

A few weeks ago my wife and I watched the movie Fat, Sick and Nearly dead and the movie has inspired me to purchase a new juicer after my old one had to be tossed. (It had 11 years of use before having to be discarded).

The movie is about a man who has so many health problems after becoming obese that he decides to go on a 60 day juice fast to get his health back and document his journey while traveling across America. It is an inspiring movie and shows that all it takes is some serious dedication to health to get it under control, it also shows how most people are well aware of what they need to do to be healthy but admit that we don't have the willpower to do what it takes to be fit and avoid the bad foods we crave so much.

Here is the trailer from the film Fat, Sick and Nearly Dead.

So I have been inspired and am saving up for a Juicer, but not just any juicer I did some research and this is the Juicer I have decided to buy when I save up.

[Breville BJE510XL Ikon 900-Watt Variable-Speed Juice Extractor](#)

This juicer has an overwhelming majority of 5 star ratings (330) and leaves less wet pulp and is quieter than most other juicers. My old juicer was a Juiceman Jr. from way back in the day and it worked but a lot of moisture was left in the pulp and it was a pain to clean.

I don't intend to get as intense as Joe Cross did in Fat, Sick and Nearly Dead. Instead of doing a 60 day juice fast as he did which is extreme, I plan on doing a 1 week 7 day juice fast to start with. Then I plan on replacing 1 meal a day (lunch mostly) with a fruit/vegetable juice. I am looking to improve my own health and lose about 10-15 pounds and hoping I will gain more energy and feel better.

Also in the film, Joe eliminated all coffee and caffeine for the 60 days, I won't be able to do this and still intend to drink coffee, just doing away with solid foods for 7 days while I am on this liquid diet.

I intend to chronicle it here on my personal blog day by day to share my experiences with the fast. Probably will be done sometime in February, maybe starting the 26th.

-Justin Germino

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