
My 92-Day Juice Feast

Posted by angela - 2007/11/24 18:48

As you may be aware, on Nov 20th 2006, I started an epic 92-Day Juice Feast in Costa Rica, which I blogged about here:

<http://rawreform.blogspot.com>

This forum space here is a place for others to communicate and share around this topic too...

My e-book on Juice Feasting is also available [HERE](#):

http://store.rawreform.com/product_info.php?products_id=1001316

...which will answer all of the who/what/when/why/how questions you may have about long-term cleansing with juices

Wink

All blessings and ENJOY Smiley

Angela. xxx

Re:My 92-Day Juice Feast

Posted by Tuliza - 2008/01/31 23:05

Hi Angela,

Congratulations on completing your 92-day juice feasting. I am so proud of you. Yesterday I purchased your e-book and I will be starting on February 7th(new moon). I am currently on the Master Cleanse (lemonade diet). I started it on January 22nd(full moon). As you can see, I am going by the moon phases. My concern is I will be going out of town for two weeks in March, during the time I'm juicing and I won't be where I can make fresh juice. The people I'm staying with do not understand my diet and do not have a juicer. Where they live there are no organic food stores. They are basic meat and potato people. I hate to back out on them. They have been really looking forward to my visit. What shall I do in this situation:unsure: ?

Re:My 92-Day Juice Feast

Posted by angela - 2008/02/06 16:58

Hi Tuliza,

thanks for your message and CONGRATS on your current cleansing journey ;)

HMMM...your travelling-while-juice-feasting conundrum sounds a bit intense...if it was ME, I would take a juicer and produce with me and perhaps reduce the trip to ONE week, rather than go for two, if possible...I would suck oranges to get juice out of them while travelling, use green powders in water, bee pollen and so on...all the travelling tips in my book 'A Juice Feaster's Handbook' would be a great help for you - see here:

http://store.rawreform.com/product_info.php?ref=150&products_id=1001316&affiliate_banner_id=1

Otherwise, perhaps it would feel good to you to do a 'modified' JF and switch to mainly smoothies that week instead, if that feels easier than juices...or a combination of both...??? There are many options and only YOU can know what is really going to work and feel appropriate for YOU ;) I hope you find a great solution...you might also love to check out some of the online groups about JF-ing for more support, if you haven't already - I'd suggest maybe joining the new 'Juice Feasting Enthusiasts' Group on GiveItToMeRaw.com - see here:

<http://www.giveittomeraw.com/group/juicefeastenthusiasts>

There is also an older 'Juice Feasters' Google Group' that you can check out here:

<http://groups.google.com/group/juice-feasters>

Hope that helps - happy juicy days to you ;)

All blessings,

Angela. xxx

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Re:My 92-Day Juice Feast

Posted by Tuliza - 2008/02/06 23:45

Thank you so much for getting back to me. I will definitely follow your suggestion:) .

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Re:My 92-Day Juice Feast

Posted by lyttle - 2008/04/16 00:06

Hi Angela,

I am about to start the 92 day juice feast, would you recommend that I do the master cleanse before I start or should I just go straight to it? Another question, I can't seem to find the enema bag in my area, do you sell it in your store, and can I do the enema straight through the full 92 days?

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Re:My 92-Day Juice Feast

Posted by steven7 - 2009/02/25 08:46

Hi,

This is Steven. I am new member to the site. The forum given topic is really useful to all the women's. Every one please see this site to gather more information. Don't over-react emotionally to the Lemonade Diet.

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steven7

visit

The Lemonade Diet Cleanse Recipe

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