



**organic & natural market**

## **Juice Cleanse Handout**

### **Why Do a Juice Cleanse**

Consuming fresh pressed organic fruit and vegetable juices can be a powerful way to receive an antioxidant rich flood of nutrients into your body, whether it be a one day, a weekend, or several days in a row. Liquid nutrients are digested and absorbed more quickly therefore the results can be felt immediately. Each person is different and will experience various results doing regular juice cleanses. It is quite common for people to notice an increase of energy, better digestion, a reduction of aches and pains, improvement in skin conditions, better pH balance, cellular detoxification, weight loss, less food cravings, better sleep, a clearer mind, and just simply a sense of overall better health. As your digestive tract rests and your body rids itself of excess toxins, positive results will soon follow. Please remember that a juice cleanse will not heal your body on its own, good nutrition is only one of the building blocks that provides the right environment for your body to be in an optimal state of well-being.

### **Your Juice Cleanse Explained**

Included in your juice cleanse you will find 4 juices, 1 nut milk, and 1 smoothie. The suggested ideal protocol for your juice cleanse is laid out for you below, however if you wish to switch the order in which you take them, that is fine.

Upon Waking: drink a large glass of spring (or filtered) water (fresh squeezed lemon may be added)

Early Morning: Nut Milk (warmed) 16oz

Late Morning: Red Juice 16oz

Early Afternoon: Smoothie 16oz

Late Afternoon: Orange Juice 16oz

Early Evening: Green Juice 16oz

Later Evening: Yellow Juice 16oz

It is advisable to also drink plenty of water throughout the day. Herbal or green tea can also be added in at any time. When drinking your juices, do so slowly, quickly drinking your beverages doesn't allow your enzymes a chance to start working and may lead to mild nausea. Drink slowly, and ideally swirl the juice around in your mouth before swallowing. During your cleanse it is normal to feel slightly fatigued or experience such symptoms as mild headaches. These may be a combination of your body detoxing and withdrawal from certain substances or foods. Be kind to your body and try and get extra rest while cleansing.

### **Suggested Supplements**

To enhance your cleansing process we also suggest that you include a probiotic capsule each day for 30 days as well as an Omega 3 supplement, either plant or fish based.

### **Before and After Your Cleanse**

It is suggested that for the couple days before your juice cleanse you begin eliminating foods that are more congesting for the body including dairy, sugar, and any refined foods. Try to have predominately vegetables, fruits, whole grains, nuts, and seeds. Drink plenty of water throughout the day, especially upon rising in the morning. After your juice cleanse is complete it is recommended to ease out of it the same way you began, by slowly introducing whole foods that won't be a shock to your newly cleansed system.