

# Juice Cleanse Guide

## PRE-CLEANSE

We recommend to do a little pre-cleanse prep for instance phase out starchy, spicy foods, meat, dairy products, eggs, alcohol, caffeinated drinks, and replace them with fresh fruits, vegetables, and nuts. The day before you start your cleanse limit yourself to salads, low sodium broths, and steamed veggies. Lastly drink a probiotic drink to help transition yourself into your juice cleanse.

## STARTING YOUR CLEANSE

Start your morning off with a 16 oz. glass of filtered water and add a freshly squeezed lemon. Be sure to drink half your body weight in ounces of water through the day; if it's a hot day drink more! Pay attention to your body and drink the juices in the specified order on your juice cleanse.

### DAY 1-3

Feeling tired, hungry, irritated, and weak are normal in the beginning. This is your body struggling to make the transition

### DAY 4-5

Around this time your body tolerance for hunger will have increased, but you may be feeling the effects of toxins moving through your body. Take a hot shower, visit a steam room, or visit a infrared sauna. Sweating will help release the toxins through your pores. Continue dry brushing and body scrubs. You will begin to feel more energetic and revived.

## POST CLEANSE

RESIST THE TEMPTATION OF JUMPING RIGHT BACK INTO YOUR NORMAL DIET. TAKE YOUR TIME INTRODUCING SOLID FOODS. WE RECOMMEND EASING YOUR WAY OUT OF YOUR CLEANSE AND TAKING GRADUAL STEPS BACK INTO YOUR REGULAR EATING HABITS. STAY AS RAW AS POSSIBLE FOR THE FIRST 24 HOURS AFTER YOUR JUICE CLEANSE. KEEP DRINKING LOTS OF WATER. DRINK SMOOTHIES. EAT FRESH FRUITS AND VEGTABLES. DRINK BROTHY SOUPS. REFRAIN FROM EATING PROCESSED FOODS, DAIRY PRODUCTS, EGGS, SUGAR, MEATS, FISH. STAY AWAY FROM STARCHES (POTATOES, CEREALS, WHEAT, AND RICE.) FINALLY AVOID CAFFEINATED DRINKS, SODAS, COFFEE, ENERGY DRINKS, ALCOHOLIC BEVERAGES, AND CONDIMENT SUCH AS KETCHUP, MAYO AND OTHER SAUCES.



### DAY 6

Your energy should be on point and you might feel invincible. Your mind should be feeling sharper, clarity, and alter. Your body should give you a sense of well-being. Your skin should take on a new glow now that most of the toxins have left your body.

### DAY 7

Congratulations you have made it to the last day! The toxins that have been weighing down your body physically and mentally are gone. You should feel rejuvenated, clear minded, and more connected to your body.