



# Diabetic Health Clinic

Lifestyle Designed To Help Normalise Blood Sugar Levels

[www..DiabeticHealthClinic.org](http://www.DiabeticHealthClinic.org)

## Nausea during a juice fast.

If you experience nausea during your juice fast. The symptoms can be easily managed. Nausea does tend to pass on its own after about 3 days. It occurs in those cases where the body becomes used to having large quantities of certain vegetables or nutrients that its not familiar with. It can also be your body detoxing and expelling toxins and wastes from your liver and gall bladder.

There are a few different ways to manage this nausea that we have found through research and other peoples experiences.

1. Water your juice down by adding some ice or filtered water to your juice. This will reduce the impact on your body, and ensure that you are receiving enough fluid/water in your daily intake.
2. Add fresh ginger to the juice. Ginger aids digestion and also helps with the nausea.
3. Drinking herbal teas in between juicing will also aid with gastric problems. Peppermint tea is especially good. Camomile tea is a natural anti inflammatory. If the nausea is caused by inflammation, then it will help.
4. It can help to reduce the beetroot quantity in the juice. Others find that too much dark greens makes them nauseous. If that's the case, try reducing the dark greens.
5. Changing your juice recipes totally can help. Go back to basics for a while. Carrot, celery, apple and ginger.

If you are still struggling with nausea after trying all the above, and you are vomiting and are unable to keep any fluids down for more than 24 hours, then you need to see your doctor as you might become dehydrated.

Please let your facilitator know if occurs.