

Preparing For Your Juice Fast/Retreat:

Below we have some general recommendations, but please note this is general advice. Whilst you are likely to be juice fasting, for some people this is inappropriate. If you have diabetes, CFS or eating disorders or other health conditions check with us first or with your Doctor before committing to the advice below.

The following recommendations are guidelines only and are particularly for those who know they will definitely be doing the juice fast.

We recommend that 7-14 days prior to arriving at the retreat you begin to prepare your mind and body for the Juice Fast in order to get the best out of your retreat experience and to make the transition to fasting as smooth as possible. This is not essential, but the better you prepare the better the cleanse.

We recommend cutting out all processed/refined foods, alcohol, caffeine, meat and dairy products. Try to follow a vegan diet and eat lots of vegetables, pulses and less refined grains such as rye bread, quinoa and brown rice and some fruit. Slowly begin to reduce your quantity of food consumption 2-3 days prior to your retreat.

Psyllium husks are a natural source of plant fibre. One week before your retreat we recommend taking 1 rounded teaspoonful of psyllium husks first thing in the morning with a large glass of water, followed by an additional glass. This will help with bowel irregularity and to get things moving in the colon. It will also prepare your digestive system for psyllium consumption on the retreat. Psyllium husks can be purchased at any health food store. It is important that you follow the instructions on the label and drink plenty of water.

Day 1 of the detox/fast begins when you will be travelling to the retreat. We recommend that you only drink water on this day and eat the minimum amount of raw/healthy food. You can also drink psyllium husks with water if you feel hungry. If you feel you need some natural sugar/carbohydrate to sustain you on your journey then eat some fruit such as an apple, berries or a banana or some crudité with a little guacamole or houmous. Fresh juices & smoothies are also good to maintain energy levels.. If you are driving to the retreat, please be mindful and pack a healthy snack for your journey in case you need it.

What to bring:

- Warm comfortable clothing such as jogging bottoms and jumpers is best for the retreat. When you detoxify you are much more prone to feeling chilly for a couple of days, particularly in the winter months. We recommend that you bring thick jumpers to keep yourself extra cosy and warm.
- Swim wear for the sauna and outdoor pool, (Outdoor pool only in use in Summer months).
- Comfortable clothing for the Yoga & Pilates classes.
- Wellies or walking boots for walks as the fields and surrounding areas can be muddy depending on weather.
- Notepad or paper to make notes during the nutrition talks.
- There will be a selection of DVD's for you to watch, but you may wish to bring your own.
- You may like to bring a book or two to read.
- A pair of slippers to wander around the main venue for comfort.

There will be a dressing gown and towels provided in your room to use during your stay.