

# Download The Basic Guide To Alkalizing A Healing Journey

When you embark on a juice fast, especially on an extended juice fast, you should expect healing. But, along with healing, you may experience some reactions that we call “healing reactions” or “healing crisis”. Shungite came out on the new age stone-lovers scene about three years ago and made quite the big splash. I’m not sure why it suddenly became so popular but it’s not usually listed in the older, more popular crystal property books so people are often left wondering and asking me lots and lots of questions about it. At the mention of “Juice Fast”, one often thinks of weight loss. But juice fasting is really about HEALING, weight loss will follow. Find out your “why” and you will appreciate the tremendous benefits of juice fasting that follows. The information supplied through or on this website, by telephone, email, or other form of communication, is for informational purposes only and does not constitute medical, legal or other professional advice.