

# Top 10 Health Benefits of JUICE FASTING!

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**W**e live in a society today where we want our food to taste good! The typical American diet consists of fast food, pizza, a high-sodium, high-fat diet, restaurant foods, sushi, rare steak, alcohol, etc... Eating these types of foods can lead to developing conditions such as Alzheimer's disease and atherosclerosis (hardening of the arteries), a condition in which plaque builds up inside the arteries. Plaque is made up of cholesterol, fatty substances, and cellular waste. Saturated fat and trans fat are two of the main culprits in the buildup of plaque inside the arteries.

Certain foods can cause the body to make too much of the waxy substance called cholesterol. Cholesterol can combine with fat, calcium, and toxic substances in the blood to form plaque. Plaque then slowly builds up and hardens in the arteries, causing them to narrow, which then leads to heart disease, heart attack and stroke.

Plaque also builds up along the colon walls, clogging our plumbing pipes, so to speak. This causes bloating, constipation, pain, discomfort, foggy thinking, candida buildup, skin conditions, psoriasis, and a myriad of other health conditions. Our colons were designed to act as a smoothly flowing sewer system, ridding our bodies of waste, toxins, and even heavy metals, but because of our lifestyle and the foods we eat, our colons have become stagnant cesspools, collecting layers and pockets of toxic buildup and putrid feces, which poison the bloodstream, fouling every organ and cell in the body. These uncontrolled levels of bad bacteria lead to intestinal toxemia—self-poisoning from the inside out!

The average American carries 10–15 pounds of partially digested meat, and another 10–15 pounds of years of compacted fecal matter, in layers of hardened mucus, forming a lining of deformed folds in the intestine. This is the buildup of intestinal plaque!

Our colon is the final stopping place before the stool passes outside of the body. It begins at the ileocecal valve (separating the small from the large intestine) and ends at the rectum. Our colon is lined with nerves, blood vessels, and muscles. These muscles create wave-like motions (peristalsis) that propel waste through the colon and out through the rectum. If our colons are full of intestinal plaque, nothing moves out in the way that it should! Also, because most of our nutrient absorption occurs in our intestines, if they are full of plaque, we can't absorb our vitamins and minerals and our metabolism is thrown off. This backs up the liver and lymphatic system, causing us to feel sluggish and unwell. It's almost impossible to maintain a clear mind if we are all clogged up!

This condition also leads to depression, inflammation (pain),



and many other diseases within the body. Ridding the body of plaque and lowering cholesterol is a must!

Juice fasting not only helps break down plaque and relieve mental fog and depression—it can also add years to your life! Here are the top ten reasons to start a juice cleanse tomorrow:

**1)** Juice fasting gives your digestive system a much-needed rest. Since there's no fiber in the juice you're drinking, your digestive system gets a break.

**2)** Juice fasting helps you lose those stubborn, unwanted pounds quickly and easily.

**3)** Juice fasting cleanses and detoxes your internal organs, too, allowing heavy metals to be removed, and facilitating the absorption of much-needed nutrients.

**4)** Juice fasting expedites the elimination of accumulated waste material from your body, allowing the liver and kidneys to do their job more efficiently.

**5)** Juice fasting enhances mind-body work, such as yoga, massage, even meditation, which in turn, will enhance your cleanse!

**6)** Juice fasting restores a healthy glow to the face and skin, clearing up skin conditions and rashes; it can even improve psoriasis.

**7)** Juice fasting gives you added natural energy that your body craves, because it's getting a break from digesting heavy foods, which consumes a lot of energy. Along with energy, you get a mood boost!

**8)** Juice fasting is a fun break from meal planning, cooking, and eating!

**9)** Juice fasting takes the stress of waste buildup off of internal organs, even your cells, allowing them to operate more efficiently so you can live longer!

**10)** Juice fasting can help break down plaque and lower cholesterol—another life-prolonging benefit.

Juicing for your health is crucial! Give us a call at Healing Waters. We offer 3-, 5- and 7-day guided juice-fasting programs, along with colon hydrotherapy, to remove the unwanted plaque, lower cholesterol, and help you achieve what you want for your health! ■

*Georgia Cold Noble is a Certified Colon Hydrotherapist with a B.S. in Health, trained as a medical assistant and pharmacy technician, also in herbology and medical CPR. She follows HIPPA standards & safety regulations operating colon therapy equipment. The Healing Waters Wellness Centers are open daily in Bozeman, at 704 North 22nd Ave., and monthly in Billings. Call (406) 451-1901. Visit: [HealingWatersForHealth.com](http://HealingWatersForHealth.com).*