

JUICE FASTING

WITH THE

JUICE FASTING MAVEN

MONIKA BAECHLER



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THANK YOU!



Thank You for the download! You're amazing. I'm so glad you decided to take the first step in changing your lifestyle, improve your health and start juicing! Virtual high-five for that!

If at any point you have questions, comments or thoughts you would like to share with me, please don't hesitate to write me at monika@monikabaechler.com

Please enjoy this preview and Thanks again.

Monika Baechler, Your Juice Fasting Coach

INTRODUCTION



I will let you in on a mammoth secret – actually, it's ginormous! Have you ever wondered what causes diseases and why every year millions of people suffer for decades before they die a horrible death from degenerative diseases?

Why do millions of people have to die from degenerative diseases if illness can be reversed and healed?

The answer is quite simple and it has been staring us in the face for hundreds of years, we were just too distracted to see it.

Now listen, I'm not going to tell you that I've discovered a miracle cure-it-all, which would be ridiculous! But what I will tell you is this; you had the solution all along, but you were never taught how to implement it.

Simply put, the secret to healing is within, and it has been lost in translation over hundreds of years.

This book will guide you through the challenges of fasting and recovery, and I will virtually hold your hand when it gets bumpy.

Now you're probably wondering why you should trust me with your journey of healing, right? Simple really, I've been there. I've been where you are today and I have studied European Fasting for almost two decades.

After reading my story in the next chapter "No Struggle - No Progress", you will understand.

I have spent two long decades of my life searching for answers, for a diet, for a solution to the unknown. I didn't even know what was wrong with me. Do you know that feeling? I was unwell and there were too many symptoms to pinpoint a specific disease. It's a predicament to say the least. Starting the journey to recovery is rough! It was overwhelming and scary for me and you shouldn't be tackling the challenge on your own.

This program will tell you everything you need to know how to reach optimal health. This isn't a fad diet. It's your step-by step guide to recovery, healing and a lifestyle you can live with. Learn the secrets to longevity by turning disease-causing eating habits into a healing and rejuvenating lifestyle.

So, now let me tell you this huge secret I'm talking about. Maybe "lack of knowledge" is a better term. Nevertheless, it's an ancient healing practice I've been passionate about for almost 20 years.

You see, nature is the true healer of disease! Nature heals through one process – DETOXIFICATION THROUGH CLEANSING.

You heard me, Fasting. By fasting and detoxification, you can cure all diseases because every disease has ONE SINGLE cause – TOXIC WASTE ACCUMULATION which leads to STAGNATION followed by TOXICITY.

See, fasting works by autolysis or self-digestion. During a fast your body decomposes only substances and tissues that are damaged, diseased or not needed, like tumors, cancer cells, abscesses, and waste matter.

While we have come to love our indulgent eating-habits, they are slowly killing us. Animal protein, starchy grains and flour products, become sticky glue in our system, which leads to a clogged body with pus, mucus, toxins, and foreign matter. Mucus and toxins from GMO's (Genetically Modified Organisms) processed foods lead to inflammations and cell death in our system. I believe that we DO demand too much from our bodies as we live our hectic and stressful lives.

A disease "symptom" is nothing else than the manifestation of poison and waste matter which has collected within our body. Not that we haven't been warned by reoccurring headaches, migraines, pain, obesity, and brain fog, but enough is enough.

The discomforts of diseases are nothing but symptoms of detoxification. Our body's sole goal is to keep us clean by eliminating waste, and here we are suppressing our body's efforts of cleansing/healing with drugs and more garbage (food).

In our high tech and pharmaceutical age, the simple facts of human healing are overlooked or have been forgotten. We keep depriving our bodies of sunshine, natural clean spring water, ocean water (swimming), fresh air, outdoor exercise and organic plant-based foods. There's no denying it, we lack vitamin D

Did I hear you say: "This sounds too hard and is too much work". Just remember this, there's no progress without any struggle! People tend to make excuses instead of commitments. Don't fall into this trap, because in moments of decisions is when destinies are made.



(actually a hormone), enzymes, vitamins, raw fiber, superfoods, and most of all; minerals.

Are you All Juiced Up? I know I am!

Are you still with me? Good, that means that you are serious about healing and recovery.

In the first part of this detailed program, I will take you through the knowledge base of fasting and juice fasting. Before we can understand how to heal and rejuvenate by fasting, we have to understand the basics.

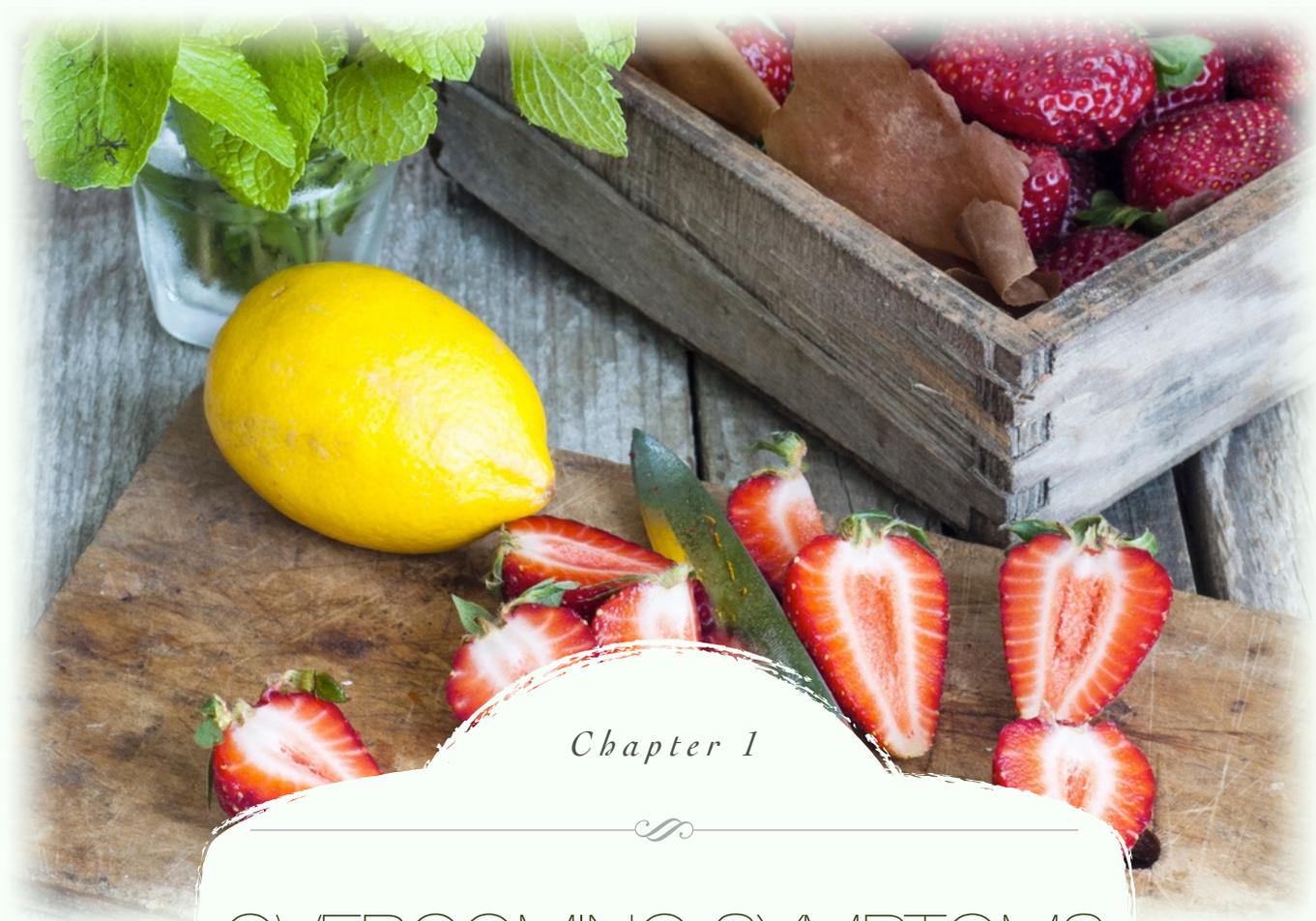
The second part will teach you the fundamentals of detoxification and healing. This knowledge alone will catapult you into a confident new world of wellness and vitality.

The last and third part of this program outlines the juicing and juice-fasting programs for beginners as well as seasoned fasters.

This Juice Fasting book is here to teach you how to heal yourself by activating your own self-healing mechanism through fasting.

So, the proverbial cat is out of the bag, no more secrets. I wish you bliss and wellbeing on your healing juice-fasting journey.

Monika Baechler, your Juice Fasting Coach



Chapter 1

OVERCOMING SYMPTOMS

By fasting and detoxification, you can cure all diseases because every disease has ONE SINGLE cause – TOXIC WASTE ACCUMULATION which leads to STAGNATION.

Wrong eating habits we have come to love are killing us. Animal protein and starchy grains like flour products become sticky glue in our system, which leads to a clogged up body with pus, mucus, toxins, and foreign matter. As we have learned in the last chapter, mucus and toxins lead to



inflammations and cell death in our system. We demand too much from our bodies as we live our hectic and stressful lives.

It's necessary to remember that while cooked and processed foods do support life, that doesn't mean that they have the power to rejuvenate the cells which support the life force of our body.

“Nature demonstrates and teaches by that example that there is only one disease and that one is caused thru eating - and, therefore, every disease whatsoever it may be named by man, is and can be healed by one “remedy” only - by doing the direct opposite of the cause - by the compensation of the wrong - i.e., reducing the quantity of food or fasting.”

– Professor Arnold Ehret.

In the following pages, you will learn to correct the results of these abusive eating habits by following nature's “magical” guide to healing – Detoxification through Fasting.

According to Professor Arnold Ehret, fasting has been recognized as Nature's Supreme curative measure for thousands of years. But the art of When, Why and How to fast has been lost by those living in present day society with a very few exceptions.

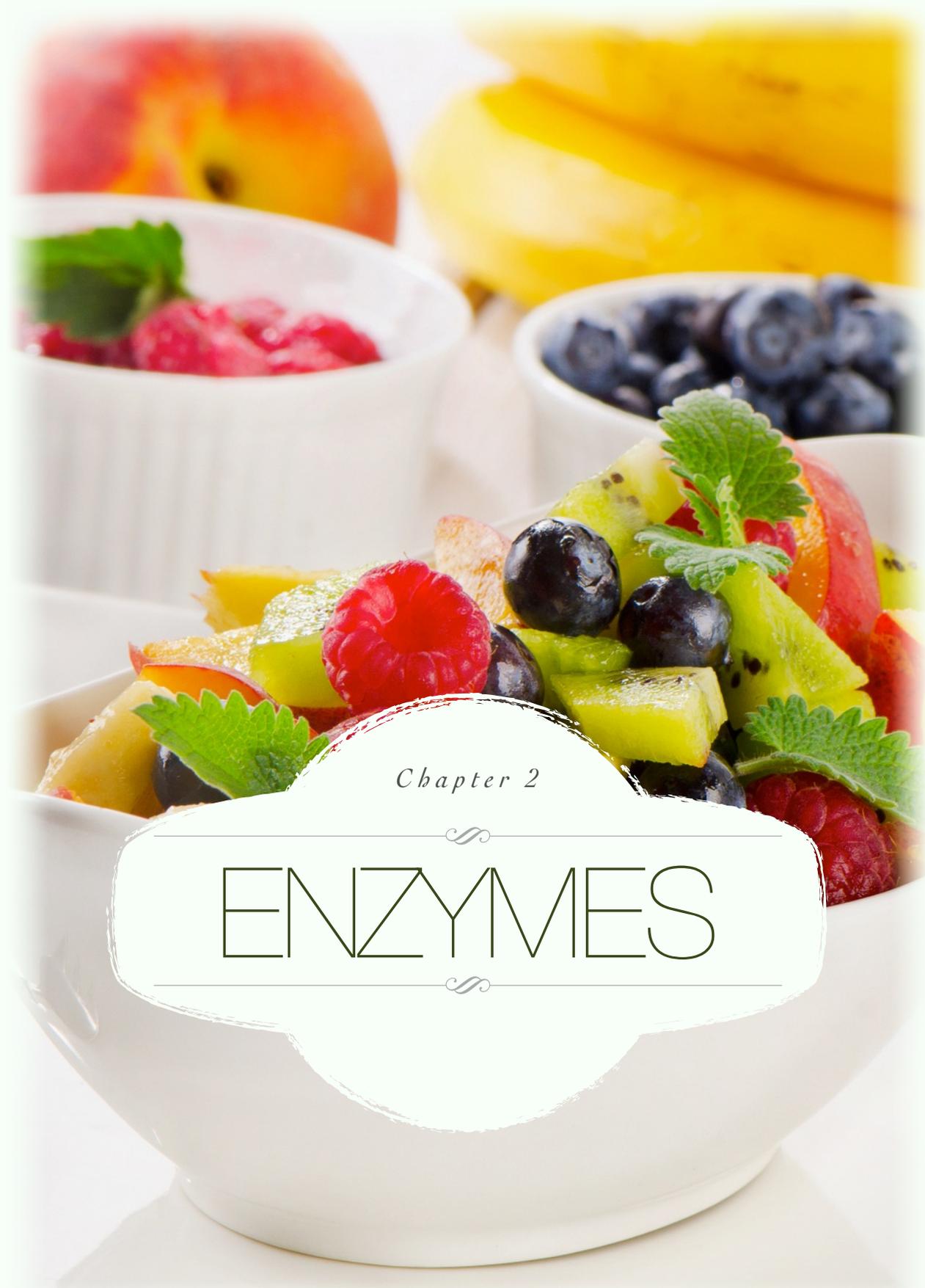
The body must receive nourishing food, but just what is good nourishing food?"

These days, as research mounts regarding the health benefits of eating plenty of fresh fruits and veggies, people are rediscovering the juicing benefits for health and prevention. In our century, the media has taught us to fear fasting.

The average person considers anyone an ignoramus who skips breakfast or misses a meal when he or she is sick, thinking he or she will starve to death, when in reality he or she is detoxing and healing.

“When food is cooked, the intense heat destroys life-enzymes. Its fiber, having lost their magnetism through the heat, being lifeless, dead, act in the nature of a mop swabbing through the intestines, all too often leaving a coating on the walls of the intestines. In the course of time, this coating accumulates, putrefies and causes Toxemia.

The Colon then becomes sluggish and distorted, and constipation, colitis and other disturbances result”. - N. W. Walker



Chapter 2

ENZYMES

According to “Enzymes: The Fountain of Life”, by K. Miehke, R. M. Williams, D. A. Lopez, enzymes are a measure of our life and immunity. “The immune system depends heavily on enzymes to conduct its protective functions.

When enzyme activity stops, life stops and the person or organism dies!" In other words, enzymes are our supply of the vital energy of life.

For every chemical reaction that occurs in the body, enzymes provide the stimulus. No mineral, vitamin or hormone, can do any work without enzymes. A simple way to describe what enzymes do is this: Enzymes are the Managers of a company and vitamins and minerals are workers. The Manager tells the workers what, and how to do, while the worker's job is to carry out the job. Without the Manager (enzymes), certainly no work gets done!

Vital are also coenzymes, which all exhaust large numbers support some enzymes function (not all enzymes have coenzyme). Various vitamins and minerals also serve as coenzyme. Magnesium is an example. It activates many functions and has lots of responsibilities. If it's not available to the enzyme, the enzyme can't work.

There is no breathing, no digestion, no growth, no blood coagulation, no sense perception, and no reproduction without enzymes. Each enzyme has one job and one job only.

“Habitual use of alcohol and tobacco, overeating, eating food containing food additives, stressful environments, and use of medicine all exhaust large numbers of enzymes.” - The Enzyme Factor by Hiromi Shinva, MD

Enzymes are made by the body and are involved in all body processes, including breathing, thinking, talking, moving, and immune function. Our body manufactures digestive enzymes in the pancreas, in the mouth, stomach and small intestine. Enzymes are especially critical for digesting food properly.

Many nutritional studies have shown that a regular diet of cooked, microwaved or canned foods causes the development of chronic and degenerative diseases and premature aging followed by early death. How is this even possible? In one sentence,

cooking food destroys the essential plant enzymes. They are more heat-sensitive than vitamins and are the first to be destroyed during cooking. They are destroyed by being heated above 118 degrees Fahrenheit and are deactivated or destroyed by pasteurizing, canning, and microwaving.

What happens to our Enzymes with Age?

Your body makes enzymes. When you were young, you had an abundant supply of enzymes. You felt on top of the world. Your energy level seemed never ending. You had „enzymes to burn” which burns all sorts of foods/calories on high efficiency and without discomfort.

So what if you don't have enough digestive enzymes to digest your food properly? What happens to the entire gunk in your colon? Well, undigested food can stay in the intestine and might transform into toxins. Over-consumption of cooked foods can lead to digestive leukocytosis, a condition of increased white blood count. An increase in white blood cells is a sure sign that the immune system is mobilized.

This mobilization brings on an infection-like state as well as an added stress on your immune system. The concept of the immune system being stimulated every time a person eats was first reported in 1897 by Rudolph Virchow, the father of cellular pathology. As you get older, you slowly begin to lose enzyme efficiency. Your body is desperately trying to make up for the junk foods, pastries, sodas, cooked foods and all processed foods you are eating. The pancreas expands and produces more digestive enzymes to deal with the inflammation. For years, you don't even notice the changes. Suddenly you are able to eat less spicy and fatty foods you love. Sometimes changes are brought on by pregnancy. Small digestive discomfort can be the first sign your body is enzyme depleted

Professor Jackson of the Department of Anatomy, University of Minnesota, has shown that rats fed for 135 days on an 80 % cooked food diet resulted in an increase pancreatic weight of 20 to 30 percent. What this means is that the pancreas is forced to work overtime with a cooked food diet.



Fermented foods, like Beet Kvass and Sauerkraut, are amazingly rich enzyme sources.

Raw fruits and vegetables should be consumed daily to replenish enzyme stores



Let's Get Nerdy about Enzymes!

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„Although the body can manufacture enzymes, the more you use your enzyme potential, the faster it's running out...” Dr. Edward Howell, who pioneered research in the benefits of food enzymes.

A young adult of 18 may produce amylase (digests carbohydrates) levels 30 times greater than those of an 85-year-old person.

„Although the body can manufacture enzymes, the more you use your enzyme potential, the faster it's running out...” Dr. Edward Howell, who pioneered research in the benefits of food enzymes.

The Immune System
Depends Heavily on
Enzymes!