









JUICE CLEANSE BOOKLET








Before Your Cleanse

For best results, 2-4 days before beginning the cleanse, reduce or eliminate the following to maximize cleanse benefits and prepare your body for detoxification.

-  Caffeine
-  Alcohol
-  Refined Foods (Sugar, dairy, white flour, processed food)
-  Meat/Animal Products
-  Nicotine
-  Over-the-counter medication (unless prescribed by your physician for use during the cleanse)



During Your Cleanse

-  When you wake up, drink warm lemon water to kickstart your cleanse.
-  Drink your 6 juices throughout the day, usually 2 hours apart. Continue to drink plenty of water, preferably 64 Oz daily.
-  If your body is not happy and you must have food, we recommend something liquid-based like vegetable soup, broth, or a superfood smoothie.
-  Let go of any expectations of yourself, remember the purpose of this cleanse is not to reach an end goal. It is to cultivate more love for yourself while hitting the reset button for your palate, digestion, and overall journey toward a healthier life.
-  Remember to stay hydrated

OUR CLEANSSES

Our Cold Pressed Juice is all Organic and made fresh daily. We never heat- pasteurize or use High Pressure processing, so our juice has all the phytonutrients and live enzymes our body needs for maximum health. This delivery system of nutrient dense fruits and vegetables will infuse your cells with live enzymes, absorb phytonutrients that will keep your heart healthy, your mind clear, and help your body fight disease and illness. Our cleanses will heal your gut, eradicate the impurities and allow your body to absorb maximum nutrients.

WHY DO A JUICE CLEANSE?

A juice cleanse is the perfect way to give your digestive system a break, eliminate toxins and improve your energy. The cleanse will promote detoxification while giving your overworked liver and digestive system a break while providing your body with a powerful dose of vitamins, minerals, & live enzymes. Continued on page 5.



“

I did a juice cleanse and felt so refreshed. My body felt like it completely reset. It is exactly what I needed!

”

Why Cold Pressed Juice?

1

Nutrient-rich: Cold pressed juicing uses a hydraulic press to extract juice from fruits and vegetables, minimizing heat and oxidation. This gentle process helps to preserve the nutrients, enzymes, and antioxidants present in the produce, resulting in a more nutrient-dense juice.

2

Increased nutrient absorption: The cold pressing method breaks down the cell walls of fruits and vegetables, making it easier for your body to absorb the nutrients. This means that you can enjoy a higher concentration of vitamins, minerals, and phytonutrients compared to other juicing methods.

3

Enhanced digestion: Cold pressed juices contain a high amount of enzymes that can aid in digestion. These enzymes help to break down food and support the absorption of nutrients, promoting a healthy digestive system.

4

Convenient way to consume fruits and vegetables: Cold pressed juicing allows you to easily incorporate a variety of fruits and vegetables into your diet. It's an efficient way to consume a wide range of nutrients without spending excessive time on meal preparation.

5

Hydration and detoxification: Cold pressed juices are an excellent source of hydration, providing your body with essential fluids. They also have natural detoxifying properties, as they can help flush out toxins from the body and support overall detoxification processes.

6

Immune system support: The high concentration of vitamins, minerals, and antioxidants found in cold pressed juices can help boost your immune system. These nutrients help to strengthen your body's defenses and promote overall well-being.

Reasons to Cleanse

- ✓ Reset metabolism
- ✓ Gut health
- ✓ Better nutrient absorption
- ✓ Battles Inflammation
- ✓ Weight loss
- ✓ Help with sleep regulation
- ✓ Nutrients and hydration on a cellular level
- ✓ Helps regulate blood sugar
- ✓ Increases Heart health / circulation
- ✓ Liver cleansing

Sedona Juice Co.'s *Signature Cleanse*

DAY 1



CELERY JUICE
JUMP START
LAVISH WONDER
OH KALE YEAH!
CALL OF THE CANYONS
GOLDEN MYLK

DAY 2



CELERY JUICE
DEEP BLUE C.
LET THE BEET DROP
MOUNTAIN DO
GREEN MACHINE.
SAPPHIRE MYLK

DAY 3



CELERY JUICE
GREEN MACHINE
TANGY READY
METABOLIC CLEANSE
WATERMELON JUICE
CACAO MYLK

*Juice cleanses should be approached with caution, especially for individuals with certain health conditions or those who are pregnant, breastfeeding, or taking medications. Consult with a healthcare professional before embarking on a juice cleanse to ensure it's safe and suitable for you. Additionally, it's generally recommended to keep juice cleanses short and follow them with a gradual transition back to a balanced, whole-foods diet.

ALL CLEANSSES ARE CUSTOMIZABLE. CHOOSE THE DURATION OF YOUR CLEANSSE, YOUR PURPOSE AND THEN YOUR JUICE!

CLEANSSES



**DAY 1
DETOX**



**DAY 2
HYDRATE**



**DAY 3
REPLENISH**

BUILD YOUR OWN CLEANSSE



5-6 Juices



1 Shot



1 Mylk

DO A "JUICE UNTIL DINNER" CLEANSSE AND REPLACE MYLK WITH DINNER OF YOUR CHOICE

CONTACT US



**Email us for a professional juice
consultation!**



@SedonaJuiceCo



info@sedonajuiceco.com



(928) 628-8003



6557 State Route 179, Suite
B-3, Sedona, AZ 86351



www.Sedonajuiceco.com