
A Free Report On The Benefits OF Fasting And Juice Fasting.

Compiled by Deanna Martin

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Fast Weight Loss Diets - All Naturally Juicing Your Way To Immediate Results

Article #1

By [Victoria Faber](#)

If you are desperately looking among all the fast weight loss diets few are as effective as an all natural juice diet. Filled with fiber and antioxidants, it's one of the healthiest ways to slim down and attain that brand new lean body that you desire. Putting together the right type of fat loss diet can be a little daunting but adding fresh all natural juices to your diet will accelerate your metabolism and provide you with outstanding results in a short span of time

Most fast weight loss diets have pre-portioned meals. However, if you replace those typical meals with all a natural juice diet it will serve your body with plenty of minerals and pure vitamins, detox your system & give you a noticeable boost of energy per day. With the purchase of a leading brand blender specifically for juicing you will be able to make a considerable number of different juice combinations based on the ingredients of your choice in the comfort of your own kitchen. Typical high performance blenders for juicing should be able to yield 24-32 ounces of fresh all natural juice.

Each fruit and vegetable have unique chemical characteristics that improve bodily functions in different ways. For instance, natural diuretics can be extracted from cucumbers and celery conversely plums along with parsley are excellent for regularity. Blueberries have the highest capacity of antioxidants along with cherries. It's recommended not to mix fruits and vegetables, with the exception being carrots and apples. Being that you have virtually endless combinations of ingredients, juicing is probably among the most versatile of all fast weight loss diets.

In order to maximize the full benefits of juices you should still drink water. Most people who juice normally dilute their juices with fifty percent water & fifty percent juice. If you prefer the full heartiness of 100% juice then be

sure to drink a glass of water beforehand.

By drinking all natural juices you are going to cleanse your system & rid the body of free radicals while extracting the essential vitamins that will assist in increasing your metabolism and trigger the fat burning mechanism that will produce immediate results. Among the many fast weight loss diets, all natural juices not only work swiftly but they are tremendously healthy for you.

After losing 38 pounds Victoria Faber has developed a passion for health & fitness. She has amassed a wealth of knowledge on her weight loss journey & now she want to share it. From her own personal health tips & effective exercises [to fast weight loss diets](#).

To learn more visit <http://www.singledigitbodyfat.net>

[http://ezinearticles.com/?expert=Victoria Faber](http://ezinearticles.com/?expert=Victoria_Faber)

Article #2

Risks of Juice Fasting

By [Sarah Sparrow](#)

- You may have already heard how people are benefiting from the juice diet method, but did you know that this procedure can carry some risks to your health as well? Yes, as with all health methods, this system has its advantages and disadvantages too. You may have already heard how people are benefiting from the juice diet method, but did you know that this procedure can carry some risks to your health as well? Yes, as with all health methods, this

What are the Possible Risks of Juice Fast?

Because you will only be limiting your diet to fruits and vegetables, you are exposing yourself to certain nutrient deficiencies. This can be particularly true for protein and calcium as the commonly used fruits and vegetables in the kitchen are not rich in these elements.

The risks are however intensified only when the procedure is carried out for a long time. Otherwise, the body can adapt to the method and use its reserved nutrients stored in the system.

It is therefore recommended that juice fasts are not performed for too long, but 1 week at the most. This way, the body will not be depleted of nutrients for such an extended period of time. And if your condition calls for longer application of the method, a health practitioner as well as a dietician will need to be involved in the program.

Conditions that May Be Put at Risk

Aside from possible nutritional deficiency, those with kidney, liver, and sugar problems may also suffer drawbacks from adapting the juice diet method. During the process, the organs will need to detoxify itself in order to get rid of the toxic substances that are trapped inside the body. And the method may prove to be too exhausting for unhealthy organs.

A lot of fruits also carry high levels of fructose which is a form of sugar, and this may aggravate the condition of diabetics and those suffering from joint problems.

That's why it is highly recommended that a physical examination is conducted first before attempting to adapt such an intense detox program as a juice diet.

Tips for Juicing Fruits and Veggies

Combining fruits and veggie ingredients are recommended in making juice diet recipes. While there are not any strict combinations, taking in more vegetables than fruit produce is generally recommended. Green vegetables are known to carry the highest levels of nutrients too, so always try to include these types of veggies in your juice concoctions.

As for the fruit part, it is important to note that a lot of nutrients are stored on the skin, so these should be retained as much as possible. However, the pits and seeds from such fruits as apples, apricots and peaches should be discarded as these are known to contain cyanide substances that are dangerous to the health.

Should You Go On a Juice Diet?

As the benefits of juice fasting and [dieting juice](#) far outweigh the disadvantages of using the method, it is still a recommended way for detoxification. It is also considered to be one of the safest ways to incorporate in a weight loss program as consuming fruits and vegetables provides the body with its needed nutrients.

The decision is entirely up to you. But we suggest getting a clearance from your doctor so as not to put your health at risk.

Sarah is a juicer lover and she provides [diet juice tips](#) on her own website.

Article Source: http://EzineArticles.com/?expert=Sarah_Sparrow

Article #3

By William Paice

How On Earth To Choose Which Juice Diet To Follow.

With all the different diets being promoted on TV, the internet, magazines and across the media, how do you choose which one to follow?

Juice diets vary widely and finding recipes for juice diet plans can be challenging. These diets can range in what they allow you to consume, but most of them will leave you wondering what to prepare for each meal if you haven't researched appealing recipes ahead of time.

Variety is an important factor in any diet, especially one with which a person wants to stick. Therefore, it's important to consider the options for providing variety in a restrictive diet such as a juice diet.

There are several kinds of juice diets:

Juice-only Fast: Consume only fruit and vegetable juices for a short period of time (often 2-3 days). No solid foods are consumed.

Juice & Other Liquids Fast: Consume fruit and vegetable juices along with broths made from fruits and vegetables (or miso). No solid foods are consumed.

Juice & Raw Foods Diet: You can eat raw fruits and vegetables in any form you please, as well as nuts and seeds and sprouted, soaked grains and legumes.

Juice & Solid Fruits/Vegetables Diet: You can eat raw or cooked fruit and vegetables in any form, both juiced and solid.

Partial Juice Diet: One or two meals during the day is substituted with juices, while a normal, healthy plant-based diet is followed for the other meals.

You will need to choose the juice diet that works best for your body and your goals. There are risks inherent in very restrictive diets such as a juice-only or liquids-only fast, and it should not be done without prior consultation with a medical professional. It is never a good idea for pregnant or nursing women or children to engage in any of these diets. Anyone with health issues must also consult a doctor to make sure they will not put their health at risk with this type of diet.

Most recipes for juice diet plans should contain at least a small amount of added oils and fats. Any juice plan that lasts more than a day or two should allow oils such as cold-pressed extra virgin olive oil, flax seed oil and canola oil. They will usually also include avocado (pureed or whole), which is a good source of fats.

They typically also allow sea salt and sometimes flavorings such as soy sauce, honey, caffeine-free teas, ground black pepper and other spices, stevia and/or agave nectar. Consuming fats is extremely important for a variety of body processes, not the least of which is that fat-soluble vitamins A, C, K and E (which so many fresh vegetables and fruits are high in) cannot be absorbed without dietary fat. Adding oils or fats to each meal is easy, and is critical to your success.

Recipes for juice diet plans should incorporate as many nutritious vegetables as possible. While including fruit juices is important, most juices should incorporate vegetables. A juice made of kale, spinach, ginger, celery and cucumber is a great energizing pick-me-up in the morning or mid-afternoon. Mixing flax or extra virgin olive oil or pureed avocado into vegetable juices is recommended.

If you are consuming cooked solid foods that contain only fruits and vegetables, try a baked apple stuffed with dried apricots, cinnamon and nutmeg. For dinner, puree carrots and ginger with a little soy sauce and enjoy this dressing on top of steamed kale and mushrooms.

If you are on a raw diet, a wonderful salad can be made of raw kale, shredded raw carrot, onion and raisins with a dressing made from pureed avocado, salt, raw tahini, lemon juice and garlic. You can also enjoy spreading raw almond butter on apple slices.

For a juice and broth diet, make a nutritious broth by boiling as many vegetables as possible with water, sea salt and seasonings. Add fresh dill or parsley for additional flavor. Carrots, parsnips, celery and seaweed are all good additions to a vegetable broth.

Fans of juice diets say that it is easy to lose weight, increase one's energy, and combat certain chronic illnesses with juice diet plans. However, even those people for whom such a plan is impractical can benefit from increasing their intake of fresh fruit and vegetable juices.

By: [William Paice](#)

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William Paice is Editor and Founder of juicing site MEGAjuicing.com. Want to find out more about [juice diets](#)? Visit [my web site](#).

Article #4

Water Fasting Diet Plan

By [Dominic Ferrara](#)

Water fasting is the most important kind of cleansing and detoxification diet regime. In water fasting, you do not take in almost any food apart from water for a set time frame. Water fasting has a lot of health benefits as it enables your entire body to heal from all the environmental and nutritional toxins that we take in. And the greatest aspect about it is that it is very affordable as it only requires water. Here are the methods you need to stick to to carry out a water fasting diet plan.

Part one of water fasting is be equipped for it. You should choose how much time you will fast. Novices should to choose a shorter time to get acquainted to the feeling first. Likewise, fasting in excess of 15 sequential days and nights without specific assistance can be very harmful and it is therefore not recommended. Whenever possible, pick out also a time where you won't be under a lot of stress or go through many activities as those can deplete your energy quickly. Prepare your system for fasting by minimizing intake of alcoholic liquids, nicotine, coffee, sugars, milk products, wheat, animal meat, sea food, and eggs at least seven days prior to the fast.

All through the fasting stage itself, drink 7 to 10 glasses of purified or sanitized water per day. Do not drink tap water as it includes toxins and chemicals, thus defeating the goal of your water fasting. While fasting, get enough amount of sleep and never overexert yourself by carrying out vigorous chores. Since you aren't eating anything, it is typical to experience a decrease in your energy level. You can also encounter several side effects while water fasting such as head pain, wooziness, queasiness, and tiredness. If the side effects becomes worse, stop the fasting and instantly talk to doctor.

Following the fasting period of time, you cannot eat big amount of foods straight away as your physique won't be used to it anymore and might react adversely. Begin with a small meal first and examine how your physique reacts to it first. It is also recommended to start with meals that are quick to soak up like fruits before steadily relocating into those that are harder down such as meats.

Looking to find the best deal on [Detox Fasting Diet](#), then visit our website to find the best advice on [Detox Fast Diet](#) for you.

Article Source: [http://EzineArticles.com/?expert=Dominic Ferrara](http://EzineArticles.com/?expert=Dominic_Ferrara)

Article #5

Fasting Diets - How I Consistently Lose Tons Of Fat With A Powerful Fasting Strategy

By [Kyle Hoffman](#)

You know, *fasting diets* really get a bad rap. Everyone is constantly scrounging for the next big thing that will help them to drop weight fast and easy.

However, no one seems to realize the vital pieces of the weight loss puzzle that most diets leave out. What ever happened to tricking your metabolism?

Doesn't anyone focus on increasing their natural calorie-burning processes that already exist anymore? No!

They immediately assume that getting on a treadmill is the only way to go and that's so completely disheartening. You see, I have my own personal strategy that goes against what most diets suggest because I rev up my natural metabolism using some time-tested fasting techniques and I want to share them with you now.

What I consistently do every week is initiate a combination of low-calorie fasting days and high-calorie cheating days in order to confuse my metabolism and drop more stored fat very quickly. Rapid weight loss sounds like a myth to most "old school" fitness experts, but I have to disagree. What's really great about it is how quickly you can see results and increase your motivation to continue. That's something that most diets can't do.

But regardless of how progressive this strategy seems, it still shares the idea of making sacrifices and possibly going out of your comfort zone in order to reach your fat loss goals.

And because of that fact, I want you to know that losing fat needs to be safe as well as effective. If you were to begin fasting for too many days in sequence, you could potentially ruin your metabolism. Your body would eventually catch on and believe that you don't require as many calories to

function properly and this can lead to health issues. But I'll show you the smart way to do it.

Studies have gained evidence that it takes your metabolism around 3 days to adapt to a new diet, with or without fasting.

So, when you decide to start eating less calories and healthier food, it appears to be working after the first 2 - 3 days, but then your body adapts and assumes that this is your new standard routine. It becomes difficult to see hardly any changes from then on and even worse, your body might begin to eat away at stored muscle instead of fat. Ouch!

But then, what's the answer? How can fasting diets ever be effective?

Well, the answer is to simply cheat. Yes, you incorporate a day where you actually get to eat as much as you want within reason. By doing this, you can reset your metabolism, create a bit of confusion, and increase powerful hormones that trigger a spike in your fat-burning processes.

Then, the next day, you'll feel hungry again and your metabolism will be working at top speed in order to burn away stored fat and calories. It's pretty great.

So that's my technique. I eat a small breakfast or just a protein shake at around 6 am before heading to work, skip lunch, and then push my dinner back to around 7 pm.

This creates a 12 hour fast during the day combined with a lower calorie intake.

Then, after continuing for 2 additional days, I have a hearty breakfast, a full lunch, a sizable dinner, and even a few snacks in between. What I just explained is one of the fasting diets that keeps me a step ahead of my resting metabolism and forces more fat burning power to take place. Just remember to be strict, stick to it religiously, and you should begin to see your own great results very soon.

Download my free controversial report called "Tricking Your Metabolism" at this link: [Tricking Your Metabolism](#).

This is a 30-page insider's plan on advanced weight loss only for those who are serious about dropping their weight fast and it's a limited release I plan

on taking off the market soon, so please download your copy now while it's still free. Thanks!

For additional information on boosting your metabolism, visit this link: [Best Calorie Burning Exercises](#).

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