

# Technical Bulletin

By Dr. Larry J. Milam, HMD, PhD

*The information in this article is not intended as medical advice, but only as a guide in working with your health care professional.*

## ReJoyce™

### 48 Hour Rejuvenating Juice Fast

**ReJoyce™** is a delicious all natural fruit juice concentrate with essential vitamins, minerals and dietary fiber. It is specifically formulated as a two day detoxifying fast that allow you to **safely lose up to 10 lbs.**

#### Why is ReJoyce™ unique?

Each serving has been formulated with **5 grams of soluble-non-digestible dietary fiber** called *Fibersol-2*. This unique ingredient contains short chain polymers of glucose that have been engineered by purposeful rearrangement of starch or hydrolyzed starch, converting a portion of the normal alpha-1,4-glucose linkages to random 1,2-, 1-3- and 1,4 alpha or beta linkages.

The human digestive system effectively digests only alpha-1,4-linkages. Therefore, the other linkages render the molecules resistant to digestion or absorption in the small intestine. Consequently these undigested maltodextrins pass to the large intestine where they are fermented by the colonic bacteria.

***This normal process yields short chain fatty acids, lowers the pH and reduces gaseous by-products.***

#### The health benefits of Fibersol-2:

1. It helps maintain a normal, healthy cardiovascular system.
2. It helps maintain normal healthy blood glucose levels after a meal. It reduces the postprandial rise in blood glucose levels
3. It helps maintain normal healthy regularity. It stimulates bowel movement by its bulking effect.
4. It helps lower cholesterol and triglyceride levels.
5. It does not affect mineral and calcium absorption as can occur with some fibers.

#### Fasting, Detox and Cleansing

To go on a fast is to give your digestive system a needed vacation. We all know we live in a toxic world. We breathe polluted air and often drink water laden with chemicals. Most of us eat three meals (or more) each day. Often, before one meal can be digested, processed and repackaged, another meal is on the way. Our system barely gets a break. Our stomach, liver and kidneys are working overtime, as are our intestines.

In addition to the "good stuff" we are introducing to the body, there is also a lot of "junk" - bad food, chemicals, preservatives, food colorings, etc. In most cases we treat our digestive system as an "*in basket*". We put food on top of food, without allowing for complete utilization of nutrients and elimination of waste.

When our body is cleansed, our psyche and spirit are also unburdened. Fasting is a great time to surrender some of our old food habits, toxic thoughts and our compulsions (like reaching for high fat/sugar snack at the first sign of hunger).

A detoxifying fast can renew energy. When we rest our system, we give it a chance to restore its efficiency and integrity.

Fasting has long been recognized for its role in restoring health. It allows spent, worn out cells to flow out of the body, making way for the formation of new cells in a less toxic environment. Eliminating toxins can give the body a chance to reprogram itself.

Fasting with the delicious fruit and berry juices found in the ***ReJoyce™ 48 hour plan*** can give you the opportunity to build a new, healthier body from the inside out and release unwanted pounds!

# Rejoice - An all Natural Fruit Juice Diet

*Allows you to safely and effectively lose weight (up to 10 lbs!) by reducing calories as you cleanse and rest the digestive system. This proprietary mix includes essential vitamins and minerals for a healthful detoxifying juice fast. In addition, each serving contains 5 grams of soluble, non-digestible fiber to help normalize blood glucose levels and maintain regularity.\**

*Directions: For an 8 oz. drink:*

*Mix 1.4 oz. (42 ml)\* of Wildberry Concentrate  
in 6.6 oz.\*\* of purified water.*

*Mix 1.3 oz. (39 ml)\* of Tropical Citrus Concentrate  
with 6.7 oz.\*\* of purified water.*

*\*For your convenience, there is a serving measure on the right edge of the label.*

*\*\*More water may be mixed to fill your glass or adjust to your taste.*

*At the recommended levels, you are consuming 100% fruit juices.*

*Consume slowly over 5 to 10 minutes. Repeat this process four (4) times each day for 2 days. During your two day fasting program, consume as much additional water as you like (a minimum of 3 to 4 glasses each day).*

*If you experience hunger, this is a good time to consume additional water.*

*You may mix a full days' supply of Rejoice™ (32 oz. per day). After diluting with water, it is best to refrigerate unused portion.*

*Additional Tips:*

*Try to consume your last portion by 8 PM*

*Do not consume any alcohol, caffeine or food during this cleansing fast.*

Supplement Facts		
Serving Size: 1.30 oz. (39 ml), 8 oz. when mixed with water		
Servings per bottle: 8		
	Amt per Serving	% Daily Value
Calories	135	7%
Calories from fat	0	
Total Carbohydrates	33	11%
Sugars (g)	27	
Dietary Fiber (gr)	5.3	21%
Protein (gr)	0.50	>1%
Vitamin A (IU)	3750	75%
Thiamine B1 (mg)	1.1	75%
Riboflavin B2 (mg)	1.3	75%
Niacin B3 (mg)	15	75%
Pantothenic Acid B5 (mg)	7.5	75%
Vitamin B6 (mg)	1.5	75%
Vitamin B12 (mcg)	4.5	75%
Vitamin C (mg)	45	75%
Vitamin D (IU)	300	75%
Vitamin E (IU)	23	75%
Biotin (mcg)	225	75%
Folic Acid (mcg)	300	75%
Calcium (mg)	11.3	1%
Potassium (mg)	184	4%
Phosphorous (mg)	13.7	1%

Ingredients for Tropical Citrus: Water\*, Pineapple Concentrate, Apple Concentrate, Orange Concentrate, White Grape Concentrate, Apricot Puree, Peach Puree, Banana Puree, Maltodextrin (Fiber/Fibersol) Wolfberry, Aloe Vera, Natural Gum Stabilizers, Ascorbic Acid, Vitamin E, Potassium Sorbate, Vitamin E, Sodium Benzoate, Biotin (Vit. B7), Niacin (Vit. B3), Vitamin A, Pantothenic Acid (Vit. B5), Pyridoxine (Vit. B6), Beta Carotene, Thiamine (Vit. B1), Riboflavin (Vit. B2), Vitamin D3, Folic Acid (Vit. B9), Cyanocobalamin (Vit. B12), Lavender, Bergamot, and Citrus Oils.\*Water to be added by the customer.\*\*

Ingredients for Wildberry: Water\*, White Grape Concentrate, Apple Concentrate, Red Raspberry Concentrate WOJC®, Strawberry Concentrate WOJC®, Citric Acid, Boysenberry Concentrate WOJC®, Cranberry Concentrate WOJC®, Blueberry Concentrate WOJC®, Natural Flavors, Red Raspberry Concentrate, Black Currant Concentrate, Wolfberry, Aloe Vera, Maltodextrin (Fiber/Fibersol) Ascorbic Acid, Potassium Sorbate, Vitamin E, Niacin (Vit. B3), Sodium Benzoate, Biotin (Vit. B7), Vitamin A, Pantothenic Acid (Vit. B5), Pyridoxine (Vit. B6) Thiamin (Vit. B1), Riboflavin (Vit. B2), Vitamin D3, Folic Acid (Vit. B9), Cyanocobalamin (Vit. B12)\*Water to be added by customer.

\*\*Caution: For those with blood sugar problems check with your health care practitioner before beginning this diet or any other diet.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

**New Spirit Naturals, Inc. • P.O. Box 3300 • San Dimas, Ca. 91773**

**(909)592-4445 • www.newspirit.com**

**UK: New Spirit Naturals, Ltd. • P.O. Box 3102 • Wokingham • Berkshire RG41 34W**

**01189-892511 www.newspirit-naturals.co.uk**