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Poughkeepsie Journal

HEALTHY LIVING

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LIVINGRIGHT

HEALTHFUL IDEAS FOR YOUR BUSY LIFESTYLE

3-day juicing may help renew your body

Your body and its digestive system may need a break.

That's the idea behind the three-day juice cleansing planned by the Beacon Healing Collective, 107 Teller Ave., Beacon, Thursday through Sunday.

"Fasting and cleansing is present in every traditional diet in the world," said Andrea Ramirez, a holistic health counselor with the collective.

Sometimes it's for religious reasons, other times because there is not enough to eat. But in our culture, our digestive system is going 24-7, she said.

"A lot of toxins are staying in there," she said.

The cleanse will include homemade juices packaged each day and a meeting each day from 7-8 p.m. to answer questions and offer support.

For information

For information about the juice cleanse, contact Andrea Ramirez by e-mail at andrea@soulterrahollistic.com or by calling **845-231-2470**.

If you're worried about feeling hungry, don't. "You drink so much juice, your stomach is working all day long, so you don't really have time to feel hungry," she said.

Ramirez said it's best to start eating lighter foods a few days to a week before the fast.

Cleanses cannot be done by people with kidney or liver problems or those who have trouble regularly eliminating liquids.

There is a \$150 fee, which includes juices, broth, four group counseling sessions and other materials.