



### **La Juiceria Reboot Information for Your Doctor**

Most medical experts agree, and numerous studies are showing, the benefits of consuming fresh fruits/ vegetables and fresh expressed juices in the prevention and treatment of obesity, cardiovascular disease, inflammatory conditions and cancer.

Your patient had expressed interest in starting the pathway toward healthier eating by participating in a La Juiceria (LJ) Reboot program. It is recommended that anyone with medical problems, on prescription medications or who is interested in participating in the program for longer than 15 days to consult with their doctor/ specialist/ physician.

### **What is a LJ Reboot?**

1. A chance to break the cycle of unhealthy eating.
2. It is a temporary period where an individual commits to eating and/or drinking only fruits and vegetables.
3. It is not a diet; it is a time for the body and mind reset and maximally absorb micronutrients and phytonutrients to allow for a transition to healthier, wholefoods, plant-rich eating behaviors.

### **Why include juice?**

We believe that many patients have told their doctors they would eat more fruits and vegetables, but they just don't like the taste... Juicing overcomes this obstacle. It offers many delicious health benefits, including numerous servings of fruits and vegetables in just one glass, full immune-boosting nutrients and phytochemicals naturally found in freshly extracted juices. Most commercial juices are highly processed and the nutrients and vitamins are sometimes being reinforced using chemicals. And before it reaches the consumer, the juices would be exposed to heat whether from the processing or packaging and heat is the one which oxidizes/ degrade the nutrients that is naturally found in the fruits and vegetables.

### **The Basics of La Juiceria Reboot program**

1. The length of the LJ Reboot can vary from 2 to 60 days.
2. Guidelines are provided online to help individuals decide the length of LJ Reboot which is best for them. All the information needed is free of charge at [www.lajuiceria.com.my](http://www.lajuiceria.com.my)
3. Support from credentialed nutritionist from respected academic institution are available in Guided LJ Reboot for a reasonable fee.
4. Fruits and vegetables are the principal components of LJ Reboot, followed by guidelines for other healthy food choices after the LJ Reboot program.



RAW. REBOOT. RENEW

5. Many people find that replacing breakfast or lunch with nutrient-packed juices along with healthy dinner, shows significant improvement in eating habits, health and weight.
6. Since this is not a diet plan, generally protein deficiency will not occur. But if you are worried that this will occur to your patient, it is certainly ok for them to take plant-based protein supplement.

### **Medical Support**

1. Medical judgment in regard to each individual patient is left to the discretion of the treating physician.
2. In general, no laboratory studies are recommended for healthy individuals completing a program of up to 10 days.
3. Although we have not seen any participants develop electrolyte abnormalities, we recommend that physicians check electrolytes every 15 days for healthy individuals doing a juice-only reboot longer than 15 days.
4. A juice-only LJ Reboot is not recommended for more than 60 days. The length of time will need to correlate with the individual's BMI.
5. Healthy individuals on anti-hypertensive medications have also participated in LJ Reboot for extended periods of time, and we recommend electrolytes be checked in these individuals every 10 days. Many individuals on anti-hypertensive have been able to decrease their doses or discontinue the usage of some medications as their blood pressures normalize. It is recommended to monitor a patient's blood pressure during and after a LJ Reboot and adjust their medications as needed.
6. Patients with diabetes have also successfully participated in both juice-only and juice-plus-food Reboot, including decreasing and sometimes eliminating the need for medications. It is not recommended that anyone with diabetes participates without a physician and/or nutritionist's guidance.

If you have additional questions about the use of a LJ Reboot on your patients, feel free to email [nutritionist@lajuiceria.com](mailto:nutritionist@lajuiceria.com) and our nutritionist will get in touch with you. Kindly take note this is only intended for doctors/ specialist/ physicians only.

Free support is provided to anyone interested in participating in a La Juiceria Reboot at [www.lajuiceria.com.my](http://www.lajuiceria.com.my)