

# 40 Days in the Wilderness



A Guide for Lifestyle  
Transition  
Using Fresh Juice

## Where To?

Taking control of your health and your weight can happen very, very quickly. You can physically change yourself in 40 days. With the physical change will come a brand new attitude toward food. And you know...*you* **KNOW**...that the only path to permanent weight loss is a new attitude toward food.

Civilization has brought many wonderful things. Processed food is not one of them. Concentrated nutrients and synthetic chemicals wreak havoc on our bodies while engineered textures and tastes induce self-reinforcing cravings that can be addiction-like in their intensity.

The good news is that just 40 days' effort will lead you from the urban jungle of modern food into the traditional wilderness of real food. At the end of the 40 days you will have broken the craving cycle, re-sensitized your mouth and re-introduced your body to the quality nutrients found only in real food. At that point, it will be your choice instead of the food companies' how "civilized" you want your diet to be.

If you follow this plan, you will lose a substantial amount of weight during the 40 days. But this is not a weight loss diet. Weight loss diets operate under the assumption that some special combination of foods is magical, which couldn't possibly be true for everyone. Real food is the key.

There are only two things you can overdo: animals and industrial processing. For the last 30 days, you will have no animals and only minimally processed food. You must take control of your own food. And that means you need to cook for yourself or else you need to know someone who will cook for you with love in their heart. Clearly that's not a corporation.

You are accomplishing something during all 4 Phases of these 40 days, so commit yourself to doing it well even during the First Phase, when you will notice very little progress, if any. People who prematurely skip to the Second Phase are much less likely to succeed.

Dedicate yourself to doing it well and you will consider these 40 days the best thing you have ever done for yourself.

## The First 10 Days – The Preparation

There are only two tasks for the First Phase: **Become more aware of the way you live your life now and get accustomed to the taste of fresh vegetable juice<sup>♥</sup>.**

**1) Fill out the Food Diary every day.** Everything you eat or drink needs to be written down in the **Daily Food Diary** (see Appendix). Use the “Comments” section to keep track of how much you anticipated the food, how much you enjoyed it and exactly how you felt afterward - not emotionally but physically. Were you energetic or lethargic? Was your stomach settled or did you have heartburn, indigestion or nausea? Did you have headaches, unexplained muscle aches or any other complaints? Even if you think they could not possibly be related to your food, write them down. We have a common psychological mechanism that creates an emotional separation between pleasurable activity and painful consequences. Seeing proof, in your own handwriting, of the price you will pay if you eat certain foods can have dramatic motivational effects. Also note approximately how much you sit every day and how much you sleep every night. Other than eating bad food and using tobacco, nothing is worse for your health than sitting too much or sleeping too little.

**2) Drink one pint of fresh vegetable juice every day.** Good nutrition, and therefore good health, requires that you eat about 10 servings of vegetables every day. A pint of vegetable juice contains 4 to 5 servings, so that’s about half your daily requirement right there. For the Second Phase it is critical that you get used to the taste of juice and the process of making it in these first 10 days. See the Appendix at the back of the book for some juicing basics.



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<sup>♥</sup> Smoothies made in a blender are an equally effective way to consume vegetables. Keep in mind that the term “vegetable” refers to the edible part of a plant, so it includes fruits, beans, legumes, nuts and grains. “Vegetable” juices and smoothies include fruit.

## The Second 10 Days – The Juice Diet

Continue keeping a daily food diary, which will be easier now because the only thing you will be having is **Two Quarts of Fresh Vegetable Juice Daily**.

You can also have water, or unsweetened tea or coffee but do not eat or drink anything else. Do not do any exercise more vigorous than walking. If you open too large of an energy gap (the difference between what you consume and expend), your body will have an undesirable adaptive response.

This is the rapid weight loss phase, but that is not the most important thing happening. It's not even the second most important.

10 days without any salt or fat is going to re-sensitize taste buds that have been numbed by over-stimulating processed foods. Your best chance of making a permanent change in your diet is to make real food taste better. This is the most important thing happening during this Phase.

The second benefit of a total juice diet is the break you are giving your body from all the toxins found in modern food (preservatives, flavor enhancers, texture enhancers and dyes, among others). The less you ask of your liver and kidneys in filtering out this garbage the healthier you will be in the long run. You will be astonished how much better you feel.

There are four things you can do to make things easier on yourself:

- 1) Take an appetite suppressant.** Juice is very nourishing but won't satisfy the cravings you developed by eating highly engineered food. Talk to your physician if you need the help of appetite suppressants. We can help with this.
- 2) Do not watch TV.** The images in commercials have been designed to induce instantaneous cravings. TV will be torture.
- 3) Eat.** If it's all about taste then why do you swallow? Emotional satisfaction from eating requires chewing and swallowing. You should be fine for only 10 days without chewing anything. However, if it becomes unbearable you can always eat any of the things you have been putting in your juice.
- 4) Get Inspired.** Go to [www.JoinTheReboot.com](http://www.JoinTheReboot.com) and watch the movie **Fat, Sick & Nearly Dead** for free! Also available on DVD and Netflix.



## The Third 10 Days – Oatmeal, Soup and Salad

During the Third Phase you will start to close the energy gap you opened during the Second Phase. There are only about 800 calories in 2 quarts of juice. Even without exercise, that will put most people into an energy deficit of 500 to 1000 calories per day. That is large enough to prompt an adaptive process in your body that will alter your metabolism. Therefore, it is time to add about 500 more calories of real food.

- 1) **Keep up the juice and the Daily Food Diary.** You can reduce the amount of juice by 1 quart per day but you will have to replace those calories if you do.
- 2) **Eat Oatmeal.** Because of its effect on blood sugar, oatmeal is one of the real magic tools for weight management. But only Old-Fashioned Oatmeal! Instant oatmeal is just another processed food. The only ingredient should be rolled oats.



Old-Fashioned oatmeal is also sometimes called Slow-Cooked Oats, but can actually be prepared in the microwave in just a few minutes. A serving of oatmeal will help control hunger for about four hours, so don't think about it just for breakfast. You can add fresh or dried fruit (with no sugar added) or cinnamon, but no sweeteners.

- 3) **Eat Soup.** Soups are optional. They must be homemade and completely vegetarian. You can also make vegetarian chili, but if you do, skip the salad unless you need to replace some of the calories you were getting from juice. A cup of soup like the Kidney Bean Soup pictured here should add about 100 calories.



- 4) **Eat Salad.** There are lots ways to make a salad. Consider something you've never tried like the quinoa salad pictured here. Quinoa (kin wa) is a high protein grain



from South America. For your basic greens salad, start with a green leafy vegetable other than iceberg lettuce and add any other vegetables you like. Lemon juice or vinegar is the ideal topping, but oil-based (**not** creamy) dressings are also okay. Either way, the vast majority of calories should come from vegetables. This will add 300 to 500 calories.

## The Final 10 Days – Homemade Vegetarian Fare

It's the Final Phase and it's time to start making more of your own food decisions again. You are trying to make your diet more vegetarian and much more homemade. If you have never cooked before you can go to [www.NHCLifestyle.com](http://www.NHCLifestyle.com) and look at Eating under the Resources tab to see some YouTube videos on basic cooking skills from Jamie Oliver. Nowadays you can find a video on Youtube that shows you how to make just about anything. But remember: YOU have to decide what is healthy. A “healthy cooking” demonstration is someone else's idea of healthy. Learn the techniques. Develop your own wisdom.

**1) Continue drinking 1 to 2 pints of juice per day and filling out the Daily Food Diary.**

**2) Eat homemade vegetarian<sup>♥</sup> meals.** Industrial equipment and techniques can do way more damage to the nutritional value of food than you can in your own kitchen. The more energy you let others expend on your food the less control you have over your own health. Even if you don't continue to prepare every meal, show yourself the respect of doing it for these 10 days.

**a. WARNING: Vegetarian versions of your favorite foods may fall short.** Be careful. A tofu burger does not taste anything like ground beef. If you love hamburgers, you may find a tofu burger **unreasonably** disappointing.

**b. Avoid basic green salads except as a side dish.** These can be thrown together very easily and should be a mainstay of your diet. However, during these 10 days you need to be more adventurous. If you are going to make a salad as a main course use ingredients like beans and grains. Save the basic green salad for when your experimental squash and bean casserole turns out inedible.

**c. Aim for repeatability.** The variety of foods you eat is not as important to your health as the quality. Just two or three healthy recipes you enjoy preparing and eating week in and week out will make a huge impact on your health. A quick recipe like the Couscous with Chickpeas and Peppers pictured here would be ideal.



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<sup>♥</sup> “Vegetarian” for our purposes means NO animal products. Come on! It's not a new religion. It's only 10 days!

## Where Now?

Go back and look at your **Daily Food Diary**. For the last 30 days, you have deprived yourself of a lot of the foods that used to “make you happy”. Do you see now that they also made you feel sick in a way that you haven’t felt in weeks? When you started these 40 days you were stuck firmly in a motivational trap that left you powerless to change. Three things are different now:

- 1) **You have broken the craving cycle.** It has been 30 days since you have exposed yourself to craving-inducing processed food. Deep physical food cravings are *a thing of the past*.
- 2) **Real food tastes like food again.** Without the numbing effect of over-stimulating packaged foods, your mouth has recovered. The need to eat those foods to be satisfied is *a thing of the past*.
- 3) **You became personally acquainted with real food again.** For a month, you or someone close to you has done almost all of the processing of your food. Others being in control of your health is *a thing of the past*.



What the future holds is, perhaps for the first time, entirely up to you. Can you get enough emotional satisfaction from feeling better, being slimmer and knowing you are healthier to compensate for your food being slightly less stimulating? You can if you try.

When it comes to nutritional advice Michael Pollan put it better than anyone: **Eat food, not too much, mostly plants**. It’s hard to be perfect. Special occasions and stressful times are always at hand. Don’t be scared to wander off into the wilderness again when you need to. You’re used to the taste of juice so you can skip Phase 1 and spend as little as 6 days moving through the last 3 Phases to give yourself a reboot.

## Appendix: Liquid Vegetables - Some Juicing Basics

Making juice requires a special appliance, but making smoothies just requires a blender. Smoothies include the fiber that is removed in juicing so they represent more complete nutrition. However, the fiber slows the absorption of other nutrients allowing more time for them to be degraded by the digestive process. The best strategy is to regularly drink both juices and smoothies.

As a food safety issue, all vegetables should be thoroughly washed. In general, if you wouldn't eat it, like the green leaves of a strawberry or the rind of a citrus fruit, you can discard it. Completely removing the outer layer of root vegetables such as carrots is necessary if you plan to store the juice in the refrigerator for more than 12 hours. **WARNING: Juice is alive with micro-organisms! They will grow and become dangerous if you store it sealed containers. Never drink juice that is more than 72 hours old.** Many nutrients will have degraded by then anyway.

The following recipe typically yields 3 to 4 cups<sup>♥</sup>. Use one ingredient from each row. Ginger Root works better with greens than it does with fruit. No need to get too caught up in the exact measurements. It is mostly carrots and either apples or pears. The apples or pears make it sweet and the carrots provide well over half the nutrition. Experiment with the other ingredients to find two or three combinations you like.

1 Pound Carrots							
1 Pound Apples and/or Pears							
¼ Pound Bok Choy				¼ Pound Spinach			
2-4 oz. Kale	2-4 oz. Turnip Greens	2-4 oz. Collard Greens	2-4 oz. Water- cress	¼ lb. Straw- berries	¼ lb. Rasp- berries	¼ lb. Black- berries	¼ lb. Cherries
1 oz. Ginger Root		1 Lemon		1 Lime		1 Cucumber	

<sup>♥</sup> 8 oz per cup. 2 cups per pint. 2 pints per quart. 4 quarts per gallon. 16 oz. per pound.



Daily Food Diary for Date \_\_\_\_\_

**Breakfast**

Grains/Starches	
Vegetables/Fruits	
Beans/Nuts	
Dairy/Meat	
Packaged Food	
Sweets/Desserts	
Beverages	

**Comments/Between Meal Snacks**

**Lunch**

Grains/Starches	
Vegetables/Fruits	
Beans/Nuts	
Dairy/Meat	
Packaged Food	
Sweets/Desserts	
Beverages	

**Comments/Between Meal Snacks**

**Dinner**

Grains/Starches	
Vegetables/Fruits	
Beans/Nuts	
Dairy/Meat	
Packaged Food	
Sweets/Desserts	
Beverages	

**Comments/Late Night Snacks**