

# **REVOLUTIONARY HEALER**

**JUICE FASTING DETOX MADE EASY**



**Jill Ayn Schneider**  
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JILL AYN SCHNEIDER



## INTRODUCTION

I am writing this book in January 2021, during this Covid-19 time. No matter where we live, we are all experiencing a huge change in our lives. From this questionable pandemic and vaccine to the toppling of governments across the globe, our own insecurities are at a high level, never before known during my lifetime of 75 years.

So, what can we do right now? No matter what, we have the opportunity to make some basic and intelligent decisions which affect our health and well-being. Regardless of what is going on in this world, you really must find the strength on many levels to get through this shaky ground. As a sovereign being you still come first. Your health and wellness will see you through this difficult time, so let's get on with it. For me, I have never been so healthy in my entire life. Welcome to LIFE in a HUMAN BODY at the most unique time in Global History.

This e-book offers a starter program of old-school Juice Fasting Detoxification. This concise protocol explaining how to take out the garbage from your body and replace it with clean food and drink. You will be encouraged, inspired and guided toward how to go through a detox as gently as possible, while your organ systems make some important re-adjustments with the least amount of discomfort or danger. Then with gratefulness and respect for your body and its' healing process, you will

continue to upgrade and reignite your health with vibrant, living food. This shift will purify your blood and slow the aging process, all while re-energizing your body, mind and spirit.

After you have read through this e-book, you might want to pursue it very carefully, please. If you have some experience with detoxification, then go right ahead and get started. However, if you have never done a fast, or haven't done one in many years, I highly recommend that you seek either my guidance or someone else who has professional experience in this area to assist and guide you. You might have concerns about medication that you are taking and how that will be handled, or whether your health in general could be a problem.

Many emotions from insecurities may pop up for some people, or uncomfortable symptoms could manifest through this detox process. The last thing I want to see you do is cave in to cravings. That could be dangerous. I have 40 years of experience with detoxing and promise if you choose to work with me that I will make the process safer and easier than you can imagine.

### **Pre-Fast, Juice Fast, Post Fast (3 week Total Detoxification process)**

#### **Benefits:**

- Improve digestion by giving your body a physiological rest.
- Purify your body of toxic substances which are in our air, water and processed food.
- Increase vital energy, once the body begins to adjust to liquids.
- Reduce cravings for devitalized non-food, which could actually be poisonous if you were to break the fast midstream and go back to these bad habits.

- Access elements from nature to assist healing, such as the air, sun, water, and only organic fruits and vegetables.
- Enhance the intelligence of the Universal Energy within you, by using your awareness to learn who you really are and what you are capable of.
- Boost the functioning of your immune system, which naturally occurs when all organ systems are working together in sync. Depending on your health conditions, adjustments may need to be made mid-stream. In this situation, you can email me to set up some coaching time.
- Balance weight issues. The body goes into homeostasis to achieve a real equilibrium.
- Bring your MOJO BACK! Let's get up and dance.

Even if you have fasted in your younger years, you will benefit from some updated practical knowledge and inspirational support to help you with the following decisions:

- How to choose the best type of detox fast for your individual health issues? There is no one fast fits all. Adjustments for personal specifics allow for smooth and successful detoxing.
- How to prepare and ensure your success? Pre-fast program: make a simple plan to stick to it, have recipes to follow.
- How to account for current medications? A modified detox should be designed for you specifically if you are on meds.
- How long to stay on a fast?
- How to break a fast gently?
- Where to go next?

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## 1. WHERE DO I START?

### **P**lanning a One Month Protocol:

Liquids of organic fruits and vegetables are highly infused with vitamins, minerals and enzymes. Those living enzymes help you digest and assimilate the benefits of that juice. Without living enzymes, your health will continue to deteriorate.

You are giving your human body a massive opportunity to release many unnecessary toxins, viruses, bacteria, fungi, parasites and more. Your elimination system now has the supreme job of being the garbage collector and making sure it gets toxic debris out of your body as quickly and safely as possible. The results after a week or so, are worth some slight discomfort you might initially experience. These juices without fiber and smoothies with fiber, along with herbs, will stir up the bowels in order to release the built-up congestion, especially on the lining of the colon. As that debris is released, the healthy food you digest will have a better chance of being absorbed. It makes sense that this process will improve your blood's constitution as it prepares to travel into every organ system in your body. It's the job of the colon to absorb this last bit of nutrition from anything you eat and drink. Learning about the workings of the colon is fascinating. Learn from Dr. Norman Walker, I especially recommend his book *Colon Health*.

I wouldn't suggest that you start a liquid fast straight away, unless you are already eating a very clean plant-based regime. It is necessary to allow the body some preparation time by eating light, nutritious, raw fruits and vegetables for a couple of weeks along with juices, smoothies and some herbs. Then, you are ready to take at least 5 days off from your regular busy schedule and prioritize your human body's health. Get quiet. Drink only juices, smoothies, water, broth, and tea. Carve out time to rest, exercise, breathe deeply, do yoga, shop for the best, fresh, organic ingredients and prepare your juices.

One of my most successful clients from a few years ago, began to make changes about a month before she came to a 5-day group retreat in Florida. She had already cleaned up her kitchen, set up her juicer and purchased a **Vitamix**. She began adding juices and smoothies to her regular diet. That was her pre-fast. After the 5-day fast she did with the group in Florida, she returned home, staying focused and kept on eating mostly raw, drinking juices and smoothies and having one moderate plant-based meal per day of solid foods.

### **Pre-Fast (Week 1)**

During this Pre-Fast, drink two raw, organic vegetable-based juices a day along with eating a light plant-based diet. The goal is to satisfy the needs of your body and, at the same time, shrink the stomach. The more juices you drink, the more you will feel satisfied, and the more nutrition you will be putting into your body. Limit snacks to fruits, nuts and seeds, chewed well. Eating less bulk, but more powerful food, will be the goal after the fast, so begin to do that now. Cravings will gradually lessen. Water is a critical addition to the cleansing process but try to drink pure room temperature

water, 12 oz glass first thing in the morning, then the same amount 30 minutes before or after meals.

### **General Plan:**

- Week 1 (*Preparation*): cleansing pre-fast.
- Weeks 2 & 3 (*Detox Fast*): fasting with juices /smoothies/broth/water.
- Week 4 (*Post-Fast*): eating small amounts of well-chewed, organic plant-based food.
- Living your best life (*Integration & Maintenance*): Staying on the post-fast habit while increasing the amount of plant-based food to reach the ideal health you desire, occasionally including meals that are wider than this plan. You can “cheat” a bit. I’m just hoping that you will feel so good, that you won’t want to drink any alcohol (very dehydrating and aging) or overeat ever again. Be kind to yourself.

**Water:** We want to use plenty of water, the most intelligent drink in the detox process of all. If you put a teaspoon of aluminum free baking soda into that water, you turn it into an alkaline substance that can do the best healing of all in your body. Read Dr. Robert O. Young and his PH Miracle Book . If you are very serious and have conditions that would truly warrant the purchase, get a Kangen System for your kitchen which allows you to have clean alkaline water on tap. Personally, I use the tap water in my mountain home and then I also filter that with a Berkey System gravity water filter.

## **Caring for Yourself**

It might appear to be a major ordeal, but honestly, I would rather do this once or twice a year to keep my body clean and strong, instead of getting sick and even to have emergency operations, or cancer which will lead to chemotherapy, radiation or worse. This program is a true reflection of how you really “care” about yourself. It’s the respect and love that you need to have for the rest of your life. Think of how much your family and dear friends will be inspired to perhaps do this for themselves.

Just because you may have medical insurance, you will be much better off never using that insurance in the first place. Opening up the body, taking medical drugs and subjecting yourself to unnecessary pain and suffering can be avoided. Let me show you how. Many people make the excuse of going to a job they hate, just for the insurance coverage they will get. That is a lame excuse. I used to buy an emergency insurance policy for just hospitalization at a reasonable cost. So, if you don’t worry about that, you could even find that following your true gifts and being your own boss of what you really want to do could be the next direction in your life.

## 2. JUICERS AND BLENDERS

**A** juicer extracts juice and leaves the pulp. If you have a garden, you can make great compost with your pulp. You could take carrots and make other recipes with the pulp, such as carrot bread, crackers, muffins, and more. Any neighbors with chickens will love to get this pulp.

I love the all-stainless steel Breville Juicer (\$299). It is the fastest to use and clean. By the way, I keep my appliances on my counters. If I didn't, they would never be used. I did have the more expensive juicers, like the Green Star, but didn't like cutting up vegetables small to get into the opening of the machine. I like a wide opening to put the fruits and veggies, that saves lots of time and energy. Look around, read reviews, and see if you can afford a cold-pressed juicer which is also easy to clean.

A blender, on the other hand, is great for quick preparation of fruit and leafy green smoothies, salad dressings, guacamole, nut milks, frozen banana ice cream, and more. I use the **Vitamix (5200 model)**, a very powerful blender, almost every day. I soak almonds and walnuts overnight, then blend in the morning to make milk, saving lots of money by making my own nut milk. Soaking allows enzymes to form, making the nut milk more easily digestible. My Vitamix is probably about 10 years old.

Adding in the super nutrition of Spiraling, Moringa and Chlorella green powders to your diet will boost your protein source, especially if you are purely plant-based. You can add them to both the vegetable juices and your smoothies. I know that those greens can be hard to drink, so just add some local honey, or organic stevia powder/drops to make it sweeter. Stevia comes from a plant and as long it is organic, you will be fine. (Note, a little stevia goes along way as it is 30 or more times sweeter than sugar.)

Some days or weeks we are short on time, so best to use an alternative than skip your nutrients and relapse to unhealthy foods. When I was packing up my home in Florida to move to North Carolina at the beginning of the pandemic in March 2019, I had no time to juice. I reached out to a chemical free product that I still use, when I can't juice due to time or lack of local organic produce. Learn more about Tim James and his line of Chemical Free Body nutritional products on my website: [jillaynschneider.com](http://jillaynschneider.com). He has become a good friend and my trust in his products is pristine.

### 3. SHOPPING LIST/RECIPES

**W**eeks 2 & 3 make 48-96 oz fresh juice daily, depending on your body height and weight. If you are small and thin in stature, you would start off at about 48 oz of liquids, a larger man of 180, would need that 96 oz amount. Go by what your hunger/thirst is telling you as well.

Shop every other day to get the freshest of ingredients. You can store fresh juice in mason jars overnight in the fridge. It may lose some enzymes, but it still contains lots of vitamins and minerals. Don't forget to drink a cup of water first thing in the morning with a teaspoon of baking soda, lemon water and warm herbal tea in between these juices and smoothies. (If you would like to learn about specific herbal teas that will help with the detox, you will need to consult with me. There are many subjects to cover with this detox process. I'm keeping this e-book as simple as possible to get you ready without getting you overwhelmed.)

#### **Organic Fruit and Veggies for Juicing**

Carrots – 5 lb bag

Beets – 1-2 bunches

Celery – 1-2 bunches

Fennel – 2 stalks

Cucumbers – 6

Apples – 6

Ginger – large

Turmeric – handful

Spinach – 2 bunches

Chard – 1 bunch

Kale – 1 bunch (use different varieties)

Dandelion Greens – 1 bunch

Beet greens – 1 bunch

Beets – 4

Lemons – 10

Oranges – 10

Olive oil – buy the best you can buy

Get a vegetable brush to wash these items lightly. We actually need a bit of dirt in our body, that's how the body makes Vitamin B12. The generations of children in the past, who were allowed to play in the dirt, were healthier than these too sterile environments they play in today.

**Liver Cleanse Smoothie:** Also called “The Hangover Cure”. Drink 16 oz (total) 3 days in a row, over a weekend -- after the first 2 days of the actual

5-day detox fast. It makes a great Morning Smoothie! If you're not used to eating much garlic, this may seem like a lot. You will be a bit smelly, so try it on the weekend. Put these ingredients in a blender for 2-3 minutes, and enjoy. Your liver will thank you profusely for this one!

- 8 oz of freshly squeezed orange juice with juice of one lemon
- 1 - 4 cloves of garlic, start with 2 and increase each day one more clove.
- 1 inch ginger root
- 2 - 5 Tablespoons of Extra-Virgin Olive Oil
- 8 oz. water (distilled, filtered or reverse osmosis)

**Veggie Broth:** Heaven is waiting with this very satisfying warm, salty broth to serve yourself a mug anytime of day or evening. Some clients drink 2-4 cups of this broth because it's very filling and comforting. It's important to make your own as regular store bought broths, even organic, have far too much sodium. I know it's a bit labor intensive but make enough for 2-3 days.

4 carrots

4 parsnips

8 small red potatoes with skins

2 large onion

2 large cloves of Garlic

1 bunch parsley

1 bunch dill

8 shitake mushrooms

1 handful of (seaweed) dried dulse, wakame

In a large soup pot or the biggest spaghetti cooking pot with lid that you have, add the clean & chopped vegetables and cover with purified water 3/4 full. Season with some sea salt and more of your favorite spices. Bring to a boil, then let simmer covered for about one to two hours. Cool, strain and drink. Keep broth in glass jars in the refrigerator for a couple of days. You can blend some of it to give to your family as a soup.

If at some point you feel a bit too tired, put 1/2 cup of quinoa in the big pot of broth toward the last 15 minutes of cooking time. Quinoa is a seed, grown mostly in South America at altitude. It's packed with protein and is very satisfying. In August, 2019, I spent a month in Ecuador at very high altitudes and got to see the areas where this plant is grown. The actual seed comes in white, red and mixed varieties. Any variety can be used for your meal, just make sure it's organic. I now use quinoa more often than brown rice. It's very hardy.

**Green Smoothies:** You will be using your blender for these drinks. These are basically leafy greens and fruit. After you get through the fast, a smoothie made with nut milk can give you lots of energy as a snack during your day. On the fast, it's best not to be drinking nut milk.

\*\*\*Add a tablespoon each of either Moringa, Chlorella or Spirulina powder for a 12 oz glass of smoothie.

**Smoothie Recipe #1.**

2-3 cups of greens of your choice (spinach, kale, beet tops)

1 cup papaya and pineapple

2 oranges

2 cups water (distilled, filtered or reverse osmosis)

### **Smoothie Recipe #2**

1 -2 large romaine lettuce leaves

1 banana (frozen) – makes the drink cooler and thicker

5 strawberries or ½ cup of other berries

2 cups water (distilled, filtered or reverse osmosis)

### **Smoothie Recipe #3**

4-5 kale leaves (spinach, romaine, arugula)

2 apples

2 dates

1/2 lemon juiced

2 cups water (distilled, filtered or reverse osmosis)

**Fruit and Vegetable Juices – do substitutions as you get more creative.**

### **Juice Recipe #1**

4 large apples

6-10 stalks of celery

2 inches of ginger

2 large pears

1 handful of wheat grass, bunched up in between apples and pears

### **Juice Recipe #2**

1 apple

6 carrots

2 small cucumbers

2 stalks of celery

1 inch of ginger and/or turmeric

### **Juice Recipe #3**

1 apple

6 small carrots

1 cucumber

2 stalks of celery

1/2 lemon with peel

2 cloves garlic

1 inch piece of ginger

Handful of greens (spinach, kale, chard)

#### **Juice Recipe #4**

1/4 of small pineapple

Handful of parsley

Handful of spinach or other greens

Dilute with 1 cup of water

1 inch piece of ginger

#### 4. SCHEDULE

### **T**ypical Daily Detox Schedule

7:30 am – Water with lemon

8:00 am – First juice - 12 oz

9:00 am – Herbal Tea

9:30 am – Yoga, Qi Gong, Feldenkrais, Walk

10:00 am – Second Juice - 12 oz

12:00 - Vegetable Broth

12:15 - Take a walk, a nap, or read. Learn about how to prepare and use a Castor Oil Pack.

2:00 pm – Third Juice - 12 oz - Green mostly

3:00 pm - Water with Lemon

4:30 pm – Fourth Juice - 12 oz

5:30 pm - Water with Lemon

6:00 pm - 5th Juice - 12 oz

7:30 pm - Water

8:30 pm - Warm Broth - 1-2 cups

9:30 pm - You can take 2 capsules of EZ-Go, an herbal stool softener from Doctor's Choice (Amazon) or a cup of Smooth Move Tea each evening. There are many other products, but don't use mineral oil or others that contain chemicals.

This is a general schedule. Work around it. Ultimately, everything depends on how you feel, but please don't go too long without drinking water, tea, a juice or a smoothie. Hunger can come on with a vengeance. **Never leave your home for more than an hour without a smoothie in a cooler bag.**

While cleansing, people commonly experience side effects such as headaches, fatigue, difficulty thinking, moodiness, stomach pain and hunger pangs. Be prepared for changes in bowel function.

If you get a headache, massage your temples or exactly where you feel the ache. Then lay down and rest. Lay down to rest with a cool compress on your forehead.

## 5. COLON HYDROTHERAPY AND ENEMAS

**C**olon Hydrotherapy:

This high enema process (colonics) will allow you to cleanse on a deeper level, because you will be more comfortable than doing a home enema. The lining of your colon will be shedding debris during this juice fasting process. The stool softener and the Smooth Move tea, which you can drink before bed, will allow for better movements. Over a period of this 5-day portion of the liquid fast, I recommend 1-2 sessions with a therapist. Always let the therapist know that you are doing a detoxification process.

Over the years I have rarely met a person who doesn't want to do enemas or colonics because they seem to be able to have productive bowel movements on their own. This is very unusual. Go the distance.

### **Enemas/Colema Board:**

This is where you might need my help as well. I don't always talk shit, but in this case I proudly do! I will guide you to a home system which will best suit your needs. In the old fasting days of my youth in the 80s, I would fast for a week to ten days straight, with juices, water, tea and broth. I did two enemas daily, one in the morning and the other in the evening before bed.

Over the last 25 years, since I'm 110 lbs and on a very clean plant-based diet, I only fast for 5 days each year along with one or two colema board colonics.

Coffee enemas could also be beneficial to learn about, if you are dealing with cancer or other serious conditions. Dr. Max Gerson and his daughter, Charlotte, made these famous at his clinic in Mexico. They have passed, but their amazing work is still being carried out by many people throughout the world, either in clinics or people doing their protocols in their own homes.

You can pick up an enema bag at most drug stores, but I would suggest ordering online one that is a 3-in-1. It's an enema attachment, with a douche attachment and hot water bottle with a plug. It's takes some explaining or reading directions carefully as to prepare it to be used as an enema. There is always Google and You Tube to show you how. You will need to set up some thick towels on the floor close to the toilet. I would love for you to let me guide you into this situation please. I'm worth the money, especially with the shitty jobs.

The Colema board is a great item to have in your home and it will last a lifetime. It's a colonic apparatus which you can do yourself in your own bathroom. It's basically a board that allows you to lie down with your knees bent and your tush positioned over a hole in the board for you to be able to comfortably eliminate from the board directly into the toilet. The bucket has a hose which has a tube to insert into your rectum. I usually recommend that you just use purified body-temperature water.

## 6. BREAKING THE FAST/FOLLOW UP

**B**reaking the fast is critical and should be done very consciously, and not at the dinner table with your family.

We know that you are hungry, but a *free for all* would not be in your best interest and would really upset your tummy. Make a plan to break the fast alone.

My client, Dr. Carolle Jean-Murat, OBGYN, a dear Haitian American friend who came to stay with me in Florida many years ago, broke her fast with one large naval orange. I had to run some errands, so I left her alone at the time. When I returned about an hour or so later, she told me, that she had an *out of the body* experience. She sat with that orange, took many deep breaths, began to peel it, breathing in that unique citrus aroma and when she finally put a section of the orange into her mouth, uncontrollable tears were streaming down her cheeks. Her gratefulness was so strong that each bite took her into a state of ecstasy. Try it!

**LESS IS MORE!** Chewing becomes a major focus when you break a fast. You will actually experience real enjoyment as you chew better and better.

**Basic Vegan Program - After the fast!**

- Salads: many kinds of lettuce, spinach, baby kale, arugula, tomatoes, cucumbers, carrots, sprouts (mung bean, lentil, alfalfa, broccoli) avocado, and more.
- Steamed or sautéed greens and veggies – adding in garlic, onions, and some light seasoning.
- Continue with smoothies, juices, herb teas, and add romaine wraps with salad inside and home-made dressings Learn about Miso, a fermented soybean paste that the Japanese use in a soup for two of their meals each day.
- Bean soup with sliced avocado
- Fruit and nut smoothies (soak nuts overnight), super foods like spirulina and moringa.

### **Onward - Vegan Program including grains.**

- Baked sweet potatoes and/or butternut squash can be blended into a soup
- Salads....plus humus with celery sticks, carrots, etc.
- Brown rice or quinoa and beans, with sprinkled toasted sesame seeds and sea salt.

Eat as many raw fruits and vegetables as your body can handle (60% raw and 40% cooked is a good guideline for most people). If your digestion is very weak, you may need to eat more steamed or baked vegetables. You may want to eat cooked food at one meal and raw food at another.

I used the Macrobiotic Lifestyle when I was diagnosed with Malignant Cervical Cancer in 1975, as a healing modality. It formed the foundation of how I eat to this day. Since I have relocated from Florida, after 44 years, to North Carolina, I am eating more Macro. The cooler weather in this four season climate, especially at altitude, makes me crave more cooked foods, especially miso soups, veggie/bean/quinoa bowls and warm herbal teas.

Remember that after a fast, your stomach has shrunk. You will fill up faster. You probably will be digestively sensitive. I would recommend taking some probiotics and even enzyme supplements with your food. Be very careful to not overeat or over stretch your stomach. When you eat with others in a social situation, you tend to not chew very well because of the talking. Make the detox month a bit anti-social if you can.

After the cleanse, will probably come to the conclusion that you don't need as much food as you did before the fast. You are having a new relationship with food and with your own body. Hold on to it. This conscious way of eating needs to be repeated once or twice or even three times a year. And in-between fasts, you need to eat mostly plant-based foods. We come from the apes, who live on raw fruits and leafy greens. They are stronger than most of the animal kingdom. Don't you dare ask me where you will get your protein? LOL

## 7. CONCLUSION

I am healthier than I have ever been. Yes, I have a few wrinkles at 75 years of age, but my endurance is what really counts in my estimation. Since I moved to the Blue Ridge Mountains, I have made a commitment to walk these very hilly roads at least 5 days a week, integrated with Yoga and Feldenkrais as well.

My diet is vegetarian, as it has been for the past 50 years. I do eat eggs and fresh local goat cheese on a salad sometimes. That's my cheat. If I could find good bagels in these mountains, I'm sure I would have one with cream cheese and lox. I don't crave that often, but being Jewish, it is part of my DNA.

Never was interested in drinking, but I did smoke cigarettes for ten years in my teens to mid-twenties. College years had the worst food I ever ate. I ended up with mononucleosis the second year. Got it from kissing a boyfriend over that previous summer. After that I knew I had to consider that food was really important.

It's now winter, my first real winter since the 1970's, growing up in New York. I'm still walking a few days a week, dressed and looking like an Eskimo/Guatemalan woman who weighs the same as I did in high school. I have shrunk an inch or more, but I don't mind, because I still have a size 9-

foot, large hands and a large head...thanks to my Dad's side of the family. Keeps me grounded.

My Dad lived until he was 90. He had never been sick in his life, but ended up getting ill one day and three weeks later, it was over. My Mom lived until she was 99. We lived in the same Florida community for 9 years, so we had the same mailman. Robert said, "Your Mom made a home run." Sure did. I wouldn't have had it any other way. I made sure that she was able to be as comfortable as possible in her own home with her family surrounding her at the end.

I am passing on to you this little special book to remind you that once or twice a year you need to detox. You are welcome to come to a live detox retreat in the Blue Ridge Mountains, near Asheville, NC, starting in the Spring of 2021. I offer a one-on-one program and small groups from time-to-time. Stash some bucks away and gift yourself one of my retreats. It will be life changing, I promise.

## 8. ABOUT THE AUTHOR

**J**ill Ayn Schneider, BA, LMT

Jill graduated American University in Washington, DC in 1966 with a BA in Education. After teaching young children for several years, along with some extended travel in Europe, Nepal and India, she then settled down in 1974 in Miami. In 1975, during a gynecological check-up, her doctor found Class V Cervical Cancer on a PAP Test. She did not have a biopsy. Her OBGYN wanted her to get to the hospital the following week, commenting that her cancer was very serious, and she could die if she did not do as he recommended.

At this time, Jill was studying the Theory of Oriental Medicine, which came to mind immediately as soon as she was diagnosed. She consulted with Dr. Ralph Alan Dale, who was teaching this Introductory Class, which she was enrolled in, coincidentally at the same time of her diagnosis.

At 29, Jill had been a meditator for the past two years and was prepared to let go of all fear of this dis-ease, while intellectually questioning Western Medicine's extreme solutions of surgery, chemotherapy and radiation. Instead, she went on to heal herself by using ancient protocols of Japanese Macrobiotics, Acupuncture, Herbs, Meditation and Yoga. After one month, she retested with another OBGYN, and her PAP numbers had come half-way down to normal.

In order to take time off to truly focus on healing, Jill spent almost 6 months living and traveling in South America, which was affordable and extremely productive. While in the jungles of Venezuela and in the high altitudes of Peru, she carried brown rice and seaweed in her backpack and one small cooking pot. She was able to find beans and vegetables in local markets, which at that time, were probably completely organic.

Learning how to strengthen her immune system was her most important goal during this healing journey. When she returned from South America to Miami, FL, her PAP test was normal. Two years later, in 1977, she birthed her son, Aaron. Now she is a Nanny “Ninja” Jill to two little wildly brilliant girls.

Jill's passionate and intuitive understanding of the human body's complete potential of healing itself, led her to her interest in Juice Fasting Detoxification. Focusing on the health of the digestive organs, the essential terrain which rules over our complete health, pieces of the health puzzle came into place. Over the next 40 years, she has fasted at least 5-7 days, per year, while living on a mostly plant-based vegetarian diet. Since 1975, Jill has implemented many other natural modalities to support a vibrant long life.

Jill became a Licensed Massage Therapist in Florida in 1988. Jill incorporates a variety of techniques such as Barefoot Shiatsu, Energy Healing, Reflexology, Aromatherapy, Intra-Oral TMJ Massage and Abdominal Massage while working in person with fasting clients. It is very rare to practice massage for this many years for even the best of therapists. Jill is presently practicing Barefoot Shiatsu, Energy Healing, Breath Work and teaching Self-Care to her retreat and local clients.

Jill is using Online Coaching and offering some small retreats in her Blue Ridge mountain home to teach others how to cleanse the body by drinking

large amounts of fresh organic juices, eating raw foods, special herbal teas, spring water, green smoothies and vegetable seaweed broth, along with resting, receiving Acupuncture, and Massage Therapy.

Jill advises her clients to surround themselves in natural beauty of nature as much as possible. Stepping away from everyday life and shutting down the pressure of work and family obligations will encourage the body, mind and spirit to regroup. As an Intuitive, she assists her clients in releasing mental and emotional fears. As a Psychic Medium, she *channels* loved ones of her clients who provide closure with a message that goes deeply into the heart of Jill's client.

Jill Ayn Schneider is also a professional guitarist, and singer-songwriter. You can listen to some of her original songs on her website below. Many of these original songs were written from the early days of Jill's healing herself of cancer. She will be including some of these healing songs in her Audiobook memoir called Revolutionary Healer.

You can contact Jill Ayn Schneider at [jillaynschneider.com](http://jillaynschneider.com)

## **DISCLAIMER**

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