



## CLEANSE INFO PACKET

“Your body is precious...treat it with care.” -Buddha

Congrats! You have just begun an amazing journey. Whether you are a new or seasoned cleanser we applaud you for taking this step.\_

-> YOUR BODY WILL THANK YOU <-

### LET'S GET STARTED:

#### \*Pre-Cleanse Prep (1 week of prep is recommended)

- Drink **LOTS** of water!
- Avoid Meat, Dairy, Caffeine, & Artificial Sweeteners
- Eat more from the Earth & less from a box!
- Try incorporating 3-5 juices in before your cleanse.

#### \*During Cleanse

- Between juices make sure to drink LOTS of water to stay hydrated.
- Each cleanser will have varying degrees of symptoms depending upon their current diet and lifestyle.
- Common Symptoms Include
  - *Headache*: This may be caused by many things... dehydration, caffeine or sugar withdraw, blood sugar irregularities, ect.
  - *Flatulence & Stomach Aches*: Naturally occurs as your body rids itself of toxins.
  - *Skin Irritation*: As toxins are released from the skin, redness and irritation may occur.
  - *Fatigue*: This can be due to the withdrawal of substances such as: caffeine and sugar or due to dehydration. Try drinking more water or take a wheatgrass shot if you experience fatigue. Usually on the 3<sup>rd</sup> day of your cleanse, your energy level will start to soar.

#### \*Post-Cleanse Tips

- Avoid dairy, gluten, & meat. These foods are hard for the body to break down and we recommend adding them back into your diet individually (if you wish to add them back) so you can become aware of any intolerances you may have.
- Incorporate lots of raw fruits, veggies, nuts & seeds.
- Try a smoothie for breakfast or lunch.

- Avoid processed sugars! Stick with all natural options when needed -> raw & local honey, dates, stevia, & organic agave
- Drink Juice! -> To keep the body energized and your immune system strong.
- Incorporate wheatgrass shots into your new lifestyle ☺

*Friendly Reminder: This is not a diet, it is a lifestyle change. As with any change, it can be difficult at first but take it one meal at the time and naturally it will become easier. When you avoid bad foods and incorporate a more plant-based approach to life, you will feel great and want to continue this amazing journey to a new you ☺ We are here to assist you along the way, as needed.*

## Cleanse Options

### Introductory Cleanse: Juice-Eat-Repeat (\$36/day)

Includes 4-16oz juices and your choice of one of our nutrient-dense salads with a house-made dressing. This is great for new cleansers!

### Level 1: Juice It & Lose It (\$47/day)

6-16oz juices selected to help promote weight loss and fat reduction. Recommended for new or experienced cleansers.

### Level 2: Be Fit & Vibe (\$47/day)

6-16oz juices selected to promote energy and injury repair. Recommended for athletes or people who require a high level of energy throughout their day.

### Level 3: Deep Detox (\$47/day)

6-16oz juices selected to boost immune function, support the liver and kidneys, and help alkalize the body. Recommended for experienced cleansers.