

# GALLERY CHURCH FAST



7 DAY FAST, PRAYER, AND INTENSIVE STUDY

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Blessed are those  
who hunger  
and thirst for  
righteousness, for  
they will be filled.  
—Matthew 5:6

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# Fasting 101

## BIBLICAL BACKGROUND

Biblical Definition of Fasting: A Christian's voluntary abstinence from food for spiritual purposes. Throughout the Bible, there are several examples of fasting:

**Moses** while he was on the mountain with God, ate nothing and drank no water for 40 days and 40 nights. ~Deuteronomy 9:9

**Daniel and the three Hebrew young men**, only ate vegetables and water for 10 days while challenging the Babylonian authority. ~Daniel 1:12

**Ezra** fasted from all food and water while mourning for the unfaithful condition of God's people. ~Ezra 10:6

**Esther** asked that the Jews to pray on her behalf as she was about to ask the king to spare her people. ~Esther 4:15

**John the Baptist** (who Jesus called the greatest man to ever live) only ate locust and honey, giving the impression that he was on a consistent fast all of the time. ~Matthew 3:4

**Jesus** fasted in the wilderness while being tempted in the desert and before starting His ministry. ~Matthew 4:2

**Paul** after his conversion and encounter with Jesus didn't eat or drink for three days. ~Acts 9:9 If we analyze these examples, we can see that the fasting of the Bible is extremely relevant to our lives today.

## BIBLICAL EXAMPLES

Moses: **Practicing the Presence of God**

Daniel: **Challenging the World System**

Ezra: **Mourning the Condition of the Church**

Esther: **Political Influence, Influence in the government**

John the Baptist: **Consecration**

Jesus: **Moving into Destiny/Dealing with Temptation**

Paul: **Following Life Change**

After reading this list, you probably right now have noticed that you desire some of these same things for your spiritual walk. Fasting is a mandate from God. Jesus Expected it. That's why He said "when you fast" rather than "if you fast" in Matthew 6:16. If Jesus turned down his plate before he started his ministry, maybe we need to also.

## SPIRITUAL BENEFITS

*Fasting is not something that we offer up to God. Fasting helps us to get into position to offer ourselves up to God. When you Fast, it is good to fast for a reason. We should be expecting God to do amazing things in our lives, because he is an AMAZING GOD!*

## **Our Focus: Unity**

The over arching focus for our seven day fast will be Unity. We see the need for a unified church, community and city, while also recognizing the need for our reconciliation with God.

The fast broken into sections. Each section is representative of a part of "The Lord's Prayer"

1/8: Unity/Our Father

1/9: Adoration/Worship, Prayer and Posture

1/10: Kingdom/Thy Will be done

1/11: Give us this day our daily bread

1/12: Forgiveness/confession

1/13: Spiritual Warfare/Struggle

1/14: Kingdom/Glory/Power

1/15: Communion

## PHYSICAL BENEFITS/ CONCERNS

There is a wonderful site that explains all of the health benefits/concerns concerning fasting.

**LINK TO SITE:** <http://www.freedomyou.com> once on the Site, Click on Fasting Center Link.

There is so much information that it is better to read it on the site for yourself. In this section I will briefly overview some of what is on the site.

Fasting has tremendous physical benefits. Here are a few: Overcoming stress, detoxification, clarity of mind, breaking addictions, weight loss and healing. During this fast we are not focusing on the health benefits of fasting, however it is good to know that you aren't harming your body but actually helping it.

While fasting your body will begin to detoxify which can result in muscle soreness, headaches, nervousness, nausea, skin disturbances, and bad breathe. If these things happen the world is not coming to an end, it's just that you have had years of toxins built up in your body and they are being eliminated. See, when a person stops eating the body starts to consume itself in order to survive. The body will start to break down fat and muscle to produce energy. The body will also target damaged cells and break them down to use as energy. As fat and damaged cells are being used the body will eliminate the toxins contained in them. After the toxins are eliminated out of your body, you will feel like a brand new person!

During a fast you definitely will for the first few days have feelings of hunger. However these feelings will leave, after about 2-3 days. Weakness can also result during a juice fast, especially if you have a high metabolism. You will most likely be unusually tired and sleep more. This is part of the healing process, enjoy the extra rest. You should NOT participate in INTENSE PHYSICAL EXERCISE during this fast.

**\*NOTE:** It would be wise to notify your physician that you are going to be fasting (especially if you've had a history of health problems). Always use your head. We believe that the Lord will sustain us, but the Lord has also given you a brain. If you are passing out on a consistent basis, maybe you need to make some changes! (i.e. drink more) Also, this fast is not intended as a diet, or a weight-loss strategy. If that is your main motivation, then it would be better for you not to participate.

# How Do I Get The Most Out Of This Fast?

## FAST FOR A REASON

In the Spiritual Benefits sections I list reasons why we are all fasting. However your personal reasons for fasting are most likely more specific. In a journal you should write out all the things you want to gain from this Fast.

Examples: I want to grow in my Spiritual gifting. I want to eliminate pornography/erotica from my life. I need to know whether to get engaged to a significant other. I want to learn how to practice the presence of God.

## WATCH WHAT YOU EAT

Even though you're not eating food, you are still constantly consuming. Television, Movies, Facebook, Cellphones, Twitter, Youtube, Magazines, Newspapers, Secular Music and even some "Christian" entertainment can fill us with Spiritually Toxic Material. In order to get the most out of the fast, it would be beneficial to take a week off from these things. Because you're not taking in anything physically, you want to watch what you are 'taking in' through your eyes, ears, what you touch (what you are doing), and what you say. During the fast we will communicate through the city in order for people connect.

## FOLLOW THE BIBLE READING SCHEDULE

The Bible leads us to Jesus. That's why we are going to be reading through the book of Ephesians during our fast. The schedule is set up for us to read 1 chapter a day, each day this week in addition to our time in prayer. Take some of the time you normally spend buying, preparing and eating food, and instead spend it eating the Word (spiritual food).

## STAY ACCOUNTABLE

It is very important to have an accountability partner that you can confess to weekly. If you are comfortable enough with your prayer partner, you two may agree to stay accountable to each other concerning your area(s) of concern.

Therefore confess your sins to each other and pray for each other so that you may be healed.

The prayer of a righteous man is powerful and effective. ~James 5:16

## **8 QUICK FASTING TIPS FOR A SUCCESSFUL FAST**

1. Tell the least number of people that you are fasting.
2. Turn off the noise (tv, music, cell phone, facebook etc...)
3. Practice Daily Windows
4. Feast on His Word.
5. Practice Silence and Solitude
6. Take a phone break.
7. Do not enter into needless temptation.
8. Sleep.

## Eat The Word

During this fast, you will be charged to read the entire New Testament. Look at the properties of the Word, found in scripture.

### THE WORD OF GOD IS CLEANSING WATER

25Husbands, love your wives, just as Christ loved the church and gave himself up for her 26to make her holy, cleansing her by the washing with water through the word, 27and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. ~Ephesians 5:25

### THE WORD OF GOD IS FOR CONSUMPTION

12In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! 13Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. 14But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil. ~Hebrews 5:12-14

### THE WORD OF GOD IS SWEET

How sweet are your words to my taste, sweeter than honey to my mouth! ~Psalm 119:103

### THE WORD OF GOD IS LIFE

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. ~Hebrews 4:2

## Bible Reading Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan 8 message	Jan 9 Eph 1	Jan 10 Eph 2	Jan 11 Eph 3	Jan 12 Eph 4	Jan 13 Eph 5	Jan 14 Eph 6

# Pre-Fast

## SCHEDULE FOR FOOD-DETOX

It is very important a week before the fast that you, start to detox your body. We have addictions to foods/chemicals that we may not even be aware of. Such as: Caffeine, sugar, carbs, alcohol, cigarettes. You don't want the experience of withdrawal symptoms during the fast, because it will just make you miserable. Therefore eliminating these at least a week before (Jan 1) the fast is imperative. Below is a detox schedule for you to prepare your digestive system for the fast:

Sun	Mon	Tues	Wed	Thur	Fri	Sat
<b>Jan 1</b>	<b>Jan 2</b>	<b>Jan 3</b>	<b>Jan 4</b>	<b>Jan 5</b>	<b>Jan 6</b>	<b>Jan 7</b>
Eliminate: Caffeine, Sugar, Soda, Fried Foods Alcohol, Cigarettes, pastries	Eliminate: Pork, Beef, Red Meat, Fast Food and Junk Food	Eliminate: Chicken, Turkey, Fish, Seafood, Eggs	Eliminate: Cheese, Milk	Eliminate: all Pasta, Rice, Bread, Carbs	Eliminate: Nuts and Seeds	Only eat Raw Vegetables and Fruits

## PREPARING YOUR SCHEDULE/CALENDAR

Take some time out before the fast and write down a schedule of when you will pray, read the Bible, connect with prayer partner/accountability partner, come to evening/morning Daily meetings. This is very important if you are going to be successful during the fast.

## GETTING CONNECTED

A very important part of this fast is being in **community**. We cannot do this Christian Walk ALONE! Jesus sent out the disciples in TWOs. The Lord said "...For where two or three come together in my name, there am I with them." ~Matthew 18:20 Didn't Jesus preach the Kingdom? When's the last time you saw a kingdom with one subject. It's about US and how we can glorify God together, in community.

## PRAYER PARTNERS

In order to stay connected: We need you to join together with a Prayer Partners. You can pick your own prayer partner, or we can pick your prayer partner for you. Your partner must participate in the Fast, and commit to connecting with you daily in prayer. Before the Fast, we will send out a Prayer Partner email and start the connections. If you have a problem with your prayer partner, or your schedules conflict...don't worry we will find you another one.

## Fast: 7 Days

There are two different ways we are asking you to fast during this time

### Juice Fast

This fast consists of 100% Fruit/Vegetable Juice and Water . If it doesn't say 100% juice on the bottle, it isn't juice. Check the labels of whatever you are drinking to make sure that it is juice.

The best fruit/vegetable juice is drink, is freshly made from a juicer or squeezed. This Juice is called ALIVE. The juice on the shelf in the grocery store is DEAD. Live juice will give you more energy, help your cells to rebuild faster, and help the blood flow in your body. It also has more nutrients and vitamins, than DEAD juice.

If you are going to drink dead juice I recommend, 100% juice not from concentrate. POM is also very good, and will give you a nice energy boost. If you experience diarrhea, dilute the juice with water and it should help.

Drinking a mixture of Vegetable and Fruit juice is the best way to make sure your body is getting what it needs. Read over the Fruit and Vegetable List to see the health benefits to help you decide what you should be taking in. Taking a multi-vitamin can also help.

While Fasting make sure you drink enough WATER! You'll find that as the days go on, you may start forgetting to drink water. This will lead to fatigue. So make sure your getting enough H2O.

At the end of the packet are listing of Fruits and Vegetable that can be juiced and there benefits.

### Raw Fast

This fast consists of raw foods, not including raw animal products such as raw fish or raw milk. If someone is unable to physically do the Juice fast, or has a health issue that requires them to eat, raw is for them.

## Prayer Gatherings

Every day during the fast, there will be two prayer gatherings at the Gallery Church Offices (1500 Thames Street [Suite A-B] Baltimore, MD 21231)

In the morning from 6:00am to 7:00am

In the evening from 7:00am to 8:30pm

At these gatherings there will be juicers to use, just bring your own fruit and vegetables for yourself and some to leave for others.

\*Please note: Parking near the church offices is free in the mornings until 8:00am. For the evening gatherings there is paid parking on the street near the office, very limited free 2 hour parking on Bond, Lancaster, Aliceanna and Shakespeare Streets, and free parking along Fleet Street, Eden Street, and South Caroline near the Broom Corn building (our old church location).

*(If you are outside of Baltimore region and would like to have a juice meeting, we can help to coordinate people in your city/region to have one locally.)*

If you are going to be fasting during this time period please Send Josh an email: [jsmith@gallerychurchbaltimore.com](mailto:jsmith@gallerychurchbaltimore.com) or call him at 443-629-0951 so we know who will be joining us for this event. Also let us know if you need help finding a Prayer Partner or any other need that you may have.

## Post-Fast

ON Jan 15 AT 10:15AM, THE FAST IS OVER.

### BREAKING THE FAST:

PLEASE FOLLOW THESE INSTRUCTIONS!!! Because you've been fasting your digestive system has adjusted and you need to wake it up slowly. Your stomach is also smaller now, and you won't need as much food to feel full. I know you miss eating however: DO NOT BINGE! You **WILL** feel sick if you do! Vomiting, Stomach cramps, diarrhea are not fun! Not eating small portions and waking up your digestive system slowly will nullify many of the good physical effects of the fast! Follow this schedule to Break the Fast safely and for the best health benefits. Now that you're done with the fast you may not want to add items that have been harmful to your health, back into your diet. Continue to drink Juice after the fast it will continue to keep your body healthy and strong.

For the first two days, please do not eat meat or your digestive system may not agree with you!

**Sunday Jan 15 - No Meat, No Fried Foods , limited amounts of sugars and dairy**  
**Monday Jan 16 - No Meat**

### COMMUNION GATHERING

On Sunday, January 15 we will have a special communion feast at our two gathering locations.

### WEEKLY PRAYER MEETINGS

#### WEDNESDAY EVENING PRAYER MEETING

##### **1500 Thames Street: Gallery Church Office**

Gallery Prayer meeting on Wednesday is being revamped to help create a culture of prayer within our church body. This meeting will continue to help you throughout this year to engage.

#### TUESDAY MORNING PRAYER MEETING

##### **1500 Thames Street: Gallery Church Office**

On Tuesday at 6:00am there will be a prayer meeting at the Gallery Office. What better way than to start off your day, than by reaching out to the Father.

# RECIPE LIST

## JUICE

### *Goodness*

2 apple  
2 carrot  
1 piece of ginger

### *Basic*

1 apple  
2 stalks of celery  
2 carrots

### *Jogger's Paradise*

3 oranges  
2 hard pears  
1 small yam

### *Flying Orange*

2 pears  
3 pink grapefruit  
1 sweet potato

### *Taste of Heaven*

2 carrots  
1 sweet potato  
2 apples  
thin slice of Spanish onion

### *Athlete's Super Fuel*

1/2 watermelon  
1 lemon  
5 oranges  
1/2 pineapple

### *Citrus Slurp*

1 grapefruit  
1 orange

### *The Hyper House Cleaner*

2 yams  
1 beet  
1 slice Spanish onion  
2 lemons  
1 celery  
slice of ginger

### *Pineapple Piper*

1 pineapple  
1 sweet potato  
4 oranges

### *Super Duper Spicy Tomato*

3 ripe tomatoes  
1/2 green or red pepper  
1 celery stock  
1 apple  
3 drops Louisiana Hot Sauce (optional for the real man)

### *Garlic Breath Delight*

2 tomatoes  
2 apples  
1 clove of garlic  
sprig of parsley

### *The Equalizer*

1 beet  
1 carrot  
1 celery stick  
1/2 potato  
1 radish

## RAW Recipes

Raw food can be dehydrated. Dried fruit is acceptable to eat, however read ingredient list to make sure there is no added sugar.

### **Dagger's Burrito Salad**

1 head Lettuce  
1 bunch Cilantro  
1 Red onion  
1 avocado  
1 red or yellow pepper  
1 cucumber  
1 papaya  
3-4 medjool dates

Chop all the vegetables and fruits up, and add:

#### **DRESSING**

1-2 Tbl garlic-chili flax oil  
4-5 Tbl nutritional yeast  
2 Tbl olive oil  
1 Tbl shoyu soy sauce  
unpasteurized, chipolte hot sauce (to taste, optional)

Mix all dressing ingredients together to get a creamy consistency, then pour on the salad and ENJOY!

- by High Vibe Health & Healing

### **Collard Wrap**

Ingredients for Broccoli, Cauliflower, Tomato and Onion Salad

3-5 florets of shredded broccoli  
1/4 head of shredded cauliflower  
1 tomato  
Handful of sliced red onion  
Ingredients for Garlic and Ginger Dressing

3 cloves of garlic  
Small piece of ginger  
1/8 cup of olive oil  
Half of a lemon  
1/4 cup water  
1 teaspoon of agave nectar  
Dash of cayenne pepper  
Ingredients for Wrap

3-5 collard green leaves  
Approximate serving size 3-5 wrap

### Directions

Make the garlic and ginger dressing.  
Add all of the vegetables into a large salad bowl and mix.  
Cover with dressing and toss to coat.  
Let marinate for a 20-30 minutes.  
Scoop salad mixture into a collard green leaf and wrap.

### **Apple and Fennel Salad**

2 bulbs of fennel  
2-3 granny smith apples  
Handful of pre-shredded onions  
1/4 cup of olive oil  
Fresh tarragon  
Half lemon  
Tablespoon of raw honey  
Dash of sea salt  
Handful of raisins that have been soaking for 10-12 hours.  
4-6 cabbage leaves for the wrap.  
Approximate serving size  
4-6 wraps

### Directions

Cut off tops of fennel and discard.  
Either shred the bulb of the fennel by hand or use shredded disc of food processor.  
Add to large bowl.  
Shred the apples the same way and add to bowl.  
Toss onions into the bowl.  
Pour rest of ingredients on top and mix thoroughly.  
Let marinate for 2-3 hours.  
Top with soaked raisins and serve.

Spoon the salad into the cabbage leaves, fold up and enjoy.

### **Banana Berry Smoothie**

1 Banana  
1/3 bag Frozen mixed berries  
1 cup of apple Juice  
2/3 servings

### **Quick and Easy Apple/Raw Almond butter**

1 Sliced apple  
Raw almond butter

Directions: Spread almond butter on apple slices...eat.

## VEGETABLE AND FRUIT INFORMATION

**BEETS** Famous for their ability to cleanse the blood, beets contain calcium, sulfur, iron, potassium, choline, beta-carotene, and vitamin C. Beets are also high in minerals that strengthen the liver and gall bladder, and are the building blocks for blood corpuscles and cells. Beet greens are excellent for salads and juicing. Beet greens are a good source of carotenoids that help in the prevention of all types of cancers. They are high in manganese, an important mineral for brain function. Beet juice is very concentrated. Do not drink it alone. Dilute with a milder juice such as carrot or apple.

**BROCCOLI** is a flower top picked before it blooms. It is dense in nutrition, full of beta-carotene and an excellent source of fiber. Broccoli is inexpensive and available all year round. It is full of vitamins B1 and C, and has a generous amount of calcium, sulfur, and potassium. Surprisingly, forty-five percent of calories in broccoli are protein. The National Cancer Institute discovered a substance called inderol-3 that emulsifies estrogen, reducing the risk of breast cancer in women. Broccoli is excellent when juiced, stems and all, but like all green vegetables, it should be mixed with lighter juices such as carrot or apple.

**CABBAGE** Cooking cabbage destroys most of its nutritious value and causes gas because of the sulfur. Raw cabbage is an excellent source of beta-carotene, sulfur, vitamin C and the trace mineral selenium, which is excellent for fighting cancer, protecting against heart disease, improving conditions of arthritis, slowing the aging process, encouraging beautiful skin and increasing male potency. Within cabbage is a delicate amino acid called glutamine. This is excellent for healing stomach disorders, including ulcers. When making cabbage juice, it must be consumed within 60 seconds or this precious amino acid will begin to decay. If straight cabbage juice causes gas, mix with carrot and celery. Will keep up to two weeks in the refrigerator.

**CARROTS** One 8-oz. glass of carrot juice contains 20,000 mg. of vitamin A. Toxicity can occur when vitamin A is taken in supplement form or in fish oil, but is completely safe in the vegetable form. Vitamin A is an antioxidant that is able to attach to free radicals in the body. The damaging effect of free radicals has been associated with cancer. Carrots are a natural blast of high energy. Like all root vegetables, they are packed with minerals. Carrots are rich in organic calcium that is invaluable to bones and teeth. Inorganic calcium is almost useless to the body. The calcium in milk and white bread is inorganic and known to cause arthritis and gallstones.

Carrots are an excellent source of vitamin C, including most of the B complex, iron, potassium, phosphorus, and sodium. Carrots are easy to digest and cause the liver to release bile and excessive accumulated cholesterol. They also have an alkalizing effect on the blood, soothing the entire nervous system and toning intestinal walls. Carrot juice is the best base for vegetable juice combinations. It is delicious, sweet and readily accepted by children. Our family can go through a 50-lb. bag every two weeks.

Carrot juice is considered the golden juice of healing. Even drinking a few glasses a day has healed many infirmities without fasting. During fasting, its healing effect is increased. Carrot juice helps in cleansing the liver. Drinking large amounts may cause the harmless

effect of a slight yellowish color of the skin. Skin will feel velvety soft. The beta-carotene present in the skin is a natural protector for the common skin cancer, melanoma. Also, the slight yellowing of the skin can make a tan look deeper.

Juicing two to five pounds of carrots a day is standard for juice fasting. Unless carrots are fresh, the juice tastes better if they are peeled. If you don't have the time to peel them, put the carrots in the sink and scrub with a brush. In purchasing carrots for juicing, your local vegetable wholesaler can supply you with large juicing carrots in 50 lb. bags at an affordable price. Carrots should be firm, smooth-skinned, without cracks or small rootlets. The brighter the orange color, the sweeter the carrots. They will keep for weeks in the refrigerator and months in a root cellar.

CELERY is high in magnesium, iron and chlorophyll, which is an excellent blood builder and is one of the richest sources of organic sodium. Excellent for those who enjoy vigorous workouts, maintaining valuable body fluid and electrolytes. Celery juice is a superb nerve tonic. Celery juice alone tastes a little bitter and is usually mixed with carrots or apples.

Great for adding a salty taste to vegetable juices. Do you have a headache? Drink a glass of celery juice. Even the ancient Greeks used celery for the universal problem of headaches. Celery/apple juice is able to cleanse the body of carbon dioxide, and helps cool down the body and is great for hot weather. Celery juice is also a great way to help curb the craving for sweets. Do you have a problem with muscle cramps and fatigue during workouts? The potassium/ sodium balance in celery juice will be a great asset. Always leave the celery leaves on for juicing, but juice the celery last because it is stringy and clogs the juice machine. Look for firm, solid stocks with bright green leaves.

CUCUMBER Being as cool as a cucumber comes from the fact that the internal temperature of cucumbers remains 20 degrees lower than the external temperature on a hot day. People living in the Middle East and India have been eating cucumbers for hundreds of years as a natural coolant. When buying cucumber for juicing, look for non-waxed which allows you to juice the cucumber in its skin. Always wash vegetables thoroughly before juicing. This juice contains 40% potassium, 10% sodium, 7% calcium, 20% phosphorus and 7% choline. It is an excellent source of silicon. Cucumber is good to rub on your skin, giving it elasticity resulting in a more youthful complexion. It is suspected to help in reducing hair loss. Cucumber juice is usually mixed with other juices. Look for firm cucumbers with a dark green, wrinkle-free skin. Will store in refrigerator for 6 days.

COLLARDS Per calorie, collards have more calcium than milk. Thirty calories of collards equaling one cup, contains an incredible 218 grams of calcium! It is twice as high in vitamin A as carrots. An excellent source of organic, highly absorbable iron, and high in chlorophyll. Look for crisp leaves, free from wilting and without spots.

FENNEL If you enjoy the taste of liquor ice you will love fennel. This unusual vegetable looks like a fat celery plant with feathers. In fact, it is in the celery family and has much of the same nutritional qualities. Its distinct flavor really spices up a juice or salad. Some have found fennel juice good for relieving migraine headaches and overcoming night blindness. Look for a white, solid bulb with healthy leaves. Will keep in the refrigerator for one week.

**GARLIC** There are entire books written about the curative abilities of garlic. Research suggests that it reduces blood pressure, helps with the problem of blood clotting, lowers the LDL (which increases bad cholesterol), boosts the immune system and encourages recovery in heart attack victims. Garlic's famous smell comes from allicin, which inhibits bacterial growth and fungus. It also helps with an overgrowth of yeast in the body and is used in treating candida. Therefore, do not use odorless garlic pills. If they don't smell, they don't work. Garlic increases the flow of digestive enzymes and encourages detoxification through the skin. Despite the odor, garlic is good for you. Throwing a clove of garlic in your vegetable juice every day will be excellent for your health; nonetheless, it may reduce your social life. One clove in the juicer is enough. Five cloves will encourage a life of solitude, unless you can educate all your friends, family and people within a thirty-foot radius of the incredible properties of fresh raw garlic juice!

**GINGER ROOT** If you feel a cold coming on, or if you have a bout of laryngitis, juicing a small piece of ginger root with your carrots is a perfect solution. Great for making ginger tea or spicing up herbal tea. For ginger tea, throw slices in boiling water to taste.

**KALE** has a similar nutritional quality to its close relative the cabbage. Kale is an excellent source of calcium. Look for solid, deep green leaves. Will store in refrigerator for 5 days.

**LETTUCE** Iceberg lettuce or head lettuce is useless. You might as well drink a glass of water for the same amount of nutritional value. Conversely, the leaves of romaine, Boston, Bibb or any leaf lettuce dark green in color will be rich in chlorophyll. Good source of sulfur, chlorine, silicon, B complex, all contributing to hair growth, healthy skin and defense against lung cancer. Lettuce is a wonderful addition to any vegetable juice. Adding any green, leafy vegetable to juice will add chlorophyll, which immediately enters the bloodstream. Leaves should be crisp with no dark spots. The darker green, the better.

**ONION** is in the garlic family and has many of the same therapeutic properties. Their strong flavor is attributed to a natural oil that strengthens the nervous system and encourages the growth of healthy bacteria. Large, Spanish onions are sweeter and milder in flavor, making them better for juicing. Sliced onion added to a juice mixture is excellent in helping to loosen and rid the body of excess mucus. Look for firm onions with dry, papery skins. Do not store onions in the refrigerator.

**PARSLEY** Ancient civilizations have used parsley in medications, on wounds, poultices, boils, cysts and to draw the pus out of an infected cut. Parsley is one of the highest sources of life-giving chlorophyll, which acts like iron to oxidize the blood. Chlorophyll will help neutralize the strong odor of garlic and is used in chewing gum to sweeten breath. It is a cleanser of the kidneys, liver, and urinary tract. Parsley is effective for upset stomachs by stimulating digestive enzymes. Excellent for the colon by encouraging the peristaltic wave in the intestines. Parsley juice added to vegetable juices will enter directly into the bloodstream, immediately impacting your body. Flat and curly parsley has the same nutritional value. Look for healthy, dark green leaves. Parsley can be grown inside and outside the house. Will store in the refrigerator for a week. Always add parsley with other hard veggies like carrot so it will not affect the juicer. Parsley alone can be hard on a juicer.

**PEPPERS** can come in many different colors. The most common is the green pepper, an unripe red pepper. Red peppers are more expensive but sweeter and higher in vitamin C. Great for the skin and swelling due to arthritis because of the high silicon content. They are an excellent addition to any vegetable juice. Juice seeds, stem and all. Look for smooth, firm, non-waxed peppers. Will keep in refrigerator for one week.

**POTATO** An excellent source of vitamin C and high in carbohydrates, potassium, calcium and iron. The most nutritious part of the potato is the skin. During World War I, a group of German soldiers, near starvation, were forced to live on raw potatoes. The soldiers with gastric disorders were relieved and cured. After the war, Dr. J. F. Magerl began treating gastric patients with raw potato juice. After 10 days of the treatment, most of the patients showed no symptoms. Potato juice is a wonderful addition to any vegetable juice. When potatoes are juiced, a white silky paste will form on the bottom of the glass. This is potato starch and is mucus-forming with little nutritional value. Of all the vegetables, potatoes are slightly mucus-forming, but are still a valuable food, especially when juiced. Don't juice green Potatoes.

**RADISHES** Radish added to vegetable juice will help clear sinus cavities and calm a sore throat.

**SPINACH** Never cook spinach. Oxalic acid is destroyed when heat transforms it into oxalic acid crystals that are harmful to the kidneys. It also binds to iron, making it un-absorbable. Spinach is important due to its chlorophyll content, and also supplies an abundance of nutrients such as oxalic acid, beneficial in the cleansing and healing of the intestinal tract. Spinach juice, mixed with other vegetable juices, turns the mixture brown. Although it may look unsightly, it is a beautiful sight to the cells of the body.

**SWEET POTATO (or YAMS)** The darker the color, the higher in vitamin content. Sweet potatoes are one of the greatest sources of beta-carotene. They are plenteous in vitamin C, potassium, carbohydrates, calcium and a good source of fiber. History has shown that people can live exclusively on sweet potatoes and remain healthy and strong. Carrot and sweet potato juice is tasty and outstanding for complexion. Yam can be added to any fruit juice, giving the juice a smooth, milkshake-like taste.

Look for firm, not too large yams that are tapered at both ends. Skin should be smooth without brown spots. Will store in the refrigerator for two weeks.

**TOMATO** Providing tomatoes are vine-ripened, they are a high source of vitamin C. One tomato is equal to more than 50% of the recommended daily allowance. Good source of organic sodium phosphorus, calcium, potassium, magnesium, malic and oxalic acid and sulfur. Look for bright red, soft, sweet smelling tomatoes. They ought to be plump, heavy and filled with juice. Always buy from your local farmer, when in season. Do not juice green tomatoes that may irritate the kidneys.

**APPLES** The many varieties of apples are all wonderful for producing juice no matter what time of year. Apple juice is a powerful cleanser and a general tonic for the entire system. It has an abundance of vitamins A and C. The juice tastes strong and may be diluted with water or mixed with other fruit or vegetable juices, such as carrots, cucumbers or melons. To keep apple juice from turning brown, juice a lemon before juicing the apples. Apples should be crisp and firm. Soft, mushy apples do not juice well. Always store apples loosely in the refrigerator; it will increase shelf life six- fold. In a refrigerator, less tart apples can store up to 2 months.

**CANTALOUPE**S are packed with vitamins A and C. Per pound, this fruit has 15,000 I.U. of vitamin A and three times the vitamin C content of apples. It also contains myoinositol, a lipid that helps with anxiety, insomnia and in battling hardening of the arteries. Cantaloupes contain the greatest amount of digestive enzymes. Melons are recommended by the American Cancer Society as powerful agents in the fight against intestinal cancer and the all-too-common skin cancer, melanoma. One average-sized cantaloupe contains approximately 100 calories, yet is dense in nutrients. This makes melons a perfect juice for weight loss.

**GRAPEFRUIT** With five times the vitamin C content of oranges, this juice is a powerful cleanser. The tastiest grapefruit is grown in Texas and Florida. Pink is sweeter and less acidic than white. Many people can tolerate grapefruit more easily than oranges. Juice some of the white pith for valuable bioflavonoids. Grapefruits can be prepared in a hand citrus juicer quickly. All citrus juices should be drunk immediately because of the fragility of the vitamin C.

**GRAPES** There are between 40 and 50 different varieties of grapes that come in a rainbow of greens, whites, reds and purples. Grapes fill the mouth with an explosion of delicious flavors. Grapes are an excellent source of potassium, which encourage an alkaline blood balance and also stimulate the kidneys and regulate heartbeat. The restorative power of grapes is phenomenal, cleansing the liver and removing the uric acid from the body. In France, many people go on a grape fast during harvest time. Studies have shown a lower incidence of cancer in the areas of France where this grape fast is practiced yearly.

**HONEYDEWS** Just like their name, when ripe, honeydews have a light green, juicy flesh with a sweet flavor. It is a good source of vitamins A and C, potassium and zinc and excellent in digestive enzymes. To juice, wash skin and juice with seeds.

**LEMONS** are the king of citrus fruit. Because of their high source of bioflavonoids, they are powerful in detoxifying the body. They are also an excellent diuretic. During fasting, lemon juice has a tremendous ability to dissolve mucus and scour toxins from the cellular tissue. When juicing lemons, leave some of the inner white peel for the bioflavonoids. Dilute five-to-one with water. One of the most refreshing drinks on a hot summer day is chilled mineral water with a splash of freshly squeezed lemon juice. Juicing a lemon before juicing apples keeps the juice clear and pleasantly colored. Lemon juice is an excellent addition to vegetable juices. It acts as a delicious lift to the heavy flavor commonly associated with vegetable juice.

**LIMES** Similar to lemons. They are an excellent addition to any juice.

**ORANGES** Some of the highest quality oranges are grown in the sunny state of Florida. Florida oranges have a higher juice content than oranges from California. The Valencia and Navel oranges from California are considered excellent for eating. Orange juice, fresh from the juicer, has a live taste. The powerful healing effects of fresh juice come from the dramatic increase in enzymes available to the body. Orange juice, frozen or bottled has no enzymes but can be added to freshly made juice.

**PEARS** When pears are perfectly ripe—not too soft and not too firm, they are on of the most delicious of fruits. The juice from a pear is thick and sweet and can be diluted with apple juice. They are high in thiamine, riboflavin, niacin, and folic acid, which help establish a healthy cardiovascular system. They are also a good source of vitamin C, calcium, potassium, phosphorus, and minerals. Levulose is the fruit sugar in pears easily tolerated by diabetics. Pears are higher in pectin than apples, helping with regularity. Common varieties are Bartlett, Bosc, Anjou and Comice. The sweetest and juiciest are the Bartletts, with their bright yellow skin. Bartletts are available from summer to fall.

**PINEAPPLES** are jam-packed with minerals, potassium, choline, sodium, phosphorus, magnesium, sulfur, calcium, iron, and iodine. They have loads of vitamins, including vitamin C, and are an excellent source of bromelain, an enzyme that helps digestion. Bromelain has also been known to cure laryngitis, and is soothing to the throat. Pineapple is great as fresh glass of ripened juice in crushed ice.

**WATERMELONS** When in season \$2.50 can produce a mother-load of juice. Ninety-five percent of all the nutritional content of watermelon is in the rind. Whereas eating the rind would be hard on the stomach, juicing it is a wonderful source of chlorophyll, vitamin A, protein, potassium, zinc, iodine, nucleic acids, and enzymes that aid in digestion.

Thump a watermelon with your knuckles, if it sounds hollow, it's going to taste sweet. They should be dark green in color, dull rather than shiny and their underbellies should have a pale yellow color. Store whole watermelons in a cool place.

Vegetable and Fruit Lists Adapted from [FreedomYou.com](http://FreedomYou.com)