



7 DAY JUMP START TO REVERSE AGING

YES. It is Possible

Kellie Olier



Your body was designed as fine-tuned instrument, capable of many things including naturally repairing itself after injury plus the ability to live a healthy life for a very long time.

Unfortunately today's poor diets and stressful lifestyles have left our bodies depleted, leaving many of us incapable of absorbing the full potential of nutrients from the food we eat; our minds zoned out and looking and feeling old way before our time.

(Just look at the pictures of me above.)

Even the ability to hear your inner voice, your internal GPS, has in many cases been silenced because of all of the toxic debris that has accumulated over the years inside you.

*Everything that goes inside your body-- **what you eat, the air you breathe, what you touch** and even **experiences you have had affect you** (good and bad) in **HOW YOU SHOW UP IN THE WORLD!***

And in ways you would never imagine: how you look, how you feel about yourself and others, how you think, premature aging and strangely enough, weight gain and the ability or inability to shed the unwanted pounds.

I have seen firsthand how a poor diet, a stressful lifestyle and a not so great attitude can make many of us look and feel older than we really are.

Please look at the pictures of me below. The image on the left was taken at a luncheon in Edmonton, Canada in April 1999.

The image on the right was a selfie taken in Palm Beach Gardens, Florida in July 2015.



The thing is, all these THINGS-poor diet, pollution, attitude, illness- are inter-related. One affects the other.

And you can't just fix one thing. You really need to fix the whole being. And it starts with what you put in your mouth.

Tthat is how I came about creating the 7 Day Jump Start to Reverse Aging, my personal system, founded from over 25 years of firsthand experience of diving into the world of nutrition, health, healing and anti-aging. I wanted to FIX myself!

A little background.....

I was 200 pounds at one time and I believed if I lost the weight all my troubles would go away and I would finally be skinny, happy and in control of my life. I was tired of letting my

weight govern every aspect of my life: personally, professionally and socially.

I was living in a very negative family environment, was an emotional eater, lived on packaged foods and microwave meals plus had a negative association to food.

I tried every diet under the sun: the Peel a Pound, the Eggs and Grapefruit, the Toast and Cottage Cheese, the Liquid Diet, the Packaged Food Diet, all the various weight loss clinics and even the starvation diet.

Every diet was a temporary fix so the Yo-Yo dieting continued. Little did I know that all the excessive dieting plus poor food choices and stress and all of life's everyday pollution was aging me. Inside and out.

After years of searching for the “magic potion or pill” I heard about several world class healing institute's that believed in the mantra, “Let your food be your medicine and your medicine be your food”.

That means juicing, eating raw and fresh foods. Nothing new there. “What the heck” I thought. “Let's give this a go.”

And it worked! I found my “magic pill” only it wasn't a pill but a lifestyle centered on **feeding my body real food.**

Not only did I conquer my “weight thingy” and my food addictions but also, as I continued to live this “anti-aging lifestyle”, I noticed other remarkable transformations.

Beautiful skin, a stronger body, great digestion and elimination and----TA DA!!! Balanced Emotions.

I never thought there was a direct correlation between food, emotional stability and wrinkles. What I now know is that fresh fruits and vegetables (and proteins) are some of the finest collagen boosting foods and the tip top secrets to reverse aging!

I started noticing how much more alive I felt, how much more energy I had, how much better I slept, and how my body started changing its shape. My muscles became stronger; my stomach became flatter; my hair grew faster and my nails stronger.

My attitude to life also changed. I looked forward to tomorrow. I was happier. I started managing life's day to day pressure and situations with much more ease and grace.

I started to look and grow younger each and every day!

Conquering my weight led me to discover what I now call my Reverse Aging Lifestyle.

Twice a year, I supplement my Reverse Aging Lifestyle with the 7 Day Jump Start to Reverse Aging, a blend of programs I have experienced firsthand at some of the finest anti-aging spas as well as nutrition based detoxification and healing centers in the world.

This system is designed to help jump start reverse aging as well as kick your cravings, train your taste buds to love ageless

nutrition and reap the rewards of a younger looking and more revitalized feeling you.

The 7 Day Jump Start to Reverse Aging utilizes the power of collagen boosting fruits and vegetables as part of the 7 day plan: 3 days of raw vegetable juicing plus 4 days of raw fruits and vegetables, all of which have known collagen boosting properties.

The 7 Day Jump Start to Reverse Aging is not designed as a diet aid to lose weight, although many of you may experience some to significant weight loss during the process.

The purpose of this program is also to support your bodies own natural detoxifying process to help rid your body of the toxic trash dump inside. All the while replenishing your system with collagen boosting fresh fruits and vegetables to clear the way for your new ageless nutrition lifestyle and for a brand new, more youthful you!

Imagine how you will show up once you have completed this program!

Imagine how you will show up if you incorporate collagen boosting foods into your forever life as part of your new ageless nutrition lifestyle for the rest of your life!

Enjoy!

With Love,

Kellie!

Why Raw?

Cooking, can destroy up to 40% of the minerals and can compromise the nutritional integrity of fresh fruits and vegetables. Raw foods are nutrient dense and part of my Ageless Nutrition lifestyle. That is why the program consists of living, raw food.

Why Juice?

Juicing removes the insoluble fiber, or the pulp, which adds bulk to your poop. The insoluble fiber in food has the intention of assisting in the passing of food quickly through the stomach.

Yes, we know fiber is important for many things including a healthy diet and digestion. Now here's the bug. Sometimes digestion gets slowed down, clogged up and overworked. Did you know that as much as 10% to 30% of all energy expenditure goes to the digestive process? That's a lot of work! And did you know the average person eats between 35 and 100 tons of food in a lifetime!!!! We need an overhaul! You bathe the outside of your body every day. Isn't it time to clean the inside?

The solution? Give your digestion system a break from all the hard work of breaking down the food in your stomach and a bath with healthy cleansing juices from the juice you drink.

By removing the insoluble fiber from fresh, organic, nutrient dense veggies, your digestive track takes a holiday allowing for an easy effective way for increased absorption of all the vitamins and minerals and enzymes naturally occurring in juice.

Think of it as if you are getting a liquid shot of fresh, real phytonutrients direct to your system! Or, putting it another way, I like

to think of juicing as an IV of nutrients into the body without the needle!

Why Only Vegetable Juice?

Yes. Only vegetables. In the 7 Day Jumpstart to Reverse Aging, you consume only fresh vegetable juice. There are no fruit juices in this detox.

Freshly juiced fruits juices contain a concentrated high amount of naturally occurring sugar. When trying to kick the sugar cravings, the best way to achieve your goal is to eliminate all sugar. Even naturally occurring found in fruit.

The 7 Day Jump Start to Reverse Aging utilizes nutrient dense, collagen boosting vegetables, rich in trace minerals plus vitamin's K, C and D. All necessary for the production of collagen on the inside for youthful glowing skin.

Other reasons for juicing?

- 1. Gives your digestive system a break*
- 2. An easy way to absorb maximum amount of nutrition from food in its purest, simplest form*
- 3. Delivers youth providing anti-oxidants which destroy free radicals destroying your body, aging you before your time.*



- 4. Helps kick your sugar cravings and get you back on track for optimal wellness.*
- 5. An easy fast way to get your daily recommended dose of vegetables*
- 6. Helps detoxify the body*
- 7. Helps to alkalize the body-disease cannot live in a alkaline body*
- 8. Supports healthy weight loss*

What to expect during and after the Jump Start Renewal Process

Let's start off with this premise: What you think or expect is what you get. Law of attraction and the power of The Word.

My suggestion is to go into this cleanse with a positive, success oriented, open mind set: "My 7 Day Jump Start to Reverse Aging is easy, effortless and fun. Whatever comes up I process quickly and efficiently".

- Younger Looking skin*
- Increased Energy*
- Increased Focus*
- Emotionally grounded*
- Brighter Eyes*
- Whiter Whites of your Eyes*
- Brighter, Clearer Skin*
- Flatter Stomach*
- Kicked Some Cravings*
- Reset your taste buds for tasty, ageless nutrition*
- A few pounds lighter*



As you give up and let go of some of your go to comfort foods that have turned into your best friend and addiction, it's tough to say good bye. Cookies and red wine were some of my best friends. The body doesn't want to let go. A struggle might occur and you might feel a bit cranky and tired. It is not uncommon to have an emotional response or physical release including:

- *Waves of emotion including laughter*
 - *Sluggish or tired*
 - *Brain fog*
 - *Headache*
 - *Nausea*
-
- *Crankiness*
 - *Constipation*
 - *Diarrhea*
 - *Stiff achy joints*

At the end of your 7 days you may find a new appreciation for fresh foods.

Should I Exercise while on the 7 Day Jumpstart to Reverse Aging?

Light exercise such as walking, stretching, yoga or any other type of movement is encouraged to keep the lymphatics moving. Your body is doing its best to shuttle the waste products out of your system. As your caloric level is reduced, save your energy for detoxing. Let your body do its job.

Why should I Drink Wheat Grass Juice?

First of all, for all you gluten free fans know this: Wheat Grass Juice is gluten free as the grass is cut before it grows into grain.

Nutrient dense wheat grass juice is a powerhouse of vitamin A plus a full spectrum of all the B's as well as chock full of vitamin C, E, I and K. It also contains magnesium plus virtually every other mineral known to the human race.



In fact, did you know that drinking 2 oz. of wheat grass juice has the nutritional equivalent of eating approximately 5 pounds of raw, fresh organic produce? The benefit? A natural off switch of your appetite!

Here's the scoop. Oxygen enriching wheat grass juice contains chlorophyll, the life blood of all plants. Chlorophyll is the first product of light, transformed through photosynthesis. Chlorophyll is also what your cells crave in order to thrive. Its benefits are many including

detoxifier, inflammation fighter, appetite suppressant, skin revitalizer, more energy, immunity booster and therefore anti-ager.

How are you going to feel when you take it?

You may feel stronger and have greater endurance; a revitalization in your health; greater spirituality; experience a sense of bliss and or well-being. Because wheat grass juice is a powerhouse of everything, including liver cleanser and blood purifier, you may experience more of the detoxing experiences.

HEY! Check out the quantum physics on Wheat Grass Juice as per the Hippocrates Institute in West Palm Beach, Florida.

“When it is consumed fresh it is a living food and has bio-electricity. This high vibration energy is literally the life force within the living juice. This resource of life-force energy can potentially unleash powerful renewing vibrations and greater connectivity to one’s inner being. These powerful nutrients can also prevent DNA destruction and help protect us from the ongoing effects of pre-mature aging and cellular breakdown”.

NOTE: Wheat grass juice’s benefits are best fresh. If unavailable, Amazing Grass Dehydrated Wheat Grass is acceptable substitute. Amazing Grass Wheat Grass Juice is dehydrated at low temperatures to ensure the raw food properties are preserved and ultimately, placed in frozen storage, Mother Nature’s pause button to ensure peak performance for end consumer

Why Rejuvelac?

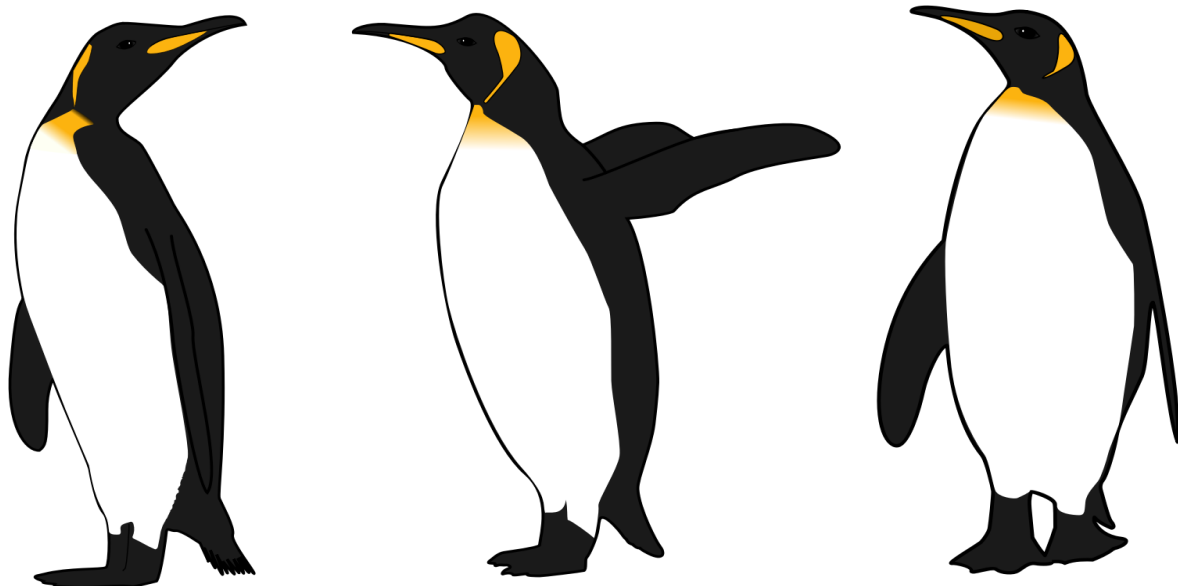
Loaded with naturally occurring prebiotics and probiotics plus life giving digestive enzymes necessary for us to digest and assimilate our meals, Rejuvelac is a sour lemon-aid tasting drink with amazing health benefits that enhances virtually all components of our digestive process.

It is also known to have a mild laxative effect and help to move things along if you are constipated.

See my Rejuvelac recipe section at the end of this guide.

Can Anyone Eat Their Way to Reverse Aging?

Typically yes, as this eating plan is filled with nutrient dense foods. However, I would not recommend this plan to expecting mothers and little ones under the age of 18. Also, expect the caloric intake to be lower than what you are used to, so please, check with your physician before starting this or any new eating plan or health related diet. Continue with your medication.



7 Day Jump Start to Reverse Aging: The Plan

Every Day

Drink one gallon of water daily.

Start every morning with one large glass (12 oz.) room temperature spring or filtered water with lemon.

2-3 1 oz. shot of wheat grass juice daily on an empty stomach: before breakfast and mid afternoon. Drink fresh within 15 minutes of Juicing. If fresh is unavailable, use Dehydrated Wheat Grass Juice Powder as a substitute. Amazing Grass is one of the best alternatives to fresh.

Have minimum of 2 glasses Rejuvelac daily.

Wheat Grass Juice Note: Wheat Grass Juice is considered a super detoxifier. If you experience enhanced detoxifying occurrences, reduce wheat grass juice to once daily, or eliminate completely.

Follow the plan for maximum results. Focus on the end game. Keep your eye on the prizes: younger, more beautiful looking skin, flat belly, more zip in your zing! A jump start to a brand new you!

It is only 7 days. YOU CAN DO IT!

Days 1 and 2

3 meals per day consisting of fruits and vegetables, not at the same meal.



Start day with 12 oz. of room temperature spring or filtered water with lemon.

1 Shot of Wheat Grass Juice on empty stomach, after morning water and at least 30 minutes before breakfast.

Breakfast

Bowl of raspberries, boysenberries, black berries and or blue berries; large chunk of water melon; half cantaloupe. For added flavor, try sprinkling cinnamon on top of fruit.

It tastes terrific! And cinnamon

makes fruit taste sweeter and conversely, helps to lower blood sugar levels, or

Fresh veggie plate: A mixture of sunflower sprouts, pea sprouts, alfalfa sprouts, sprouted mung beans, sprouted peas, purple cabbage, cucumber, red peppers, sweet potatoes, celery, broccoli and snap peas. Eat raw. It can be a giant salad or a plate filled with some if not all the veggies. Eat up!

Lunch: veggie plate or fruit bowl.

Snack: 1 serving of wheat grass juice

Dinner: Vegetable plate

Drink water and Rejuvelac throughout the day.



Days 3, 4 and 5: Juice Detox and Cleanse

Drink anywhere between 72 and 120 oz. of juice daily, depending upon hunger level.

Spices such as fresh or powdered garlic, onion, Dulce, kelp powder and celery powder can be used to shake things up a bit!

Vegetables juice only. Drink one gallon of water daily.

On Waking: *Start day with 12 oz. of room temperature spring or filtered water with lemon*

Before Breakfast: *1 serving of wheat grass juice*

Breakfast: *Vegetable Juice*

Snack: *Vegetable Juice (if hungry)*

Lunch: *Vegetable Juice*

Snack: *1 serving wheat grass juice, vegetable juice (if hungry)*

Dinner: *Vegetable Juice*



Your choice of the following vegetable juices. See recipes and nutritional profile in recipe section.

Recipe 1: cucumber, celery, zucchini, chard, kale and ginger.

Recipe 2: sunflower sprouts, pea sprout, cucumber, and celery, kale

Recipe 3: kale, purple cabbage, celery, cucumber, ginger

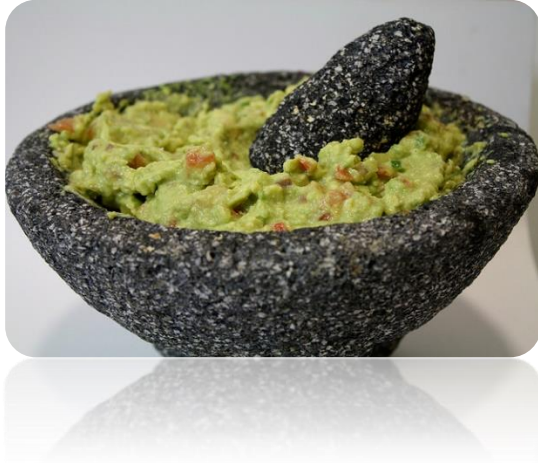
Recipe 4: celery, cabbage, broccoli, kale, dandelion, sprouts and romaine lettuce

Day 6:

1 gallon spring or filtered water throughout day

Start morning with 12oz room temperature water with lemon

1 serving wheat grass juice after morning water and 30 minutes before breakfast.



Breakfast: *apple sauce made from fresh apples or 1 serving of guacamole*

Snack: *1 serving wheat grass juice*

Lunch: *1 large bowl of collagen boosting avocado green soup or serving of guacamole*

Snack: *1 serving of wheat grass juice and vegetable juice (if hungry)*

Dinner: *1 large bowl of avocado collagen boosting green soup or veggie plate*

Day 7

On Rising: 12 oz. room temperature water with lemon



Before Breakfast: 1 serving wheat grass juice

Breakfast: Chunk of watermelon or ½ cantaloupe or bowl of berries. Sprinkle with cinnamon for added sweetness and balancing blood sugar levels.

Snack: 1 serving of Wheat Grass juice

Lunch: Avocado Collagen Boosting Green Soup and Collagen Boosting Anti-Aging Salad

Dinner: Introduce a light protein, your choice and anti-aging salad. Egg whites, light white fish such as wild tilapia or wild Dover sole, organic free range chicken breast, plant protein such as hemp and chia seeds, plant based protein powder, flax seed egg whites, and non GMO organic tofu.

What next?

Keep up with the program, trying to maintain at least an 80% raw diet, 20% cooked diet.

*Maintain your juicing with one green vegetable juice daily.
Remember-NO FRUIT JUICES!*

Twice a year, follow the same program. It will be with you for life. I typically do the program in the fall and in the spring.

If you are ambitious, try extending the program for up to two to three weeks for a total clean out. Check with your doctor. You may want to monitor your success by having blood work done before and after the 3 week cleanse.

Take your ageless living and ageless nutrition to the next level. Check out the resources I have listed below.



For one on one coaching with Kellie send an email to KO@kellieolver.com. Put COACHING in subject matter.

To secure your order of Kellie's book send email to KO@kellieolver.com. Put BOOK in subject matter.

Subscribe to Kellie's Membership Site and receive a beauty box filled with nearly \$100 of anti-aging/beauty products; access to some of the top anti-aging experts in the field; priority access to Kellie; coupons and discounts for products and professional services such as aesthetics and corrective surgery; access to global retreats and more!

Send Kellie an email at KO@kellieolver.com. Put VIP in the subject line.

Tips:

- 1. Dry Brush your skin using a dry loofah or use an actual dry brushing brush, available at many whole food type stores, amazon and most drug stores. Brush in upward strokes from the flat bottoms of your feet to your forehead. (Be gentle on the face!)*
- 2. Scrape your tongue daily. Detoxing can contribute to a white filmy coating on the tongue. Remove daily. Tongue scrapers are available at many whole food department type stores, Amazon and many drug stores.*
- 3. Gentle exercise: 15 -30 minute walks, stretching, yoga and light swimming are recommended.*
- 4. Grab a Sauna if you can.*
- 5. Massage*
- 6. Try a colonic. Professional services are available. You can also administer one yourself. (Don't laugh, I did it. If I can do it so can you.) All you need is a bucket, some tubing and some KY jelly. Or, take 1T psyllium husks in your morning water with lemon. Follow the same procedure in the evening before going to bed.*

Kellie's Grow Younger Recipes

Recipe 1

Green Machine, compliments of Optimum Health Institute

Ingredients: cucumber, celery, zucchini, chard, kale and ginger.

½ medium cucumber

2 stalks celery

1 med zucchini

2 stalks Swiss chard

2 stalks kale

2 inch chunk ginger

Serving: approximately 12 oz.

Directions:

Wash, rinse and cut veggies to appropriate size for your juicer

Put in juicer

If desired, spices to taste:

Garlic powder, Onion powder, Celery powder (gives it a slight salty taste), Cayenne, Dulse, Dill, Curry

Recipe 2

Green Juice, compliments of Hippocrates Institute

Ingredients: sunflower sprouts, pea sprout, cucumber, celery, kale

1C (large handful) sunflower sprouts

1C (large handful) pea sprouts

1 large cucumber

4 stalks celery

2 stalks kale or other dark leafy green

Yield: approximately 18-22 oz.

Directions:

Prep all veggies: wash, rinse and cut to appropriate size for your juicer

Put in juicer

If desired, spices to taste:

Garlic powder, Onion powder, Celery powder (gives it a slight salty taste), Cayenne, Dulse, Dill, Curry

Recipe 3

Purple People Free Radical Eater (one of my very own!)

Ingredients: kale, purple cabbage, celery, cucumber, ginger

2 stalks kale

¼ small to medium purple cabbage

2 stalks celery

½ large cucumber

2 inch chunk ginger

Yield: approximately 12-14 oz.

Directions:

Prep all veggies: wash, rinse and cut to appropriate size for your juicer

Put in juicer

If desired, spices to taste:

Garlic powder, Onion powder, Celery powder (gives it a slight salty taste), Cayenne, Dulse, Dill, Curry

Recipe 4

Veggie Celebration Delight (one of my very own!)

Ingredients: celery, green cabbage, broccoli, kale, dandelion greens, and your choice of sprouts: sunflower, pea, broccoli or alfalfa, romaine lettuce, parsley and cilantro

2 stalks celery

¼ small to medium green or purple cabbage

1 cup broccoli (flowers and stem)

1 C sprouts (large handful)

½ head small to medium romaine lettuce

3 inch bunch parsley

Handful of cilantro

Yield: approximately 16 to 18 oz.

Directions:

Prep all veggies: wash, rinse and cut to appropriate size for your juicer

Put in juicer

If desired, spices to taste:

Garlic powder, Onion powder, Celery powder (gives it a slight salty taste), Cayenne, Dulse, Dill, Curry

Recipe 5

Collagen Boosting Anti-Aging Salad (my very own)

½ Purple Cabbage chopped in chunks

1 whole red pepper sliced thickly

2 carrots sliced in chunks

2 stalks kale finely chopped

½ bunch parsley chopped

1 medium beet root and beet greens chopped in chunks

1/4 purple onion sliced in chunks

½ head romaine lettuce

1 avocado-sliced or in large chunks

1 handful cilantro

Dressing: extra virgin olive oil and lemon

2 lemons

2-3T extra virgin olive oil

Red Chili Flakes for a little extra kick

Directions: wash then chop all ingredients except avocado. Toss all ingredients in large bowl.

Pour olive oil over vegetables. Squeeze juice of 1 lemon over salad. Toss.

Slice Avocado and place on top - Season to taste.

1-2 servings

Recipe 6

Avocado Collagen Boosting Green Soup, recipe compliments of Hippocrates Health Institute

3 C Green Juice (To make green juice: we recommend a blend of 1C sunflower sprout, 1C pea sprout, 1 large cucumber, and 8 stalks celery. Add more sunflower and pea sprouts to make more juice if needed)

1 C. chopped celery

1 C. chopped cucumber

1/4 C. chopped red onion

1 whole avocado

2 C. Chopped Fresh Herbs (your choice of coriander, basil, mint or dill)

1 T. Fresh Lemon Juice

Kelp Powder, To Taste

Garlic and Ginger, Optional

Yield: 4-6 servings

Directions:

- 1. In a blender, combine all ingredients.**
- 2. Blend well, and season to taste.**
- 3. Serve immediately.**

Recipe 7

Guacamole, recipe compliments of Optimum Health Institute

Ingredients:

5 avocados

4 tomatoes, diced,

3 cups finely shredded Zucchini,

3 green onions, sliced thin

1/2 cup sauerkraut

2 teaspoons dulse and garlic

Yield: Approximately 4 servings

Cut avocado and remove pit. Score avocado meat in a crisscross forming avocado chunks. Scoop out avocado chunks and put into a bowl. Do not mash. Add remaining ingredients and mix gently.

Recipe 8

Raw Apple Sauce (my very own)

Ingredients: *Your apple of choice: granny smith, McIntosh, Spartan, etc., lemon juice or apple cider vinegar, vanilla, cinnamon, dates.*

2 large apples, cored and quartered

1T apple cider vinegar or lemon juice

1 pitted date

Or 1t vanilla extract

1t cinnamon

Directions:

Place ingredients to the container of blender or food processor and blend till smooth.

Serve immediately

Refrigerate left overs in glass jars.

Recipe 9

Rejuvelac, compliments of Optimum Health Institute

Rejuvelac is made from grains. There are several types of grains that can be used for making Rejuvelac. The most popular grains are wheat and rye. If Rejuvelac is made from wheat berries, make sure to use the soft, spring wheat berries, not the hard, winter wheat berries that are used for growing wheatgrass. Besides spring wheat berries and rye, Rejuvelac can be made from millet, oats, barley or triticale. Triticale is a hybrid between wheat and rye. It is particularly high in protein.

It will take about 4 days to make a Rejuvelac, starting with dry seeds. The recipe given here will make one gallon of Rejuvelac. We recommend drinking one quart of Rejuvelac per day, so a gallon should last for four days. Therefore, when the four-day supply is harvested, (sprouted) it is time to start the next batch.

1. Rinse, then soak in filtered water 3/4 cup of dry grains for 8-12 hours in a jar with a screen tied over the opening. During this time the grains will expand to 1 cup.

2. Drain and discard the soak water from the grains, then rinse the grains. Keep the jar upside down at a 45 degree angle to fully drain and for sprouting.

3. Sprout the grains for 24-36 hours. Rinse the grains two to three times during sprouting. This will yield enough sprouted grain to make one gallon of Rejuvelac.

4. Blend the one cup of sprouted grains with two cups of purified water for about 5 seconds. Pour contents from the blender into a one gallon container and add enough water to make one gallon.

5. Place a screen on top of the one gallon container and let the Rejuvelac ferment for 24 hours in a room temperature of 68-80 degrees F. Ferment longer if a stronger Rejuvelac is desired.

6. Pour Rejuvelac through a strainer to strain out the grains and sediment that forms on the bottom. Discard or compost the grains and sediment.

How to tell if your Rejuvelac is good and what to do if it isn't. After one day or longer, of fermentation, the Rejuvelac should be perfect. It should have a fermented aroma. At this point taste it. It should taste slightly sour. If it tastes too bland, you have probably not had the room warm enough or there might not have been enough sprouted grains used. If it tastes spoiled, it probably is. Rejuvelac may spoil if it is fermented too long. Do not drink watery or spoiled Rejuvelac.

Slightly watery Rejuvelac can be improved by increasing the room temperature, stirring the Rejuvelac and leaving it for up to another 24 hours. There is no correcting spoiled Rejuvelac. Water your plants with it, add it to your compost or ditch it.

Storing Rejuvelac. Rejuvelac should be consumed at room temperature. You can store it in the refrigerator for up to four days, but take it out a few hours before drinking it. NEVER COVER REJUVELAC TIGHTLY. Cover your Rejuvelac loosely with a cloth or screen to keep the bugs out, but do not put a tight lid on it.

Approximate Juicing Conversions

1 small beet = 1oz. Juice

2 beet stalks and greens = 5oz. Juice

1 large cucumber = 8 oz. juice

1 medium head broccoli flowers and stems = 4 oz. Juice

½ head cabbage = 6oz. juice

4 carrots = 5oz. juice

1 head romaine lettuce = 5oz. juice

½ bunch kale = 4oz. juice

1 bunch cilantro = 2-3 oz. juice

Large handful Parsley = 1-2 oz. juice

1 1b Dandelion greens = 4-6 oz. juice

3 medium Zucchini = 8 oz. juice

1 lb. pea sprouts = 4-6 oz. juice

1 lb. Sunflower sprouts = 4-6 oz. juice