-Checked by a Certified Nutritionist in our Publishing Team. Learn more here. If you'd like to burn a few pounds quickly, you've probably considered fasting. We covered juice fasting vs. water fasting previously, but how many pounds can you actually shed? Is it safe to have only juice for a full week? And will you need to plan for side effects? In this blog, Chandler-based naturopathic doctor Paula Lima shares information about how much weight you can actually lose on a juice fast. As you would imagine, results from juice fasting can vary to an extreme degree. Furthermore, we do not recommend that you embark on any kind of significant fast without the guidance of a functional medicine expert or your primary care physician. If you'd like to schedule a consultation with Essence Medical Center, please get in touch. How Much Weight Can You Really Lose on a 7-Day Juice Fast? According to studies, the average weight loss during a juice fast can range between 5 and 10 pounds in a week, depending on factors like your starting weight, metabolism, and activity level. But in reality, it varies. consume only fruit and vegetable juices for a set period, usually with the goal of detoxifying the body while cutting calories. One study published in Scientific Reports found that participants on a juice cleanse lost an average of 3.2 pounds after three days of fasting. This suggests that extending the fast to seven days could lead to even greater weight loss, with many participants likely seeing a higher number on the scale by the end of the week. However, it's important to remember that a significant portion of the weight loss during a juice fast comes from water weight, not fat loss. As your body burns through glycogen stores (the carbohydrate reserves stored in your liver and muscles), it also sheds water, which accounts for much of the initial weight drop. Will You Put the Weight Back on After a Juice Fast? The sad reality is that weight loss from water weight and glycogen depletion. As soon as you resume eating solid foods, your body will begin to replenish its glycogen stores, which means you may regain a few pounds. Research shows that sustainable weight loss requires long-term changes to your diet and lifestyle, not short-term solutions. A 2017 study from the International Journal of Obesity found that rapid weight regain unless it is combined with lasting dietary adjustments. To maintain the weight loss from a juice fast, it's essential to transition to a balanced, nutrient-dense diet and regular exercise after the fast. Will You Lose Muscle Mass from Drinking Only Juice for a Week? When you're only consuming juice, your body doesn't receive enough protein to maintain muscle mass. Over time, your body may begin to break down muscle tissue for energy, especially if you're not consuming adequate calories. This can be a downside for people who are focused on maintaining muscle mass while trying to lose weight. A 2016 study published in The American Journal of Clinical Nutrition found that during periods of calorie restriction, the body loses both fat and lean muscle mass. However, the amount of muscle loss can vary depending on factors such as physical activity and protein, it's possible to experience some muscle breakdown during the fast. Including light exercise, like walking or yoga, can help maintain muscle tone, but it's important to be cautious and not overdo it when your body is already in a caloric deficit. What Other Side Effects Can You Plan For? While a juice fast may seem like a quick fix for weight loss, it's important to consider potential side effects before embarking on one. Common side effects of juice fasting include headaches dizziness, fatigue, and irritability. These occur because your body isn't receiving the usual amount of calories or nutrients it needs for optimal function. You might also experience digestive issues, such as diarrhea or bloating, as your body adjusts to the high intake of liquid and fiber from the juices. Additionally, blood sugar fluctuations can occur during a juice fast, especially if the juices are high in natural sugars from fruits. According to a study published in Nutrition and Metabolism, consuming a large amount of fructose (a type of sugar found in fruit) without fiber can lead to spikes in blood sugar, followed by crashes. This can leave you feeling lethargic and irritable throughout the day. For those with preexisting medical conditions, such as diabetes, juice fasting can pose more serious health risks. This is why medical guidance is strongly recommended before starting a fast. Do You Need Medical Guidance Before Doing a Juice Fast? The short answer is yes. Juice fasting may seem like a natural and harmless way to lose weight, but it can have significant impacts on your body, particularly if you have underlying health conditions. It's always best to consult a healthcare provider, such as a functional medicine expert or your primary care physician, before embarking on any kind of fasting regimen. They can help you determine if a juice fast is safe for you, or if an alternative method of weight loss would be better suited to your needs. Dr. Paula Lima, a naturopathic doctor at Essence Medical Center, emphasizes the importance of personalized medical advice when fasting. She points out that while some people may benefit from short-term juice fasts, others may experience adverse effects or exacerbate pre existing conditions Consulting a medical professional allows you to receive tailored recommendations based on your health profile, including any adjustments to your diet or supplements that may support you during the fast. Before committing to any juice fast, take the time to consult with a healthcare provider, like our weight loss clinic in Chandler, who can help you determine the best approach for your body. This way, you can minimize risks while maximizing the potential benefits of your fast, whether your goal is weight loss, detoxify the body. and improve overall health. But just how much weight can you expect to lose on a juice fast? In this article, we will explore the science behind juice fasting involves consuming only fruit and vegetable juices for a specified period while abstaining from solid food. Proponents of this method claim it can lead to rapid weight loss, detoxification, and regular how juice fasting works and the physiological changes that accompany it. What Happens to Your Body During a Juice Fast? When you switch from a regular diet to a juice-only regimen, several changes occur in your body: Caloric Deficit: Juice is typically lower in calories than solid food, which can create a caloric deficit leading to weight loss. Glycogen Depletion: Your body will use stored glycogen for energy, which can create a caloric deficit leading to weight loss. progresses, your metabolism may adjust, influencing how efficiently your body burns fat. The Nutritional Aspect of Juice Fasting While juices can provide vitamins and minerals, they often lack protein and healthy fats that are crucial for overall health. It's vital to consider the nutritional balance when embarking on a juice fast. How Much Weight Can You Expect to Lose on a Juice Fast? The amount of weight loss during a juice fast varies significantly from person to person. Factors that play a crucial role include: Your starting weight loss in the first few days due to a loss of water weight. You might lose between 1-5 pounds during this period, depending largely on your previous diet. Sustained Phase (Days 4-7): As the body adjusts, weight loss can stabilize. Expect to lose around 1-2 pounds per day if you continue with the juice fast without solid food intake. Long-term (One Week and Beyond): While continuing a juice fast beyond a week may bring additional weight loss, it's crucial to approach it with caution. Long-term weight loss can become less predictable as your body may enter a state of conservation to maintain function. Factors Influencing Weight Loss Several factors can influence how much weight loss, it's crucial to approach it with caution. with more body fat may see more significant weight loss initially. Hydration Levels: If you're dehydrated, the body may lose more water weight at the beginning of the juice fast. Individual Metabolism: Everyone's metabolism varies, which affects how quickly they lose weight. Juice Composition: Juices high in sugar can slow down weight loss as they provide calories that counteract the caloric deficit. The Benefits of Juice Fasting Besides weight loss, juice fasting is an effective way to cleanse the liver and kidneys, flushing out toxins from your system. While the body has its detox mechanisms, some individuals feel refreshed and lighter after a juice fast. Increased Energy Levels Though some may experience fatigue at the beginning of the fast, many report increased energy levels after the initial phase. This can be attributed to the influx of vitamins and minerals from the juices. Improved Skin Health Another commonly reported benefit is an improvement in skin clarity and texture. The vitamins from fresh juices may support skin health, making it appear more vibrant. Mental Clarity and texture and improved focus while juice fasting. This could be due to the absence of processed foods and sugars that can lead to energy crashes and mood swings. Potential Risks and Considerations While juice fasting can lead to nutrient deficiencies, particularly in protein, fats, and fiber. Over time, this could impact muscle mass and overall health Feeling Tired and Weak Some individuals may feel weary as a result of the caloric restrictions and lack of protein during a juice fast. It's essential to listen to your body and consult with a healthcare provider if you experience significant fatigue. Refeeding Syndrome Transitioning back to solid foods after a juice fast can be tricky. It's important to rehearse mindful eating and avoid jumping back into a 'normal' diet or binge eating, as this can lead to refeeding syndrome, which poses health risks. Conclusion Juice fasting can be an effective weight loss strategy if approached with caution and preparation. While you could theoretically lose between 5 to 15 pounds within a week, the effectiveness will vary based on individual factors such as metabolic rate, body composition, and adherence to the juice fast. If you're considering a juice fast, it's crucial to prepare mentally and physically. Consult with a healthcare professional to ensure it's a suitable option for you, and always listen to your body. Remember, the goal should not only be to lose weight but also to improve health in a sustainable way. Juice fasting can be an exhilarating journey, providing a fresh perspective on food and wellness. With careful planning, you can make the most of your juice fasting? Juice fasting? Juice fasting is a dietary regimen where individuals while nourishing your body. consume only fruit and vegetable juices for a set period, often ranging from a few days to several weeks. This method is popular among health enthusiasts for its potential detoxifying effects and alleged weight loss benefits. During a juice fast, participants typically avoid solid foods, caffeine, and other beverages, focusing solely on freshly extracted juices. The main idea behind juice fasting is to provide the body with vitamins, minerals, and enzymes found in fruits and vegetables while allowing the digestive system to take a break from processing solid food. This type of fasting is believed to promote detoxification, hydration, and, for many, a shift toward healthier eating habits post-fast. How much weight can I expect to lose on a juice fast? The amount of weight loss during a juice fast, and individual metabolism. On average, many individuals report losing anywhere from 5 to 20 pounds during a juice fast, particularly in the first week. However, it's essential to note that much of this initial loss may be due to water weight, glycogen depletion, and a decrease in calorie intake. As the fast continues, weight loss may slow down, and individuals may begin to lose fat along with muscle mass if the fast extends beyond a week without proper management. For sustainable and long term results, it's advisable to transition to a balanced diet after completing the juice fast to avoid regaining the lost weight. Is juice fasting safe for everyone, especially certain populations such as children, pregnant or breastfeeding women, and individuals with pre-existing medical conditions like diabetes or eating disorders. Those who rely on consistent food intake for health reasons should also consult a healthcare provider before attempting any form of fasting. It is important to be aware of potential electrolyte imbalances and nutrient deficiencies that can arise from prolonged fasting. It is important to be aware of potential electrolyte imbalances and nutrient deficiencies that can arise from prolonged fasting. It is important to be aware of potential electrolyte imbalances and nutrient deficiencies that can arise from prolonged fasting. It is important to be aware of potential electrolyte imbalances and nutrient deficiencies that can arise from prolonged fasting. It is important to be aware of potential electrolyte imbalances and nutrient deficiencies that can arise from prolonged fasting. healthcare professional, particularly if you have any underlying health issues or if you are unsure about the potential effects on your body. A healthcare provider can help you assess your unique situation and give tailored advice on how to proceed safely. Can juice fasting lead to long-term weight loss? While many individuals may experience shortterm weight loss during a juice fast, achieving lasting results often depends on lifestyle changes implemented afterward. A juice fast can serve as a reset for some, motivating them to adopt healthier eating patterns and more balanced meals moving forward. might regain the weight they lost. To support long-lasting weight management, it's crucial to incorporate a balanced diet filled with whole foods, regular physical activity, and mindful eating practices after the fast. This holistic approach can help individuals build healthy habits that keep the weight off and promote overall well-being. What are the potential benefits of juice fasting? Juice fasting is often associated with several potential health benefits, including detoxification, improved digestion, and increased energy levels. The high concentration of vitamins and antioxidants in fresh juices can help boost the immune system and may support overall health. Additionally, many participants report a renewed sense of vitality and mental clarity during and after the fast. Furthermore, juice fasting may encourage individuals to become more fruits and vegetables in their regular diets. This newfound appreciation can lead to healthier eating habits that enhance long-term health outcomes beyond the duration of the fast. What are the risks associated with juice fasting? Despite its potential benefits, juice fasting? Despite its potential benefits, juice fasting can lead to nutrient deficiencies, particularly in protein, healthy fats, and essential vitamins and minerals not adequately provided through juice alone. This can result in symptoms such as fatigue, dizziness, and muscle loss. It's important to approach juice fasting with caution and consider limiting the duration ships with food for some individuals. The lack of fiber in juices means that individuals may not feel full or satisfied, which can subsequently lead to binge eating a juice fast. How should I break a juice fast should be done gradually to allow your body to readjust to solid foods without overwhelming your digestive system. It's generally recommended to start with light meals, such as broths, smoothies, or easily digestible foods like fruits and steamed vegetables. This gentle reintroduction can help ease any discomfort and maintain the benefits gained during the fast. As you transition back to a regular diet, aim to incorporate whole foods that are rich in nutrients and fiber, such as whole grains, lean proteins, and healthy fats. This approach will help ensure your body receives the essential nutrients it needs while promoting sustained weight loss and overall health. Be mindful of portion sizes and cravings as you adjust back to solid foods to avoid regaining the weight lost during fasting. Can I do a juice fast more than once? Yes, many individuals choose to implement juice fasting multiple times throughout the year. However, it's crucial to listen to your body and allow for ample recovery time between fasting multiple times throughout the year. for both your physical and emotional health before embarking on another one. This ensures that you reap the benefits while minimizing potential risks associated with repeated fasting. It's also wise to reassess your dietary habits and health goals between juice fasts. Regularly incorporating fruits and vegetables into your daily meals can enhance the effectiveness of subsequent juice fasts and support overall health. If you choose to fast again, consider varying the duration and type of juices you consume to keep the experience fresh and beneficial. Close BannerThis ad is displayed using third party content and we do not control its accessibility features. Author: April 12, 2023Registered Dietitian NutritionistBy Molly Knudsen, M.S., RDN Registered Dietitian NutritionistMolly Knudsen, M.S., RDN is a Registered Dietician Nutritionist with a bachelor's degree in nutrition from Texas Christian University and a master's in nutrition interventions, communication, and behavior change from Tufts University. She lives in Newport Beach, California, and enjoys connecting people to the food they eat and how it influences health and wellbeing. What do you do when you feel tired or unenergetic? Chug a cup of coffee? Go out for a run? Do a juice fast? Many people opt to try juice cleansing or fasting as a way to jump-start their way toward better health, weight loss, and improved gut health. But is following this liquid diet effective or even safe? Below, we unpack everything you need to know about the benefits and side effects of juice fast, also known as a cleanse or detox, usually entails drinking homemade or premade juices made from vegetables, herbs, and fruit (and occasionally nut milk, like cashew milk) in addition to ample water, tea, and sometimes clear broths. Juicing fruits and vegetables is different from blending because it isolates the liquid of the produce from the pulp and fibrous portion. Therefore, fruit and vegetables is different from blending because it isolates the liquid of the produce from the pulp and fibrous portion. Therefore, fruit and vegetables is different from blending because it isolates the liquid of the produce from the pulp and fibrous portion. Therefore, fruit and vegetables is different from blending because it isolates the liquid of the produce from the pulp and fibrous portion. Therefore, fruit and vegetables is different from blending because it isolates the liquid of the produce from the pulp and fibrous portion. Therefore, fruit and vegetables is different from blending because it isolates the liquid of the produce from the pulp and fibrous portion. Therefore, fruit and vegetables is different from blending because it isolates the liquid of the produce from the pulp and fibrous portion. Therefore, fruit and vegetables is different from blending because it isolates the liquid of the produce from the pulp and fibrous portion. Therefore, fruit and vegetables is different from blending because it isolates the liquid of the produce from the pulp and fibrous portion. Therefore, fruit and vegetables is different from blending because it isolates the liquid of the produce from the pulp and fibrous portion. Therefore, fruit and vegetables is different from blending because it isolates the liquid of the produce from the pulp and fibrous portion. Therefore, fruit and vegetables is different from blending because it isolates the liquid of the produce from the pulp and fibrous portion. Therefore, fruit and vegetables is different from the pulp and fibrous portion. Therefore, fruit and vegetables is different from the pulp and fibrous portion. Therefore, fruit and vegetables is different from the pulp and fibrous portion. Therefore, fruit and veget but less fiber when compared to something like a smoothie. Juice fasts can be as short as 24 hours or as long as 10 days. For a sample juices made from vegetables, herbs, fruit, or nut milk, in addition to ample water, tea, and sometimes clear broths.Benefits of juice fastingJuice fastingJuice fasting has many touted benefits that include reducing sugar cravings. But are these juices really worth the hype? Most of these claims are unsubstantiated and anecdotal rather than science-based, but there may be some positives to note from short-term juice fasting. One study2 investigated the effects of a juice fast on health. This study looked at how a three-day fruit and vegetable juice fast affected the gut microbiota, weight loss, and body composition of 20 healthy people. During the fasting period, the subjects drank six 16-ounce bottles of juices that were a mixture of leafy green vegetables, roots, citrus, cayenne, and vanilla almond, totaling around 1,310 calories per day. After the fast, the 20 people lost a significant amount of weight during the juice fast, and that weight loss persisted over the following two weeks (potentially due to changes in their gut microbiota). However, the weight loss may have resulted from lower calorie intake in general rather than from the juice specifically, and beneficial changes in their gut microbiota may have been due to the overall increase of fruits and vegetables in the diet for those three days. However, this study shows that a juice fast of this composition and calorie count for up to three days is safe and can be somewhat beneficial. But those benefits can't necessarily be fully attributed to the juice itself. RELATED: An Easy 3-Day Juice fasting There are quite a few downsides to and side effects of juice fasting and cleansing, which is why many health professionals like dietitians and doctors don't recommend it—especially if a cleanse consists of fruit-only juices. You may experience headaches and fatigue: Juices are higher in sugar and lower in fiber than whole foods, leading to a greater likelihood of spikes and dips in blood sugar. Some people say that headaches from juice fasting are due to the toxins leaving your body, but fluctuating blood sugar, in addition to the lower energy intake from the lack of protein and fatigue. You may feel socially isolated: Think about it; if you're wanting to do a longer juice cleanse of 10 days or so, that's 10 days when you'll be going to lunch with co-workers and won't be able to eat. That could be multiple dinners out when you can only sip on water. They can be seriously expensive; Juice fasts can be quite expensiv probably buy you two weeks' worth of groceries! They can be difficult to maintain: All of these factors make juice fasts can encourage a type of restrictive eating that may promote an unhealthy relationship with food. If you want to juice fasts can encourage a type of restrictive eating that may promote an unhealthy relationship with food. best way to do it? Here are some tips I'd recommend for before, during, and after your juice fast to minimize any side effects and maximize benefits: Before you start a juice fast, take a moment to think about why you are doing this and set realistic expectations. Is it to lose weight? Curb sugar cravings? Reset your digestive system? Whatever your goal is, a juice fast may be a step in helping to reach that goal (depending on what your current eating habits are like), but it is not a fast track to wellness. Making sustained changes to your health and well-being takes time. Additionally, you'll want to think through when works best in your schedule to actually start a juice fast. My advice: Plan it for a low key weekend at home, where you can run to the bathroom as often as you need to (you will be peeing a lot!). Juice fasts require you to drink this much juice per day. During a juice fast, you should aim to drink at least six 16-ounce servings of juice. That works out to one serving of juice every two hours from 8 a.m. to 6 p.m.You can also drink as much water and herbal tea as you want throughout the day. Adding one or two more servings per day is OK if you feel like you need more sustenance. This amount of juice is necessary to get enough calories so you are still meeting (or close to meeting) your body's basic energy requirements. 2.Make your juice with mostly veggies. Aim to make most juices 80% veggies. That means 13 out of 16 ounces (or at least 1.5 out of 2 cups) of juice should be from vegetables. Good veggies to include: lemons, limes, limes blackberries, raspberries, blueberries, and kiwis. These fruits have lower sugar content and are loaded with anti-inflammatory antioxidants. For a bittle bad if you have to add in some solids. For a little bad if you have to add in some solids. For a bittle bad if you have to add in some solids. For a bittle bad if you have to add in some solids. For a little bad if you have to add in some solids. For a little bad if you have to add in some solids. For a bittle bad if you have to add in some solids. For a bittle bad if you have to add in some solids. For a bittle bad if you have to add in some solids. For a bittle bad if you have to add in some solids. For a bittle bad if you have to add in some solids. more staying power, some people like to add in something with a bit of fat and/or protein. If you find yourself super hungry, consider including one serving of homemade cashew milk per day of your cleanse. 4. Avoid strenuous physical activity. It would be a good idea to not participate in any strenuous physical activity (think HIIT workouts) during a juice fast, as you could become dizzy and fatigued more easily. And if you are constantly feeling tired, loopy, unable to concentrate, or your hunger pangs are taking over, it may be a sign that your juice fast is doing more harm than good. At this point, consider returning to a whole food diet (think fruits, vegetables, legumes, nuts, whole grains, fish and eggs).5. Consider stopping after three days. Research shows that it is completely safe for healthy people to participate in a juice fast for up to three days and then return to a regular diet. Doing a juice fast for up to three days and then return to a regular diet. sugar swings, and there is no proof of the benefit of increased "detoxification" with a longer fast. The first day after a cleanse, try eating smaller meals and snacks throughout the day, as a large meal might make you feel nauseated and uncomfortable. Salads, oatmeal, sweet potatoes, and whole fruits could help ease you back into solid foods again, but if you don't have a sensitive stomach, you may be able to resume eating your normal diet right away. After this short introductory period back into the diet. Whole fruits and vegetables will add more fiber back into your diet. Whole grains like brown rice and quinoa, and protein-rich foods like lentils, legumes, and high-quality meats and poultry should also be added back to meals and snacks. Who should not try a juice fasting. Children, adolescents, and pregnant and breastfeeding women need adequate amounts of energy and protein for growth, and juice fasting would not meet those needs. Elite and competitive athletes also have very high-calorie needs, and juice fasting would not support that high energy expenditure or contain the nutrients necessary for optimal recovery. Lastly, people with diabetes, kidney disease, or liver disease should steer clear of juice fasting because of having an altered physiological response to food. Children, adolescents, pregnant and breastfeeding women, competitive athletes, and people with diabetes, kidney disease, or liver disease should steer clear of juice fasting. Are there other ways to get the purported benefits of juice fasting. Are there other ways to get the purport of benefits of juice fasting. Are there other ways to get the purport of benefits of juice fasting. Are there other ways to get the purport of benefits of juice fasting. Are there other ways to get the purport of benefits of juice fasting. Are there other ways to get the purport of benefits of juice fasting. Are there other ways to get the purport of benefits of juice fasting. Are there other ways to get the purport of benefits of juice fasting. Are there other ways to get the purport of benefits of juice fasting. Are there other ways to get the purport of benefits of juice fasting. Are there other ways to get the purport of benefits of juice fasting. like weight loss and better digestion by simply adding more fruits and vegetables to your regular diet. Doing this will up your fiber intake, which is good for digestion, and replacing foods like refined carbohydrates with fruits and vegetables to your fiber intake, which is good for digestion, and replacing foods like refined carbohydrates with fruits and vegetables can help with weight loss. If you like the idea of drinking your fiber intake, which is good for digestion, and replacing foods like refined carbohydrates with fruits and vegetables can help with weight loss. meal replacer instead of juice. Smoothies allow more flexibility with the types of food you put it, especially protein-rich foods. Adding dairy or soy products, nut butter, chia seeds, or flaxseed meal to smoothies bumps up the protein and feel satisfied. You can achieve the same benefits of juice fasting and cleansing are essentially trendy, fad diets, and most of the reported health benefits of juice fasting are not backed by science. There are better and safer alternatives to juice fasting, however, like just adding more fruits and vegetables to your daily diet. But if you really want to try a juice fast or cleanse, keep the tips above in mind to minimize the potential side effects. This ad is displayed using third party content and we do not control its accessibility features. Thinking about doing a two-week juice cleanse? I did one and this was my experience. Please be sure to read my final thoughts at the end. I did this cleanse in 2017 and while I loved it, it isn't something out. I'm not a doctor, so please consult with one before doing any sort of cleanse. Six juices a day. Two handfuls of herbal supplements a day. Fourteen days. Zero solid food. When Brendan Hancock, owner of the now-shuttered House of Alchemy, suggested I try a two week juice cleanse, my first thought was "yeah, right." How could I do a two-week juice cleanse, my first thought was "yeah, right." from a wellness challenge, I decided to give it a go and did a two-week juice cleanse which consisted of vegetable juices and fruit juices and fruit juices and combinations of both fresh juices. I'm no stranger to juice cleanses. In March 2016, I did three three-day cleanses. But, a two week juice cleanse? Is that even possible? And, is it a good idea for my lifestyle? "Yeah, ok," I blurt out as we sit at the community table inside the airy juice bar I love. "Great, you're starting on Monday." I leave House of Alchemy that Friday afternoon and wonder what on earth I've gotten myself into. Two. Weeks. Two-Week Juice Cleanse The two days before the cleanse, I come to terms with not eating for two weeks. I stuff my face with calorie-laded dishes. Lots of unhealthy foods that likely cause heart disease and all the things people go vegan to steer clear from. Sunday, I head over to House of Alchemy to meet with Brendan and get my first two days worth of juices — 12 in total. "You're probably going to lose about 20 pounds," he informs me. "And, you're going to feel incredible. You've got to get few the first few days though." So, I clear my calendar for the first day of the cleanse since I'm also cleansing parasites living in our guts? Gross.). I'm not sure how my body will react to the herbs — a mix of Black Walnut Hull, Wormwood and Clove. As I walk out armed with my juices, I silently hope I can make it through the two weeks. Especially since I announced I was doing it. I'm embracing a healthy lifestyle like all the other healthy people I see at the shop. For my last meal, I head over to The Pasta Shop for some spinach parpardelle and bread coated in garlic and olive oil. Healthy fats, sure, but definitely not low calories. Then, it's time. Two-Week Juice Cleanse: Days 1 - 3 Days 1 - 2 of the two week juice cleanse from House of Alchemy. I wake up Monday morning excited, but always focused on what I wasn't able to do (like, you know, eat). This time, I'm excited for the changes I'm about to undergo. (The day of your cleanse, expect to feel all the feelings because I certainly did). The first two days are easy. It's like the other juice cleansing I've done have been preparing me for this one, and I've nailed it. Days 3 and 4 The third day is a bit harder — something for which I take full responsibility. I love going to the gym and despite being warned not to because of low caloric intake I go. I can feel a difference immediately. I'm winded and move slower than normal and feel tired. I attempt to power through the rest of the cleanse and not work out. Two-Week Juice Cleanse: Day Four As you know if you read this, you know I run Vegans, Baby, You may know I also do brand consulting and social media. Needless to say, with my hands in so many different pots, it gets overwhelming and stressful from time-to-time. Well, Day Four stress maxes me out. A part of cleansing the body from toxins also includes cleansing your emotions from toxins. In this case, I've built up a lot over the past year of being an entrepreneur and they have decided to rear their ugly heads as I launch into the cleanse. The minor hysteria (look, I'm a little dramatic, can't help it) lasts about an hour, and then I'm calm. Pulled back together. And on to my next juice. Two-Week Juice Cleanse: Day Five Days 5 - 7 The next day, I'm weary. Nervously waiting for more purging, but it doesn't happen. Instead, I go to the gym. I power through work. I treat myself to a shopping outing to kill time between different juices. I'm a little bored, but that's because I've confined myself to home and away from people. Operating out of fear lands me in a boring path and I realize that for the rest of the cleanse, I need to go about my life, make plans and live like normal, just without eating or consuming a normal diet. purging, but I wasn't. I'm not blaming this on the cleanse though. I'm blaming this on external circumstances which landed in my lap and threw a nasty little curveball to me. Had that not happened, I'm certain days six and seven would have been easier. Of course, because my emotions are heightened, that curveball took center stage. I did, however, get out during these days, forcing myself to be social, be alive and let the juice simply fuel me versus hold me back from experiences. Saturday night, I went to Mumford and Sons. I had my last juice before I left for the show and watched as everyone around me drank. "I can't believe you're not drinking," my friend told me as we stood inside The Joint waiting for the British band to take the stage. "Don't you even want a water?" "I'm good," I responded. And, I really, really was. The juice fasting was starting to turn around. The following day, I headed to a market with food vendors. "Isn't this hard for you to be here?" A friend asked. "Yes, but no," I reply. Later, I head over to pick up another round. of juices, nut milks re-introduced. "Got to give you a little reward," Brendan announces, smiling as he puts the juices into my bag. Two-Week Juice Cleanse: Days 8 - 9 The emotions, the challenges I faced during the first week vanish as I start the second week. There were significant improvements in my overall health and energy levels. Days seven through 14 are filled with energy. I host my meet up at The Pasta Shop surrounded by homemade Italian food. Another day, I sit at a restaurant as my friend sips a smoothie and another eats a wrap. On my final night, I go out to dinner and drink much water as my companion eats. And none of it bothers me. The 2.5 hours in between juices fly by. The juices become second nature. They become friends. I look forward to drinking them. To feeling the cold go down my throat and work their magic to rid my body of toxins. To give me a vitality I haven't felt before. Days 10 - 11 I drop weight. Lots of it. My skin glows. I sleep like a baby. My dreams are vivid. But, most importantly, I feel amazing. Sensational. Productive. Those potential benefits of a detox juice diet are showing up in real life and I'm thrilled. Days 12 - 13 The grit I went through with the necessary emotional purge makes it all worth it as I relish how incredible I feel the second week. Day 14 As I sip my last juice — a Golden Karrot — after four Vitality Greens (savory green goodness), I feel sad. But, also incredibly proud. I. Did. It. I never gave up. I powered through the challenges and saw my life with new eyes. Did the juice cleanse change my life? You bet. How? How a 14-day cleanse changed my life We base our lives around food. Coffee. Alcohol. My days pre-cleanse were filled with coffee meetings. Lunch meetings. Wine with girlfriends at Whole Foods after a long day. But, when on a cleanse, that all changes. Ultra-processed foods exit. Healthy juice enters. I had to make an adjustment. To learn how to operate without these things and on a fresh juice regimen instead. I worked harder. I spent more genuine time with people simply sitting and talking and being in the moment versus eating or drinking (and taking photos, notes, etc.). Not eating allowed me to be fully present for two weeks, and I've never experienced that before. It also changed my cravings. Funny what drinking a ton of green juice will do. All I want now is healthy, nutrient-dense, whole foods. Brown rice with veggies. Vibrant salads. Colorful plates of food that makes me feel good. I noticed how alive I felt during these two weeks. How powerful I felt being powered simply by drinking clean and pure drinks. Sure, I will always love pizza and bread, but I also know I don't want to put it into my body. The two weeks of being good to myself resulted in wanting a lifetime of being good to myself. Of being kind and loving, I look at the idea of eating fries now, or sugary desserts, and don't want it. My Relationship With Myself That emotional detox I mentioned? It changed me. A lot, I realized during my cleanse how apt I am to tuck things away that I don't like. Single? Meh. Shove that right on down into the "don't care zone." Tight on money? No worries. That gets placed there, too. Except, at some point, I have to see things for what they are and address them versus ignore them. So, thanks to the cleanse, I finally acknowledged the things in my life which I'm not thrilled with and am dealing with them instead of tucking them away. It's a powerful thing to realize the things makes me that much stronger of a person. Also, let's not forget how challenging a two-week cleanse can be mentally for a person. First, you've got to get over the lack mentality and thinking you're depriving yourself. Second, there's the constant reminder every 2.5 hours that you're depriving yourself. Second, there's the constant reminder every 2.5 hours that you're depriving yourself. of those 14 days? Wow. Completing the cleanse was one of the prouder moments of my life. I rose to the occasion, swallowed the fear of failure, and let my willpower and strength take hold. And that? That feels the best of all. The Bottom Line I'm going to share two things here. The first of which is how I felt at the time I did this cleanse back in 2017. I would go through the struggles of the cleanse any day now that I've seen how magical and wonderful I felt after it. That last week was one of the best weeks I've had in a long time in terms of both mental and physical wellness. I bounded through my days and incredible. I dropped around 15 pounds and will continue to drop as I eat cleaner and healthier and go back into the gym Armed with a newfound gratitude and existence, I can't wait to continue the hard work and kindness to myself. And, I'm also going to share my thoughts now about this (and other cleanses): Years later, I've realized that this cleanse was a part of my disordered eating lifestyle. Yup, I'm a food writer with an eating disorder who has only recently come to terms with it and taken steps not only to combat it, but also to confront the fact that I am chronically obese. While I loved this cleanse, juicing isn't actually a cleanse and your body doesn't need it to get rid of toxins — it does that all by itself. There is a lot of gimmick behind cleanses and promises of short-term weight loss, and much more. Dropping 15 pounds in two weeks is not healthy. It is not sustainable. I was caught up in the promises of quick weight loss and feeling healthy (and being offered the drinks at no cost), so I jumped on it. Did it change my relationship with food? For a short time. Then, I went back to my old ways of binge eating, caloriecounting, obsessive working out and other generally unhealthy habits. Today, thanks to modern medicine, I am able to control my eating and would never do a cleanse again. If you choose to do a juice cleanse, or any other cleanse, please speak with your doctor first. Pin it