



Episode 8: The Juice Ritual

Evan Hirsch: Hello, and welcome to the Fix Your Fatigue Podcast. Whether you can't get out of bed in the morning, your energy crashes throughout the day, or you're a biohacker looking to optimize your energy, productivity, and focus. This podcast is for you. I am Dr. Evan Hirsch. And I will be your host on your journey to resolving fatigue and optimizing your energy. And we'll be interviewing some of the top leaders in the world on fatigue resolution. Welcome.

Evan Hirsch: Hey everybody, Dr. Evan Hirsch here. Welcome to another amazing interview. So today, we've got Kimmye Bohannon with us, so she's an avid juice drinker, CEO of The Weekly Juicery, and the founder of The Juice Ritual program, which I'm so excited to talk about today. She started The Weekly Juicery in her home in 2012. As a juice delivery service with a goal of making cold-pressed juices convenient for busy people. The original four juices on her menu included only vegetables with no fruit, which is an important part of her mission to make juices to support fasting. In the early days, Kimmye only made juice Monday through Friday, no juice on the weekends, hence the name The Weekly Juicery. Today she's still making great juice and teaching customers all about the power of juice to help them chase good health. Now today, there are four Weekly Juice Retail locations and a thriving online juice delivery service for customers all over the US. The Juice Ritual is open nationwide and includes everything you need from your guided juice fast each month, shipped right to your doorstep. Can you also leads seasonal extended guided juice fast each year for clients that want a longer guided fast experience for three, six, or nine days? Kimmy, thanks so much for being with me today.

Kimmye Bohannon: Yes, thank you for having me, and it's good to see you again. See again.

Evan Hirsch: You too. [laughs]

Evan Hirsch: That's right. So let's dive into this. So I'm super curious about how you got started with all this wide, wide juice.

[00:02:09] Kimmye Bohannon: Well, I found myself a few years ago, and that's generally a really good place to start because I think a lot of people really don't realize is kind of like what I call Magic Bullet Power of Juice. We're always searching for that magic bullet, right? And in this Integrative Health, we know there's really not one, so it's kind of a joke, but it really feels that way to me. It's sort of like this magic bullet and magic combo that you can do to really uplevel your life. You feel it instantly. And what happened to me as maybe happen to you at some point in your journey is I felt like I was way too young to feel way so old. And that was sort of a, you've heard that there's like a freaking aging a dog hairs over here.

I had really young children. Like four, three, and one, super close together and I was, just felt like I woke up every day, feeling less vibrant, and sort of alive, and then I did the day before, it's like I was aging at an accelerated rate. And I think what I've learned is that I'd probably just was not putting the right inputs into my body. I've always been in my life. I came from very active parents. And so I've always been an active person. But I haven't always really had my nutrition dialed into the level that I do now. And as I was missing this kind of like a magic bullet power of really fresh plants moving into my system with regularity. So I really happened upon it in Dr. Google land of how you might flood your body with a lot of plants, really changed has kind of changed my diet from just more mainstream to more plant-based and how would I do that, right.

So way back in the year 2012 right, so juice bars, not on every corner. You are a lonely juice drinker if you're drinking juice in that time, like out hugging trees and all that sort of thing. And so I'm [laughs] pretty lonely, right? And I came across a lady by the name of Natalia Rose, she wrote a book called Detox for Women, and in it, she gave some juice recipes, and she pretty much said, "Listen, if you want to make you want to grow younger, you want to reverse your trips around the sun." I think that was her sort of coined phrase; then, you need to be drinking lots of plants. And so she provided a few recipes, and I bought a juice machine started making it.

And I mean, within a week, I felt like a different person. I had 16 ounces, maybe 18 or 20, back in that day, because I was making it at home on my counter. I felt like a different person. So I say to my neighbor who lived two houses down, said, "Elizabeth, I've been drinking this juice. It's kind of gross. I mean, it's a big bunch of green [laughs] plant, right? But I feel so much better. So I'm going to make it for you for a week, and then you tell me if it's true because we were about the same age. We both had young kids." She said, "Holy moly, this is [laughing] a game-changer." So we took turns, and I made it for her for a week, and she made it for me for a week. And what I learned was when it was my turn to not make the juice, and it came right to my doorstep, oh, that's the princess's life. [laughs] For me, right when I was doing the making of it less so.

So I learned just that it had this incredible power, but because it's difficult, time-consuming, messy, to make it yourself, I thought most people just would never do it. They're just not going to give it the college try. So we started the week with juicery, and within two months, we had 80 weekly customers, so it was very fast, and remember this is 2000 freaking 12 nobody's drinking juice. We made it in my kitchen, right over there, and we delivered it all around town. We delivered Monday through Friday, and so we

said what are we going to call this and like we're going to call The Weekly Juicer because sure shit I'm not going to make this juice on the weekend like I got [laughs] to have a break. So you couldn't tell me what you liked what you didn't like. You just had to like fall in line, and we juice no fruit. Zero fruit included.

So for those of you who have ever tried drinking juice before or have it was definitely people, customers getting this on their doorstep like this is really vegetable like juice, but that's what really is part of the magic bullet combination it cannot have a lot of fruit in it and so being the integrate space you probably can understand that just a bad idea drinking tons and tons of fruit triggers. A small amount is fine, but you don't want to be the plants are where the really the magic power is. So we opened some retail stores and long and behold a couple years ago, we sort of came full circle because what we learned again was many people even though the juice business has exploded.

Exploded to great expansiveness, it has not really done so in the best way if that makes sense. Lots of people making juice these days most people making swamp water that has absolutely zero magic bullet potential. And I learned that we make it in the way that it should be made and it really does have this kind of like wham bam, holy moly. I feel so much better power. And so we started shipping again, we did a program called The Juice Ritual, which basically ritual as is the habit of putting in 24 pounds of organic plants into your system every single month.

We do kind of a guided fast altogether. We have some people that maybe they do a mini fast three juices one-day, dinner, three juices one-day dinner. We have some people, Type 1 diabetes, as an example that just have one juice every day during The Juice Ritual week, and then we have over around 200 of us who do the full one-day fast. So it gives our body that day of digestive rest. We know that's important, right? If we want to keep our immune system strong and really sort of grow younger, we have to have some time and digestive rest and 24 pounds of organic plants down the hatch. That's a game-changer. So that's where we are today, and we're shipping juice all over the US in a quantity of six. That's sort of our thing, right? Can't have one. You can't have three. We're back to our like stodgy juice, making six or nine. [laughs] So yes, that's it. That's the story.

Evan Hirsch: That's fascinating. I always love to hear those origin stories and why we're led to do what we do. So my next question was going to be so how much juice do you drink now? I see you drinking your juice.

[00:08:47] Kimmye Bohannon: Yes, yes. I make sure whether I make it at home because I encourage all of our customers, not all of them, take me up on it, but I do encourage all of our customers to try making juice at home. It's just, it's sort of like the Grow-Your-Own nutrition or making your own food at home. We know that we are going to be healthier when we make our own food at home. Even if sometimes we make less healthy alternatives, we're still healthier, making our foods at home.

It's still a good idea to make your own juice at home and to really experience that from time to time that what feels like. So I definitely drink probably around 30 ounces of juice

a day, maybe less, but 30 would be a good, usually have two green juices every single day if I can, or maybe a green and a beat because they have different they do different things for us. So at least that much, yes, and that's happened for me for a good part of the last decade. So I've been really practicing what I preach in that regard.

Evan Hirsch: Yes, sounds like it. And so is that kind of what you recommend for maintenance? I have you found that, like, if you drink less than that, then you don't feel as good.

[00:09:55] Kimmye Bohannon: I have. Yes, and some people say is there an overload, and that's a really good question. At what point does, is there, is it too much green plants? So in this bottle, just so that you guys can see this is Green Lemonade. It's our best selling recipe. It was one of the first. Natalia always referred to this one as "Liquid sunshine." It's got a lot of chlorophyll from the plant because the ingredients are Romaine, Kale, Cucumber, Lemon, and Ginger. So there's no fruit sugar, semi it's just a really power explosion of green plants, dark leafy greens, Romaine and Kale, right? Cucumber, just give it a little bit, a little less of a bite, but it's still, even that said, it's still our best seller. So, when we're drinking this, you say how many is too many? And I've found that the more I drink, the better I feel. So I do believe that it is nature perfect fuel source. And I do believe that it has the ability to completely change the trajectory of your healthspan and your vitality and your wellness game. Especially when you do it on an empty stomach. I don't know if I've sort of said the second part of that is.

No, it is important I see people at groceries, especially the high-end groceries all the time, they'll choose a juice from the commoditized wall of swamp water, as I call it, they'll choose one, they'll sit down, and I have I've seen more times than not someone enjoying this green juice some green juice with a slice of pizza, or enjoying green juice with a big sandwich. And I just want to walk over and politely tap them although I would never do that, you guys but I want to [laughs] say that the return on that investment, the ROI of this just went down substantially, right because, if you could put this in on an empty stomach, you can really you can almost feel it.

It's like an it feels almost like an IV of, a very high-frequency food coming into the body which we all need, right? Especially now. We want to be doing everything we can to raise our vibration, raise the resonance, raise the energy in our body to stay strong. So definitely juice goes in on an empty stomach. That's like key number one.

Evan Hirsch: And is that why it's so good with fasting?

[00:11:59] Kimmye Bohannon: Yes. So when most of us, not most, many of us and you might have seen this, in your practice, have lost the ability over the years, decades, of really being able to fully assimilate all the great things from say, eating a big salad or eating vegetables as a side, even though the vegetables provide some amazing benefit for us, right? Plants are nature's perfect fuel source, and we need to be including lots of them, we might have, we might find ourselves in a position where we're not able to effectively assimilate all those nutrients, and enzymes, and vitamins, and minerals, and all the things from the plants because we have some work to do.

Really to clean up our digestive system, our gut, microbiome, et cetera. Juice is a great equalizer in that game because when we can achieve digestive rest, our liver can easily it doesn't have to really go through the long digestive process. We can just. Our bodies can assimilate almost as if you're having a great avi of goodness, right? Into your cells, right? Your body has its speed up, it's on vacation, it has digestive rest, and I use the word digestive rest as opposed to fasting, although I believe that those are interchangeable to some regard, and in some degree, I don't use the word fasting and the reason I don't, because I've heard so many contradictory, maybe not even contradictory, just different opinions of when the body is actually in a fasted state and what breaks that fast and I think there's probably a lot of bio-individuality into that answer.

And so you can't deny that your body can remain at digestive rest. This is, requires next to no digestive effort. It is, has the viscosity of water. The fiber has been pulled out, right? And so that's the that's kind of the magic bullet. Lots of plants. Not a lot of fruit sugar, certified organic, no water, other weird junk added into the body. That is at digestive rest. It has no work to do for digestion.

Evan Hirsch: So it's like it's pre-chewed.

Kimmye Bohannon: It's pre-chewed. [laughs] That's great. Yes, it's pre-chewed. That's great. I'll start using that. Let's pre-chewed the salad. Well [laughs] I was thinking about just the assimilation, is kind of easy for our body to assimilate, right. The next thing is the high concentration, right? Because these four pounds of organic plants.

Evan Hirsch: Yes.

Kimmye Bohannon: If you were going to make Green Lemonade, and so if you guys have a pencil and paper handy, this is sort of it. You would take a whole head of Romaine, the whole big thing, the root, the end of it, and all the whole big thing, 12 to 14 stalks of Kale, just depending on how big they are.

Evan Hirsch: Yes.

Kimmye Bohannon: Right? I found that the Lacinato kale is the least favorable. Use the green leafy Kale, one big Cucumber, one whole Lemon, and about an inch of fresh Ginger, and that's going to make you one Green Lemonade.

Evan Hirsch: Wow.

Kimmye Bohannon: So there you have it. It is is a super high concentration of organic plants. Nature's perfect fuel source into a body that is on vacation; it can be at rest. And that is when you can actually feel it, moving into your body, increasing that vibration. You are somebody who works to really help people understand and know that they shouldn't feel tired all the time, right? They shouldn't. This is not normal, right?

Evan Hirsch: Right.

Kimmye Bohannon: This is such a hot energy sort of way of living and being your energy level just source when you are operating on nature's perfect fuel.

Evan Hirsch: I love that.

Kimmye Bohannon: Yes.

Evan Hirsch: So let's talk about organic. So I know that your juices are organic. So let's talk about the benefits of organic juice versus non-organic.

[00:15:33] Kimmye Bohannon: Well, I pretty much would just recommend to everybody if you're not able to drink organic juice, just skip it.

Evan Hirsch: Yes

Kimmye Bohannon: I personally think that the return on the investment is, certainly, probably as we're looking at the benefits of the body, probably go to zero or close. And I would love your feedback here. Just as your opinion, so what we've talked about so far is that one of the benefits of drinking juice, especially as an entry point into, wow, food can make me feel different, right? And certainly, if you're new to that work. Our liver can easily assimilate this. If we've got four pounds of pesticide, herbicide, all the other cides, our liver, then it's going to have to detoxify this, really potent explosion, right? Of chemicals out of our body. And so at what point have we either zeroed out the return on the investment of juice? Or even taking it to the negative, and I'm not sure where that answer lies, but I promise you that I would not and will not drink or make conventionally made juice if it does not have a USDA Organic seal on it, it's not organic. Gameover. So I honestly think one of the best things people could do, and I get asked this question a lot, and maybe you do too.

What's the number one thing you could do to change your health and well being your vitality your life? And that is stop eating conventionally grown foods period. Nothing, no convention. None. I think it's the highest upleveling you could do. And it's actually less expensive than everyone thinks. If you're willing to sort of make this a craft, you can do it inexpensively.

Evan Hirsch: Thank you for listening to today's podcast. If you're ready to stop missing important events and opportunities, have robust energy and be excited about life again, please go to fixyourfatigue.com and sign up for a free strategy session with me or register for a power-packed webinar showcasing my unique process that's helped thousands of people resolved their fatigue. You can take control and fixed your fatigue. I promise. The tools are waiting for you at fixyourfatigue.com.

Evan Hirsch: What do you mean if you're willing to make it a craft?

[00:18:19] Kimmye Bohannon: Well, no, you can't just go. I have a family of five. We have zero conventional food ever. We eat most of our meals at home. We do eat out, maybe once a week, twice maybe.

Evan Hirsch: Except not now?

Kimmye Bohannon: Except for not now.

Evan Hirsch: [laughs]

Kimmye Bohannon: Now. I want you to know that it's like they be like, "Hey, Kimmye, how are you doing?". Like I've always have this [unintelligible 00:18:34], I like staying at home. I feel, I actually feel a greater sense of safety of having that food made for me at home.

Evan Hirsch: Right.

Kimmye Bohannon: And that's in any case, and maybe that makes me a little crazy, and that's okay too. But I just like making my own food at home, and that's my thing. In any case, was the same. Oh, so what I do is instead of going to, let's just use an example and not pointing that I loved the place, Whole Foods. You can't just go to Whole Foods with your grocery list and buy everything that you need there. It would be prudent and wise to also look at, Wow, Costco has organic berries for such an amazing price.

They have organic apples at such an amazing price, right? So I definitely go there at your normal grocery, whether that be Kroger, Publix, any of the big grocery store chains. I look every week there for what organic produce is on sale because it most always and often is. Right now, as an example, I've had no trouble finding the food that I want in the grocery stores because I don't buy food that has any really staying power. So everything that I want is still there, because and it's on sale for the most part. So if you're willing to put in a little bit of work, and you're willing to also have 80% of the things you're going to eat be plants with a small focus of maybe animal flesh as in proteins.

You can absolutely feed your family with 100% organic food all the time, even if you have a big family like me. It's just things that people get conditioned in, I go to one grocery store about everything there, and it really put a lot of time and focus on it, and another thing is just meal planning so that you can be planned ahead and not have to rush through. So I do that every Sunday.

Evan Hirsch: Wonderful.

Kimmye Bohannon: Without fail. That's a big uplevel too. That's another thing I always say is like, plan your meals ahead, doesn't mean make them ahead. It just means plan them, and you'll feel so much more control, and it's really not hard to do. It's one of the easiest things to do, really, but I think it can get a curse for people as something

that's hard.

Evan Hirsch: And then it becomes less stressful.

Kimmye Bohannon: Becomes less stressful. Yes. Do you guys eat mostly at home in your family?

Evan Hirsch: We do.

Kimmye Bohannon: Yes.

Evan Hirsch: Yes. And I'm very fortunate that my wife's a great cook. And, yes, and she kind of makes magic happen.

Kimmye Bohannon: Yes.

Evan Hirsch: But it's with the flavors of nature.

Kimmye Bohannon: Right. Right. Thanks.

Evan Hirsch: Feels great, tastes great, like there's all those spices are so therapeutic.

Kimmye Bohannon: Yes, yes, it's very, very true. Very true and I've learned recently it's really, it's an amazing thing of how our bodies are so adaptable. So it's very true, for me, because often when people try Green Lemonade for the first time like, holy moly, that is like the greenest juice ever and it is but without fail if they drink it with some regularity we have a lot of people tell this testimony in The Juice Ritual. The first month I drank that, I thought I was going to die in the next month, it was better, and now I look forward to it more than ever, it becomes everyone's favorite. It's our best seller by a lot. So people do learn your taste buds do learn to really adapt to a more herbaceous thing that maybe at first is difficult, and the same is probably true. When you start taking out cows dairy, and you start to taking out a lot of these big offenders conventionally grown meats and then really making sure our plate is 80% plants and maybe 20% of another thing. So, and I don't know, I'm sure in your practice, you work with people on that a lot, but that's a big starting point.

Evan Hirsch: Right. Yes.

Kimmye Bohannon: Great starting point.

Evan Hirsch: Changing that palette is huge.

Kimmye Bohannon: Yes.

Evan Hirsch: And that it's not done overnight, and you're not going to love it right away if you're coming from a-

Kimmye Bohannon: Yes.

Evan Hirsch: -conventional diet.

Kimmye Bohannon: Yes.

Evan Hirsch: That's--

Kimmye Bohannon: Do you find it in your practice that once people really do make a change over to organic and lots of plants that they begin experiencing a greater sense of success in the work they're doing with you?

Evan Hirsch: Absolutely.

Kimmye Bohannon: Yes, I think so too. And-

Evan Hirsch: Because--

Kimmye Bohannon: -at least is I see that most people that take on the people that are willing to kind of give it this college try of letting go of some of the big offenders, cows, dairy, soy, nutsy, you know, taking all that out for a little while. You feel so good if you can stick with it. That even bringing it back you just don't want to-

Evan Hirsch: Right.

Kimmye Bohannon: -just not worthy. You just feel so good. And I had that experience recently, and I think I'm a pretty free pretty freaking healthy either, but my daughter and I, she asked me to do the whole 30 with her. And I said, "Oh gosh, that sounds fun. Okay, I'll do that." So we started in February, and I don't know how many things are with the whole 30, but it's essentially a pretty strict elimination program diet where you take out cow's dairy, you take out absolutely zero sugar, even Stevia or what would be approved like a low glycemic sweetener, none of that.

You basically no processed foods, and I'll need a lot of that anyway. But here was the trick. The trick where it got me was no legumes, so no beans, no legumes, and as somebody who eats 90% of my time, I'm a plant-based eater. That's a biggie for me. I thought I was going to die for the first three or four weeks with no legumes, I just realized how often I ate them, and I would tell everyone listening here, it's a great example to be in exploring your own body.

I may never eat another being again, because it that must have been contributing to some inflammation in my body because my ring started spinning around on my fingers and I noticed like less, I didn't think I was bloated before. But that's, it's amazing the lens that you operate in. Clearly, there was inflammation of sort of harboring in your body, and the only thing that I can think of was some bean or legume, and the point of the story is, for a while I really missed it, and now I don't at all, and I probably would

avoid that at any cost, right? I just wouldn't go back to it because I feel so much better. Then, you know, little known thing, so, all 30, if you haven't tried, it's a good one.

Evan Hirsch: That's so interesting.

Kimmye Bohannon: Yes.

Evan Hirsch: So, were you soaking your beans?

[00:24:41] Kimmye Bohannon: I was not soaking my beans. I was just eating them. I ate a lot of black beans. I ate a lot of lentils, which obviously I would soak those, but do you mean soak in terms of like activate or sprout? That thing?

Evan Hirsch: Yes, you don't have to take them to sprouting but just to get rid of the phytic acid. So I wonder if that was what-

Kimmye Bohannon: Could be.

Evan Hirsch: -was possibly the inflammation.

Kimmye Bohannon: Could be, and maybe I would give that a try. But again, the point is, is I got myself to a point where now I just don't do that. I just don't do that. And I remember to that. Even though it didn't do it often, if we had Mexican food or whatnot, I would just really want to have the chips like i would love having the corn chips. I just even though they're certified organic corn chips to them either, no GMO corn, right? I still would want to have them. Now when we have Mexican after that whole 30 experience.

I don't. I could care less about it is been the most eye-opening experience. And I think the strictness of the whole 30 is what really works because you just eventually you just get to the point where all you really just don't eat that anymore. And so, for everybody listening, I would say like you could train your body to do anything relative to food. I'm convinced of it now after my experiment with the whole 30. So-

Evan Hirsch: That's great.

Kimmye Bohannon: -yes.

Evan Hirsch: I've had so much success with the food elimination diet, removing the top 10 food allergens, food antigens, because a lot of people once they I mean not only does it help people identify how food is affecting their bodies.

Kimmye Bohannon: Yes.

Evan Hirsch: They but they also don't want to go back then because-

Kimmye Bohannon: I, right.

Evan Hirsch: -they get that feedback.

Kimmye Bohannon: That's me, that's exactly me. If you would ask me a month, or two, or three months ago, if I would give up eating a corn chip when we're having Mexican, I would have laughed or if I would give up like using beans which are used in so many recipes. I would just have laughed, cashews, I made me cashews anymore so technical legume. So I went I really did do the program to the letter of the law, and that's when I learned I probably lost I would say seven to eight pounds, which I didn't.

If I had like if somebody had asked me, "Wow, do you have [unintelligible 00:27:02]?" It was just the most eye-opening experience. So for anybody who has not done kind of that food elimination work with you, you should absolutely try it because it's amazing. And the same goes with juice if you've never tried it and really given it the old college try. Meaning, the first day I did the whole 30 is pretty much sucked. It was like, well, this is going to be not a lot of fun. I even put CV about coffee before, and I quit doing that, and I haven't even gone back to that. It's like I just stopped doing all of that stuff, and the same is true with juice.

The first time you drink it if you don't sort of go through the process. And that's why it's what I love about The Juice Ritual Program mostly is because you're freaking committed. Once every month, even if you fall off track, we all do from time to time. We fall off maybe our healthiest eating plan or a healthiest kind of level of living even if we fall off the bandwagon. That's okay because six juices are going to come to you, and we're going to all gathered together as a community that one day, and that one week, we're going to just write the ship. There's a lot of energy and power in that. And I love hearing how once people get through like month three that they can't wait.

I mean, that's consistently the feedback. I can't wait for the juicer tool. I'm so excited to do it. I'm so excited that the juices are coming because people you remember and you start learning. I learned how good my body feels without gorgeous or without, without any beads or liquids. You sort of like people learn how this sort of like magic bullet I think it's as close as you can get to a magic bullet to really energize your help game and take it to the next level.

Evan Hirsch: I love that. So yes, let's and it seems like it's kind of like a nice baby step into eating better because even though I talked about like the food elimination diet being great, and we're talking about the whole, whole 30 and stuff, a lot of people just aren't willing to jump into that right now, and they're like they get overwhelmed by it, or they're just not interested. So it seems like juicing is kind of a nice first step into them.

Kimmye Bohannon: I believe that it is and the reason I believe that is because it makes most people feel better instantly. It's not. It took me, let's say 30 days, really. I would say 30 days. I might even go as far to say like to be fair. I would say at least 14 days on the whole 30 before I said, "Wow, I think I might feel better [laughs], and as somebody, I think I have a pretty high vibration I think I do most things right?" This idea that I was doing something wrong was kind of personally in front of me I'm like

wait a minute, this isn't really going to do anything for me I don't know if you get that way sometimes like wait a minute.

Evan Hirsch: [laughs]

Kimmye Bohannon: I already do all these things correctly. There's absolutely no way is it going to work for me but will play along, and here's my daughter wants to do it's pretty great. I was shocked. I is so 14 days, right? It took a little while. The thing about juice to your point is, I feel that it is the gateway for everybody into a higher level of eating, living, and being. It is a gateway in if you've been sort of wanting to take the step to work with an integrative practitioner and really change around your whole life game if you've been sort of thinking about maybe managing your healthcare to a different way and maybe moving to a plant-based diet.

I feel juice is such to your point and easy first step. You and it has kind of like that immediate benefit, and that's why or feeling you feel it instantly you can feel it instantly. You drink it, you feel it. It's not like you drink it, you wait four days, or you drink it, you wait two weeks like the whole 30. You drink it. I don't care who you are. You drink it on serve with digestive rest, so maybe you have dinner the night before you wait till about 10 AM the next morning to have Green Lemonade. You're going to feel it when you drink it. Instantly.

Everyone, my 75-year-old father, feels better. I mean, [laughs] everybody, right? Everybody feels better. So that's what I love about it because it's a jumping-off point, right? Then you do the next thing. Then you add you start stacking on these really healthy habits, and before you know it, your freakin shapes and good health with all your mind you feel amazing. Your next leveling, you're trying the whole 30, and you're amazed that something else works, and it's just you become this really explore in the work, and that makes wonderful patients, right? That makes wonderful interactions that uplifts you. It's your family, your community, everybody. You're just a model for a new way of living.

Evan Hirsch: What if your fatigue was not beyond your control? What if you could literally fix your fatigue? Thank you for listening to my podcast, where I bring you top health experts and leaders from around the world to discuss the hurdles and solutions to fatigue and the 33 different things that can cause it. If you're ready to have robust energy and be excited about life again, please go to fixyourfatigue.com and sign up for a free strategy session with me or register for a power pack training webinar. You can take control and fix your fatigue. I promise. Solutions and support are waiting for you at fixyourfatigue.com.

Evan Hirsch: Well said, then what is it about juice? So we talking about vitamins, and minerals, and phytonutrients, and the energetics are like, what do you think it is? That's actually working?

[00:32:44] Kimmye Bohannon: Yes, I think it's two things. I think there are two big things that play a role. One, we talked about, just the kind of like power-packed four

pounds of produce. It's just rare that we can experience eating for. I mean you've ever seen what four pounds of produce looks like? It's a tray about if you guys can see my hands. It's a tray about this big. I mean, it's a lot. You could. If you buy a head of Romaine at the store, a big salad is going to be about a fourth of it. Cut into pieces. You're drinking the whole freaking thing in one juice. So, the power and this sort of like, just very nutrient-dense aspect of juice is the first thing, right? That's the first thing.

I believe also that the lack of or the need for digestion is the other. Digestion is a huge energy pool for the body, right? It just requires a lot of effort, and if we're eating in the wrong food combination, if we're eating too often, if we're eating too much, just too freaking much, even if the healthy just salad right or the healthy things that were really overburdening our system. This is like the under burden of the system. It is so easy for the body. So does juice have more vitamins, nutrients, enzymes?

Frequency is another kind of discussion we can have, and I'll talk about that a second. Does it have more vitamins and minerals, nutrients than eating the salad? No, that wouldn't make good sense. But you couldn't eat the amount of produce in the juice. You just couldn't eat that much. And then, when we're eating the salad all be it healthy for us. I hope every one of you guys eating a big salad every day. I certainly do.

For eating the salad, our body does have to do the work, right? It has to do the work of digesting. What if we're not chewing our food 20 times we're not really activating the digestive enzymes first, and we're further taking digestion down, don't have to do that with juice, just down the hatch it doesn't require a lot of energy about the body. And so that's why I believe juice is superior, right? And required and such an important part of your health journey. If you have the ability to include high-quality organic juice, you're going to feel it instantly. And it's going to just level you take you to that next level.

Evan Hirsch: That makes sense.

Kimmye Bohannon: But it's not that it has more, compared to compare, the Romaine that you eat in a salad and the Romaine in juice form is the same Romaine, right? It's the same Romaine, so I don't want anybody just to believe that the Romaine is different or magical and when it's a [unintelligible 00:35:18], it's just that there's so much of it, and that it's so easy for the body and the liver especially to assimilate. Does that make sense?

Evan Hirsch: It does. Yes. When I was traveling in India in 2007, as part of I spent a month there and went to naturopathic hospitals.

Kimmye Bohannon: Okay.

Evan Hirsch: And one of the therapies that they had was juice therapy, and they because they didn't have supplements.

Kimmye Bohannon: Right.

Evan Hirsch: And so this was a way for them to get high doses of certain my vitamins and minerals into people.

Kimmye Bohannon: Yes, and it works. I work with an integrative physician here in Lexington, Kentucky, where wheels it's H Coover Company, and she was the medical doctor for pilots in the Air Force flying like the fighter pilots F-15. If I don't know the exact name and one of the things that I learned from her was her stories. We were really limited on what medicine we could really offer these pallets, so if they did meet certain physical criteria, they just couldn't fly. Many of them spent their entire career preparing for this, right?

And she said, I started making a green and beet juice concoction for these people, and I was able to help many of them overcome some of the challenges that would have prohibited them from being flight-qualified to being flight qualified. And that's when I knew instantly that juice had a huge, huge ability to impact people. So, that was her. She said it was a nasty swamp looking concoction that I had to drink, but they would do it because they were they would do anything to get in that plane, right? They would do anything.

So I think that's interesting that they were that was her example of using juice, as opposed to supplements which might not have been allowed or on the approved list at that time. I would say today. It's probably okay. But yes, it's a good question. Can you get almost everything you need from juice with no supplements? I don't know. I don't think I could. I don't think I'm qualified to answer that question, but I can say you'll feel it instantly. You'll know instantly that you have done something totally different for your body. You don't have to wait 14 days, like the whole 30 it's instant.

Evan Hirsch: So let's talk about vitamins and minerals in the juice.

Kimmye Bohannon: Yes.

Evan Hirsch: So like, for example, that juice in particular, like what sort of what are we talking about in terms of, it's very high, and this vitamin, and this mineral, and stuff like that.

[00:37:34] Kimmye Bohannon: Yes, if you do The Juice Ritual, so let's say you, kind of like sign up for our normal shipment of six, right? What we do, and I have a couple others that I can show you. This is the inflammation tonic, so it's Coconut Water, and it has Spirulina. So another type of green that we put in, we have this one called the Yellow Polka Dot Bikini, and I'll just say, [laughs] we used to be really, really good and creative back in the day. Now we're just like, it's great juice, but this one [laughter] yes, we were so good back then. Now we're like it's Special Moringa, that's all its called. It doesn't have name called Special Moringa, but in the case Yellow Polka Dot Bikini, you're going to say wait a minute sister. You just said you can't have a lot of fruits, and this one is Orange, was Grapefruit Orange, Lemon, and Ginger. But what we do with this juice is we add it we'd spend an entire day drinking this juice. We add this in the

wintertime to warm water to make kind of a warm tonic, and in the summer we add it to either a sparkling a clean, sparkling water or still water just to sort of jazz it up because you probably have heard of this before, but heavy citrus helps pull mucus out of our system when we're in a fasted state especially, so we do that every month.

So those are just some examples of this one obviously, a vitamin C explosion, right? I mean tons of vitamin C. That's a great thing right now, right? We all want that vitamin C. So this has been a super popular juice for us. Spirulina is, if we want to take this example, it's actually a plant algae, and you probably have heard about this, but many of you might be new to Spirulina, that's fine. It's this like brilliant blue color. We obviously didn't add any coloring, or sort of like, thing to make it this way. It's actually comes this way. It's like a brilliant blue powder, and it's actually algae from a pond and the way that that works for us, at least as humans, it is really called the original first superfood, Spirulina.

There's sort of one uno, the beginning. It has a complete amino acid profile. It's a protein source. If you believe it or not, get protein from Spirulina. So it's sort of like has everything we need as human. So example, there, I do not have a beet juice with me, but beets, you know are one of the ones or one of the juices that I find most people are more skeptical to drink than say even a green juice, right? So beet juices actually help our body they're source of dietary nitrates if that's a new concept for you, that's okay, right?

But nitrates help our body make the molecule NO nitric oxide, and nitric oxide is responsible for giving ourselves everything that they need. And there are some studies now, and I don't know if you've seen any of them that are really pointed to this idea that when we are deficient when our body cannot make NO effectively or in enough quantity, that that's when we see a rise in chronic diseases, heart disease being number one of those.

So there's actually I couldn't provide you the source, but you could probably google it, or even you may know, you can actually do a saliva test where you spit on a card, and it will tell you your nitric oxide level it will tell you if your body is deficient. And so we want to be drinking lots of beets. Beets are one of the highest sources of dietary nitrates. So obviously beets do other things, but I'm trying to give you guys just sort of like the biggies, right? Green juices I mean they, the reason to include green juice is it has chlorophyll, which is just to synthesize sun energy, right? Never mind.

Obviously, you get lots of vitamins and minerals from Romaine and Kale. The sweet of those are endless, right? And you could say that about a lot of juices but the name of the green juice game is really chlorophyll from the plant, right? You want to if you think if you look outside, and I don't know where all of you guys are located, but it's spring in Kentucky, right? So lots of green, the grass is super, super green now and all the trees are super, super green. It's a pigment, right? That's the chlorophyll. It's how the plant is actually growing.

That's what happens, and that's where you're drinking and green juice wheatgrass. If you went to the clinic in India, most definitely they were probably doing a therapy and

lots of things with wheatgrass right which is the highest way that you are the way to get the most chlorophyll so you can actually buy a little wheatgrass crank for your counters of and order a flat of wheatgrass and just do it every day. I don't do that I've considered, but I've not taken that step yet.

So I don't know if you take wheatgrass powder or any of that stuff. But to me, we used to sell shots in our retail stores, and we just found it was too temperamental to kind of keep the demand and the supply and try to do it anymore but Google, or just research, the benefits of wheatgrass, and it's amazing. Because of the chlorophyll. That's really the name of the game there.

Evan Hirsch: Well, I think essentially, you're harnessing the energy of the sun when you're drinking chlorophyll.

Kimmye Bohannon: Yes.

Evan Hirsch: If you think about it just like-

Kimmye Bohannon: Right.

Evan Hirsch: -chlorophyll or the sun is acting on the plants. It's making that chlorophyll that-

Kimmye Bohannon: Yes.

Evan Hirsch: -working the energy of the plant, and then we're consuming it, and that's allowing us to make energy.

Kimmye Bohannon: That's right. It's like the photosynthesis, right. If we go back to science class, I mean, that's essentially what's happening. And Natalia, told you about her early, on my original teacher in this work she called Green Lemonade. She called this is like drinking Liquid Sunshine. It's as close as you could operate as a human vessel to really operating on pure solar energy, and which is the cleanest energy source, right? So saying energy got here so like, it's the cleanest [laughs] energy source that you could actually do.

And I thought that to be sort of hokey at first because we always have to challenge things internally for our own lines and our own experience. And so for many of you, you may be saying, "Yes, right." You should be drinking Liquid Sunshine, but as I said, you drink it, you feel it. It doesn't matter who you are, doesn't matter how old you are, doesn't matter how where your help is right now. You drink a bottle of Green Lemonade, you feel it instantly. It happens every time. You might not like it the first time, but you will feel differently.

Evan Hirsch: Yes, I totally get that. So let's talk about alkalinity. Let's talk about acid-base balance.

Kimmye Bohannon: Yes.

Evan Hirsch: How does that play in?

[00:43:58] Kimmye Bohannon: Well if we think beer, wine, coffee, tea, soda a lot of the foods we eat as humans stress lots of things cause our body as a whole right I mean I know different parts of our just different parts of our body have different pH is better prescribed as optimal, right? Which think about our body as a whole. We want to be operating in a slightly alkaline position. We want the pH of our body to be slightly alkaline, and that place is less, creates a less opportune host right for diseases and viruses, and et cetera to thrive.

I always say like it creates like, I want this virus if we're so bold to talk about that I want the virus to pass right by me because my body looks like a Roach Motel. The sun is all [laughing] crooked. It's all dingy and dark. It's calling scum. The swimming pool I said the virus when it will oximeter me is like no I don't want any part of the ladylike I'm going to keep walking right to the next victim and what I mean to say is like what if the virus walked by me and it saw like sparkling lights, and a nice inviting hotel with a nice pool and room service and free drinks and the virus is like yes this is like a place I want to live, and so it comes in and so it can kind of take residents.

So we have our body and in a really acidic position. We're sort of like the fancy hotel right for viruses, and illnesses, and disease, just not great place for our body when we are slightly alkaline. We're like the Roach Motel. No viruses and illnesses want to come to us. The beautiful thing of juice plants they are and provide a lot of alkalinity into our system. So you could actually probably test that that'd be an interesting test to do. I've never actually done a test of the body's pH, but that would be a great thing to do. Test it, drink Green Lemonade, to test it again.

Evan Hirsch: Yes, and the easy way to do that is actually with a urine pH strips.

Kimmye Bohannon: Oh, yes, that's right.

Evan Hirsch: You just pee on those strips, and you can see what your pH is.

Kimmye Bohannon: Yes.

Evan Hirsch: So usually a pretty good gauge of have what the pH is of the body.

Kimmye Bohannon: Yes. So green juice again, not because anything is important. Clarification, not because the inputs act any differently than say eating the salad that would also provide true alkalinity into our system. And so we want to be doing that smoothie green smoothies, things like that provide alkalinity into our system. There's the sort of power play if you want to, so say that would choose is there's just so freakin much of it. There's just four pounds of organic produce that you don't have to digest.

Did you sort of like oh, you should be relaxed, and your body can take get in very easily can assimilation that word comes back again. So easy for our body to assimilate, and there's so much of it in one green juice. So that's the that is that's a very good benefit that I had not mentioned as alkalinity. You want to keep your body in an alkaline state as much-

Evan Hirsch: Yes.

Kimmye Bohannon: -as possible.

Evan Hirsch: I think that's huge. It's like it's really hard to have inflammation if you're alkaline.

Kimmye Bohannon: Yes.

Evan Hirsch: So inflammation is such a big buzzword, and it's associated with everything. I tell people, everything works better when your thyroid is optimized, and it's the same for your pH.

Kimmye Bohannon: Yes.

Evan Hirsch: Everything is going to work better.

Kimmye Bohannon: Yes, I mean, we even call this a nice blue drink here. It's called the Inflammation Tonic because you know Spirulina is really good at deflaming, that's not even a word. I don't think but deflaming the body, it's sort of like throwing water on it. So it's like taking out the inflammation, and green juices do the same, and that's why listing a specific benefits for each particular juice is really hard because it's the juice in general sort of does these things for you, right? We can pull out broad categories but or sort of why drink it?

But I think in general, we just want to be thinking about it's an easy way to get an explosion of plants and alkalinity into the body while allowing your body's really important rest time, right? Because when we have this digestive rest, I say like, most of us, if we want to think about many of us are we're home now more often. So we're doing lots of housecleaning, right. And so digestion is like the dishes and making the bed and doing the laundry and maybe taking out the trash. You sort of got to do that stuff with some regularity, right?

You're sort of doing it on the regular stuff, right? When you're on digestive rest the bodies, it's a crazy intelligent machine, right? It can say, "Wow, somebody did the dishes. Somebody made the bed. Somebody took out the trash today for me." And so I am going to see if the basement needs some attention. And I'm going to see if the attic needs some attention. And I'm going to just do some healing and attention work in

those spaces, those far-reaching spots in our body, that if we're never giving our body any digestive rest, it doesn't have an opportunity to do that, right.

It's constantly in overwork mode, and it can't have a chance to say, "Wow, should I look in my attic for any problems or look in my basement for any problems." And if we know that if we never go in our attic, we might have a leak, and if we never go to our basement, we might have a leak. And so the same thing is true with our bodies that sort of like our vessel, we have to be the body has the ability to heal itself with just about anything right so the healing machine, it just needs some time and optimal condition to do that and digestive rest is key and imagine pouring in nature's perfect fuel digestive rest. It's just like this magic bullet for your health and well being.

Evan Hirsch: Yes, there's lots of lots of really great benefits to fasting. So I can see how that combination of the fasting-

Kimmye Bohannon: Yes.

Evan Hirsch: -plus that input of the juice would be really powerful.

Kimmye Bohannon: Yes, especially if you're somebody who hasn't really made the connection between or to the idea that what you put into your body is it is 100% responsible for the way that you feel. If you haven't made that connection and if you have it, there's no shame in that game. You just have this whole world awaiting you that's so powerful. What you put into your body determines, I think, how much energy you have. It's a key input to how much energy you have. It's a key input to your mental well being.

I say it's like drinking liquids hundred makes you happier. The juice has created bacteria in our gut system that tells our brain to want more of the same tells us to be happier. All the things, so if you haven't done that, you have such a big world sort of like waiting for you to explore. Food is absolutely the way forward to uplevel in your well being.

Evan Hirsch: Absolutely. I totally agree.

Kimmye Bohannon: And you probably preach that all the time. These your everyone in your sort of tribe probably knows that but I think it's a big thing and I always think it's important people know that doesn't have to be with juice, you can do it with eating the Orange and eating the grapefruit its just juice kind of gives you this like, as I said, sort of magic bullet. If you're going to do it with some digestive rest time, it's just like this power punch even though there are never magic bullets or sort of quick fixes.

This is as close, in my opinion, as you can get to your nutritional or like a magic bullet to really give you that eye-opening land right away. Holy molly. I just actually feel better from drinking this green swamp that came in the mail to me. I can't believe that I actually feel better, but well, for sure.

Evan Hirsch: Yes, absolutely. And what I tell people when they come to see me is they've got like 20 nails in the bottom of their foot.

Kimmye Bohannon: Okay.

Evan Hirsch: And so oftentimes we have to pull out the adrenal nail and the gluten nail and whatever and drinking juice and taking gut rest is like pulling out multiple nails at a time.

Kimmye Bohannon: That's a great-

Evan Hirsch: It was just like the.

Kimmye Bohannon: Yes, I'm going to use that. That's a great way of describing it. It just it you just get to pull out more, you get to pull out some biggies right at the same time, right? You're flooding your body with a fuel source, and you're allowing your body to have some rest, some digestive rest time, which we all need. We know how important it is, right? I say another thing that you'll notice, or at least this is something that I find to be an incredible benefit for including a day of juice in terms of fasting. And as I said, people inside The Juice Ritual, my advice to everybody in our group is, "Hey, how about we listen to our body every month."

When the juices come, we listened in, and we say, "What really feels good to me and supportive to me right now." It's not really teach people about listening, and your body will tell you all the answers. You just have to be willing to ask the question and then to listen. Just listen, what does it actually feel like, and trust that you're right and that you can trust what your body's saying to you. So we have a lot of people who, as I said, do one juice every day during juicers a week.

We have some people that do a mini fast or three juices, and then dinner, three juices dinner or even two, two and two, and lunch and dinner. So there's a lot of ways to do it, right? But I do encourage that everybody try the full day fast at least once and without fail the next day when I sort of check-in with them or sort of checking in with a group they say, "Oh my gosh, I slept like I died. I can't believe I haven't slept like this in forever." [laughs]

And so it took me a while to think about what it's with this juice ritual sleep. I don't understand this, and what connection am I missing here? I just as I was trying to think it through and I think it's that your body we probably when we eat dinner even, I'll be it at five or six o'clock. Our body probably is still working on some digestive activities through the evening. When you're when you have a day of juice, there is none of that. So your body really is achieving this perfect rest through the evening.

So, yes, it's like we sort of joke. It's like the juice ritual asleep, you just sort of like fall asleep and you almost feel like you died the next day you wake up, you're like, "What happened to me?" So, yes, that was something that took me a little while to sort of figure out what is the connection but make sense.

Evan Hirsch: Yes. So we've got a couple of minutes left. So let's just kind of jump into some of the really practical stuff and you-

Kimmye Bohannon: Yes.

Evan Hirsch: -just you kind of touched on some of that just now with you doing the different fasting plus eating with the juices, like what do you recommend for a beginner? How should they start?

[00:54:17] Kimmye Bohannon: Yes, so if you are brand new to eating a lot of plants, maybe you know eating salad, and your plate is generally not 80% Plants are sort of coming in. I like people to start by trying to do two juices, a great lunch, and a great plant-based dinner. Two juices, great lunch, plant-based dinner. Two juices, great lunch, plant-based dinner. If you find that you are really two juices too much for you because remember we always listen in first to say, "Hey, how does this work for us?" then you might decide to do one juice a day, and you would do one juice around 10 AM after having dinner the night before, so I have a good amount of time of digestive rest.

We drink the green juice and then we enjoy our lunch around 12:30 or one. I also encourage people during The Juice Ritual Week. If you are going to drink one juice a day, that you do your best, and is your best aim and intention to have a mostly plant-based diet fair that week. So even if we're carnivores, and even if we include cow's dairy in our normal course of eating and our eating plan that we do not do that during Juice Ritual Week. That during Juice Ritual Week, if we're going to have one juice a day that we really do say, "Okay, I'm going to eat a lot of plants."

So that's a weigh-in, and if you feel that, "Hey, I've pretty much eat, I eat pretty healthy. I've been doing an intermittent fasting schedule, lots of people doing intermittent fasting now." Then it would probably be great for you to do the full, 24 hours a day of juice. Again, if you're a Type 1 diabetic, I would recommend that you obviously do the one juice a day unless your doctor tells you otherwise. That would be the example.

Evan Hirsch: And so when you said two juices, lunch, and dinner you're talking about you wake up in the morning, 06:00–07:00 AM have a juice and then right after that, or a couple hours later have another juice.

Kimmye Bohannon: Yes. So maybe have a juice around 09:00, maybe have a juice around 11:00, and then have your lunch around 12:31, and then your dinner around 05:36. So I really teach people about trying to eat in sort of in accordance or sort of in tandem with the Earth's rhythm. We don't want to be eating too late at night, ideally before the sun goes down. Hard in the winter, right, but we want to try and not eat too late. So that would be dead around 05:36.

And then the next day you wake up, if you're doing two juices, you have your first juice around 09:00, your next juice around 11:00, and then you have your great plant-based lunch and dinner again. And I always direct people to the whole 30. Now, for recipes, I

think they do such a good job with sort of clean eating, and then direct them to the sort of the plant-based approach because there are so many just to reinvent that wheel seems silly.

So if you need some ideas, the whole 30 is a great source of recipes. I've used a lot of them over the past 60 days, and I used to try and send recipes even like, "Why am I doing this?" There's such a great resource. It's free. It doesn't cost anything. So to do it, you don't have to pay for the program. So there's just an amazing, amazing group. So I do challenge our group to try and have The Juice Ritual Week every month. Be your sort of plant-based week, right? And I think what that does for us as humans at, is the overall even if we are carnivores and if we are eating cows dairy.

Boy, that's such a nice break for our system, one week each month, right? Even if we don't have 80% of things on our plate, be plants all the time. Well, holy molly, you just knock that out, right because you spent a whole week, really in a plant-based on it doesn't mean that you're starving. It doesn't mean that you don't eat enough. It means that your body feels completely nourished. We're just doing it in different fuel source. So that's sort of my teaching there.

Evan Hirsch: I love it.

Kimmye Bohannon: Yes.

Evan Hirsch: And-

Kimmye Bohannon: I want to give you guys one more statistic before we start. So if-

Evan Hirsch: -yes.

Kimmye Bohannon: -you did The Juice Ritual for a whole year, which is the design of the program, \$99 every month, and if you did and that includes shipping right to your door, access to our mastermind group, all the things you need, right? All the juices will come to you. You will have consumed 252 pounds of organic plants and 244 hours of digestive rest, and if that's not chasing good health and upleveling your life, there's no such thing. Like it, it is a game-changer, [laughs] when you think about it in aggregate that way, and that's the same, that's the thing, right? Small habits add up to the sort of like big impact, and this big result in the end. It's astounding, isn't it?

Evan Hirsch: Right. That's amazing.

Kimmye Bohannon: Yes, 252 pounds of organic plants. So even if you, like I said, even if you spend a few weeks of the month maybe enjoying cows dairy, if that's your thing. It doesn't impact you, or maybe you enjoy being carnivore, and so you just your human nature and makeup needs more meat. You're still going to flood your body with plants and make up for [laughs] it because you drink so many plants. So-

Evan Hirsch: Right.

Kimmye Bohannon: -yes. I've also found that The Juice Ritual has really led people. A lot of people into a plant-based eating style, right?

Evan Hirsch: Haven't imagine.

Kimmye Bohannon: They spend the week doing it, and then they sort of say, "Wow, I don't think I want to eat as much. Eat as much as I used to." So we do fun challenges in our group this month. We're doing kind of the lighten up with it's always about small shifts. So everybody in our group is doing a challenge where cleaning or organizing one drawer or one section of our house for every day in the month of April. So we post before and after, is really fun and you get some momentum going.

After a while and in March, we did man touches in January. We did small shifts in the kitchen, talks about inflammatory oils, and new kind of natural flavoring, and we did some fun stuff like that. So it's, it's all optional. You obviously don't have to participate, but we have a pretty good time doing it. So it's fun.

Evan Hirsch: It sounds like a wonderful program. Is there anything else you want to say about the program?

[00:59:47] Kimmye Bohannon: No, I'd be I would love to have you guys, and you don't have to feel like you have all this experience. We have people that have come into The Juice Ritual that had 17 Diet Cokes, and a Big Mac, and fries and ice cream, so ice cream float yesterday, and we welcome all of them. So I say I don't ever like to make people feel like the son-like. Super advanced, committee, there are people that joined from all areas, and you'll find sort of a light group. It, you just don't have to feel like you've had to have a lot of experience. It's kind of what I'm getting at. It's open for all and welcoming to all, and even if you did that yesterday, you're still going to feel good when you drink the Green Lemonade, no question about it.

Evan Hirsch: [laughs] Nice. And then where can they learn more about you?

[01:00:36] Kimmye Bohannon: Yes, so you could go the juiceritual.com, or on social media, you can follow us at The Weekly Juicery on Instagram and on Facebook. We also have a free Facebook group that's called Chasing Good Health, so you can join our free group, and so that kind of connects you into our work. And you can, as I said, learn more and Evan, I'll send you a link for The Juicer Tool, and obviously, we'll do a special for you guys for the first month. So if you want to go to the link, we'll send you guys all your listeners can have a special deal for their first month.

Evan Hirsch: Awesome. Well, we like special deals.

Kimmye Bohannon: Yes.

Evan Hirsch: Thank you so much for that.

Kimmye Bohannon: Yes. I'd be fun.

Evan Hirsch: Awesome.

Kimmye Bohannon: We'll see if you guys can I'll try and get that to you in the next day or two.

Evan Hirsch: Awesome. So, last question. So if there's one thing that you'd recommend that everybody who's watching this does today, what is it?

[01:01:27] Kimmye Bohannon: Pad juice machine. Yes, pad juice machine, it will change your life. It's the best investment I think you can make, and again, if anybody has a piece of paper, you could write this down, or I could include it in the link that I send. I recommend people get a very simple, inexpensive juice machine. It's called the Breville, Breville makes all those appliances you probably have something made by them, and it's the JE. So J like a joy, E like extra, JE98XL and I've had about 10, maybe 15 of those things in my ten years. [laughs] Because you see, I used this a lot. So it's \$149 on Amazon.

It's very inexpensive, and it is the easiest. I did not say easy, easiest juice machine to use, the cleanup and the sort of like, I think it's the easiest to use and like I said, it is something that will change your life. That \$149 even if you only use it twice a week, is one of the highest investments you can make in your health and well being, of course, I would love to have you join The Juice Ritual. I would freaking love it, and I would love to have you switch to only eating organic food. But I feel like your investment in the juice machine is something that can keep going for you.

You can involve your family, your children, you can drink juice every week, right? For The Juice Ritual, I don't even know if I said this to you guys. It happens the first Thursday of every single month, that is Juice Ritual Day. So the first week of every month is Juice Ritual Week, right? That's when we're sort of doing the thing. Now you would get your juices on Wednesday of that week, and you either do The Juice Ritual in its full glory as a full fast on the Thursday, or you can spread it out and do it as you'd like you would have time to do it as you like. So, I don't know if I said that, but that's how it works. Yes. First Thursday of every month, Juice Ritual Day.

Evan Hirsch: Excellent. Well, Kimmye, it's been so amazing having you on. Thank you for sharing-

Kimmye Bohannon: Yes.

Evan Hirsch: -all this great information. I think that you did an excellent job

conveying how important juices organic vegetables, and how it can really change people's lives. So thank you-

Kimmye Bohannon: Yes.

Evan Hirsch: -so much for being here.

Kimmye Bohannon: You're welcome, and thanks for having me. I do love talking about juice. So thank you for having me, and I look forward to seeing you guys in The Juicer Tool.

Evan Hirsch: I hope you learned something on today's podcast. If you did, please share it with your friends and family and leave us a five-star review on iTunes. It's really helpful for getting this information out to more fatigue people desperately needed. Sharing all the experts I know and love and the powerful tips I have on fatigue is one of my absolute favorite things to do. If you'd like more information, please sign up for my newsletter, where I share all important facts and information about fatigue from the foods and supplements to the programs and products that I use personally and recommend to others so that they can live their best lives.

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