

What? The Two Day Detox is a special formulation of fresh juices - grapefruit, orange, and lemon - that helps you cleanse, detoxify and rejuvenate your body.

How? For two days you give up all foods and in their place, you flood your body with vitamins, minerals, amino acids, enzymes and other phytonutrients. You drink 12 ounces every hour until the total 128 ounces have been consumed. Feel free to drink as much distilled water or reverse osmosis water as you like in addition to the detox.

Why? To lose weight, detoxify your body, improve your immune system, and boost your energy. Based on the time-tested and popular European method of periodic fasting and cleansing, the fresh citrus juices supply your body with vitamins, minerals, antioxidants and other cleansing ingredients that supply more than 100% of the U.S.R.D.A. of the 12 essential vitamins in every serving.

Please note: If you are on any prescribed medication, consult your doctor before doing the Two Day Detox.

For a natural high - detoxify!



East Point: 3113 Main Street
404-209-1200

Kirkwood: 2005 Hosea Williams Drive
404-377-9393

Buckhead: 3757 Roswell Road
(near Johnny's Hideaway)
404-844-4477

Little 5 Points: 1117 Euclid Avenue
404-827-0424

Monroe: 985 Monroe Drive
(at 10th and Monroe)
404-817-6624

Peachtree Place: 90 Peachtree Place
(behind the Margaret Mitchell house)
404-477-6999

www.ardensgarden.com

Private consultations are available by appointment.

What's the Two Day Detox?



fresh juices and smoothies



What makes up the Two Day Detox?



Grapefruit

This citrus fruit helps remove impurities from the blood, aids digestion, and promotes diuresis. A wonderful fat metabolizer, grapefruit contains limonene, pimentone, and citrol, all phytochemicals that fight cancer. (If you take prescribed medication, please consult your doctor before consuming grapefruit juice.)

Orange

One of the highest sources of vitamin C, oranges protect us against colds and help the body fight cancers of the lung, cervix, esophagus, and stomach. Doctors often recommend fresh orange juice to patients with high blood pressure due to its high content of potassium. Oranges also contain bioflavonoids, limonene in particular, which is one of the most exciting phytochemicals in the fight against cancer.



Lemon

This citrus fruit is high in vitamin C, P, A, and folic acid. Rich in bioflavonoids, lemon is a natural diuretic with antiseptic, germicidal, and mucous-eliminating properties. Lemon has been used for centuries as a liver toner.



Why use juice to fast?

Fresh juice is gentle and healing. Juice is a live food carrying vitamins, minerals, antioxidants, and enzymes to the body quickly and efficiently. You need enzymes for cleansing and rebuilding, and you need antioxidants to fight aging and dangerous free radicals. You also need liquids to continuously flush the system and carry away toxins. As far as your digestive system is concerned, raw juice is almost invisible since it requires virtually no digestion. Nutrients are absorbed and utilized with minimal work, giving your system a chance to rest without suffering deprivation.

Will fasting affect the way I look?

Yes! All the fresh juice makes your skin glow, your eyes brighten and your hair shine. When you finish, people will probably comment that you have never looked better.

Should I fast to lose weight?

A juice fast is not a diet - it's a cleansing program to help rid your body of sugar, wheat, caffeine, and processed foods. Reintroducing these back into your diet makes you aware of specific sensitivities. Fasting teaches you which foods make you anxious, gaseous or sluggish. If you're overweight, however, you may lose a few pounds.

Can I drink coffee or alcohol?

Nope. Nor do we suggest any teas, sodas, or any processed drinks. These all bring toxins into your system. Sip warm water with fresh lemon to hydrate your body and detox your liver.

Will I have energy?

Your energy should actually increase as each day passes. That's part of what makes the experience so powerful - you get stronger.

Is there a right or wrong way to fast?

There are all kinds of ways to fast. Many of the fasting methods that are now being advocated are extreme. If you fast on nothing but water, for example, it can shock all of your systems and make you ill. A juice fast supplemented with steam-distilled water is far healthier because it's both cleansing and replenishing. Fresh juices allow your digestive system to rest and your body to rejuvenate.

Are there good or bad times to fast?

A general rule is not to fast when you have too much stress in your life. Fasting, however, is a great way to jump start new habits and resolutions. A fast can help make a transition from one state of mind to another. If you want a little help moving on, this juice fast may be the perfect vehicle.

Will I be hungry the entire time?

Here's the surprise: your body will be getting so many nutrients from the juices that you will probably stop thinking about food. While this may not happen with everyone, more often than not it does. One of the biggest problems with a juice fast is the opposite of what you would expect - you lose your appetite and don't always drink enough.

What if I absolutely have to eat?

Then eat. If for any reason you don't want to continue, it's OK to stop. Your body will let you know exactly what it needs.