# DR. ETTI'S GUIDE TO PREPARING YOUR BODY, MIND, AND SPIRIT FOR A JUICE CLEANSE

**Activate Your Feminine Power and Reclaim Your Vitality**

WORKBOOK



## Table of Contents

Introduction: This is Your Time
Chapter 1: Understanding the Benefits of Juice Fasting
Chapter 2: Preparing Mentally—Setting Your Intentions
Chapter 3: Preparing Physically—Pre-Fast Recipes and Guidelines
Chapter 4: Preparing Emotionally—Journaling and Affirmations
Chapter 5: Creating Your Sacred Space for Healing
Chapter 6: The Day of Your Juice Fast—A Gentle Schedule
Chapter 7: Daily Encouragement Messages
Chapter 8: Breaking Your Fast with Ease
Chapter 9: Post-Fast Reflection and Journaling
Chapter 10: Long-Term Integration—Creating Sustainable Wellness Rituals
Bonus Chapter: Pre-Fast and Juice Recipes
Conclusion: Embrace Your Radiant Self

## Introduction: **This is Your Time**

At this moment in your life, you are being called to reconnect with your body, reset your health, and embrace your feminine energy. This book is not just about a juice cleanse —it's about cultivating wellness on every level: physically, emotionally, and spiritually. Fasting is a sacred opportunity to cleanse toxins, unlock emotional patterns, and invite clarity into your life. I will be by your side, guiding you every step of the way with compassion, practical advice, and inspiration.



## Chapter 1: **Understanding the Benefits of Juice Fasting**

Juice fasting activates profound healing processes within the body and mind.

**Autophagy and Cellular Renewal**: According to research published in Nature Metabolism, fasting promotes autophagy, which removes damaged cells and supports longevity.

**Hormonal Reset for Women Over 40**: Drinking juices made with parsley, flaxseeds, and cruciferous vegetables (such as kale) can help regulate estrogen levels.

**Gut Health Optimization**: Enzyme-rich juices support digestion while fasting allows the gut lining to heal and restore microbiome balance.

## Chapter 2: **Preparing Mentally–Setting Your Intentions**

The mental preparation for juice cleansing is just as important as the physical. A clear intention will serve as your anchor during the fast.

### Daily Journaling Prompt

"What is one area of my life I feel ready to release or shift"?

"What do I desire to welcome into my life through this cleanse?"

### Visualization Exercise:

Imagine yourself glowing, light, and free after the cleanse. Feel how good it will be to honor your body and clear your mind.

## Chapter 3: **Preparing Physically—Pre-Fast Recipes and Guidelines**

Two to three days before your juice cleanse, shift your diet to light, plant-based meals. Hydration is key. Eliminate caffeine, alcohol, refined sugars, and processed foods.

### 2-Day Pre-Fast Meal Plan

#### Day 1

Breakfast: Chia Pudding with Almond Milk & Berries

Lunch: Lentil Salad with Avocado and Olive Oil

Dinner: Zucchini Noodles with Tahini Dressing

#### Day 2

Breakfast: Smoothie with Spinach, Banana, and Ground Flaxseeds

Lunch: Quinoa Salad with Beets, Orange Segments, and Arugula

Dinner: Vegetable Broth with a Side of Steamed Kale

Sample Recipe: Detox Smoothie

1 cup spinach

1 frozen banana

1 tablespoon chia seeds

1 tablespoon almond butter

1/2 teaspoon cinnamon

11/2 cups water or non-dairy milk

Blend and enjoy as part of your pre-fast preparation.

## Chapter 4: **Preparing Emotionally - Journaling and affirmations**

During a juice cleanse, a wide spectrum of emotions can surface, often intensified by the process of detoxification and the mental challenge of stepping out of our comfort zones. Our bodies hold onto emotions, habits, and beliefs, sometimes for years, and cleansing can prompt these stored feelings to resurface. Many people experience resistance, rooted in a deep-seated system of beliefs that defines safety within the familiar, even if that familiarity includes unhealthy habits. This resistance often manifests as cravings, irritability, fatigue, or anxiety—emotional responses that highlight the attachment to old patterns and comforts.

This process of emotional release is actually a significant part of the healing journey. It offers a chance to confront, acknowledge, and let go of emotions and beliefs that no longer serve us. Journaling during this time is crucial, acting as a reflective practice that allows these feelings to be processed rather than repressed. Writing through emotions as they arise creates a safe space for release, helping one to see and understand the underlying patterns that drive daily behaviors and reactions.

**Affirmations for the Journey** -

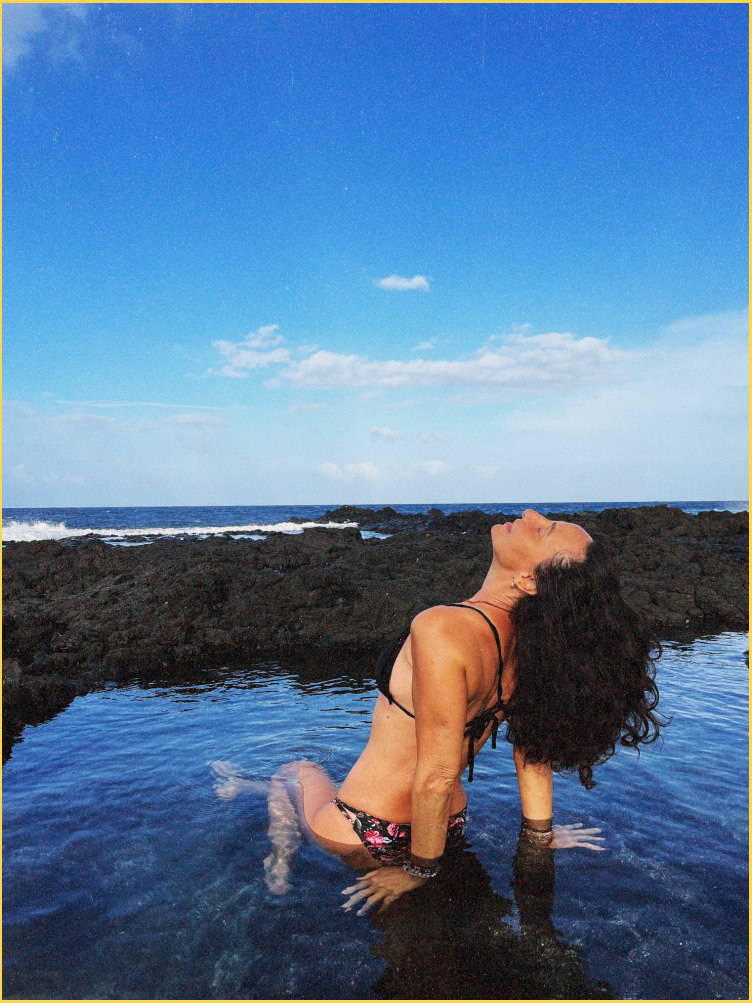
"I release what no longer serves me"

"I nourish my body with love"

"I am gratful for my body's ability to heal"

can be a powerful companion to this process, providing a grounding focus during moments of inner turmoil.

These affirmations remind us to trust the body's wisdom and resilience, encouraging a nurturing attitude toward ourselves as we let go of old beliefs and make space for new, healt



**The journaling prompt:**

"What emotions or thoughts am I holding onto that I'm ready to let go of?"

I invite you to dig deep, bringing awareness to what needs to be released. The cleansing journey becomes not only a detoxification of the body but also a transformation of the mind, where we begin to nourish ourselves with love, gratitude, and acceptance.

## Chapter 5: **Creating Your Sacred Space for Healing**

Set up a small altar with meaningful objects—candles, crystals, essential oils, or a journal. Use this space for quiet moments during the juice cleanse, to connect with yourself through meditation or prayer.

**Self-Care Suggestions -Fill your LOVE BUCKET**

Light a candle each morning to symbolize your intention for the day.

Play calming music during your journaling sessions or while sipping your juice

Dance to the sound of music you like

Take a long warm bath

Walk barefoot on grass



Chapter 6: **The Day of Your Juice Fast—A Gentle Schedule**

Keep your fast day simple and aligned with your body's rhythms. Drink slowly, and rest when needed.

**Juicing Schedule**

**9:00 AM: Green Juice**

1 cucumber

3 celery stalks

1 cup spinach

1/2 lemon, peeled

**12:00 PM: Citrus Juice**

1 large orange, peeled

1/2 grapefruit, peeled

1-inch piece of ginger

**3:00 PM: Beet Juice**

1 medium beet

1 medium carrot

1/2 apple (green or red)

1-inch piece of ginger

**6:00 PM: Refreshing Herbal Juice**

1/2 cucumber

1/2 cup fresh pineapple

1/2 green apple

5-6 fresh mint leaves

1/2 lemon, peeled

Chapter 7: **Daily Encouragement Messages**

**Morning Encouragement:**

"Today is a gift. You are exactly where you need to be."

**Afternoon Encouragement:**

"Every sip brings you closer to the best version of yourself."

**Evening Encouragement:**

"You did it! Celebrate your commitment to self-love and transformation."



## Chapter 8: **Breaking Your Fast with Ease**

The process of ending a juice cleanse is as important as the cleanse itself. After consuming only liquids, the digestive system has adapted to a gentler state and needs time to adjust back to solid foods. I**ntroducing food slowly over the next 24-48** hours is essential for avoiding digestive discomfort, bloating, or sudden energy dips. Start by focusing on easy-to-digest, nutrient-dense foods like smoothies and broths, which offer nourishment while being gentle on the stomach. Gradually transition to more solid, fiber-rich foods that promote satiety and restore the body's natural rhythm.

### **Sample Post-Fast Meal Plan**

This plan is designed to ease your digestive system back into processing food, allowing your body to continue reaping the benefits of the cleanse without overwhelming it.

**Morning:** Smoothie with Banana, Flaxseed, and Almond Milk

Blend 1 ripe banana with 1 teaspoon of flaxseed and 1 cup of almond milk. Bananas provide natural sweetness and potassium, while flaxseed adds healthy fats and fiber to gently kickstart digestion. Almond milk is a light, plant-based option that's easier to digest than dairy.

**Mid-Morning Option**: Herbal Tea or Coconut Water

If you feel hungry before lunch, sip on herbal tea or coconut water to stay hydrated and maintain energy levels.

**Lunch:** Light Vegetable Broth

Opt for a homemade or low-sodium vegetable broth with added greens like spinach or a few soft-cooked carrots and celery. This broth replenishes electrolytes and provides minerals to support the body's continued detoxification. Sipping warm broth is soothing for the digestive system and prepares it for more substantial foods.

**Afternoon Snack Option:** Sliced Cucumber or Melon

A few slices of cucumber or melon can be a refreshing and hydrating snack. These high-water-content fruits are easy on the stomach and keep you feeling full without weighing you down.

**Dinner**: Steamed Vegetables with Olive Oil and Lemon

Choose a variety of non-starchy vegetables like zucchini, carrots, and broccoli, lightly steamed to maintain their nutrients while making them easier to digest. Drizzle with a small amount of extra virgin olive oil for healthy fats and a squeeze of lemon to aid digestion.

**Additional Tips for Breaking Your Fast**

Eat Slowly: Take small bites and chew thoroughly to help your digestive system adapt.

Stay Hydrated: Drink plenty of water throughout the day to support continued detoxification.

Listen to Your Body: Everyone's body responds differently. If you feel full or have any discomfort, pause and allow your body time to process before eating more.

Avoid Processed Foods: Keep refined sugars, caffeine, and heavy, processed foods at bay for at least 48 hours after your cleanse.

By transitioning thoughtfully back to solid foods, you'll maximize the benefits of your juice cleanse, sustain energy, and continue feeling light, balanced, and revitalized.

## Chapter 9: **Post-Cleanse Reflection and Journaling - Embracing the Divine Feminine**

Completing a cleanse is a beautiful accomplishment, and it goes far beyond the physical. This journey is one of self-awareness and deep discovery. Each step of the way, you've nourished not just your body, but also your spirit, and opened doors to wisdom that only arise when we quiet ourselves and truly listen. This cleanse, like every seasonal renewal, is a chance to connect more fully to yourself and align with your own rhythms, just as nature does throughout the year.

The simplicity of a juice cleanse often reveals our inner patterns—whether they are habits with food, emotions that arise from within, or behaviors we haven't yet acknowledged. For example, you might discover moments where you reach for food not from hunger, but out of boredom or habit. Recognizing this difference between physical hunger and emotional cravings can be a powerful revelation, one that allows you to approach your body, your food, and your life with a fresh, nurturing awareness.

Journaling during this sacred post-cleanse phase is a way to gather these insights and hold space for yourself. Let your reflections flow freely as you record what you felt, observed, and learned. Take time to explore where you felt challenged, where you felt powerful, and any shifts in your energy or mood. These reflections are your gifts, and they serve as a map for your next journey—a guide that reminds you of your resilience and your capacity for growth.

## Journaling Prompts

To deepen your reflection, consider these journaling prompts:

"What did I learn about my body and mind during this cleanse?"

Reflect on any realizations around hunger, energy levels, or moments that brought emotions to the surface. Did you notice times when you felt especially drawn to eat, even if you weren't physically hungry? Note how your body and mind adapted to the simplicity of cleansing.

"How can I carry these lessons forward into my daily life?"

Think about how you can bring this new awareness with you. Maybe you now understand the importance of mindful eating or feel more in tune with your body's needs for hydration, rest, and nourishment. Consider small actions that will honor these discoveries each day, like taking time for deep breaths, choosing foods that lift your spirit, or creating quiet moments to reconnect.

## Journaling Prompts

“What surprised me the most about this experience?” Perhaps you uncovered strength within that you didn’t know was there, or felt unexpected joy in the simplicity of a juice cleanse. These surprises are beautiful reminders of your ability to flourish and grow, even in challenging times.

“In what ways did the cleanse strengthen my connection to myself?”

Did you feel a sense of grounding or clarity? Reflect on how the experience brought you closer to your inner self and how you might nurture this connection.

**Creating a Seasonal Intention**

As you complete this season's cleanse, consider setting an intention that carries the cleanse's gifts into your life. It could be as simple as continuing a daily gratitude practice, setting a time for mindful eating, or creating a ritual of self-love each day. Each season, come back to this journey as an opportunity to renew, to deepen your connection to yourself, and to honor your divine feminine energy.

**By returning to this cleansing practice with the rhythm of the seasons—four times a year—you are choosing to honor your body, your spirit, and your journey. Embrace this sacred cycle as your gift of self-care, a time to realign, refresh, and step forward with greater clarity, strength, and self-love. Let each cleanse be an invitation to rediscover yourself, knowing that each season brings new insights, new growth, and new layers of your beautiful, radiant self.**

Conclusion: **Embrace Your Radiant Self**

You've taken a powerful step toward greater health, clarity, and empowerment. Remember, fasting is a practice—not about perfection, but progress. Each time you connect with your body through mindful nourishment, you deepen your relationship with yourself.

Celebrate your progress and continue nurturing yourself with love and grace. You are radiant, vibrant, and worthy of feeling your best at every stage of life.

This guide offers the structure, recipes, and emotional support needed to make your juice fast a transformative experience. Embrace the process with compassion and curiosity—**your best self awaits!**



**Dear Beautiful Soul,**

Now that you've ignited the Divine Feminine within, it's time to nourish her with the next step of deep self-care and vibrant transformation. I invite you to join me on a special journey—the Sexi Juicing 3-Day DIY Program, designed to bring out your radiance, health, and inner glow.

Over these three days, we'll focus on resetting your body, boosting your energy, and connecting more deeply to the powerful essence of your feminine self. Each step is crafted to honor your body's wisdom, support gentle detoxification, and activate your highest vitality.

Let's begin this journey together! Click the link **3-Day Course** to learn more and start your 3-day DIY experience: Sexi Juicing with Dr. Etti

With love and health,

**DR. ETTI**


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