

GRAPE JUICE FAST

HOW TO MAKE IT

⇒ One quart (or more) of freshly juiced Concord or red grapes (seeds and small stems as well). The darker, the better!

INSTRUCTIONS

Using a juice extractor or juicer, juice any quantity of grapes desired and store in a glass mason jar or air-tight container.

HOW TO TAKE IT

Drink the grape juice as often and as much as you want! To fast properly, drink only grape juice and no other foods or drinks. This fast can be done for 24 hours or up to 60 days or more. Grapes are high in antioxidants and astringent properties. This makes for an excellent fast because of its lymphatic cleansing abilities!

