



Day Eleven

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Sunshine



We have learned to be afraid of the sun because it causes cancer and wrinkles. This has created a huge problem in our country with people not having enough Vitamin D. The longer we stay out of the sun, the more easily we burn - which ironically increases our risk for developing cancer even more. During the rest of this 12 day cleanse and after, please spend 20-30 minutes in the sun, **without burning**. If you do this daily, it eliminates the need for Vitamin D supplements and will improve your mood while giving you a healthy glow!

Vitamin D provides protection:

- From osteoporosis
- hypertension (high blood pressure)
- cancer
- autoimmune diseases.

Vitamin D deficiency causes:

- Rickets
- Osteomalacia (causing muscular and bone weakness)
- skeletal deformities in children

Everything thrives with the sun, including us.

Juicing vs Blending



Blenders retain everything from the food. They take the fiber and pulp and blend it all together.

Juicers separate the pulp from the juice and we drink the juice only. When you first start out, juicing is a lot easier on your body if you are not used to a lot of fiber. Whether you are juicing to treat a health condition or just to stay healthy, you will experience a lot of detoxification. The juice will still give you loads of energy!

When we juice green vegetables, we liberate the chlorophyll and our bodies immediately absorb it. Chlorophyll is a detoxifier, deodorant, and is an incredible healer of inner and topical inflammation and wounds. The chlorophyll remakes our blood. It is centered on magnesium and our blood is centered on iron.

If you are already used to fiber, or when your system gets used to the juice, go ahead and try smoothies! They contain amazing nutrients AND all the amazing fiber. Plus, blenders are easier to clean;) I recommend cleaning both juicers and blenders immediately after using them - it's so much easier that way.

IMPORTANT JUICE NOTE:

You need to be careful to use simple juices if you are on a lot of medication. Also, if you are very sick or toxic, you will probably release toxins very quickly. This will happen in the form of bowel movements. Sometimes your liver dumps a lot of toxins. Chlorophyll is a neutralizer of toxins and can help manage the toxins you have. It is good for kidney, heart and liver conditions. Green juice is an amazing detoxifier!

Cleanse Your Mind



Affirmation

I listen with love to my bodies messages.

Thoughts

What is your body telling you now? How do you respond?

Journal



Thoughts, Feelings and Intuitions (Spiritual, Family, Inspirational)	
Gratitude	
Goals	
Fitness	
Joy	
3 signs of progress	
Something I will do better tomorrow to move me toward my goals.	