

3 STAGE CLEANSE PROGRAM

1 BEGINNER

4 SMOOTHIES + 1 JUICE

The Beginner Program is great for those trying to maintain an active routine whilst cleansing. It will build an excellent foundation for your stage 2 or stage 3 cleanse.

2 INTERMEDIATE

3 JUICES + 2 SMOOTHIES + 1 WELLNESS SHOT

The Intermediate Program is designed to deepen the detoxification process. The wellness shot will reduce inflammation and support the cleansing of major organs.

3 ADVANCE

6 JUICES + 2 WELLNESS SHOTS

The Advanced Program is for more experienced cleansers and is ideal for those who desire a more profound result. We recommend a minimum of 3 days on this protocol to reboot the immune system and significantly increase vitality.

WHY CLEANSE?

Cleansing is one of the most potent ways to reset and regenerate your health. We store toxins in our lymphatic system and fat cells. These toxins have accumulated in our system over our entire lives.

Cleansing your body is like changing the oil in your car. It is helpful to do this regularly to maintain proper immune function, vitality, and overall health. Whether you are looking to achieve your ideal weight, improve immune function, increase your overall level of vitality, or achieve radiant and glowing skin, these are all things that many people experience as a result of regular cleansing.

AM I ONLY MEANT TO DRINK THE PROVIDED LIQUIDS WHILE I AM ON THIS CLEANSE?

If you are doing our Beginners Cleanse, you are welcome to consume one light plant-based salad to curb any cravings each day. You could also substitute a plant-based soup as an alternative. If you decide to consume food during your cleansing process, we recommend that you consume your meal in the middle of the day to reduce the energy your body will spend digesting food while you are resting at night. If you are doing an Intermediate or Advanced Stage Cleanse with us, then we strongly recommend you stick to the outline and products that we have provided for the best results. You are welcome to drink water and herbal teas as needed.

HOW ABOUT A CUP OF COFFEE?

No. Caffeine is a toxic substance inside the body. While cleansing, the body will be aggressively removing it along with many, many, other toxins. So, drinking more would be counterproductive. Furthermore, the process of cleansing the body is not entirely without discomfort. People who drink a lot of caffeine in their daily life often develop a headache on and off for at least a day or two whilst juice cleansing.

WILL I GAIN ENERGY?

Yes! During the first few days of your juice cleanse your body heavily detoxifies. You do this by utilizing the energy usually set aside for digestion. So, as a byproduct of slowing down or stopping your digestive process, you gain lots of energy. Once the detoxification process is in the completion phase, that extra energy is then used to fuel greater brain and body function, creating harmony. Your frequency changes. It is a serene feeling that you land into.

IS THERE A SPECIFIC ORDER I SHOULD DRINK MY JUICE AND SMOOTHIES IN?

No order is necessary. The only guidelines are to drink lots of water, drink your juice or smoothie when you feel hungry (every two or three hours), finally drink your last juice or smoothie at least three hours before you go to bed. You may drink water or hot tea (without caffeine of course) closer to bedtime.

HOW LONG SHOULD I CLEANSE?

Three days of juice cleansing will significantly detoxify you. However, it is a very personal experience, and some people will take longer to get fully detoxified. It also depends somewhat on your age. Most people beyond the age of 30 have begun to store toxins in large and dangerous quantities. This will take a little longer to clean out. Seven full days of juice cleansing can significantly purify your blood of bacteria and other harmful parasites. We recommend most people over 30 do at least seven days of cleansing. This way it will ensure a complete detox and at least a few days of increased vitality, helping to restart the system.

HELPFUL INFORMATION

In preparation for your cleanse, we recommend you increase your intake of water-rich fruits and smoothies; in addition to having lighter meals. This way, it will prepare your body to run on a lighter and cleaner fuel source and jumpstart the detoxification process.

Be aware...

You may feel moments of foginess, lethargy, irritation, and other unpleasant symptoms. This is a by-product of detoxification. As the toxins are attempting to be released, they will pass through the bloodstream before being eliminated. During this process, it is normal to feel a variety of unpleasant symptoms. Give yourself time to rest and allow the process to unfold.

Pro-Tip

For added benefit, we recommend scheduling a colonic around day 3 of your cleanse. This will support you in detoxifying the body and increasing your overall state of wellbeing.