
1st day of juice feast

Posted by Garydeb44 - 2008/05/04 02:51

Hi, my name is Debbie and I finally made up my mind to do the 92 day juice fast. YAY:) I know I'm going to need some support here. I've been 100% raw now for 11 1/2 months. Five and a half years ago I gave up sugar, starch, soy, wheat, gluten, additives, preservatives, basically I was raw except I was eating meat until 1 year ago and now I am 100% for almost 1 year. The longest I've ever juiced was 4 days and just as I felt really good on the fourth day, I figured I would go back to eating cause I felt good. Anyway, I decided to juice for 92 days and I'm a little nervous, but really EXCITED.

Debbie

Re:1st day of juice feast

Posted by Garydeb44 - 2008/05/04 10:21

Hi, it's Debbie again. I guess I didn't get too far today. I'm really disgusted with myself. I juiced until 10:30 tonight and then ate everthing in sight, (all raw) but chocoate balls, hazelnut bars, flax crackers, pie. I am soooo out of control these last 2 months. I really need to juice to get back in control. Well, I guess tomorrow is another day, but I have been saying that for about 2 months. Anyone have any advice????

Thank you

Debbie

Re:1st day of juice feast

Posted by Garydeb44 - 2008/05/05 06:51

Hi, I started the juice fast over again today and so far so good! It is around 8:00 now and this is the hardest time for me. It always has been, even years ago when I was SAD. If I make it through the night, tomorrow is easier. I feel pretty confident now.

Re:1st day of juice feast

Posted by Gypsy_Queen - 2008/05/16 19:56

How is your juice feast going? It's almost two weeks now. I would be very interested to know just how you go and how your health does, too.

Gypsy Queen
