

Juice Cleanse Guide

SIDE EFFECTS

Fainting, head aches, stomach pains, flu like symptoms, nausea, cold sores, dry mouth, lightheadedness, constipation or diarrhea, feeling cold, irritability, vomiting, and feeling weak. These are all normal symptoms and are usually seen in the first 3 days and will eventually subside.

Experiencing these symptoms mean that toxins are being released into your blood stream and being flushed out of your body. Non-caffeinated herbal teas can help remedy some of these symptoms. Senna pills may relieve bloating and constipation. Staying hydrated can help relieve headaches. If your stool turns red it could be a consequence of adding beet juice to your diet. If at any time you are not comfortable with your symptoms, stop your juice cleanse

Q&A

Q: SHOULD I EAT WHILE I CLEANSE?

A: NO; THE PURPOSE OF A CLEANSE IS TO GIVE YOUR DIGESTIVE SYSTEM A BREAK FROM BREAKING DOWN FOOD TO EXTRACT THE NUTRIENTS. THE JUICES WILL FLOOD YOUR BODY WITH NUTRIENTS WITHOUT HAVING TO REMOVE THE WASTE.

Q: WHEN SHOULD I SEEK MEDICAL SUPERVISION?

A: IF YOU ARE PREGNANT, BREASTFEEDING, RECOVERING FROM AN ILLNESS, OR DIABETIC YOU SHOULD BE UNDER DOCTOR SUPERVISION AND GUIDANCE.

Q: SHOULD I EXERCISE WHEN I CLEANSE?

A: YES; YOU SHOULD NOT EXPERIENCE ANY LAPSE OF ENERGY. HOWEVER WE RECOMMEND THAT YOU GO EASY ON YOUR EXERCISE ROUTINE. TRY LIGHT PHYSICAL ACTIVITY SUCH AS WALKING AND YOGA AND DON'T OVER EXPEND YOUR ENERGY.

Q: HOW OFTEN SHOULD I CLEANSE?

A: AT LEAST 4 TIMES A YEAR; WE SUGGEST A CLEANSE AT LEAST WITH THE CHANGE OF EVERY SEASON (4 TIMES A YEAR) FOR A MINIMUM OF 3 DAYS. OUR FIRST 4 LEVELS OF CLEANSING ARE DESIGNED FOR THAT PURPOSE.

RAW

UNPASTURED

NON HPPA

100% JUICE

COLD PRESSED JUICE AND

VEGETABLE JUICE

KEEP REFRIGERATED

