

## **Day One**

Weight: 140lb

Waist: 33 inches

Now that I have decided to start this adventure, I still need work out the kinks of the actually DOING it. I still have to feed my family, and can tell that that will be my biggest challenge. My favorite juices sofar:

Apple, Carrot, Beet, & Ginger

Kale, Apple, Celery, & Ginger

I am not doing this to loose weight, but I am going to journal my weight for research purposes :). My waist, well, it can't hurt to loose some of my belly. I would be ok with losing about 10 pounds, which I am sure will be mostly waste & ick, but I am not watching calories. I am pretty much juicing and eating as much as I need not to feel hungry. I am watching to not eat too much fruit because of sugar, and I am making sure I get enough protein since I am still trying to strengthen my body. Watching my weight will help me determine if I SHOULD watch the calories I am taking in.

For breakfast today, I made myself a smoothie with banana, kiwi, coconut water, a little coconut milk, lecithin, spirulina, and honey. That was yummy.

I am still eating, so I am bulking up my salads with tofu. Normally, I do not eat tofu or any soy product, but for now, while my body gets used to this, I will eat tofu. This way, I can make salads or soups for my family as a side, and use it for a main entree for me.

At this point, I am only feeling occasional cravings for BREAD. Of course, this morning my daughter decides to get up and make the most delicious biscuits :). I did not succumb. I do need to remember to pack some carrots or something to nibble when we hit the road. I got so hungry today, and then all the pizza, Subway, and Taco Bell signs were just screaming: "Heike! Stop and have a little nibble! It's ok!".

No headaches. Off to make carrot & ginger soup for dinner, with a salad.

Will make a kale juice for after dinner, and some fresh pineapple for snacking.

## **Day 2**

Weight: 138lbs

Waist: TBA

No coffee!!! I have survived, sofar. I was starved and dehydrated when I woke up, so I had a huge glass of water and a banana. This morning I had two bowls of fruit salad with flax, and a

cup of Red Rooibos tea. It worked. For lunch, miso soup with seaweed and some tofu, and a apple/beet/carrot juice. I am stuffed.

I have a slight headache today, but not too bad. As you can see, I lost 2 lbs overnight. Weird, but I am assuming it is water, as I have to go to the bathroom constantly. I am imagining toxins flushing away.... :). I am using my scale at home, it is a cheap little thing, but seems to do the trick. I will continue to post weight from it, but will compare it to the gym scale tomorrow. The main thing I want to show is the, if any, weight loss. It's about 1:30, will report back later tonight.

Came home from a long walk at around 3:30 and was STARVED! I really need to work on getting snacks ready. One avocado and banana later, I was ok. Drinking lots of tea. For dinner, I had a hardy salad of greens, lima beans (cooked), red pepper, celery, and a honey ginger dressing.

Now I have the munchies :). I think this is all about the food,eh? Good night!

### **Day 3**

Weight: 138lbs

Waist: TBA

Resting Heartrate: 75BPM

7:40 am. I did not sleep well, and woke up this morning with pains in my leg and elbow, my two weak points. Actually, the pain in my leg started getting worse yesterday. I have done some reading, and it seems that the elimination of toxins can cause pain, as the body is pinpointing these weak spots and trying to heal them. I would be surprised if I were already at this stage, since I am still eating and the whole "flushing" is much faster on a liquid only diet. But then, my body has always been a bit "sensitive". The temperature dropped to about 25F during the night, that could be an issue also. On top of that, I ate lima beans in my salad last night, and they may have been too heavy with all the lighter foods.

I need to ease into a different eating schedule. Since I AM still eating, I tend to forget that my body is supposed to go into "rest" mode. Starting today, I will eat only during the day, and after 5pm I will only have juice and tea. That means that I will sit with my family at dinner and not eat.

I am finding that the rituals I have are making this harder. My morning cup of coffee in peace (which I am sitting here with a cup of red rooibos with raw honey, which I am taking to), the afternoon tea snacks with my kids, and dinner. We always sit at the table and have dinner together when my husband comes home. It is our circle time. Of course, it is much better with food :). I will find something to snack on...maybe pineapple.

Right now, I am not feeling hungry at all. Will make a smoothie with coconut water for breakfast so I don't fall over at the gym!

1PM: Gym was great, but I do notice a significant change in strength. My body seems weaker, even though I do the same exercises. I lowered the weights, yet, I still felt like I was pushing it. Then my iPod died, and it was a sign. Go home :). Leg is still hurting, so I am going to try to lye low this afternoon. Drinking tea and enjoying the chllly sun.

Lunch:

Wild Rocket Arugula

Avocado

Pea sprouts

Celery

Dressing: Whip 3 parts Olive Oil to one part lemon juice. Add 2 tbsp Tamari. Salt & Pepper, and mustard to taste, dill. WHIP IT!

YUM!

#### **Day 4**

Weight: 138lbs

7am, woke up on my own, even though I had another rough night :( The pain in my leg kept me up. Strangely, the whole leg hurt, not just the target spots that normally. I am wondering if I am already in the stage of detox that would make this happen...

Once I was up, I was good. Hot water with lemon, then 1.5 miles on the bike in the chill, and I felt better. Breakfast is red rooibos tea, and baked apples! Mmmmm...with cinnamon and raisins. I feel like a queen.

I am finding that the green juices do not make my stomach feel good. I have some more books and will look for alternative recipes today.

#### **Day 5**

1:40 am.

For the last two days, I have had terrible leg pains. Today, I broke the "rule" and took Motrin. It is not helping, so I am up, drinking tea. Normally, I would be eating too....but I am going to do light stretching instead and hope to get to sleep soon. This may be the toxins from the muscles, or just my old injuries. We will see what the morning brings.

8:49 am

Finally went to sleep around 3! I am up, with my warm lemon water :). Making baked apples for

breakfast again, because it was so yummy.

I do have a theory on the intense pain, as it is better this morning. Looking at “stages of detox”, the pain comes around day 5-6 for a person juice fasting exclusively. I rarely ate fast food, preservatives, etc., before this fast, so it could be that the detox came quicker.

Breakfast: Apple bake with flax :)..yum. Cinnamon!

Getting ready to go to the gym. Moving, stretching, and relaxing seems to be the key here.

4:33pm

Much better today! I just had a huge plate of celery & carrots with homemade humus (recipe and pic on herbmagik.com), and now I feel full & happy :).

I went to the gym, and find that my strength level is much lower than usual. Not the endurance, but the muscle strength. I am happy to say that the pain in my legs is GONE! Thank goodness, hoping for a good night's sleep.

I am also noticing that I am not so hungry. Sofar today I have eaten about a 1.5 cups of baked apples, a large mug of miso soup with seaweed & tofu, and the humus & veggie snack. I had a 20 oz carrot/beet juice, and lots of water & tea. I think I will stick with a juice for the evening.

Tomorrow would be the official start of the “juice only” portion of my 5-5-5 program. I am not sure that I will do that. Will decide in the morning, I may just pull through with more juicing and less eating instead.

## **Day 6**

Weight: 138lb

Waist: 31 inches

11:45 am - Can you believe it? Day 6...only 9 more days to go. I have decided to keep eating during the 15 days instead of juicing exclusively. I will up my juices, and only eat before 4 pm to settle my digestion for the night.

As you can see, I am not losing weight through this, but I am losing inches. It's strange, you would think by eliminating breads & carbs, it would make some difference. I am not watching my calories, basically, I am eating when I am hungry. My digestion does need a boost (even though I am ingesting lots of fruit & veggies, there is not much fiber in juice & salad), so I am mixing a tea with senna, dandelion, cinnamon, burdock, licorice that I drink once or twice a day.

Leg pain is still there. I was hoping to get an appt with my chiropractor today to get his wisdom, but he left early. I will try to do yoga & gentle stretching today, hopefully it will cease.

Breakfast: One pear & a banana. Rooibos Tea.

Mid morning juice: 6 Celery stalks, 2 cups of Kale, 1 cup of Parsley, 2 green apples (organic), 1 inch ginger.

Lunch will be a green salad with celery, carrots, red peppers.

Most likely, I will squeeze some humus in there, and sweet potato soup :).

## **Day 7**

Weight: 137lbs

Waist: TBA

10:30 am - One more rough night. This morning I received an email from the Reboot nutritionist to drink more water, and to drink coconut water for electrolytes. Makes sense, I forget to drink water. I am installing a reminder on my phone, maybe that will help.

I am not feeling hungry anymore. I started my day with the warm lemon water, tea, and apple bake. I like making this, because my kids eat part of it and it takes part of their breakfast. I sprinkle mine with flax flakes to up my fiber (remember, even though you are eating lots of fruits & veggies, you need to watch your fiber!).

That brings me to a point, I think I will post more on my blog. Feeding your family while on a juice fast. Since I am eating alongside, it is not so bad. BUT, there are adjustments and temptations.

10:01 pm Just returned from a movie. While everyone was chomping on popcorn soaked in butter (yum!), I was chewing on Goji berries and water. It worked :).

## **Day 8**

Weight: 138lbs

Waist: TBA

Woohoo! One leg pain gone, but another is here. It seems that the coconut water and extra hydration yesterday did the trick for the majority of the muscle pain.

I am doing some reflecting on my what I crave, what I normally eat, the way my body is reacting/functioning now. I am debating whether to stop drinking coffee altogether. Caffeine is just not that great for the body, from a medical point of view. Ah...but for the soul! I love my coffee, the smell, the taste....the memories :). Yes, have good coffee memories. I am not a

‘depriver” by nature, so I may just limit my intake.

Someone asked if I would now stop eating cheese & such.

No.

I love food. Cheese is just a vital piece of food for me. I just watched: “Forks over Knives”. The movie is excellent for information. They proposes a diet that is very vegetarian, bordering on vegan as they say “no dairy”. Again, the information is so distinct, yet, I don’t see myself living happy without my joghurt, cheese, and raw milk.

Bread & Pasta, those I miss :), and I can’t wait to eat them again.

I am intending on replacing all our grains to whole grains, I am sure my family will just LOVE that. I think food is a conditioning, and once I find yummy transition recipes, all will be well.

I tend to eat baked apples daily for breakfast, it is just good...and warm. So there, I am boring, If you are more adventurous, you can find awesome breakfast recipes on the REBOOT page.

Today my juices are going to be RED, my salads GREEN, and my snacks YELLOW (pineapple & papaya).

## **Day 10**

All is well, no worries :).

Yesterday was just an extremely busy day, and at the end of the day, I had my first extreme headache since I started. I really think it is a lack of water. With all the juice and fruit, I forget that I should still be drinking 6-8 glasses of water. I have been drinking coconut water too, and the leg/muscle pains are gone.

It is interesting what little food I am taking in, especially considering what I normally eat. Again, I am not counting calories, but maybe I will for a day just for fun.

On the menu today:

Smoothie made with a frozen banana, coconut water, some unsweetened coconut milk for creaminess, raw honey, lecithin, spirulina.

Juice: Beets, carrots, sweet potato, celery, ginger, apples

Lunch: Leftover salad from yesterday. Lettuce, cucs, red pepper, tomatoes, avocado.

Banana

Dinner: Spinach salad with avocado & cranberries, about 3 cups.

It is about 9 pm now, and I am having the rest of my juice, about 1.5 cups. I am not hungry.

Today, my kids earned themselves a whopping large rootbeer float from A&W....one of my favorites! Mmmmmmmmm.....I took a sip! Yes, I did :)...but I did not have a need for more. Cravings come and go. Yesterday, I was seriously jonesing for a donut. I rarely eat donuts on normal time, but yesterday, I wanted one bad.

I survived :).

My kids are feeling deprived, and are planning fabulous "Welcome BACK!" meals for when I get off my juice fast. I am trying to get them to see that afterwards I have to gradually introduce foods again.

## **Day 11**

Weight: 132

Waist: 30.5

8:58 am - Good Morning! Feeling great this morning, slept well.

I got on the scale this morning to check my weight, and am surprised to see that somehow in the last few days I lost 5lbs.

I signed up for an online calorie counter last night to check calories, which I find highly tedious. I can't envision myself ever living like that, counting the calories of everything I put in my mouth! The good thing is, I can see the protein I am taking, which is more of a priority for me.

What's for breakfast? Baked apples :).

The kids begged to go see Daddy for lunch, and there we were in the Mecca of fast food. Not good for a juicer. I could have had them make me a naked salad, but I don't see paying \$8 for some wilted salad greens. I ended up going to Teriyaki Grill, and asking what two "sides" would cost me: Seaweed Salad and Miso Soup. Yummy...\$4.20.

Today I ate:

3 apples

1 seaweed salad

1 miso soup  
2 beet, carrot juices (12 oz each)  
Leftover spinach salad from yesterday (1 cup or so)  
1 green salad with carrots & 1 avocado (about 3 cups)  
¼ pineapple  
10-15 dried apple slices  
Water, and 18oz of coconut water

I tried to do the calorie counter, and got 1348 calories, add about 300 more for all the mispicks. Thank goodness I don't have to do this, it stinks. I say just eat well and move. Calorie counting is depressing.

I just had a wonderful cup of peppermint tea with raw honey, and am off to bed.

## **Day 12**

8 am - This morning I woke up at 4:15 am and could not go back to sleep....well, did for about 45 minutes, then got up to see the sunset with my dog.

Today I have a craving for MEAT. Last night I made beef stew for my family...mmmm....grass-fed beef with spices, onions, carrots, potatoes, parsley. It smelled divine. These cravings are interesting. I don't eat much sugar, but find myself craving donuts or bakeware often (not bread, that is separate). It is easy to satisfy with a big spoon of raw honey. But meat? I may have to up my protein. The Mean Green should help.

### **Mean Green Juice (original)**

This is the official recipe used by Joe Cross and Phil Staples according to the [Reboot Program](#).

6 Kale Leaves  
1 Cucumber  
4 Celery Stalks  
2 Green Apples  
1/2 Lemon  
1 piece of ginger

I have discovered some things I don't like: Spinach salad that does not have walnuts & feta cheese. I do not like it raw like this with just vinaigrette type sauce, and will just put spinach in the juicer from now on. Goji berries. Ok, I have heard so many good things, and people rave, so I bought some the other day. To me they taste bland. I just eat them out of the bag (dried)....maybe they need to go into muffins soon. Not my thing, plus, they mess with my stomach. Iceberg salad. I might as well chew paper.....

## **Day 13**



Weight: 136 lbs :)

9 am - Good Morning! Well, it is surprising, but my weight has gone up. Fascinating, really. I feel a lot leaner right now, and energetic. So, either I am becoming more muscular, or whatever I am eating has a lot of calories, which I doubt. I have been a lot more active this week: gym, backyard work (heavy, making me sore, work), walking, biking. Interesting.

I am looking forward to eating regular foods...and may skip juice and salad altogether for a few days :).

The pains in my legs are gone, only a residual pain in the nerve endings of my feet...that was my main target. It is only in one foot at this time, and much milder than before. I will introduce foods back in groups to see if anything triggers this, and plan on doing a herbal tea remedy for 30 days that supports the blood and liver starting next week.

Breakfast: Baked Apples & Rooibos tea, LOL...see a trend?

#### **Day 14**

Weight: 136 lbs

Waist: 31 inches

Today is day 14, and I have decided to stop my juice "fast" tomorrow, even though officially, I have one more day to go. But I am done.

Don't get me wrong, I am doing this again.

I think I will do a 5 day juice fast in the summer, when the fruit & veggies are a'plenty in my garden.

I fluctuated between 140 and 132lbs during this time, ending with 136lbs 10 minutes ago. My waist went from a 34 to a 31 (it was 30.5 somewhere in there). Since I did not do this for weight loss, it is not a surprise.

I will write more about my personal thoughts on my blog, I want to share.....

Much love,  
Heike