



REBOOT GUIDE

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Introduction to Juicing and Eating Healthy

I get asked this question a lot “What is the one thing I can do now to boost my health?” I would say, as I say to all my clients – take a juice every day, two if you can. This next 10 days we are going to do just that. That’s the challenge to you.

As you may already be aware juicing is one of the fastest ways to get awesome and fresh nutrients straight into your system and to a cellular level too. Drinking a juice on an empty tummy will give you plentiful, easy to absorb nutrients; which are full of trace minerals, natural vitamins, phytochemicals and antioxidant rich source of live fuel. For this reason, when you give your body a break for a while and pump it full of vegetable juices then then you will start to see those niggling symptoms start to disappear. Like the fatigue going, the sleeplessness or groggy mornings as juicing helps you to sleep. It will ease any bloating or other digestive issues you may be suffering from. Whether you have a juice a day, or two or 5 you will see results within days. In fact, adding a juice to your day and doing a regular cleanse can help you drastically reduce your body’s aging process as well as reduce inflammation (which scientists now believe is the cause of most diseases in the body) and help your body to do what it does naturally, heal and repair. You can give your body a greater chance to be able to fight and heal and repair from the long term diseases that are ever present in our lives today.

Tips on How to Approach Your 10 Days

1. Set your intentions is key

Getting the right mind-set and what you are telling yourself is key. If you are already saying "I can't do 10 days of juicing" then you are already suggesting to yourself that you cannot do 10 days so you won't. So, program for what you do want. Say to yourself instead "I am really looking forward to this challenge" "I can't wait for better sleep, clear head, and energy. This might be tough but I can do this. So, choose your reboot Gold – 10 days 5 different juices, or 10 days 3 different juices, but 5 x a day. When you have chosen your meal plan, and there are 2 in this book then, set your intention to do it. You will be surprised at how easy your subconscious helps you do make the right choices. That's because you have already set its mental compass. Like your mind being the sat nav, program it and you will follow it with ease, without thinking too much about it.

2. Buddy up

Do it with a friend! By having a commitment buddy you will sail through this as the challenge will literally be a challenge which you can support each other on. It's also so much more fun to do it with someone. So tap into your group, engage a friend to do it with or share in the Facebook community. Sharing your pictures with others will give you that buddy support that you may need.

3. Don't Forget to Drink

Just because you are drinking a lot of juice does not mean you need to forgo the water. Make drinking a priority moving forward, one of our biggest deficiencies is lack of hydration. It feeds and oxygenates the cells. Hydrating well can also ease pains from headaches, joints and balances hormones too. Plus during this 10 days your body will be able to detox. Water flushes these toxins out and allows the liver to eliminate them.

4. Take Notes

It's so easy to forget how you felt on this experience, especially when it's new to you. So I highly recommend that you take notes. This can be in a journal, on a daily app, or just on your computer.

However, you do it, documenting your journey and how you feel you can be a great reference to go back to, when you do this again the next time. If you have allergies, this will help your detective work so much easier. Make it part of your daily routine. Juicing will also make you consciously aware of what you are doing and support your intentions that you set in point 1.

5. Be Kind to Yourself

Take this time for you. Do things that you enjoy. And if your usual enjoyment is going to a bar or having a drink or a coffee mix it up, seek out a juice bar instead. In the evening try out a new sport or activity like bowling or Zumba or cinema or the local arts theatre or check out a book club. Write down what interests you, what you have always wanted to do for you and make that happen. **Now is your time**

Pre-Juicing Reboot

What You Will Need

The program is quite simple to follow. All you need is a juicer. If you are stuck what to buy, try discountjuicers.com as the range and videos are fantastic, then seek to purchase the model you want at the best price you can in the country you live in.

You will also need a sharp knife so invest in a nice one if you have not got one. Japanese steel is the best or you can try the ceramic knives that are very cheap and affordable now a days.

Glass jars to hold your juice. Mason jars are good, old wine bottles (with the label taken off). Bottles you may have saved from your recycling or even stainless steel or ceramic / clay but not plastic - we want to be toxin free.

A large colander to wash your veggies and fruits in.

Lastly a chopping board as you will be chopping a lot.

THE JUICER

The juicer is more important due to its nutritional intake value so if you have a blender and you do not have a juicer. I would highly recommend getting one. You can follow the equipment guide video in the program but basically there are 3 general types of juicer; the centrifugal juicer, which is high speed and its said that the juice can oxidise quicker and it will be a very clean & quickly made juice with 0 pulp. Typical prices for this are around £80, US \$140, SG\$160, so not too bad price point. The slow juicer, which I would recommend the most, as the vegetables and fruit do not oxidise and the juices lasts longer. It's slightly pulpier, but that's a good thing as a little fibre will help the colon. Then you have a twin gear or auger juicer, which is a work horse and will last a lifetime, but also takes longer to produce a juice, but this machine will not fail you. These are top of the range and prices are around £250, USD\$200, SG \$500 (not sure why they are more expensive in Singapore, but they are)

THE BLENDER

The Nutribullet is a great little blender if you do not have one. Go for the highest speed you can get and your budget allows for. If you have a larger family then you may want to consider a 3-horse power blender. The brand leader is Vitamix, but is also the most expensive. You know what they say you get what you pay for. You can get a blender that is half the price with the same horse power and many are very good and more modern in terms of extra buttons and little extra features that the Vitamix, does not have.

Juicing Benefits V Blending Benefits

Juicing is a great way to get all a powerful hit of nutrients in one hit. In fact you would have to drink 5 smoothies to get the same from the ingredients. Why I hear you ask? Well it's because with juicing there is not digestion so its absorbed directly through the villi of the intestines and

goes straight to where its needed at cellular level repair. With a smoothie, you have to digest these nutrients, so less nutrients can be taken from the food before its eliminated.

Juices are a great way to balance blood sugars too, no spikes except if you are diabetic then you will have to watch the blood sugar monitor to see how the high sugar veggies and fruits work on you. If you are diabetic you may want to consider eating and juicing to start with and see how you go.

Leafy greens in juices are the best for rich nutrients and phytochemicals – the part of the plant that keeps it alive ☺

What's in Your Cupboards

Start to eat through your perishables. Or freeze what you can as the next 10 days you will not need those ingredients.

When buying produce, know the source of your ingredients. Where does it come from? How old is it? Is it in season? How fresh? Does it have pesticides on? Can I get organic? Should I buy that in organic? etc.

Tips

- ✓ Add lemon and ginger for a zing
- ✓ Use cucumber as a base to juices and smoothies
- ✓ Adding herbs or herb juice cubes to your juices and smoothies for added extra nutrients and flavour
- ✓ Drink from a nice glass to make your juice pop
- ✓ Be and get creative, try out your own. You may not have the exact ingredients so try out your own combination
- ✓ If you can afford it go organic
- ✓ You must, must wash, wash, wash your veggies well. Companies don't care that the pesticides on our food can make us sick long term so wash, wash, wash all your veggies very well. Recipe for washing solutions are in the next section.

Buying and Washing Your Produce

When choosing vegetables go for the best you can buy. If they are perfect then they will surely have been made with pesticides and herbicides and even wax on items like your apples, which means you will have to wash, wash, wash them well. Apples have wax on them, leafies have pesticides that are hugely harmful to us in terms of raising our cancer risks long term and many foods are kept for months before even reach our supermarkets or homes so nutrients are depleted.

I suggest using a solution of

- 2 tablespoons bicarbonate of soda,
- 1 litre of water,
- with a cup of vinegar and
- a squeeze of lemon

You can make this solution up and pop it in a spray bottle and then spray over your vegetables, then soak them and rinse off the solution. Leafy greens you will need to wash just before you use them or else they will wilt and will not last. Another way to wash is by using food grade 35% hydrogen peroxide. You can use 1 tablespoon in a sink of water. Soak the firm produce such as apples, beetroots, carrots, potatoes pears, etc for 15 minutes, then rinse. With thin peel leave for 5 minutes only. Drain and rinse well after soaking. Use a kitchen towel or a drying rack to soak / drain the excess water. Dry well and store in the fridge. You can also wash your produce in salt water, and rinse off, or if nothing else just water alone. See the video in the program about washing your vegetables and how to use the solution.

Exercise & Juicing / Juicesmoothying

Yes, yes you can exercise throughout this program. Don't stop, keep it up and going and well done. If you have not started an exercise plan, this may be a great week to consciously start to move your body. You may want to plan this healthy week to start a new regime. It does not need to be anything you do not like doing. It could be Zumba, or dancing or pole dancing (not for you boys), but hey it would be great to see.

Exercise

Pre-workout you can take a juice and then eat afterwards or take a juice and then have a juice with an avocado, blended into it after. I call this a juicesmoothy. To make these you make your juice the usual way, then in the blender pour the juice in and then add one or a few of the following items:-

- ✓ Avocado
- ✓ Flax seeds
- ✓ Chia seeds
- ✓ Maca powder
- ✓ Moringa powder
- ✓ Organic Pea protein powder

Juicing & Eating Healthy on the Move

Whether you are on the move at home or leaving the country for a trip away. Work or for pleasure. With some simple tips you can navigate and make healthy choices. Here are my tips to making the right choices for your health.

1. Planning is key - plan your meals ahead. Know what you are going to order, Make your self familiar with restaurants that you might be going to or the hotel that you choose, see if the chef can make you healthy a la carte options. Many kitchens can accommodate, especially as the ingredients are made from nature and not man! All kitchens have fresh vegetables and the ones that do not, perhaps think of choosing another place that will fit your healthy eating plan.
2. If you are heading out for the day, then take your snacks with you. Pack your lunch that you can make at home. If you are at a hotel, then order chefs salad or a hearty soup. For your healthy week choose an easy to digest protein like lentils and beans instead.
3. If you are flying choose a raw salad meal, or vegan so you don't arrive bloated. Which can last for days.

with. This is hard as its human nature to want to knock you off your healthy horse. So choose whom you will be sharing food with wisely and go for friends that will support you, not make you feel bad if you you don't join them. If you are just juicing then perhaps avoid the restaurants until after day 5 of the reboot. You may be super strong and be able to watch people eat and feel good about yourself. Or perhaps you might not so go by how you feel at the time :)

Transitioning Back

You have finished your healthy week. So what now?

If you went for **the juicing reboot**, then my suggestion would be to follow your next week with the meal very small and simple meals. Follow my set meal plan for easy entry. Its super easy to make, digest and you can keep your portions small. After juicing for 10 days your tummy will be the size of your fist, so you wont need much food to feel full, and no heavy animal product just yet to keep that calm feeling. We keep out the main food groups that make us feel sluggish and slow . Like all the foods we eliminated in the REMOVE phase

Feedback

I am always trying to improve our service to you. Please do connect in to the feedback section in the program and tell me what you got out of the program 2 phases that you done so far. It will help me to improve my service to you.

Whats Next AFTER The Reboot?

Time to head to the RESET phase where you will transition to a plant based diet meal plan.