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JUICE BASICS

WHAT IS JUICING?

Juicing extracts the juice from fresh fruits or vegetables. The resulting liquid contains most of the vitamins, minerals and phytonutrients found in the whole fruit.

THE BENEFITS

- Help with weight loss
- Improves Regularity
- Improves Bloodflow
- Glowing bright skin
- Tightens skin
- Reduces cravings
- Improves blood pressure
- Feeds good bacteria to the gut
- Increases alkalinity in the body
- Reduces inflammation
- Eliminate mucus
- Increase mineral absorption
- Improves digestion
- Increase mental clarity and focus
- Improves sleep
- Revitalizes and improves cellular health
- Increases energy levels
- Enhanced libido and sexual performance



For best results drink within 72 hours or freeze what you may not consume. This will maintain freshness

NOT PLANNING TO DRINK WITHIN 3 DAYS FREEZE IT IMMEDIATELY



MAXIMIZE YOUR JUICE EXPERIENCE

- Consume at least 32 oz of juice per day
- You may drink 8 to 10 oz at a time
- Try to eat only fresh fruits and vegetables while juicing.
- Get exercise! Walking, jogging even stretching will benefit you.
- Go outside! Sunlight will amplify the phytonutrients in the juice
- Read, Pray, Meditate quiet your mind
- Decrease external influences such as social media and TV.
- THINK POSITIVE. Juicing is a powerful way to reset not only your body but reprogram you mind and break addictions.
- Rest and refresh. Get plenty of sleep. Go to bed at a regular time each day. Sleep restores both your mind and body.

Freezing won't destroy the minerals, enzymes, or flavor. Frozen juice can be stored for 6 months. Unthaw in the refrigerator and drink within 7-10 days of freezing.

DRINK LOTS OF DISTILLED WATER



As you juice old toxins resting in your body will be disrupted and want to move around. Drinking distilled water will help flush your systems of these waste products and toxins, so they don't find a new home in your body. Move them out with WATER!!!

Aim for 32 to 64oz per day



Good nutrition combined with physical activity are key to living a healthy lifestyle. Your diet can help you maintain a healthy weight, reduce your risk of chronic diseases and promote your overall health.

IF YOU HAVE QUESTIONS CONTACT ME! IM HERE TO HELP!

~COACH CRE