

Summer'05



Recipes

Here are some delectable juices we serve right at the spa. Just select your desired combination of ingredients and follow the instructions below.

New Age Green Goddess

1 serving/ 147 Calories

- 1 Cup kale
- 1 Cup spinach
- 1 Celery stick
- .5 Cucumber, peeled
- 3 Carrots, peeled
- .5 Garlic clove, peeled

The Healthy Trio

1 serving/ 224 Calories

- 3 Carrots, peeled
- 3 Granny Smith apples (peeled if waxed)
- 1 Small beet, peeled
- Optional: small amount of ginger to add spice

Tropical Breeze

1 serving/ 159 Calories

- 1 Pineapple, peeled and cubed
- 2 Cups of strawberries, washed, stems cut off

Instructions:

- 1 Prepare produce by cutting it to fit through your juice machine.
- 2 Press through juicer in the order listed.
- 3 Enjoy!



Patricia Fahie

NUTRITION NOTES

Juice Fasting

By Brenda Jaeck, Nutritional Counselor

Juice Fasting is a way to cleanse and rejuvenate the body. Fasting allows your digestive system to rest; more energy can then be used to help the body eliminate built up toxins. Toxins build up in the body as a result of the fast-paced life; one that includes over-eating, poor food choices, environmental pollution, stress and lack of sleep. Fasting can also be used as a way to transition to a healthier eating plan and more mindful eating habits.

Juice fasting has been shown to be beneficial in healing many diseases. Some of the diseases that can be helped by fasting include skin disorders, digestive problems, asthma, halitosis (bad breath) and many others.

Other benefits gained by fasting include mental clarity and overall awareness as well as more energy. Weight loss is sometimes an added benefit of fasting but should not be the sole purpose of a fast as you will likely gain back most of the loss once "regular" eating has been resumed. Fasting should not be used as a "cure all" - meaning an excuse to eat an unhealthy diet because you are going to fast in the future. This seesaw affect is VERY hard on your body.

Variety is the spice of life as well as an important ingredient in a juice fast. Creating a variety of juice combinations assists in the process as does adding various spices and/or herbs to the juices.

It is important to take time for self care while on a fast. This should include relaxing activities such as yoga, meditation,

massage or other spa treatments. Colonics (colon therapy) during the fast can increase the amount of intestinal residue eliminated.

Reducing (or eliminating if possible) caffeine, sugar and other processed food for a few days before fasting will allow for an easier shift into the fast.

Transitioning slowly back to eating solid food is also important to allow your body to adjust after it. This should be done with fruit, steamed vegetables, broth and salad if you wish - all with no dressing or any other processed products.

Maintaining a regular fasting schedule, such as once a quarter or one day a month helps keep toxin build up under control and makes each fast less stressful.

Fasting can be greatly beneficial when done under the correct supervision and for the correct motivation. ■

JUICE FAST MINI WEEKS

May 1st- 6th & July 24th - 29th

You've heard about the benefits of fasting in the media - cleansing, clarity and increased energy. Juicing gives you all this and more so why not experience it for yourself? Join us for a 6-day fasting program as our trained staff will guide you through the process and other fasters will help to create a sense of support and community. Our daily schedule offers many relaxing activities to assist you in every aspect of the detoxification process. Choose from our delicious fresh fruit and vegetable juices to create your own special meal. A satisfying and nurturing potassium broth is also available throughout the day. The mini-week package includes your choice of two spa treatments, valued at \$150.

NEW! Juice Fast Weekend

June 10th-12th

Can't get away for a 6-day juice fast? Our Juice Fast Weekend may be perfect for you. You'll enjoy an orientation on the eve of your arrival, special daily activities and group support. Contact the New Age nutrition staff for more information at nutrition@newagehealthspa.com or 845-985-7600 x111. ■

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