

WHY COULD I BENEFIT FROM A JUICE FAST ?

- Frequently Catching Illnesses or Infections
- Waking With a Thick Coating On Your Tongue
- Managing a Chronic Illness /Progressive Disease
- Noticeable Body Odour or Bad Breath Even After Recent Hygiene Practices
- Persistent Pain/Discomfort That Doesn't Match Any Physical Injury
- Fatigue From The Moment You Wake Up
- The Thought of Needing Caffeine upon Awakening
- Digestive or Bowel Elimination Issues



JUICE FASTING
AUSTRALIA

Referral Business Name

Receive \$30 off your First Fast
with the referring business code

www.juicefastingaustralia.com.au
info@juicefastingaustralia.com.au



JUICE FASTING
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THE MAGICAL POWER OF JUICING

Juicing is the single most powerful way to lose weight, heal your body and literally turn back the clock.

Fresh-pressed juices are naturally the most nutrient-dense foods on the planet, which means you get an unparalleled nutrient bang for your caloric buck. Fresh-pressed juice is detoxifying, helping you to shed the toxins and build your lean body from the ground up. And fresh-pressed juice is naturally hydrating, which helps stem food cravings and keep you lean and healthy.

WHY ENJOY DAILY JUICE?

Daily Juice is an addition to your diet, not a replacement. It requires little change to your lifestyle.

Best of all, our Daily Juice Home Delivery is accessible to everyone, once you've created the habit. Children, pregnant and nursing mothers, and the elderly, should not fast, but can enjoy Daily Juicing to stay healthy. Daily Juice helps you prevent weight-cycling (lose-gain-lose) between fasts and stay lean. Daily Juicing also helps you develop cravings for healthier foods and gives you energy to stay active throughout your day.

Before deciding to juice or undertake any form of fasting please consult your family physician. Juices made from fruits & vegetables should not be considered medicines. Instead they provide the body with life enhancing, fully absorbable nutrients. These juices rich in minerals, vitamins, enzymes, phytonutrients & antioxidants serve as protective, corrective and supplementary foods.



WHY SHOULD YOU JUICE FAST

Juice fasting is a transformative approach that temporarily slows digestion, providing your body with pure, concentrated nutrition. This protocol not only enhances immune function but also fosters a positive shift in the inflammatory response. By embracing this journey, you empower yourself to revitalise your health, reset your body, and experience profound well-being.

The body naturally shifts to waste elimination to cleanse the blood and human body systems, removing bacteria, microbes, plaque, and acids from the gastrointestinal tract, from mouth to anus. Juicing with true mineral-rich waters offers food-based nutrients that the body easily recognises and absorbs, unlike supplements in tablet form. This promotes rapid results and helps the gut create a healthy microbiome.

Since its introduction in the late 1800s by several health pioneers, juice fasting has caught on and experienced a surge in growth over the past several decades. Cancer and medical clinics such as The Gerson Institute, Tree of Life Rejuvenation Center and An Oasis of Healing use juicing and juice fasting as part of their overall treatment plans.

Without air, food, sleep and water we cannot survive. Of all these ingredients, we have food choices. It used to be just plant or animal. Now its plant, animal and processed. Our future shows that it will be almost unavoidable to consume food without chemical enhancement. Regular organic juice fasting will allow a biochemical clearance!

Developing a regular habit of taking a break from eating solid food offers your tired, overworked body some very needed and deserved rest.



YOUR CERTIFIED JUICE THERAPIST IS HERE TO HELP



Your Certified Juice Therapist has received extensive training and has been certified through the Complimentary Medical Association.

At Juice Fasting Australia we provide a plan that best meets your overall goals and intentions.

We are here to set up your daily juicing program, provide essential tips, motivation, and online coaching before, during, and after your quarterly juice fasts.

Our Services Include:

Cold Pressed (To Order) Daily Juice Home Delivery
3 Day Juice Fast

10 Day supported Juice Fast for people wanting fast and rewarding change and are currently disconnected from their conscious body