

Juice Cleanse Reference Sheet

Q: I have never cleansed before. How do I know if I can handle a cleanse?

Take it one day at a time. Cleansing can be more of a mental than physical challenge! If you are mentally prepared you shouldn't be a problem but if you feel like you truly need to eat something please do not torture yourself! With that being said this is not a pass for bad food but an allowance for some fresh fruit, light veggies or a salad! Clean fresh food is still cleansing! Don't beat yourself up. Cleansing should be empowering not draining! Believe in yourself... I do!

Q: How many days should I cleanse?

We believe a 3-5 day cleanse is a great place to start but if 1 day is all you can think of getting through first then we say go with your gut! There is always an option to add on a day or two or even 3 or 4 to your cleanse if you so choose. Most people start feeling really good on day 3 and are more open to extend.

Q: Which cleanse level is best for me (Level I, Level II, Level III)?

If you are starting out, hesitant, or completely unsure how you feel about greens Level 1 may be your best bet. If you are middle of the road Level 2 or a combo of all 3 will work for you. If you are an experienced juicer and like your greens then Level 3 is the way to go. Over time your palate will change and eventually you will be craving more greens.

Q: How many bottles come in each cleanse?

The standard options are: (6) 12oz (6) 16oz or (3) 32oz daily.

Q: Are juices picked up daily or all at once?

Juices are usually picked up daily if possible. We understand this may be difficult for some people due to time constraints or distance so there is an option to pick up two day's worth of juices at a time with advance notice.

Q: Can I do a cleanse even though I have a busy schedule?

Yes. We think it's actually best to cleanse while you are occupied so you don't have time think about all the food you want but if your "busy schedule" consists of running around and lots of activities you may want to wait until you have a bit more free time in case you need to rest which is very important especially while cleansing.

Q: What do I eat before and after my cleanse?

Pre Cleanse: Start by drinking a tall glass of water with fresh lemon juice (*this should become a daily practice*). We suggest reducing and eliminating caffeine, dairy, meat, and processed food from your diet at least 2-3 days before you begin your cleanse if possible. Try to increase your consumption of raw organic fruit and vegetables.

Post Cleanse: Breaking a fast is just as important if not more important than transitioning into it. The rule of thumb is to wait about half the number of days you fasted to transition back into solid foods. We strongly suggest breaking your fast with a green smoothie or a small bowl of raw fresh fruit. Mono-meals (*consuming only one type of fruit for a meal such as watermelon or apples*) is another great option. Please take this opportunity to reflect and continue your new path to a happier and healthier lifestyle. Remember not to over indulge! This will only ruin all the hard work and discipline you put into your cleanse. You deserve to feel amazing in your body!

Q: Can I drink coffee or tea during a cleanse?

We strongly encourage you to reduce all caffeine intake leading up to the cleanse with hopes of being completely off of it by day one of the cleanse. Most people follow this advice but it is only a suggestion. If you still strongly feel you can't or don't want to completely give it up during the cleanse we encourage replacing your coffee with a cup of green tea.

Q: Can I have any other beverages besides the juice while cleansing?

Water (with fresh lemon is ideal) and herbal tea (try to avoid caffeinated tea if possible).

Q: What are detox symptoms? Does everyone get them?

The biggest detox symptom is a headache. This is especially true for coffee drinkers which is why we strongly recommended reducing caffeine intake a few days before the cleanse. Some other detox symptoms can include feeling foggy, achey, sluggish and tired. If you are tired and have the chance to sleep then please go to bed early or sneak in a mid day 20 min power nap. Some people are lucky enough to skip detox symptoms all together but those who do go through them usually start to feel better after the second day. By the third day a wave of energy usually kicks in...so hold on!

Q: What do I do if I am still hungry during the fast? Will I be starving?

We get this question... A Lot! When you cleanse you will occasionally feel hungry (some of you may even use the word *starving*) which is an indicator you either need to drink more juice or pour yourself a tall glass of water. If you feel you need an extra boost please do so but try to keep it clean and simple with fresh fruit and/or light vegetables

like apples, oranges, grapes, bananas, berries, cucumbers, peppers or celery (cruciferous vegetables should be avoided as they are difficult to digest and can cause uncomfortable gas and bloating).

Q: Can I do a cleanse and eat food too?

There are many ways to cleanse. Most people interested in a juice cleanse try to avoid consuming any solid food during the cleanse and solely rely on water and juice intake for the day. If the juice cleanse is well balanced (as ours are) you should feel quite satiated. The first 1-2 days are usually a bit more challenging but ease up quite a bit after. We suggest packing Mother Nature's fast food... raw fruit like grapes, apples, oranges, or bananas as a back up or pick me up! Some people like to have a combination of 3-4 juices in addition to raw fruit and vegetables. In colder months some people like to include light soups and salads. We strongly suggest avoiding dairy, meat, or any processed foods during any type of cleansing period to allow your body to rest.

Q: Can I exercise while cleansing?

Yes, movement is great especially during a cleanse. Staying active allows toxins to be released and assists in the detox process. With that being said it is important not to overdo it or push too hard. Listen to your body! We do *not* recommend intense workouts or marathons during this time. If you are an athlete and/or exercise regularly you can continue your daily workout routine but please make adjustments if necessary based on your energy level. If you do not work out regularly stick to light easy exercises like walking, swimming or rebounding (*mini trampoline*).

Q: How much weight am I going to lose?

We do not like to focus on weight loss. Juicing should be used as a springboard to a healthier lifestyle which we feel is the ultimate goal. Weight loss is common but should be viewed as an added bonus. Remember the initial weight loss will most likely be water weight, so if your long term goal is to keep the weight off please be mindful of your exit strategy and how you will continue to maintain your new healthier lifestyle.

Q: What do I do if I am having trouble going to the bathroom?

Most people do not have trouble going to the bathroom during a short cleanse (*1-3 days*). Things may start to slow down after 3 days for some people so we suggest drinking plenty of water and maybe including a herbal tea such as Smooth Move. Smooth Move should be consumed in the evening to stimulate activity for the next morning. Physillium (*husks from a plant seed*) provides fiber, promotes regularity and can easily be added to water or juice (*purchase at your local supermarket or health food store*). Enemas and colonics also serve as alternative options to backed up bowels but

we strongly encourage you to conduct your own research about these practice and ***consult your physician*** before trying them out. Last but not least stretching and light exercise like walking are helpful and often quite effective in getting the pipes going!

Q: How often should I do a cleanse?

This is a personal choice. Some people like to cleanse once a year, once a month or seasonally. We believe once you complete a cleanse you will know when your body is ready for another. Remember to tap in and always listen closely to what your body is telling you!

Additional practices to research & incorporate into your daily routine.

-  Exercise (*mild-moderate*) i.e. Walking, Yoga, Rebounding (*mini trampoline*)
-  Skin brushing (*10-15 min a day*)
-  Tongue scraping (*before brushing your teeth*)
-  Oil pulling (*Expeller Pressed Coconut oil, Sesame oil or Sunflower oil*)

Delicious Transitional or Anytime Recipes!

Sweet Green Smoothies

3 kale leaves (*stems removed*) 1 C cashew milk (1C water to 1/4 cashews)
1/4-1/2 t vanilla 1 T Carob or Cacao (*optional*)
2 bananas (frozen) 1/4 t cinnamon

Blend all ingredients in a blender & enjoy!

Savory Smoothies

2 tomatoes 1/2 red pepper 1/2 lemon, juiced 1 celery stalk
1/4 cucumber 1/4 bunch parsley 1/2 garlic clove (*optional*) 1 carrot
1/4-1/2 t cayenne (*optional*)

Blend all ingredients in a blender & enjoy!

Lemon Quinoa Veggie Salad

4 C veg. broth 1/4 C lemon juice 1/2 t salt 1/2 cucumber, diced
1 1/2 C quinoa 1/4 C olive oil 1/4 pepper 1/4C red onion, chopped

1/4 C cherry tomatoes 1/4 corn 1 garlic clove, diced

2 T fresh cilantro or parsley, chopped

Bring broth to boil, add quinoa cover & simmer 15-20 min. Add veggies & remove from heat. Combine remaining ingredients. Delicious with balsamic vinegar! Eat hot or cold!

Roasted Veggie Soup (*prepare night before so spices set*)

2 zucchini	2 garlic cloves	2 C kale or spinach	2 carrots
1-2 leeks	3 bay leaves	2 sweet potatoes	1 parsnip
1T sunflower oil	2 thyme sprigs	2 rosemary sprigs	
4 C veg. broth	salt & pepper to taste		

Roast veggies in lightly oiled baking dish with herbs @ 425 for 50 min. Add to broth & cook on med. heat for 25 min. Add kale or spinach last 5 min. to wilt. For a creamier soup mash some of the root veggies.

Curried Rice & Lentils

1.5 C brown rice, uncooked	3.5 C water or veg. broth	1 garlic clove, minced
1 C lentils, uncooked	2 tomatoes, diced	1 bay leaf
1 T curry powder	1/2 t turmeric	1/2 t cumin
salt & pepper to taste		

Combine all ingredients in large soup pot except salt & pepper. Bring to slow simmer, cover & cook for 20 min, stir occasionally until rice is done & liquid absorbed. Add salt & pepper as desired. Remove bay leaf before serving.