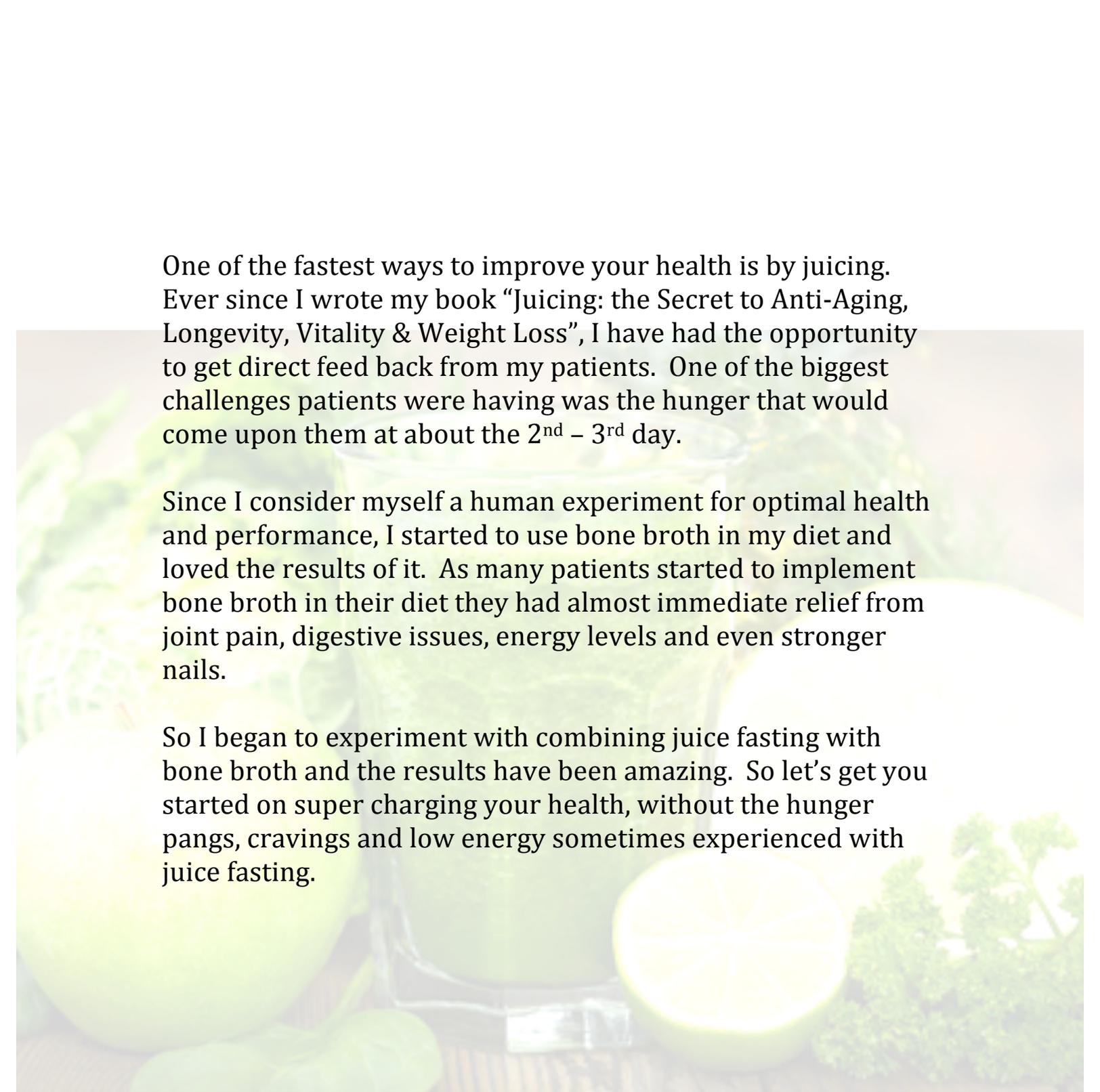


5 Day Juice & Bone Broth Fast



Dr. Linda Marquez Goodine



One of the fastest ways to improve your health is by juicing. Ever since I wrote my book “Juicing: the Secret to Anti-Aging, Longevity, Vitality & Weight Loss”, I have had the opportunity to get direct feed back from my patients. One of the biggest challenges patients were having was the hunger that would come upon them at about the 2nd – 3rd day.

Since I consider myself a human experiment for optimal health and performance, I started to use bone broth in my diet and loved the results of it. As many patients started to implement bone broth in their diet they had almost immediate relief from joint pain, digestive issues, energy levels and even stronger nails.

So I began to experiment with combining juice fasting with bone broth and the results have been amazing. So let’s get you started on super charging your health, without the hunger pangs, cravings and low energy sometimes experienced with juice fasting.

I highly recommend you do your juice fast Monday – Friday. Use Sunday as a prep day for your mind, juicing and gently prepping your body for an amazing transformation.

Sunday

Eat as many vegetables, 2 servings of fruit 2-3 servings of fish throughout the day.

Prep your juice for the next few days by juicing the night before and store in a dark amber bottle, Mason jar or thermos.

Use cucumber as your base and juice any of the following vegetables:

Arugula
Beets
Bok Choy
Broccoli
Carrots (small amount)
Chard
Celery*
Dandelion
Endive
Kale*
Lemon*
Mint
Parsley*
Spinach*

*These are my favorite I use during my juice fast

Monday – Friday Rules & Guidelines

- Drink at least 50-75 ounces of green juice
- Drink at least 8-16 ounces of bone broth (you can also add 1 tablespoon of majestic garlic paste)
- Drink as much water as your body thirsts
- Consume at least one shake/smoothie with the following ingredients: 16 ounces of green juice, 1 tablespoon of MCT Oil, 1 scoop of Clearvite, 2 scoops of Paradise Protein & Greens (use a high power blender like a Vita-Mix)
- Get to bed by 9:30 – 10:00pm
- Walk daily at least 2-3 miles
- Exercise to tolerance

Saturday

Break the fast with lightly steamed vegetables in the morning and 1 glass of juice. At about noon eat a salad with oil and vinegar and 3 ounces of fish. At dinner lightly stir fry veggies with slivered almonds, turmeric, sea salt and garlic powder with 1 cup of bone broth.

Although this is not strictly a juice fast, I have found that patients do very well with bone broth and additional protein powder that is easily digestible. Many have found that they can easily do this for a weekend or even as long as 3-4 weeks.