

# Juicing For Better Life - Knowledge

a Joe Cross Film

## FAT SICK & NEARLY DEAD

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Buy the juicer Joe used in the film.

Breville

Ready to Start Juicing?  
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Joe Cross  
**JoetheJuicer**

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julielgough @JoetheJuicer loved watching #fatsickandnearlydead inspiring story! My Xmas gift to myself will definitely be a juicer :-)  
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## Joe Cross - "Fat, Sick & Nearly Dead"

### Mean Green Juice #1:

This is the official recipe used by Joe Cross and Phil Staples according to the Reboot Program.

- 6 - Kale Leaves
- 1 - Cucumber
- 4 - Celery Stalks
- 2 - Green Apples
- 1/2 - Lemon
- 1 - Piece of Ginger

### Mean Green Juice #2:

- 1 - Handful of Spinach
- 3 - Stalks of Kale
- 2 - Golden Delicious Apples
- 1 - Small Handful Parsley
- 1 - Lemon
- 1 - Cucumber

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## **Mean Green Juice #3:**

- 2 - Stalks Celery
- 1/2 - Cucumber
- 1/2 - Apple
- 1/2 - Lemon
- 1 - Small Piece Ginger
- 1/2 - Green Swiss Chard Leaf
- 1 - Bunch Cilantro
- 5 - Kale Leaves
- 1 - Handful Spinach

## **Mean Green Juice #4:**

- 1/2 - Pear
- 1/2 - Green Apple
- 1 - Handful of Spinach
- 1 - Handful of Parsley
- 2 - Celery Stalks
- 1/2 - Cucumber
- 1 - Small Piece Ginger
- 1 - Slice of Papaya

## **NOTES FOR MAKING JUICE:**

Peel or slice off lemon rind leaving some of the white pith to juice small leaves such as parsley and cilantro, roll them up into a ball to compact the leaves wash all vegetables and fruits before making juice buy organic if possible.

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## **Breville JE98XL Juice Fountain Plus 850-Watt Juice Extractor:**

- Countertop juicing machine with extra-wide 3-inch feeder chute
- 850-watt dual-speed motor; powerful stainless-steel cutting disc for fast results
- Safety locking arm; overload protection LED; large-capacity pulp collector
- Dishwasher-safe parts; includes 1-liter juice jug with froth separator, filter basket, and cleaning brush
- Measures approximately 13-1/5 by 16-1/2 by 18-1/5 inches; 1-year limited warranty
- features:
- Heavy-duty 850 watt motor with dual speed control: a low speed (6,500rpm) for softer fruits and vegetables and a high speed (12,000rpm) for harder fruits and vegetables
- Patented extra-wide feed chute (3" wide): juice large fruits and vegetables with little to no cutting or preparation
- Patented direct central feed system for maximum juice extraction
- Nutri Disc with stainless steel blades and stainless steel mesh filter basket for spinning out the pulp
- Heavy grade polymer body for durability
- 1 liter juice jug (34 fl. oz.) with froth separator
- Large capacity pulp container with integrated handle
- Cord storage: the power cord wraps around feet and clips into position under the base for a reduced counter-top footprint
- Safety Locking Arm prevents the juicer from operating without the cover locked into place
- Overload protection prevents over-heating, automatically shutting the machine down when it senses that the machine is overloaded
- All materials that come in contact with food are BPA-free, ensuring safe use
- Easy clean-up with the included cleaning brush. All parts except for the mesh filter basket/Nutri Disc and food pusher can be washed on the top shelf of the dishwasher.

## **Breville:**

Centrifugal juice - always buy a masticating (gear) juicer

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## Tips for a 60 Day Juice Fast:

1. If you are on any medications or have any health problems, have a **Medical Professional monitor your progress.**
2. Start out with a small goal, say 10 days. This makes the task more manageable mentally and makes it easier to chart daily progress. Not everyone needs to fast for a full 60 days. As in #1, a **Medical Professional** can help you determine what is right for you.
3. Though it would appear in the film that Joe just woke up one morning and started juicing, it is best to prepare mentally and physically for at least a week prior to the cleanse. You can read about my preparation process here.
4. Easy does it. This is not the time to multi task. Take a few days off or lighten your work and responsibilities. Your body will be hyper focused on cleansing during this period, so relax and let your body work it's magic. Light stretching or walking is all you need to do to assist.
5. **Continue drinking water.** Water has an important function of flushing out the toxins and waste. You still need to **drink plenty of water.**
6. If you experience any adverse effects besides light headache and fatigue in the first few days, **consult a Medical Professional.**
7. Congratulate yourself on ANY progress made!

**Happy Juicing!** Joe's Mean Green Juice!

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Guidelines to consider when planning your meals during and after your Reboot.

## **Oils:**

Olive Oil cold press virgin  
Coconut Oil  
Flaxseed Oil  
Sesame Oil  
Sunflower Oil  
Pumpkin Oil  
Walnut Oil

## **Herbal Teas:**

Chamomile  
Dandelion  
Fennel  
Raspberry  
Peppermint  
Ginger  
Blackberry  
Wildberry  
Sleepytime  
Rosehip

## **Herbs and Spices:**

All Spice  
Basil  
Caraway  
Cardamom  
Cayenne  
Chives  
Cilantro  
Cinnamon  
Clove  
Coriander  
Cumin  
Curry

Dandelion  
Dill  
Fennel  
Fenugreek  
Ginger  
Horseradish  
Leeks  
Lemongrass  
Mint  
Mustard  
Nutmeg  
Oregano  
Parsley  
Pepper  
Pumpkin  
Rosemary  
Sage  
Star Anise  
Tarragon  
Thyme  
Turmeric  
Vanilla Bean

## **Others:**

Apple Cider Vinegar  
Soy Sauce, Raw Organic  
Raw Honey  
Sea Salt  
Himalayan Salt  
Stevia

## **Dried Fruits: (Unsulphured Raw)**

Apricots  
Dates  
Figs  
Prunes  
Raisins

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## Fresh Fruits:

Apple  
Apricots  
Avocado  
Banana  
Berries  
Cantaloupe  
Cherries  
Fresh Fig  
Grapes  
Grapefruit  
Guava  
Kiwi  
Lemon  
Lime  
Leeches  
Mandarin  
Mango  
Melon  
Nectarine  
Orange  
Papaya  
Passion fruit  
Paw Paw  
Pineapple  
Peach  
Pear  
Persimmon  
Plums  
Pomegranate  
Rhubarb  
Strawberry  
Tangerine  
Watermelon

## Fresh Vegetables:

Asparagus  
Beet  
Broccoli  
Brussels  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collards  
Cucumber  
Endive  
Fennel  
Garlic  
Green Beans  
Jerusalem Artichoke  
Kale  
Leeks  
Mustard Greens  
Onion  
Parsnip  
Pumpkin  
Radish  
Peppers  
Romaine  
Scallion  
Snap Peas  
Spinach  
Sprouts  
Squash - All Types  
Sweet Potato  
Swiss Chard  
Tomato  
Watercress  
Yam  
Zucchini

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